



**Together Everyone Achieves More**  
*Through.....  
Loving learning, loving each other and loving life  
itself  
AGAPE: The Good Samaritan (Luke 10: 25-37)*



## Newsletter 10/11/21

Dear Parents/Carers,

As tomorrow is Remembrance Day we shall be observing the two minute silence together as a whole school on the playground in our class lines. Poppies are on sale for the rest of this week if your child would like to buy one.

### Collective Worship Theme of the Week: Including Others



### Our 'Big Question' of the Week

## How do include others?

### Well Being: Tips

Take a few minutes each day this week to remember those who have given something of themselves to help you. Sit quietly with a cuppa or maybe take time to share your memories with others. As you reflect on the people who have helped you perhaps say a prayer for them or simply say 'Thank you' for all they have done. If the person, or people, are still with us why not send them a message to say, 'Thank you'. Who are you going above and beyond to help? Thank you for all that you are doing for others.

### Prayer of the Week

Dear God,

As we remember those who have given their bodies, minds and lives for our freedom

Help us to use our freedom wisely, to bring hope into our world, to build community and to promote dignity

Encourage and empower us to hold the torch high for all that brings peace, joy and hope

May we know today that, whatever we face, the kingdom of God is near, your love and grace are at hand  
Amen.

### ELSA Support

## Parent Relationship Support

I have recently completed training *with Somerset Safeguarding Children Partnership* alongside frontline practitioners such as family support workers, social workers and other teams at local authorities, to help and support parents tackle conflict.

Most relationships have their ups and downs, and disagreements and arguments are normal. But arguments between parents that are **intense, hostile, and poorly resolved** can be harmful to their children and put their mental health and long term life outcomes at risk.

Learning to argue in ways that are helpful rather than harmful is vital for maintaining healthy relationships, whether parents are together or not.

I am pleased to be able offer the OnePlusOne Programme which aims to specifically offer targeted support around reducing parental conflict in the home and promotes quality relationships. This can be for individuals seeking support or as couples (Please see example of slides below).

**Getting On Better 2021**  
Stages + changes of relationships: for parents

Somerset Safeguarding Children Partnership

one plus one

Relationships change over time.

What stage are you at? What could this mean for your relationship?

Flip the card to find out.

Romance

Reality

Power struggle

Finding yourself

Acceptance of each other

Mutual respect, love and understanding

The slide features a staircase diagram with five steps, each with an illustration of a couple. The steps are: Romance (couple embracing with hearts and stars), Reality (couple standing apart with a red heart above them), Power struggle (couple with crossed arms), Finding yourself (couple standing apart), and Mutual respect, love and understanding (couple embracing under a rainbow).

## Stages + changes of relationships: for parents

Long term relationships tend to go through lots of stages and changes. It's different for everyone and your journey will be affected by the changes in your lives.

### 1) Romance

Many relationships start here – everything seems perfect and you want to spend every moment together.

### 2) Reality

You start to see each other's flaws. You may find that you want different things from life.

### 3) Power struggles

As you figure out how things are going to work between the two of you, you may have to reach a compromise about important issues like children, money, or housework.



[bit.ly/stages-changes](https://bit.ly/stages-changes)

### 4) Finding yourselves

Once you've figured out how your relationship works, you may need to focus on yourselves as individuals – your personal hopes and dreams. This can be a difficult stage for many couples.

### 5) Acceptance

When you have learned to respect each other's needs, you can start to see your differences as strengths.

### 6) Mutual love and respect

You learn to love each other completely – warts and all. You've found a way to balance your needs as individuals with your roles in the relationship.

Throughout your life, you may move up and down through the stages. Big changes like having a baby or losing a job can cause arguments, which may set you back. And you won't always be at the same stage as each other.

#### Here's a few questions to ask yourself now:

- a) Where do you think you are at the moment?
- b) Where would your partner say they are?
- c) What would you have to do to get to the next stage?

ELSA Support can provide the digital resources (see example above) provided by *OnePlusOne*, these are designed to help parents reflect on conflict in their relationship with current or ex-partners, as well as the impact on their children.

The resources use videos and animations incorporate evidence-based techniques to promote behaviour change and help parents to argue in ways that are helpful rather than harmful.

The three online courses and sessions are;

1. **Me, You and Baby Too**
2. **Arguing better**
3. **Getting it Right for Children**

I can offer parent 1:1 support sessions in school or share the resources with you which will be emailed to use at your convenience at home confidentially on your phone, iPad or laptop.

If you would like to discuss this support please phone the school office 01823 490423 or to take the online course please email Ms Harris [viharris@nc.huish.education](mailto:viharris@nc.huish.education).

### This Fortnight's Learning

	English	Maths	Topic	Other
<b>EYFS Little Herons Pre-school/Minnow Class</b>	Story making and retelling (traditional tales).	Subitising and number games (place value).	Revisiting oral health and staying healthy. Special Times.	Soul Cakes – cooking, singing, reflecting. Bonfire pictures.
<b>Seahorse Class</b>	Instruction writing.	Place value recap. Addition.	Workshop visit (Great Fire of London). Fire safety.	Science: waterproof materials.

				RE: A Story of King David A story of King Solomon.
<b>Dolphin Class</b>	Writing a balanced argument. Writing a story linked to Stone Age Boy.	Ordering numbers. Addition and Subtraction.	Learning about the value of different historical sources. Different locations in history e.g. Stonehenge.	RE: Islam – Shahadah and The Qu’ran. Science: melting and cooling. PSHE: Actions and consequences.
<b>Octopus Class</b>	Playscripts: Significant playwright – William Shakespeare Features of playscripts.	Place Value: Roman numerals. Comparing and ordering numbers to 100,000.	The Tudors: Queen Elizabeth 1. Entertainment in Tudor times.	Music- Tudor Music Feelgood Friday. RE. Christianity Living Lightly on the Earth (2) Christmas stories in the Bible.
<b>Shark Class</b>	Imagery – Blitz poems. Recount - Evacuee letter home.	Rounding decimal numbers. Using rounding to estimate. Multiplying and dividing by 10,100 and 1000.	WW2 – Evacuation. Art – Blitz skylines.	Hinduism – Designing and making Karma Snakes and Ladders games. Computing – Scratch Coding to make times tables games. Music – Feel good Friday. PSHE – Celebrating difference. P.E. – Dance French – Scripts using greetings.

### Little Herons Pre-School

The children have enjoyed making Bonfire Night pictures and poppies. They also had fun at the Church last week with Tim Hill singing and appreciating Music.



### **School Lunch Reminder**

For **w/c 15<sup>th</sup> November** orders must be placed by **midnight on Wednesday 10<sup>th</sup> November**. Unfortunately orders placed after this date/time will not be able to be processed and you will need to provide your child with a packed lunch for that week.

**If your child has any special dietary requirements you must email the school office before the order cut off.**

*If you have not requested access to order a lunch and now wish to do so, please email the school office asap. Otherwise please ensure you provide a packed lunch for your child.*

Kind regards,



Helen Morley.

### **Key Dates: Autumn Term 2 2021**

<b>Date</b>	<b>Subject</b>
Friday 12 <sup>th</sup> November	<b>Shark Show and Share: 9.00</b>
Friday 19 <sup>th</sup> November	<b>Octopus Show and Share: 9.00</b> Children in Need Non-uniform Day
Friday 26 <sup>th</sup> November	<b>Dolphin Show and Share: 9.00</b>
Friday 3 <sup>rd</sup> December	<b>Seahorse Show and Share: 9.00</b> Non Uniform Day for FONCS Christmas Social – bring a raffle prize
Monday 6 <sup>th</sup> December	<b>School PPMs/SEND surgeries</b>
Tuesday 7 <sup>th</sup> December	<b>Little Herons PPMs</b> <b>Infant Nativity Play 2.00</b> <b>Local Governing Board Meeting: 5.00</b>
Wednesday 8 <sup>th</sup> December	<b>Infant Nativity Play: 6.00</b>
Friday 10 <sup>th</sup> December	<b>Minnow and Little Herons Show and Share: 9.00</b> FONCS Family Christmas Social 6.00 – 8.00
Wednesday 15 <sup>th</sup> December	<b>McMillan Beauty and the Best Theatre Panto: 9.00</b> <b>Christmas Parties pm</b>
Thursday 16 <sup>th</sup> December	<b>Cups Assembly: 9.00</b> <b>Christmas Carol Service in the Church: 2.00</b>
Friday 17 <sup>th</sup> December	<b>Christmas Jumper Day</b> <b>Christmas Lunch</b> <b>2.00: Carols around the tree</b> <b>End of term</b>
Monday 20 <sup>th</sup> December – Monday 3 <sup>rd</sup> January	<b>Christmas Holidays</b>
Tuesday 4 <sup>th</sup> January	<b>Back to School</b>