

GREENFYLDE CHURCH OF ENGLAND FIRST SCHOOL

Incorporating Cygnets and Sunny Ile Pre Schools

SILVER STREET, ILMINSTER, SOMERSET TA19 0DS

Telephone: Ilminster (01460) 52686

Fax: Ilminster (01460) 55780

Email: greenfylde@educ.somerset.gov.uk

Website Address: www.greenfylde.somerset.sch.uk

Headteacher: Miss C. Oaten



Newsletter No: 25 Friday 25th March 2022

This week's news

We are immensely proud of our gymnasts. This week, for the first time in two years, we took part in the South Somerset Gymnastics competition. Our team of Year Three and Year Four children overcame their nerves and performed brilliantly, many of them achieving a personal best. The team came 4th overall and 3rd in South Somerset, missing qualification to the County finals by 0.1 points! All enjoyed themselves and one even said, "I feel like a different person."



Look at a book

This week's book is 'Unicorn'. Unicorn has some very simple rules about living a happy life and dealing with problems big and small! A book that brings a smile!



Easter Services

Do look out for information from your child's teacher about our Easter Services. We are going back to holding them in The Minster but there will be limited seating.

Services will be on:

Monday 4th April 2.30pm Years 3 and 4

Wednesday 6th April 9.30am Reception

Thursday 7th April 9.30am Years 1 and 2

Safeguarding update

Firstly, please can we ask that children are not sent to school in jewellery, even the toy type, except for watches and small stud earrings, the latter of which must not be worn on PE days. We are seeing a number of children with necklaces and rings that are not suitable for school. If any family wants to request their child can wear jewellery for religious observance please speak to the school office.

News from FrOGS

Family Chocolate Bingo tonight – Friday 25 March – Doors Open 6:00pm for Eyes Down at 6:15pm

Come and join us for the chocolatiest night of the year in the Greenfylde school hall from 6:00pm for a 6:15 start. Books cost just £1.00 for 8 games. Cakes and refreshments will be available to purchase and there will be chocolate prizes galore thanks to the generosity of our school community! This event is suitable for the whole family so don't be shy!

No need to book a table if you've not already done so – just turn up at 6:00pm!

Lucky envelopes will also be available to purchase on the night at £1.00 each and at the end of the evening one lucky name will be picked and the winner will receive half the total as a cash prize. Lucky envelopes can also be brought for £1.00 each online in advance up to 5:00pm on Friday via PayPal to cassie_upshall@hotmail.com leaving your name and number as reference. Please only pay using the Family and Friends option.

A promotional poster for a 'Chocolate Bingo' event. The background is a collage of various chocolates, including bars, truffles, and candies. The text is overlaid on this background. At the top, a dark brown banner contains the title 'Chocolate Bingo' in white. Below this, the date and time 'Friday 25th March 6pm – Eyes down at 6:15pm' are written in a bold, dark font. The location 'At Greenfylde School Hall' and the price '£1 per book (8 games)' are also in bold. Three star-shaped callouts provide additional information: 'Cake and Refreshments will be available to purchase' (left), 'Lots of chocolatey prizes' (right), and 'To make this evening as chocolatey as possible we are asking for donations of all things chocolate to be brought in to school by Wednesday 23rd March' (bottom center).

Chocolate Bingo

Friday 25th March
6pm – Eyes down at 6:15pm
At Greenfylde School Hall
£1 per book (8 games)

Cake and Refreshments will be available to purchase

Lots of chocolatey prizes

To make this evening as chocolatey as possible we are asking for **donations** of all things chocolate to be brought in to school by **Wednesday 23rd March**

Working Well with our Community

Please can we ask families to support us by please not standing in the gateway of the entrance to the houses opposite our double gates when picking up or dropping off. Our neighbours are finding it difficult to enter/exit their properties and we do want to have positive relationships with our community.

We would also ask families not to turn around or park around/opposite the double gates unless with relevant disabled parking passes, firstly for the reasons above and secondly due to a couple of near misses with children crossing on their own in this area. We do have staff on the gates but would appreciate if people can try not to come down Wharf Lane to the end unless they need to access a house there.

Thank you in advance for your support.

Covid

Whilst Covid legislation has changed, we are still asking families to support the school by following the Government's recommended guidance below. This will remain in place until tests are no longer available free, which we anticipate will be 1st April. We are awaiting the next stage of guidance and once we receive this we will share this with families.

What to do if your child develops symptoms of coronavirus (COVID-19) or tests positive for COVID-19

Symptoms of coronavirus (COVID-19) are a new, continuous cough, or a high temperature, or a loss of, or change in, their normal sense of taste or smell (anosmia).

If your child develops symptoms of coronavirus (COVID-19), they should get a PCR test and remain at home at least until the result is known and they are fever free (without medication) for at least 24 hours.

If **negative**, the child can end self-isolation and return to school once well;

If **positive**, the child should isolate until at least 10 days after their symptoms appeared.

They may be able to leave isolation and return to school on day 6 if day 5 and day 6 lateral flow tests, tested at least 24 hours apart are both negative.

If the child has a positive test result, but does not have [symptoms](#), they should stay at home and self-isolate for 10 days from the date the positive test was taken. Isolation can end early as above. Anyone with symptoms will be eligible for a PCR test (the normally available test type) and this can be arranged via <https://www.gov.uk/get-coronavirus-test> or by calling 119.

A reminder that any information e.g if your child is waiting for a test or when they have received a result **must** be sent by email to the school office at greenfylde@educ.somerset.gov.uk, please don't send via School Comms as the office email is checked out of hours unlike the School Comms app. **We also request that you don't send this via Class Dojo or Tapestry.** Your child must not come in or be brought to school if they have any Covid symptoms.

When reporting absence please state the symptoms your child is experiencing as depending on these it changes their coding on the register. **If we receive messages with just descriptions such as 'ill/unwell/under the weather' then the office will need to follow this up with you in a telephone call.** Please can we ask families to be respectful to any calls from the office re potential Covid illness as they are only following the Government guidance.



Lions' Award

Congratulations to our Lions' Award recipients.

Dove	Louie K
Pippin	Flossie D
Sandew	Noah R
Golden	Frank R
Puffin	Teddy B
Camelot	Lenny A
Hook	Alex L
Dunkerton	Elliott O
Morgan	Reeya Z
Ashton	Alexia L
Coker	Lillie W
Coopers	Kye H
Gatcombe	Archie U

Trophies and certificates will be presented on Thursday 31st March at 10.00am for Reception, Year 1 and Year 2 (**note change of time**) and Friday 1st April at 9.30am for Years 3 and 4.

Families of the recipients are welcome to attend via Zoom and a link will be sent out to the contact emails we have for our pupils. We encourage all family members to stay until the end of the celebration if possible.

Please note if joining via Zoom no recordings or screen shots should be taken of the sessions for safeguarding and we ask you to remain on mute. **Please also be aware of your screen name and we ask that this is changed to your child's name.**



Online safety update

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to upsetting stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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Source: <https://www.bbc.com/news/health-56470361> | <https://www2.kirnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.nofog.com/blog/how-talk-your-children-about-conflict-and-war>



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FroGS – Swimming Pool

Greenfylde Community Pool Open session – Thursday 31 March – from 3:40pm

We will be opening up the Greenfylde Pool for the school community to look around on **Thursday 31 March between 3:40 and 4:40pm.**



This is a chance for those of us who have never seen Greenfylde Pool to take a look around and to help you decide if you would like to sign up to become a member for the 2022 season. Mr Swift and some of our FrOGS Committee and Pool volunteers will be on hand to show you around and answer any questions you might have.

Please wait opposite the pool (which is adjacent to the school office via the front gate to the school) Please wait away from walkway and grass to allow those coming into and leaving the school to pass by easily. You may be shown around in smaller groups at a time depending on how many people are there. Viewings should only take about five minutes so you shouldn't have long to wait.

We are hoping to open the swimming pool on the 9 April in time for the Easter Holidays. Membership costs £10 and a session costs £15 an hour for up to 10 people (including 2 adults). Details of how to become a member will be available shortly.



Pool Volunteers

Thank you to everyone who has shown an interest in becoming a pool volunteer so far. If you are interested in giving some time to be on a rota of opening and closing the pool and taking bookings then please contact Mr Swift via the school office. Pool volunteers will receive 3 free swim sessions in exchange for their volunteering time.



Sunny-Ile Pre-School Cygnet Pre-School



Newsletter - Friday 25th March 2022

COVID

Whilst Covid legislation has changed, we are still asking families to support the school by following the Government's recommended guidance below. This will remain in place until tests are no longer available free, which we anticipate will be 1st April.

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They may be able to leave isolation and return to school on day 6 if day 5 and day 6 lateral flow tests, tested at least 24 hours apart are both negative. If the child has a positive test result, but does not have symptoms, they should stay at home and self-isolate for 10 days from the date the positive test was taken. Isolation can end early as above. Anyone with symptoms will be eligible for a PCR test (the normally available test type) and this can be arranged via <https://www.gov.uk/get-coronavirus-test> or by calling 119.

This is the same advice we are giving to our staff to try and support our school community. Guidance will change again on the 1st April and we will update this when that happens. We will keep contingencies in place if required and as per local Public Health guidance, these will come into use if the following occur: A higher than previously experienced and/or rapidly increasing number of staff or student absences due to COVID-19 infection Evidence of severe disease due to COVID-19, for example if a pupil, student, child or staff member is admitted to hospital due to COVID-19 A cluster of cases where there are concerns about the health needs of vulnerable staff or students within the affected group.

Mother's day

All the children at our Preschools have enjoyed making cards and crafts for Mother's Day on Sunday. We also made handprint bags and Angie from Cottage Flowers donated flowers which were placed inside for the children to take home. Not all children will have theirs to give you for Sunday, but they will be sent home next week. We would like to thank Angie from Cottage Flowers for her very kind donation. We want to wish all our Mum's or special person a very Happy Mother's day.

Medicines to Children

As part of our policy we are not allowed to give children medicines which are not prescribed by the doctor. If a child does need a prescribed medicine we require you to fill in a form so we can administer the medicine.

Letters in Bags

Please can we ask you to check your child's bag for any letters coming home? Also if you have letters to give to pre-school, please can you hand to a member of staff as we don't always see them left in the children's bags. Thank you for your cooperation.

Dates for your diary

Friday 8th April – Friday 22nd April – Easter Holidays

Sunny Ile Preschool

The weather has been so lovely this week and the children have really enjoyed playing outside with all the toys. They have also taken part in the Science day and have been carrying out experiments including, colour changing, static butterflies and shadows.

Maybe you can look at science experiments through the Easter holidays and post your pictures on Tapestry.

Coats

While the weather is being kind and warm, please can you send your child in with a summer coat. We understand the weather may change and become colder and then a winter coat should be provided.

Cygnets Pre-School

This week at Cygnets we have had 2 forest school sessions with Vernon. On Monday we enjoyed a lovely spring walk looking for birds and even found the Easter bunny's hideout. On Wednesday we scared off some dinosaurs with a game of archery and then went bug hunting with our magic sticks. We've also been making the most of the lovely weather and exploring our new climbing equipment, water play and lots of fun in the garden!

Sun hats

Please can we ask that Sun hats are brought into pre-school with the sunnier weather as we spend a lot of time outside.

Special crafts

Children will be bringing home some special crafts this week, we hope you enjoy them as much as we enjoyed making them.

BEAVERS

Ages 6-8

Ilminster's Beaver Section are looking for members aged 6-8 to join our adventures! Interested?

When: Tuesdays 5.30pm-6.30pm, term time (time varies slightly with covid measures)

Where: Based at the **Ile Youth Club** but we love to get outside when we can! We also have a campsite at Huish Woods.



Parents are encouraged to join in on our Parent Rota. It's a great opportunity to have shared experiences with your children and for you both to gain life skills. #SkillsForLife

Join us...

Make Friends

Games

Campfires & Marshmallows

Wellie Walks

SO much fun!

Crafts

Nature Activities


Badges


Life Skills




Contact: Nala, aka Ericka



 Ilminsterbeaversection@gmail.com
for more information.

 [@IlminsterScoutGroup](https://www.facebook.com/IlminsterScoutGroup)

Interested in Cubs? (8-10yrs)
 Ilminstercubsection@gmail.com

Scouts
1st Ilminster Scout
Group

