

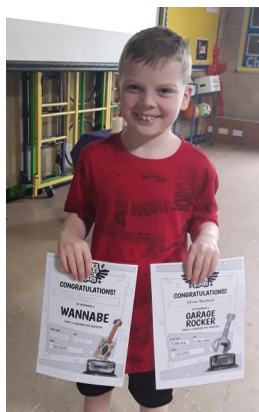
News and Events

Friday 17th March

Dear Parents/Carers,

Today in our Celebration Collective Worship we celebrated Melody (Voyagers) for the value of wisdom, Luca (Discoverers) for the value of wisdom, Imogen (Explorers) for the value of wisdom and Wilson (Shooting Stars) for the value of agape.

Congratulations to them all.



Congratulations to Ollie who has gained Wannabe and Garage Rocker status this week.



It was lovely to see the hall full of mums, grans, godmothers, aunties and family friends yesterday. Thank you for making the afternoon very special. We hope you enjoyed a story and muffin. Photos on the following page.

Reminder

The library is open after school on Tuesday and Friday.



Important dates for your diary

- 20 Mar—Rags to Riches drop off 8:30am
- 22 Mar—Collaborative Schools music concert—selected Y5/6 pupil
- 24 Mar—Easter family bingo
- 27 Mar—Acorn KS1 multi-skills festival
- 28 Mar - Head Girls/Head of House Cake Sale
- 31 Mar—Easter service in Church 9:30am

Attendance

Highest attendance:

Discoverers 100%

Lost learning: 47.5 hours



@WestAshtonCofE



[West Ashton C of E Primary School | Facebook](#)

We are on Facebook! Please like our page.



News from the classes:

Shooting Stars: We have got some chicks in our class, they came as eggs and we have enjoyed watching them hatch. We have also been learning about 3D shapes and have drawn a home for the chickens using the shapes. Rhiannon



Explorers: This week we have been thinking about life cycles, we talked about a frogs and butterflies life cycle. In English we have been writing about our story The Great Explorer. We are writing a diary pretending to be Tom from the story. In computing we designed our own robots and became inventors. In music we listened to a song about Goldilocks and Little red Riding Hood, we used the instruments to make different sounds. - Fynn and Luca

Discoverers: This week in Discoverers we have enjoyed our science lesson where we were exploring pitch. We looked at a range of instruments including wind, percussion and string. We learnt that the shorter bar/strings played a high pitch and long bars/strings made a lower note. In PE we practised dribbling and passing the ball whilst moving to help with our basketball skills. We have enjoyed dressing up in red today to support Red Nose Day!

Voyagers: This week we have been comparing fractions, decimals and percentages in Y6 and looking at perimeter and area in Y5. In science, we worked on our understanding of forces and had an aerodynamics race with paper aeroplanes. We have written a descriptive piece based on The War of the Worlds and a non-chronological report on Manaus in geography. Last of all, in music we have been learning about pitch, pulse, rhythm and beat. Abigail and Poppy

Please help FOWAS with their fundraising by supporting the bingo next week if you can. It would help them massively to know numbers so you can buy tickets in advance. Details on the poster in the newsletter.

Have a lovely weekend.

Best wishes,

Alex Blake-Thwaite

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.03.2023

National Online Safety Update

FOWAS event - please
by your tickets

This is at school
NEXT WEEK



BAKE SALE

Money raised will go to Ukrainians.

Agape, hope and Wisdom will be competing to see who can make the most money, so please make your best cakes!



On the 28th March
3:00pm, In the hall

Trowbridge Library Booksters!

**Book group run exclusively
for readers in years 5 & 6**



One Thursday a month 4:00 – 4:30pm

26 January
23 February
23 March
20 April
18 May
15 June
13 July
21 September
19 October
16 November
14 December

Drop-in session – Must book your FREE place
at Trowbridge Library or on 01225 716700

**Voyagers—
Trowbridge library
book club**



**Trowbridge
MUSEUM**



Easter Break 2023 Family Activities



Easter Bunny Terrarium **Wed. 5th April.** at the museum - free.



Easter Baskets **Thurs 6th April** at the Museum - free.



Daffodil Bird Feeder **Wed. 12th April** at the Museum - free.

Mini-bugs **Fri. 14th April** at the Museum - free.



For further details on times and booking please visit website: trowbridgemuseum.co.uk, or our social media pages



Premier Performance



SKILLS CLINICS

SATURDAY MORNINGS

£10 per session or 4 for £35

Check out our Instagram for the latest session dates and times

07473 026208 // premierperformanc3@gmail.com



PREMIER PERFORMANCE

Premier Performance are a professional coaching company that aim to deliver the highest quality grassroots football coaching provisions. Our head coach James is FA certified with over 8 years experience in the UK and USA. James has completed an industry leading Football Studies Undergraduate and has recently returned from a coaching Internship in California as part of his Leadership in Sport Masters degree through USW.

Additional information about the services we provide is available by following the QR Code to our Instagram @_premierperformance_

- Skills Clinics
- Grassroots Coaching
- 1-2-1 Sessions
- Group Sessions





active trowbridge



ACTIVE KIDS CAMP

WWW.ACTIVETROWBRIDGE.CO.UK

WEEK DAYS 3RD APRIL 2023- 14TH APRIL 2023- JOHN OF GAUNT
STANDARD DAY 9AM - 3PM £19.80 EXTENDED DAY 8AM - 4PM £24.60
CHILDCARE VOUCHERS ACCEPTED EXCLUDES BANK HOLIDAYS



SCAN ME



active trowbridge soccer schools



GIRLS FOOTBALL APRIL 2023

6TH APRIL 2023
JOHN OF GAUNT

9AM - 3PM
STANDARD DAY
£19.80

9AM - 4PM
EXTENDED DAY
£24.60



5 - 14 YEARS

KIT: TRAINERS,
SHINPADS, PACKED
LUNCH, WATER
BOTTLE

CHILDCARE
VOUCHERS
ACCEPTED



SCAN ME



Discover
TROWBRIDGE

WWW.ACTIVETROWBRIDGE.CO.UK



EASTER HOLIDAYS

3 - 5TH & 11-13
APRIL
JOHN OF GAUNT

9AM - 3PM STANDARD
DAY £19.80
9AM - 4PM
EXTENDED DAY £24.60



5 - 14 YEARS

KIT: TRAINERS,
SHINPADS, PACKED
LUNCH, WATER
BOTTLE

CHILDCARE VOUCHERS
ACCEPTED



SCAN ME



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Ever thought about volunteering?

Wiltshire's Independent Visitor Scheme is looking for people who can spare a couple of hours of their time every 3-4 weeks.

Volunteers are needed across Wiltshire

to befriend children in care. Young people living away from their families often really value having a consistent independent person who can take a special interest in their lives.

Wiltshire Independent Visitor Scheme is looking to take on more independent visitors to fulfil this valuable and rewarding role. Volunteers are needed who can communicate well with young people, share in their interests and who have regular time to spare.

If you are interested in knowing more please contact the scheme on

IVScheme@wiltshire.gov.uk

"My IV is awesome and lots of fun; he makes me happy."

Young Person

Wiltshire Council

frome musical theatre company

An amateur production by arrangement with The Really Useful Group Ltd



THE NEXT GENERATION

SCHOOL of ROCK

THE MUSICAL

© TM 2016 RUG Ltd

BASED ON THE PARAMOUNT MOVIE WRITTEN BY MIKE WHITE

MUSIC BY

ANDREW LLOYD WEBBER

BOOK BY

JULIAN FELLOWES

LYRICS BY

GLENN SLATER

Tues 2nd - Sat 6th May 2023

EVENINGS: Tues - Sat at 7pm, **MATINEE:** Sat at 2pm

TICKETS: Adults £18, U16 & OAP £16, Group Bookings (10+) £15



www.fromemtc.co.uk

Frome Memorial Theatre

01373 462795

BOX OFFICE: Mon to Sat, 9.30am - 1.00pm

www.fromememorialtheatre.org.uk