



News and Events

Friday 2nd December

Dear Parents/Carers,



Today in our Celebration Collective Worship we celebrated Lola (Voyagers) for the value of wisdom, Evalynn (Discoverers) for the value of wisdom, Daisy (Explorers) for the value of wisdom and Rhiannon (Shooting Stars) for the value of friendship.

Congratulations to them all.



Congratulations to Sabelle who is now a Rock Star and Skye who is a Headliner. In addition, Skye received this week's most improved for her effort and Sabelle received most improved for the biggest number of points



Attendance is worth a very special celebratory mention this week because for the first time since we monitored this weekly, two classes have hit 100% attendance. Lost learning was just 20 hours.

Congratulations Explorers and Discoverers

Reminders

The library is open after school on Tues and Fri.

Important dates for your diary

7th Dec—Panto

13th Dec—Nativity 2pm

14th Dec—Nativity 9:30am

15th Dec—Christmas jumper day and Christmas lunch

16th Dec—Christmas Church Service 9:30am

16th Dec—Christmas sing-along 2:15pm

All clubs end next week



@WestAshtonCofE



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

We are on Facebook! Please like our page.



Thank you to all the families that came along to the Christingle Service at St John's. As always, it was very special when the lights went out and all the children were stood in a horse-shoe holding their Christingles. Watching the awe and wonder on their faces and knowing that they are all feeling just a little bit more Christmassy is a delight and an honour.

It's beginning to look a lot like Christmas....



Thank you to FOWAS for the incredible transformation of the school over the weekend. We all loved coming in on Monday to every room looking ready for Christmas. Thank you to everyone who donated decorations to make this possible and a big thank you also goes to B and Q who donated the tree for the hall to us.

This week we saw our tree displayed at St James' as part of their Christmas Tree Festival and next week we will no doubt be calling out, "He's behind you!" as the panto comes to West Ashton. Thank you to everyone who has made a contribution towards this.

From Acorn Education Trust:

The Acorn Appeal

The Acorn Appeal is Acorn Education Trust's charitable arm, providing support in purchasing uniform and school supplies for pupils in need of help.

The Trust has always been committed to the wellbeing and support of all of our pupils and their families. During the Covid-19 pandemic, there were a lot of changes which continue to have huge and long-lasting effects on our local communities, creating unprecedented challenges.

Although the Acorn Appeal was initially set up to provide support during a period of national uncertainty, it has now evolved into a Trust wide network, with each setting holding fundraising events throughout the academic year, including non-school uniform days, in addition to supporting Trust-wide drives, including:

Food Bank Drive

In April, settings across Acorn Education Trust held a Food Bank Drive to support our local communities during the Easter Holiday. The Appeal collected donations of food and toiletries which were donated to the Warminster Food Bank, Crosspoint Westbury, Storehouse Trowbridge, Devizes Food Bank (Trussell Trust) and Salisbury Food Bank (Trussell Trust).

Tour D'Acorn

Seven current and former members of Acorn Education Trust staff took part in a one-day cycle ride to each of the 17 Acorn Education Trust settings. On one of the hottest days of 2022, the team covered a total of 126km, the equivalent of cycling from Trowbridge to Birmingham, raising over £2,000 in the process.

Each setting within Acorn Education Trust contributes to The Appeal and has access to it. To date, The Acorn Appeal has raised over £10,000, supporting pupils and their families with the purchasing of school uniform and school supplies and paid for pupils to attend school trips or after school activities.

As a Trust, we are keenly aware of the challenges that many within our communities are facing today. We'd like to say a massive thank you to everyone who has supported the Acorn Appeal and helped us support those in need so they can attend school feeling valued and more importantly, that they belong.



Our Christmas jumper day will be raising money for The Acorn Appeal.

Please wear a Christmas jumper on Thursday 15th December and donate £1 to help this great, local cause.

News from the classes:

Shooting Stars: This week we have been learning all about the number nine and square numbers. We have also learnt all about Santa's reindeer. Did you know that they are all girls! Boy reindeer lose their antlers in the winter so cannot be Santa's reindeer. Rhiannon

Explorers: We got a letter from Andy Day (Andy's Adventures) about animals so today we wrote a letter back to him telling him all the things we have been learning. We have practiced the nativity and the songs. In science we learnt about our body and had to label our body parts, we found our liver, spine, brain, bones and heart. Luca and Fynn

Discoverers: In Discoverers, we have created our own poems based on the Salmon run we have explored. These poems were difficult but we all persevered and tried to use a range of figurative language we have learnt about this term. In Maths, year 3s have been doing a great job at the 8 times tables. The year 4s on the other hand, have been applying their maths reasoning skills to a number of problems, including using area to design a peace garden. In Geography, we have been focusing on a question that explores how water wears away mountains, we have looked at a few mountain ranges around the world. Brie and Lawson

Voyagers: This week, we have published our newspaper articles based on Macbeth and they look fantastic! We've also continued reading the play and are all looking forward to finding out how it ends next week – will Macbeth get away with his dastardly deeds?! We've also practiced writing messages in binary as part of our computing lessons and have been looking at evidence of everyday Viking life as part of our history topic. Thalia and Abigail

As I finish this newsletter, I can see the preparations underway for our discos this evening. Looking forward to seeing some dazzling disco moves—and not just from the teachers!

Best wishes,

Alex Blake-Thwaite



Raise funds by collecting reusable clothes



**WE ACCEPT CLEAN,
GOOD QUALITY, DRY,
REUSABLE CLOTHING**

- Adults, Childrens & Babies Clothing
- Jewellery and Accessories
- Paired Shoes and Footwear
- Belts and Handbags

A full list of reusable items is listed on our website
www.rags2riches4schools.co.uk

WE DO NOT ACCEPT

**POOR QUALITY ITEMS SUCH AS
DIRTY, WET, RIPPED OR SOILED
CLOTHES.
PILLOWS, DUVETS, CURTAINS,
BOOKS CDS OR ANY UNIFORM**

If you are unsure what to put in the bags
**STOP AND THINK
WOULD YOU WEAR IT?**

Please use the clothing bag provided.
You can also use any additional bag if required.

Collection Date:
Monday 5th December

Please remember - **NO UNIFORM**



Please bring your reusable clothing into school on Monday

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces. Involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



National Online Safety Update

Continued...

Citizens Advice Wiltshire
Support with debt, benefits, housing and
employment.
0800 144 8848
www.citizensadvicewiltshire.org.uk

AgeUK Wiltshire
Provides emergency food and support
0808 196 2424
enquiries@ageukwiltshire.org

MIND Wiltshire
Mental health support
01225 706532
www.wiltshiremind.co.uk

Healthy Start Vouchers
To help buy fruit, vegetables and milk if you're on a
low income, pregnant or have a child under 4.
0345 607 6823
www.healthystart.nhs.uk

Warm and Well
Energy efficiency advice
0800 500 3076
www.warmandwell.co.uk

Step Change
Debt charity offering free debt advice &
money
0800 138 1111
www.stepchange.org

Welcoming Warm Spaces and Winter Activities

With the rising cost of energy, we recognise that home may not always be the warmest of places. There are some wonderful venues and community groups where you can spend time in a warm and cosy environment.

For a full list of warm and welcoming spaces, call us on 01225 765072 or come and see us in the Information Centre (Civic Centre) or visit www.trowbridge.gov.uk

Trowbridge Library
Find a cosy corner to read a book, listen to poetry readings or have a browse on the internet
Mon/Weds/Fri/Sat 9am - 5pm
Tues/Thurs 9am - 7pm

Trowbridge Museum, The Shires
Take a free stroll through history and explore the local exhibitions
Tues - Fri 10am - 4pm & Sat 10am - 4.30pm

Kindness Cafe
Free tea, coffee and a chat
Studley Green Community Centre, Thursdays
10am - 12noon
Seymour Hub, Fridays 10.30am - 1.30pm

St James' CE Church
Free tea, coffee and a chat
Mon/Wed/Sat 10am - 12noon



TROWBRIDGE TOWN COUNCIL Keeping Warm and Safe This Winter

The cost of living crisis is affecting thousands across Trowbridge. We have created this guide to make sure that you know where to turn if you need support with your finances – or simply in keeping warm. You can also come and see our friendly team at the Information Centre in the Civic Centre and they will point you in the right direction.

In This Guide: What financial support is available and where to find warm, welcoming spaces.



01225 765072

info@trowbridge.gov.uk

Trowbridge Town Council
St Stephens Place, Trowbridge, BA14 8AH

Step 1: What Do I Need Support With?

I Am In Debt

- Rent or Council Tax Arrears
- Struggling to repay my Benefit repayments
- Gas and/or Electric hasn't been paid
- Credit or Store Cards
- Personal loans and/or overdrafts
- I owe my friends and/or family money

See Option

2

My Money Doesn't Stretch As Far As It Used To

- Deciding between food/fuel/bills
- On a low income or a zero hours contract
- Statutory Sick Pay doesn't cover costs
- I might be made redundant
- Not sure what financial support I'm entitled to
- Has been a change of circumstances (a new baby/illness/bereavement/breakup)

See Option

4

Step 2: What Are My Options?

1 Wiltshire Council Support Schemes

If you have a low income you may be entitled to Housing Benefits, Discretionary Housing Payments and Council Tax Support.

2 Seeking Debt Advice

Debt can happen to anyone. Trowbridge has excellent FREE debt advice services, helping you reduce how much you pay each month and take back control of your finances.

3 Challenge A Decision

If your benefit has been stopped/sanctioned/reduced or refused or you have been over or underpaid. These decisions need to be challenged within one month.

4 Maximise Your Income

If you think you need some additional support, you can get a free benefit check. An advisor may be able help you find cheaper energy and receive any money you are entitled to eg: free school meals, school clothing grants

5 Benefit Advance

If you have made a new claim for Universal Credit and are in financial hardship, you can request a payment advance. This must be paid back though, so seek advice before you do this.

6 Hardship Payment

If you have been sanctioned, you may be able to request a non-repayable hardship payment. This may not be available to everyone.

I Suddenly Have No Money

- Recently lost my job or reduced my hours
- Unexpected expense or lost money
- There has been a disaster (eg: a flood or fire)
- My relationship has broken down
- Money has stopped (eg: benefit payment)

See Options

1

2

5

6

I Am Waiting On A Benefit Decision/Payment

- I have made a new claim for a benefit
- Benefit claim delayed

See Option

3

Step 3: Okay, Who Do I Turn To?

Wiltshire Council
Support with discretionary Housing Payments and Council Tax
0300 456 0100
www.wiltshire.gov.uk/benefits

Trowbridge Debt Advice Service
For free, confidential and impartial debt advice.
01225 777865 / 07884 952696
www.trowbridgedas.org

Storehouse Foodbank
Supporting individuals and families through short term needs of food and toiletries.
07702 583143
www.communityactionwestwilts.org/storehouse

It's Good To Stay Social

For regular information, updates and FREE activities you can follow our socials or visit our website:

 trowbridge.gov.uk

 TrowbridgeTIC

 TrowTIC

 [discovertrowbridge](https://www.instagram.com/discovertrowbridge)

 [trowbridge.towncouncil](https://www.tiktok.com/trowbridge.towncouncil)

There's more this way...

Kids Inflatables Christmas Party

14 DEC 2022

5:00PM - 7:00PM

THE CIVIC, TROWBRIDGE

TICKETS £8.50

WWW.THECIVICTROWBRIDGE.CO.UK



