

News and Events

Friday 25th March

Dear Parents/Carers,

Today in our Celebration Collective Worship we celebrated Kathleen (Voyagers) for the value of wisdom, Skye (Discoverers) for the value of wisdom, Esme (Explorers) for the value of thankfulness and Johnny (Shooting Stars) for the value of wisdom.

Congratulations to them all.



Congratulations to Ollie who has gained Busker status, Luca who is now an Unsigned Act and Lacey who is a TT Rock Star Wannabe.



It was wonderful to hear from Abigail who had been awarded a trophy for her great goalkeeping and Lola who told us about her dance competition held at Disney and shared her medals and incredible Mickey trophy with us. Congratulations to both of them.

Reminder

The library is open after school on Tuesday and Friday.



Important dates for your diary

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.



Place2Be is a children's mental health charity who alongside supporting schools to improve children's mental health, they have a wonderful site which offers practical tips to support children's wellbeing and behaviour at home. They have short video clips and read covering everything from arguing with your child and bed wetting to talking to your child about secondary school. The link to the site is here: [Place2Be: Parenting Smart: Articles](#)

Thank you to everyone who cleared out a cupboard, drawer or wardrobe. We raised £44.80



Wear something red for Red Nose Day raised a superb £71.50. Thank you.



Last Friday, artist Darrell Wakelam came to school to help us bring our vision alive through some 3-D art. This is what he produced with children from Y2-6.

Our theological verse will soon be stencilled in gold on the frame.

I'm sure you will agree that it looks incredible. Every time I walk past, I have to stop and look at it again.





This week we welcomed more visitors to school. Gurdial Singh came to talk to KS2 about life as a Sikh. He was very impressed with what the children had learnt in RE and said they had thoughtful and insightful questions for him.

We also welcomed Anthony Phillips who is a Humanist. He spoke to Voyagers about what Humanism is and their non-religious worldview. Once again, he was also very impressed with their level of interest and the questions they asked comparing Humanism with religious views that they have learnt about.

Thank you to FOWAS for making donations and supporting travel costs for all our recent visitors. Without their support, these opportunities would not be possible and yet are so important for our children's personal development.



News from the classes:

Shooting Stars: This week the chicks in our class went to live on the farm. We are going to miss them, but we still have the tadpoles and caterpillars. We have been learning about how a caterpillar changes into a butterfly and has wings that look exactly the same. In music we have been learning about the different sound notes can make and have been practising making high sounds and low sounds. We have also started learning all about the Easter story and found out that Easter is not all about eating chocolate eggs. Rhiannon

Explorers: This week in maths we have been thinking about arrays in Year 2 and making numbers to 50 using joining links in Year 1. In history we learnt about Sunita Williams. She is an astronaut and engineer and she was the record breaker for the number of space walks. In English we have been planning a diary about an adventure to different countries like Brazil, Australia and Africa. In PSHE we were talking about healthy me and how to keep our bodies healthy. We started looking at food groups. In music we started making music based on Jack and the Beanstalk. This afternoon we started investigating the life cycle of a plant and will keep a plant diary. Fynn and Luca

Discoverers: We have explored how sound travels around us during Science this week. In Geography, we have been looking at the hazards and impact of earthquakes for people who live along tectonic plates. Japan have a lot of earthquakes and the children have an earthquake drill, just like we have a fire drill. We did our own practise for an earthquake (even though we do not live on a plate boundary so earthquakes for us in Britain are very rare and when they do happen, they are so small!) In English, we have come to the end of writing our collaborative diary of Iliona visiting the amphitheatre. We will begin our independent writing soon. Brie and Lawson

Voyagers: It's been another busy week for Voyagers. We have continued to enjoy reading War of the Worlds and basing our writing around the story. In maths, Year 5 have been learning about statistics and data whilst Year 6 have been learning how to find the area of rectangles, triangles and parallelograms. We have also made our own levers and pulleys in science. Finally, a huge well done to all of the children who took part in the Trowbridge Music Festival on Wednesday evening – it was great to see so much energy and enthusiasm from you all on stage! Mr G

Our Voyagers Music Festival Choir receiving their thank you certificates.

Next week they are going to perform their individual song for us in Collective Worship.

Hopefully see many of you later at bingo.

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://spotify.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: 15.03.2023

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



The Rock Project

School of Rock & Pop

JOIN US IN TROWBRIDGE!

EVERY TUESDAY DURING TERM TIME!

Ages 7-11: 4.00pm - 6.00pm
Ages 11-18: 6.00pm - 8.00pm
Trowbridge Town Hall, BA14 8EQ

BASS | GUITAR | VOCALS | DRUMS

FREE
TASTER
SESSION!



BENEFITS OF OUR SESSIONS:

- ✓ SOCIABLE GROUP LEARNING - MAKE LIKE MINDED FRIENDS!
- ✓ LEARN A LIFE SKILL - DEVELOP YOUR CREATIVITY & FOCUS!
- ✓ GAIN BAND EXPERIENCE - JAM EVERY WEEK!
- ✓ INCREASE SELF ESTEEM & CONFIDENCE
- ✓ LEARN THROUGH SONGS THAT YOU KNOW AND LOVE!
- ✓ PROVIDES A HEALTHY OUTLET FOR STRESS AND ANXIETY
- ✓ BE INSPIRED BY OUR TEAM OF YOUNG, PROFESSIONAL TUTORS

✉ WILTSHIRE@THEROCKPROJECT.COM

☎ 07756155769

🌐 WWW.THEROCKPROJECT.COM

📱 THE ROCK PROJECT WILTSHIRE

LEARN | PLAY | GIG



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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TROWBRIDGE

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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

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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