



'Child centred learning in the heart of the community'

3rd October 2025

Dear Parents and Family Members

There has been a real buzz around school this week as our Year 6 pupils stepped into the spotlight for the eagerly anticipated House Captain and Vice House Captain elections. From passionate speeches to creative campaign posters, the children have shown incredible enthusiasm, maturity, and leadership. It has been inspiring to see them champion their houses with pride, sharing ideas to build teamwork, kindness, and school spirit. The whole school has been engaged in the process. You can read the results of the exciting election below.

Alongside this, our School Council elections have sparked thoughtful conversations about democracy and representation. Children across all year groups have been learning about the importance of having a voice, making choices, and listening to others; values that underpin both our school ethos and the wider world. By casting their votes, the children are not only choosing their representatives but also gaining a deeper understanding of how democratic systems work and why they matter.

We are incredibly proud of the hard work and dedication shown by all our children over the last few weeks. From leadership roles and council campaigns to sports, music, and creative projects, the opportunities available to them have been varied and exciting. It is wonderful to see each individual child finding their own way to shine, grow, and contribute to our school community.

Classes 1 and 2

In Classes One and Two, we have been reading the story *The Little Red Hen*. We have been learning about harvest time. Last week, we decided to make some bread, like The Little Red Hen. We spoke about where flour comes from. In small groups, we followed Mrs Boon's instructions to bloom the yeast, stir in the flour, knead the bread and leave it to rise. At the end of lunchtime it was ready, so we all tried some with butter and jam! The children said it was delicious!



On Monday, we were lucky enough to have two hens come to visit. Their names are Sausage and Broccoli! We spoke about what chickens need to stay healthy, and how they hatch from an egg. We got to collect some eggs from their house. We got to feed the hens some of their food, but they preferred the fresh dandelion leaves!

We went on an autumn senses walk. We walked sensibly to the Juniors and adventured through the gate at the end of the field. There we found blackberries, sloe berries, apple trees and lots of long swishy grass. The children did a super job of naming and describing all of the things they could see, hear, feel, and smell. We spoke about signs of changing seasons, and the link to harvest.

We sat in the sunshine and read the story *Leaf Man* by Lois Elhert, and decided we would collect some of our own autumn treasure. We found a horse chestnut tree and felt the soft silk inside the spiky shell. We spoke about how they are seeds to grow new trees. We found an oak tree with lots of acorns that had dropped to the floor. We spotted sycamore seeds and tried to make them fly! We collected lots of leaves and conkers to make some leaf man creations with towards the end of the week.

Year 1 children in Class 2 had a great time at Haynes Motor Museum, they enjoyed seeing all the different cars and making their own car. The children said their favourite part of the day was seeing how many children fitted in a car and sitting in the very first car.

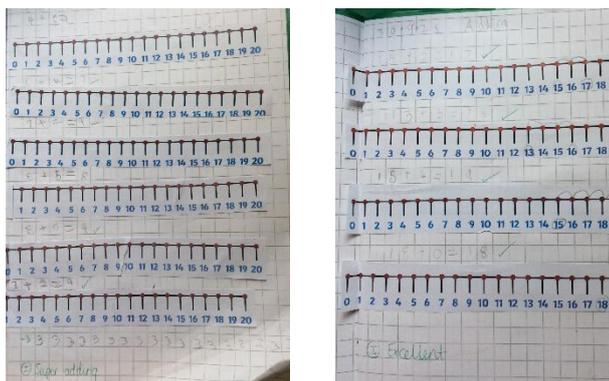
Class 3

Class 3 children visited our new classroom. We made Doug the builder a thank you book of letters and signed some builders' hats. We can't wait to move in very soon!



The children have been retelling the story *The Gigantic Turnip*. We added actions and retold each page together as a class. The children enjoyed cutting and sticking to order the story. We have worked hard to say a sentence to match a picture. Our focus has been capital letters, finger spaces and a full stop for each sentence.

In Maths, we have been recalling our number bonds for 10 and using objects to find ways to make the number 20. The children noticed the pattern. Also, we have been adding with objects, pictures and numberlines. Look at our fantastic work in Maths Books.



We had a fantastic trip to the Haynes Motor Museum. This included seeing the older cars, sitting in a Karl Benz motor wagon and exploring the red car room. The class enjoyed naming parts of the cars and drawing these carefully. The children listened carefully on their tour of the museum and showed curiosity when asking questions. Following the trip, the children enjoyed learning more about Karl Benz in History this week. They were very excited to share with one another they had sat in the motor wagon and we learned more about Karl's legacy.



Class 4

Last week we had a great trip to Haynes Motor Museum to enrich our History unit on cars. We had a fantastic day; looking at the first car designed by Karl Benz, creating our own production line like Henry Ford, time looking around the museum at some amazing cars including Lamborghinis and even Formula One cars and of course chance to play in the fantastic play park there. A great day was had by all! My thanks to the parent volunteers who helped on the day.



In English, we have been working really hard on our handwriting and presentation. This week the children have shown me amazing writing that is neat and joined and they are very proud as am I. Keep it up Class 4.



In DT we have now experimented making some moving pictures with sliders and pins as part of our focused practical tasks. Next, we will design and make our final product. Look out in the next newsletter for our pictures.

Class 5

Class 5 children thoroughly enjoyed their trip to the motor museum last week and have been very excited to continue their learning back in the classroom. We have been thinking specifically about how cars have changed over the last 100 years and have gathered information about the world's first car with a combustible engine, invented by Karl Benz. During their time in the museum the children had the opportunity to sit on a replica of the very same car!

In English, we have been focusing on our handwriting and improving the presentation of our work. The children have been learning to join their letters and are making amazing progress! For our learning in Maths, we have been learning to add and subtract one- and two-digit numbers and apply our number facts and number bonds to help us solve calculations. Great work, Class 5!



Class 6

The children in Class 6 have had a fantastic week this week finishing off our amazing biographies and starting our brand-new book *Gorilla* by Anthony Browne. We have started exploring the key emotions of the main characters and have used some drama activities such as making freeze frames and hot seating to bring the story to life.

In Maths, we have been looking at 2D shapes, 3D shapes and angles and have been working especially hard to find examples of these in real life and in our classroom!

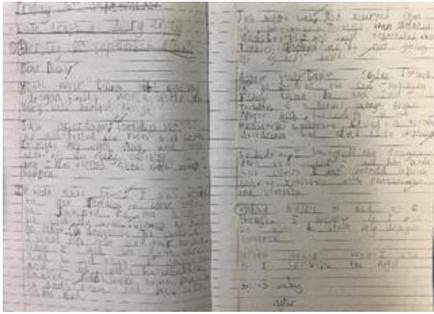
To finish of our week, we have been looking at the artists Shaun Tan and Laura Carlin and starting to explore and replicate their art styles. The children have had a go at inventing their own imaginary creatures and mechanical animals and the results have been amazing!

Class 7

The children have been hard at work over the last few weeks in all aspects of their work. In English, we continue to base our writing around the popular children's novel *How to Train Your Dragon* by Cressida Cowell and the children got into the character of Hiccup to write some heartfelt diary entries, exploring his feelings around the trials and tribulations of training his dragon Toothless ahead of the final Viking initiation test.

In Maths, we have looked at both formal and informal methods of addition and subtraction in order to further develop our toolboxes of strategies. The children are really developing as mathematicians and more confidently selecting an appropriate strategy to solve a particular problem.

In Science, we have begun to explore how different forces, including pushes, pulls, friction and gravity act upon an object to effect a change in what it is doing. We have some very perceptive scientists in the class, asking lots of *What happens if...* questions. In RE, the children have explored the importance of the Bible to a Christian and how it influences their daily lives whilst in PE the children have developed their ball control skills in an attacking and defending scenario.



Class 8

The children in Class 8 have been busy little bees these last few weeks... We have really enjoyed developing our skills in hockey and have improved the way that we hold the stick and keep control of the ball both in dribbling and passing.

In English, we have recently written mystery stories linked to our text *Secrets of a Sun King* by Emma Carroll. The children's imaginations have run wild with ideas of ancient tombs, mysterious scarab beetles and collapsing burial chambers. They are certainly worth a read when you come along to our next Parents' Evening!



In Maths, we are currently exploring how to measure length. We have investigated how kilometres and metres are related to each other and have practised finding equivalence between the two.

In History, the children have deepened their knowledge of the different periods of Stone Age Britain. We have discovered how the arrival of the Beaker people at the end of the Neolithic

Period brought an advance in prehistoric technology as they brought the knowledge of how to make the metal bronze. This led to improvements in lifestyle, causing a shift from nomadic hunting and gathering to the beginnings of a farming lifestyle. Bronze improved the quality of tools that could be made and so increased the efficiency of crop growing and brought on a better lifestyle for many. However, some elements of life were harsher - particularly for children... Why don't you ask your child to explain this to you?

Class 9

Class 9 children have been having a fantastic start to the new academic year, with everyone settling in unbelievably well.

We have begun the autumn term exploring the theme of *conflict through time* within our History and English lessons, exploring Emma Carroll's *Letters from the Lighthouse* set in World War II. So far, the children have written brilliant setting descriptions and an informal letter as the main character, Olive.

In Maths, Class 9 is working well on place value, exploring place value, including tenths, hundredths and thousandths. We have also applied this knowledge to be able to explore more reasoning and problem-solving questions.

Class 9 children wrap up their week with music and art on Friday. This half term, we are exploring shading, following the work of artist Caravaggio, and a singing performance as a whole class. This seems to be something that Class 9 are particularly enjoying at the moment. We have also begun admiring and critiquing finished pieces of artwork with our very own gallery walk, as if we were in our very own art gallery!

We can't wait for the upcoming year, and to see what incredible pieces of work we can produce. Well done, Class 9!

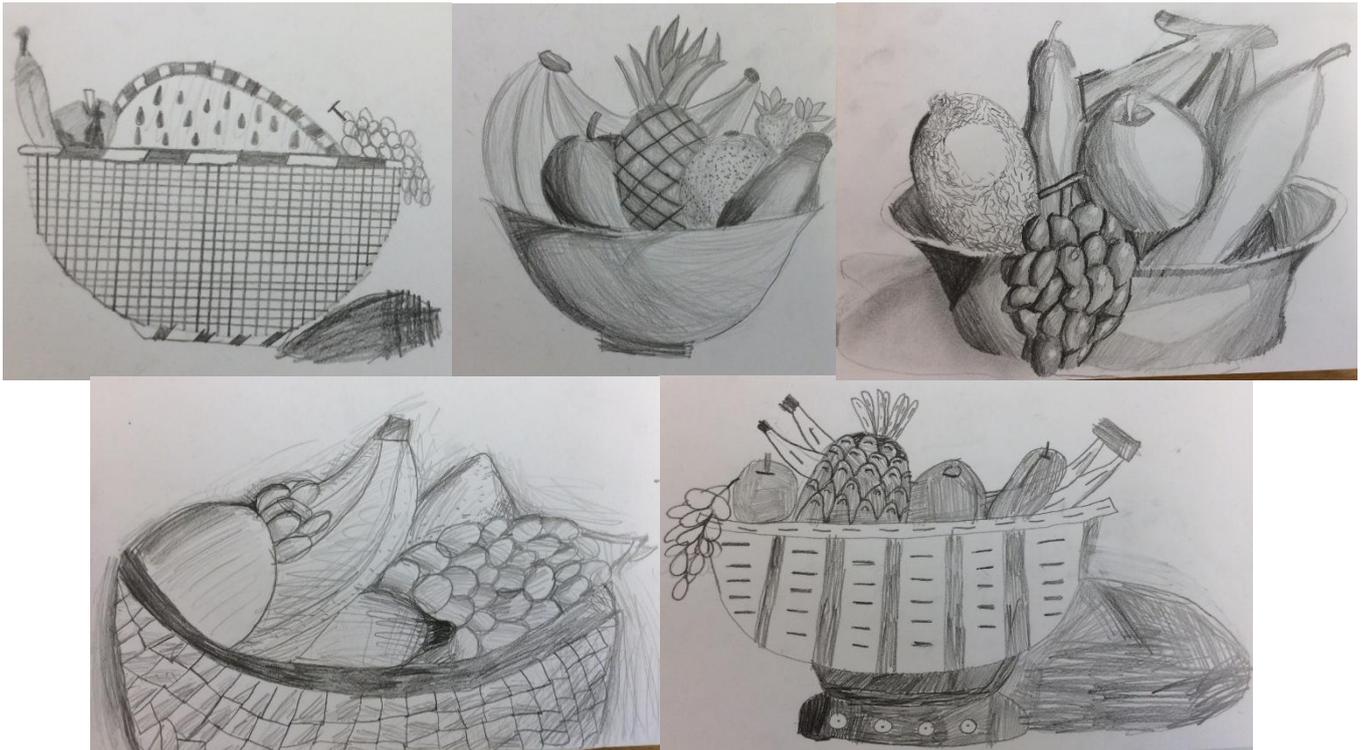


Class 10

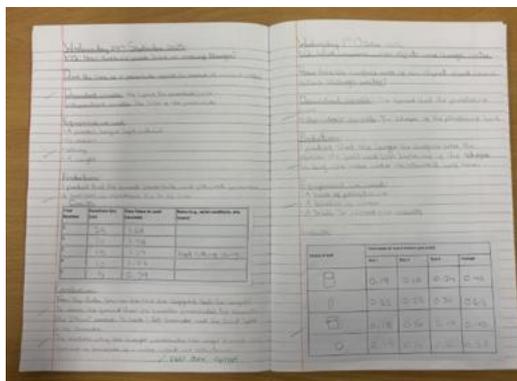
The children in Class 10 have been working hard in their art lesson. They have spent time carefully observing the shapes, sizes and details of different pieces of fruit, before sketching using great detail (as you'll see from the picture below!). All the children have shown real perseverance, making sure their drawings look realistic – a very hard skill to have.

As part of this project, the children have experimented with a range of techniques to bring their drawings to life. They have used shading to show depth and texture, blending to create smooth transitions and a variety of line styles to add detail.

The progress they have made is fantastic and their finished pieces show just how hard they have worked to develop their artistic skills – well done Class 10.



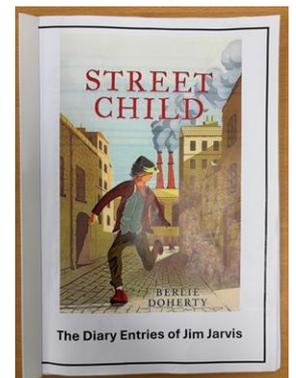
Class 11



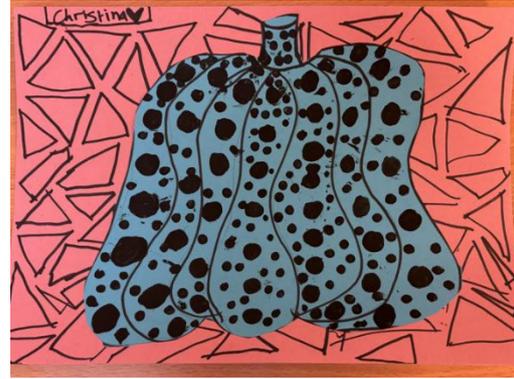
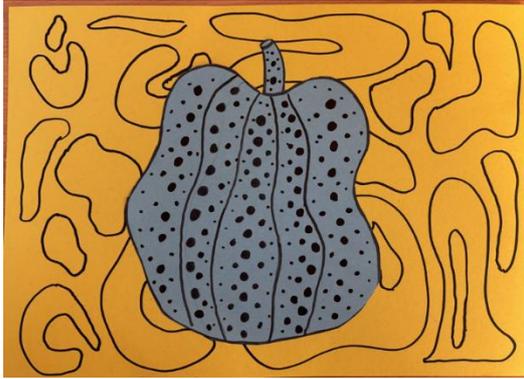
It has been a fantastic couple of weeks in Year 6, with the children working incredibly hard and producing some excellent pieces of work.

In Science, we have been investigating forces, focusing on the effects of air resistance and water resistance through exciting experiments.

In History, we have continued exploring key conflicts in Britain, including the Norman Conquest and the Civil War. We also brought our class novel *Street Child* to a close, stepping into the shoes of Jim Jarvis to write powerful diary entries from his perspective. The children also learned about Dr Barnardo and wrote thoughtful biographies about his remarkable life and work.



In Art, we have been learning about Still Life inspired by the work of Caravaggio. We have sketched fruit bowls and created textured watercolour pumpkins in this style. This week, we have been exploring the work of Yayoi Kusama and her polka dot 'kabocha' and creating our own colourful polka dot pumpkins. We have some absolutely fantastic artists in Class 11 - the standard of work being produced is brilliant!



World Mental Health Day

On Friday 10th October 2025, lots of people will be marking World Mental Health Day. It's a global event designed to raise more awareness about mental health conditions. To celebrate, we are encouraging our staff and pupils to wear something yellow to support the message, #HelloYellow. This could be as simple as yellow socks, a yellow hair band or if you have anything already at home, maybe a yellow t-shirt or jumper. This is not a non-uniform day, just a day to accent school uniform with something yellow.

Some people have mental health conditions like depression or anxiety, which means they have feelings that won't go away, and which start to really affect day today life. The goals of the event are to educate people about them, to remove feelings of shame, worry or embarrassment about talking about or having them and to talk about positive mental health and what that looks like.



EYFS Outdoor Area Opening

Following this morning's coffee morning, we took the opportunity to invite Mr and Mrs Waterfield to visit the new classroom which will be aptly named 'Ladybird Lodge'. We also asked them to officially open the Early Years Outdoor play area which they were honoured to do.



KS1 Visit to Haynes Motor Museum



Key Stage One children had a wonderful trip to Haynes Motor Museum where they had a guided tour of the museum and got to sit inside some of the amazing cars that were exhibited. We managed to fit twelve children in the Cadillac!

Whilst we were there, the children created their own production lines where they had to work as a team to create and 'manufacture' cars as quickly and efficiently as they could.

We acted as historians and discovered how Karl Benz and Henry Ford got the world on wheels which will link to our learning in History and our Cars topic.

We all had a great day and learnt a lot. They children have returned from the trip enthusiastic and curious to learn more! Thank you to all parents who offered to help.

Year 6 House Captains

Well done to all the Year 6 children who took part in the recent House Captain elections. We have never had so many nominees for each house. The children all created excellent campaign posters and produced some very convincing speeches.

After counting the votes very carefully, we are proud to say that the following children will be representing each of their houses as house captain and vice house:

Unicorn: Daisy (Chair) / Arthur (Vice)

Dragon: Oscar (Chair) / Honey (Vice)

Griffin: Poppy (Chair) / Blake (Vice)

Wyvern: Sully (Chair) / Hera (Vice)

The house captains and vice house captains have already set to work and have many ideas that they would like to put into action. They are already planning our upcoming Halloween Quiz. We look forward to all the different things that they will put into place for their houses and the enthusiasm they will bring to their roles.

Forest School

We are thrilled to announce that our much-anticipated Forest School, led by the wonderfully passionate Miss Bush is set to begin development before half term. Some of the children recently had the chance to visit the site, and their excitement was infectious; they were amazed by the space and couldn't stop talking about the possibilities it holds. This initiative is about more than just outdoor learning, it is about giving children back a sense of freedom, adventure, and connection with nature. In a world that often feels fast-paced and screen-filled, Forest School offers a chance to slow down, explore, and rediscover the joy of childhood in the great outdoors.

Please look out for the information regarding a community day where we will be looking for parents and family members to help us further develop the site-we will provide the food and cups of tea!

Cross Country

The first Yeovil Schools cross country race of the season took place recently at Yeovil Rugby Club with seventeen of our runners taking part across the age groups. The conditions were soft and the weather warm which, combined with a longer course than in previous years, made it a difficult first outing after the summer break. Everyone ran their hearts out and did their very best and we achieved two very creditable top twenty finishes and a magnificent top five finish. We are proud of you all.

The next race is this Monday 6th October at Yeovil Showground and it would be fabulous if we could get even more children representing our school at this event. Please check your Parent mail and sign your child up for the race.



Year 5-6 Girls' Football

On Monday this week, the Year 5-6 girls' football team took part in a mini tournament at Bucklers Mead School in Yeovil and did the school extremely proud. The girls performed exceptionally well, winning all five of their matches and scoring thirteen goals in the process whilst not conceding a single goal throughout the afternoon. The girls played with great teamwork, determination and energy in all the matches whilst maintaining a great respect for their opponents. A fabulous attitude to their sport, they could certainly teach those in the Premier League a thing or two. The next Lionesses in the making perhaps...



Staffing

I am delighted inform you that Mr Bowles has recently been appointed as the Assistant Headteacher. He will continue to lead Curriculum and Learning across the school providing strategic vision in ensuring the very best educational experience and outcomes for our children.

The leadership team structure is as follows:

Mrs Mordue-Headteacher

Mrs King-Deputy Headteacher (SENDCo and Safeguarding)

Mr Bowles-Assistant Headteacher (Curriculum and Learning)

Mrs Argent (KS2 Lead)

Miss Bush (KS1 Lead)

Mrs Boon (Early Years Lead)

Online Safety

Online Safety Update - What is the Online Safety Act?

The Online Safety Act 2023 is a set of laws introduced to protect children and adults online. Ofcom is the regulator for online safety in the UK, responsible for ensuring companies follow the new rules. As part of this role, Ofcom have designed the Children Codes of Practice, which came into force in July 2025. The codes outline what all online services likely to be accessed by children must do to protect children online, for example:

- Enforce age limits.
- Protect children from accessing harmful or age-inappropriate content. This includes content relating to self-harm and eating disorders.
- Ensure users can easily report harmful content. Ofcom has the power to enforce the rules as well as issue fines if companies fail to comply.

You can find out more here: <https://www.ofcom.org.uk/online-safety/protecting-children/new-rules-for>[1]a-safer-generation-of-children-online

How will it help to protect my child?

One of the main purposes of the Act is to protect children online. Ofcom has published information on how they are helping children to be safer online. The first link is a guide for parents, which also includes a section on what you can do as a parent. You can access this information here:

- <https://www.ofcom.org.uk/online-safety/protecting-children/how>[1]ofcom-is-helping-children-to-be-safer-online-a-guide-for-parents
- <https://www.ofcom.org.uk/online-safety> /protecting-children/how-the-online-safety-act[1]will-help-to-protect-children

Further information Online Safety Act:
explainer: <https://www.gov.uk/government/publications> /online-safety-act-explainer/online-safety-act -explainer

Honey Show Competition

Congratulations to Jack from Class One who won first place in the Somerton Beekeepers Association Honey Show Competition. He coloured in a beautiful picture and was very proud of himself.

Well done, Jack!



[A Message from Mrs Dickinson, our Family Link Worker](#)

Those evenings really are going to get darker soon, and we can enjoy guilt free hot chocolates, Movie Saturdays and pyjama weekends (for those who don't already!). And, of course, we can look forward to the wonderful events and activities around Halloween and the run up to Christmas, in and around our lovely village.

Speaking of activities, it was wonderful to welcome partners and children of deployed military personnel into school again this week. My thanks go to those who are attending the groups as we do our best to support families experiencing deployment.

This week, we created some lovely cut out figures to create "bunting" of either our family members, or people around us who are helping to look after us. The children really engaged with the activity and the grown-ups peeked from behind their hands as to how they would be represented in the figures!! They were quite safe, however, as we had some excellent artists as you can see from the photograph.



Watch out for next dates, come and have a coffee and a natter while your children get creative. We look forward to seeing you.

Macmillan Coffee Morning



Today we hosted our big coffee morning to raise money for Macmillan Cancer in honour of our much-loved friend and colleague, Teresa Waterfield, who sadly passed away from cancer a year ago this week, having been a pivotal member of our school for 26 years. It was a fitting tribute and lovely to see our local community coming together. Staff, friends and Teresa's family were deeply touched.

A huge thank you to everyone who donated cakes, sent in money and turned up to support our coffee morning. I would also like to say massive thank you to our kind volunteers who served teas and cakes. It is so greatly appreciated.



We were delighted to see such a big turn out! So far, we have raised a fantastic £545.37 and we still have some cakes left to sell after school!



FIS (Friends of Ilchester School)

FIS is our school PTA group who organise school events to raise valuable funds to support and enrich the experiences of our children at Ilchester School. They have been working hard to organise fundraising events for this term.

Upcoming Events

Halloween Disco – Thursday 16th October

Pre-school & Infants 5.15-6pm Juniors 6.15-7pm

£3 Entry and Sweet cone £2 Hot dog

Please note you need to pre buy tickets.



Christmas Cards



All children will be designing a Christmas Card at school in the next couple of weeks. These will be sent off and parents will receive a proof copy of their child's artwork. These designs can then be ordered as Christmas cards, tags, wrapping paper and even put onto gifts such as key rings, cushions and bags, etc. A personalised card or gift that can be treasured by those who receive them. School will earn a percentage of sales to add to our fundraising total. Keep an eye out for details on how to order soon.

Christmas Fayre

This year we are pleased to announce a return of the Ilchester School Christmas Fayre on Friday 12th December. There will be a range of stalls to purchase gifts and crafts, fun games and activities, grand raffle, Lucky dip bags, Santa's Grotto and refreshments. Plus, our wonderful children performing throughout the event. Save the date – it will be a great event and put everyone in the Christmas mood.



We need new volunteers to help run FIS and help out at events. Can you help FIS to raise vital funds for our school? Could you offer to help at an event? Any help you can offer is greatly appreciated. Please speak to Miss Hamm or contact FIS via the school office.

As we wrap up another busy and brilliant week at school, I want to take a moment to celebrate our wonderful children for their enthusiasm, determination, and hard work. From classroom achievements to playground kindness, they continue to give their best every day. Thank you to our families for your ongoing support, it does make all the difference.

I wish you all a lovely relaxing weekend with your children.

Yours faithfully

Michelle Mordue

Headteacher



AUTUMN TERM 2025 - Dates for your diary

Monday 6 th October	Phonics Workshop for Reception Parents 9.00am
Tuesday 7 th October	Flu Vaccinations – Reception to Year 6 Classes 1 – 6 @ Infants and Classes 7 –11 @ Juniors
Thursday 9 th October	RSPCA Visit @ Juniors
Friday 10 th October	World Mental Health Day Wear something yellow, there will be an assembly too
	Selection of Year 6 children to visit Snug Bookshop 10.00am
Monday 13 th October	Imago Individual Photos- Starting 8.15am for family groups (non-School pupil sibling groups) then Pre-School, Infants and Juniors
Tuesday 14 th October	Whole-School Harvest Festival – 2.00pm @ Infants
	SEE FLYER BELOW FROM LORD’S LARDER September 2026 Intake Open Morning Tours for parents @ Infants.
Wednesday 15 th October	Autumn Book Fair by Snug Bookshop in the afternoon @Juniors
Thursday 16 th October	FIS Halloween DISCO 5.15 – 6.00 Infants and Pre-Schoolers (parents to accompany) 6.15 - 7.00 Juniors
	Diwali Dance Workshops – Infant Department
Monday 20 th October	Class 7 visiting Ilchester Museum – 10.00am
	Parents’ Evening 3.30 – 7.00pm
Tuesday 21 st October	Diwali Dance Workshops – Junior Department
	Class 8 visiting Ilchester Museum – 10.00am
	Class 6 visiting Ilchester Museum – 11.30am
	Parents’ Evening 3.30 – 6.00pm
Wednesday 22 nd October	EYFS Visit to Burrow Hill Cider Farm
	SEN Coffee Morning 9.00 – 10.30am – Infant Department
Friday 24 th October	INSET Day
Half-Term Holiday Monday 27th October – Friday 31st October inclusive	
Monday 3 rd November	INSET Day



THE SNUG BOOKSHOP IS COMING!



Join us for a BOOK FAIR



When: Wednesday 15th October



Time: 3.20pm



Where: Junior Department Hall

Come along to browse and buy a fantastic selection of books.

It's a great chance to find your next favourite story!

👏 Everyone welcome – don't miss it! 👏





HALLOWEEN DISCO

16TH OCTOBER

@ Junior Department

Infants and Preschool

5.15PM-6PM

Juniors

6.15PM TO 7PM

**Tickets will go on sale from
29TH SEPTEMBER**

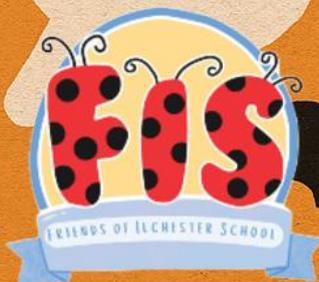
ON THE NIGHT:

FACEPAINT – 50P

POPCORN – £1

GLOW STICKS – 20P

EACH OR 6 FOR £1



Sponsored by





Welcome to the Lord's Larder Food Bank

Last year in 2024, with your help we were able to help 5,678 adults and 3,684 children, a total of 9,362 people in need.

The Lord's Larder Food Bank supports and works alongside 70 statutory agencies that work with those to help alleviate local poverty, hardship, and despair.

All this would not be possible without the generosity of all those who happily support the Lord's Larder Food Bank Yeovil. If you would be interested in donating food for this Harvest, please consider the following: - All food items need to be, **unopened, in good condition and well IN DATE,**

If you would like to talk to the Lord's Larder, contact 01935 726576, thank you for collecting.

List of Food Items

Tinned Mince, Tins of Hot Dogs, Tinned Tuna, Tinned Meat Pies, Tins of Stewed Steak, Tins of Meatballs, Tins of Curry, Tins of Chilli Con Carne, Tins of Corned Beef, Tins of Ham, Jars of Pasta Sauce, Packets of Instant Potato, 80 Teabags, Coffee, Cereal Bars, Packets of Biscuits, Packets of Biscuits for Cheese, Porridge Oats, Boxes of Cereal, Bags of Sugar - small and large, Cartons Long Life Milk, Cartons of Fruit Juice, Squash, Tins of Mixed Vegetables, Tins of Sweet Corn, Meat Paste, Tins of Peas, Tinned Carrots, Tins of Potato, Tinned Ravioli, Tins of Spaghetti, Tins of Beans and Sausages, Packets of Noodles, Packets of Savoury Rice, Couscous, Cup a Soup, Tins of Soup, Tins of Fruit, Rice Pudding, Jelly, Jars of Jam, & Instant Custard.



SAVE THE DATE

Friends of Ilchester School

CHRISTMAS FAYRE

At Ilchester Community Primary School

On 12th December 2025

3.30pm-6pm

**LOOKING FOR STALL HOLDERS - £10
PLUS A RAFFLE DONATION**

If you would like a stall, please email
office@ilchester.ppat365.org





Ministry
of Defence

Armed Forces Families & Safeguarding

2025 Service Pupil Premium

Get extra school funding to support your Service child!

- Are you a parent of a Service child in a state school, academy or free school in England?
- Is your child in Reception Class to Year 11?

If the answer is yes, your child may be eligible to bring in an extra £350 funding for their school with the Service Pupil Premium (SPP).

Simply inform your child's school of your Service status by 2 October 2025, otherwise they will miss out on extra funding.

How will the funding support my child?

The SPP is provided to fund mainly pastoral support to help Service children with their education and wellbeing. But it's for the school to decide how the money is spent.

Pupils attract SPP if they meet one of the following criteria:

- A parent is serving in the regular armed forces or is on full commitment Full-Time Reserve Service.
- A parent died whilst serving in the armed forces and the pupil receives a pension under the Armed Forces Compensation Scheme or the War Pensions Scheme.
- They have been registered as a 'Service child' in the most recent DfE school census or in the census in the past 6 years.
- A parent is in the armed forces of another nation and is stationed in England.

For general queries:

Email the MOD Armed Forces Families and Safeguarding team:
People-AFFS-Education-Mailbox@mod.gov.uk

For more guidance: Please scan the QR code:
(GOV.UK Guidance Service Pupils in Schools:
Non-statutory guidance)



Children's eye health

Your child's sight is precious. Good vision helps them learn, play and communicate with the world around them.



Yet, there are more than a million children in the UK with undetected vision problems (source: Eye health UK)

Children's vision continues to develop until they reach the age of eight, so caring for a child's eyes in the early years can help lay the foundations for good vision that lasts a lifetime.

There are lots of simple things that you can do to help keep children's eyes healthy.

Essential Eye Checks

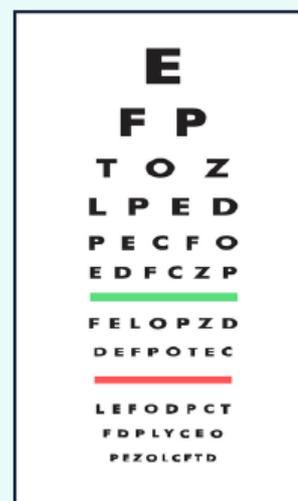
Having regular sight tests as advised by your optician is a great place to start.

Sight tests will ensure any problems such as childhood conditions like squint and lazy eye (amblyopia), longsightedness (hypermetropia) or short sightedness (myopia) are picked up early.

The sooner problems are identified the better the treatment outcomes.

Remember sight tests are free on the NHS for all children under 16 years or 18 in education or training. If they require vision correction (glasses or contact lenses) you'll be entitled to an optical voucher towards the cost of this too!

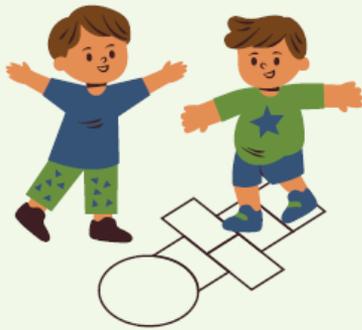
In Somerset there is access to reception aged vision screening at school.



Eat a rainbow

Eating a rainbow of colourful fruit and vegetables helps ensure young eyes get the nutrients they need to grow healthily.

Food like tomatoes, grapes and blueberries as well as fish, eggs and whole grains are packed with eye-friendly nutrients.



Spend time outside

There is evidence that spending two hours or more a day outdoors can reduce the risk of myopia or shortsightedness, even if there is a history of the condition, so time spent outside can benefit your children in many ways.

Try walking to school, playing outside, sports, PE lessons or going for a bike or scooter ride.

Cover up

It's really important to protect your eyes from the sun. When you're young the lens at the front of the eye is really clear so can let even more of the damaging sunlight in.



Protect children's eyes whenever the UV Index rises to three or more even on cloudy days and check that their sunglasses have a CE; UV 400 or British Standard Mark to ensure they provide the right level of UV protection.



A hat with a wide brim can also help protect against damaging UV.

Visit the [Met Office](#) website for information on UV levels.

Limit use of screens

Children should be reminded to take regular breaks whenever they do any intense close work like using a screen or reading a book. There is some evidence that excess screen time can damage vision long term.



A good rule to follow is the 20, 20, 20 rule which suggests taking a break of at least 20 seconds, every 20 minutes and to look 20 feet (6 metres) away.

Teenagers viewing smart phones should hold the screen at least 30cms away from their face to avoid eye strain.

Signs of reduced vision

It's often difficult to tell if your child is having problems with their eyes but some tell-tale signs that there could be something wrong include:

- **struggling to recognise colours and shapes**
- **not showing any interest in learning to read**
- **complaining about headaches**
- **sitting very close to the TV.**

If you recognise any of these symptoms you should arrange for your child to have a sight test.

Developed by the Orthoptic Team at Somerset NHS Foundation Trust and the Public Health Team at Somerset Council