



‘Child centred learning in the heart of the community’

23rd January 2026

Dear Parents and Family Members

I would like to warmly welcome all our families back to school as we begin the Spring term. This is a particularly exciting time in the academic year, as the children’s learning across all subjects begins to come together, allowing them to make important links between the skills, knowledge and experiences they have been developing since September. We are looking forward to seeing growing confidence in the children as they apply what they know in new contexts and challenge themselves further.

Our whole-school value for this term is Belief, with a focus on belief in ourselves and belief in others. Throughout the term, we will be exploring what it means to have courage and self-confidence, whether that is tackling a difficult piece of learning, stepping outside of our comfort zones or supporting and encouraging one another. We will be using assemblies and PSHE lessons to support this work, prompting discussion and reflection around overcoming challenges and the power of positive belief.

I am excited by the numerous opportunities planned for the children, both within the classroom and beyond, including special events, visits and visitors. We value our strong partnership with parents and carers and look forward to welcoming you into school later this term for workshops, parents’ evenings and other opportunities to work together in supporting the children’s learning and development.

Classes 1 and 2

We have had a very busy couple of weeks in our classes with lots of our work focused around superheroes in stories and then identifying who our real-life

superheroes are and why. We have also turned ourselves into scientists and have looked at how materials can change through the cooking process and then running an experiment to see how food changes if it is left out.

This week we had a fantastic morning at the Forest School Site working in teams to build pirate ships. During this activity we developed lots of different skills including using new language, working as a team, negotiating with friends, explaining our ideas clearly and being resilient when things didn't go to plan.



Class 3

What a busy start to the term! Class 3 children have settled back into the swing of routine and have been working hard. They have been storytellers and authors, writing their own adaptations of *Where The Wild Things Are* by Maurice Sendak. The children have also been working on their publishing skills to create their own wonderful books!

In Maths, the children have been developing their understanding of addition and subtraction, choosing from a range of strategies to help them with their calculations.

Our Design Technology topic is a firm favourite! The children will be making their own fruit salad. To help them with the important decision of deciding what to

include, they sampled a range of fruit. It was lovely to see that some children were trying fruit that they had never eaten before.

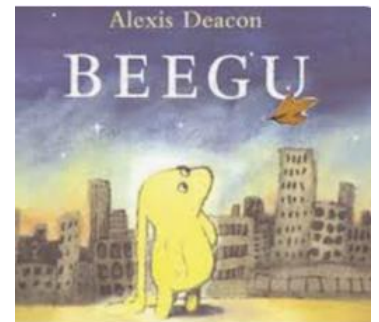
Class 3 has been learning about different materials. What materials can they see around their home?



At the Forest School Site, the children looked closely at nature and used new and interesting vocabulary to describe what they could see.

Class 4

We have had a very busy few weeks back at school. In English, we have read the fantastic story of *Beegu*. It is about a peculiar, yellow alien who crash lands on Earth in her UFO and tries to find some friends. The children have loved the story and produced some great work around it. This week we finished writing our retellings of the story with a slight twist on where Beegu visited.



In Maths, we have been working on division and fractions.

In Science, we are working on materials and their properties. We have explored a range of materials and have used scientific vocabulary to describe the properties using words such as transparent, rigid, absorbent, etc. We have thought about why materials are chosen for a particular purpose based on their properties. Over the next two weeks we will be conducting investigations to test absorbency and see if materials are reflective.



In History, we have started looking at the Great Fire of London in 1666. The children are fascinated by this historical event. We have explored what the houses and streets of London were like in 1666 and considered historical evidence that tells us about the event.

We enjoyed an exciting visit to the Forest School area this week for our outdoor learning, and we were lucky to get a break in the weather! We were careful observers, spotting things that had been put in the forest school area that don't belong there. We were amazing Forest School detectives!



Class 5

It was lovely to see the children after their Christmas break, and they were very excited to share all their Christmas news!

We have been reading the story *Beegu* by Alexis Deacon in class 5 over the last couple of weeks and thinking about how the character is feeling throughout the story. We wrote thought and speech bubbles for the characters and even had a try at acting out the different emotions as part of a charades game. Next week, the children will be writing their own versions of the story using story language and adding detail by extending their sentences. I can't wait to read them!

Over the last two weeks in Maths, we have been focusing on division and solving division number problems. The children have practised sharing and grouping amounts and using multiplication facts to help them solve division number problems by counting in 2s 5s and 10s.

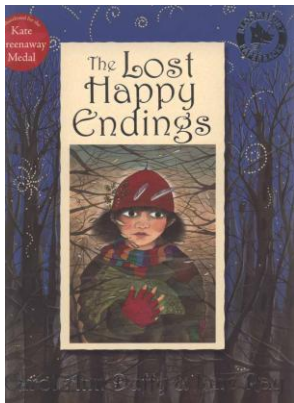
Our new unit of learning in History this half term is the Great Fire of London, and we will be learning about what London was like in 1666, what happened during the great fire and how it changed London and left a legacy. We will be studying historical sources such as the diaries of Samuel Pepys to help us gather evidence and understand the event. This week, we are studying Tudor houses and the materials they were made from.

In Design Technology, we will be learning how to prepare, peel, chop and squeeze different types of fruit to make a fruit salad. The children were very excited to investigate and try a variety of fruit this week. The melon and pineapple were particularly popular! Yum!



Class 6

It has been lovely to see all of the children after the Christmas break. We have had a very busy couple of weeks back!



In English, we have been looking at the book *The Lost Happy Endings* by Carol Ann Duffy and writing some brilliant setting descriptions about the forest in the story. The children have really impressed me with their use of expanded noun phrases, adverbs and similes, which have helped to bring their magical, and sometimes scary, forests to life! We have also been working really hard in Maths, looking at units of measurement. The children have been adding and subtracting money, mass, volume and capacity. Over the next few weeks, we will

continue our hard work and take a closer look at fractions, as well as 2D and 3D shapes.

Our new learning in art this half-term focuses on the artist Alexander Calder and his famous sculptures. The children will be exploring movement and balance, experimenting with shape and materials, and creating their own Calder-inspired artwork.

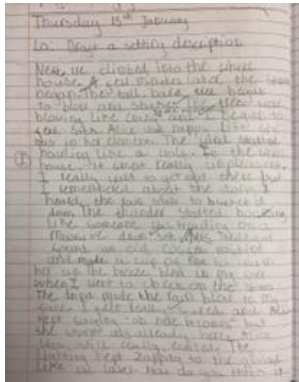
Class 7

The children have returned to school this term with an amazing energy to learn after their Christmas break. In Maths, we have focused on times tables fact accuracy and then applied these important facts to different methods of multiplication. Keep practising these facts at home, they really do help.

Our English work has centred around the adventure story *The Green Ship* written and illustrated by Quentin Blake. The children showcased their descriptive skills by employing expanded noun phrases, similes, metaphors, personification and use of the senses to create some powerful setting descriptions of the storm.

The Romans are the focus of our History work this term, and particularly their presence in Britain. The children have explored the reasons the Romans invaded Britannia in 43CE and the changes to culture and society that followed over the next 400 years. We have paid particular attention to Ilchester and its development as a major Roman town, history really in a local context.

In Science, the children are studying states of matter and how a material can change from one state to another and back again through the addition or removal of heat energy. They had great fun pretending to be the particles in a solid, a liquid and a gas.



Class 8

Class 8 children have come back to school with lots of tales to tell about their Christmas holidays. It has been lovely to welcome them back and to start our Spring Term learning.

In English, we have been enjoying reading about Stig of the Dump. The children have really impressed me with their writing, particularly their setting descriptions of Stig's cave. Our children certainly have a lot of imagination and have a strong grasp of the way writers 'paint pictures with words' with their use of personification and similes. They have also amazed me with their skills of creating tension in their writing – they are accomplished at using short sentences and rhetorical questions to create dramatic suspense. Well done, Class 8!

In Maths, we have been deepening our understanding of times tables. The children have been investigating how digit sums can help in deciding whether a number is a multiple of others. For example, did you know that a number will be a multiple of three if its digit sum is a multiple of three? So, 4311 is in the three times table because $4+3+1+1=9$ (multiple of three). Clever!

We have also started our swimming sessions at Huish. The children all loved the opportunity to get in the pool and have already started to work on improving their stroke technique and swimming stamina.

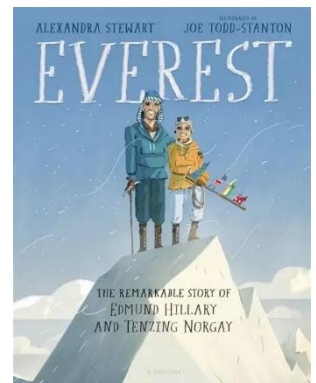
Another highlight of the week is our whole class music tuition with Mr Male. The children have learnt the names of the parts of the ukulele and are beginning to learn to strum some chords. I can't wait to see how much progress they make by the end of our ukulele sessions!



Class 9

In Class 9, everyone has come back eager to learn which has been amazing to see. Despite the weather, the children are showing me that they are constantly developing their independence and desire for learning!

The children are now delving deeper into the history of the British Empire and why it is the way it is today, following on from the Windrush based novel, *Coming to England*, which they studied last term. The children were also quick to make links to our new music unit, *Dona Nobis Pacem*, a Latin-based piece of music. They have been involved in several debates to improve oracy, including heavy discussions about the impact that the British and Roman Empires have had on spoken languages like English and Latin, as well as asking the question “does pineapple belong on pizza?”. We have also moved along in our English sessions to explore the non-fiction book *Everest*, with children producing fantastic survival guides and balanced arguments on whether to climb it yourself.



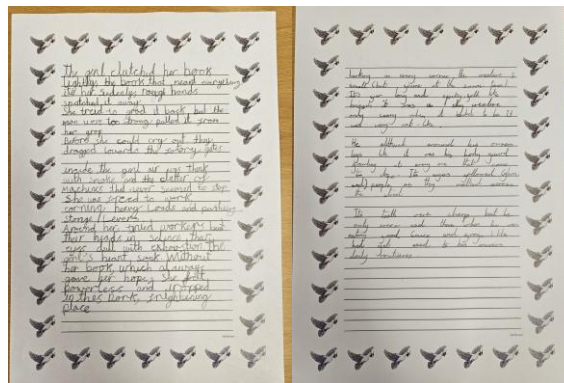
We have also been very lucky to have had another Hot Poets session with Johnny Flufferpunk, where the children worked collaboratively to create poems with rhyming couplets about the wider environment. There will also be more visits from the High Sheriff and amazing authors, which I'm sure the children will be excited to tell you about.

Class 10

The children have settled extremely well into the first couple of weeks back after the Christmas holidays. In Art, the children have been exploring the work of the sculptor Barbara Hepworth. They have learned about her style, use of form and

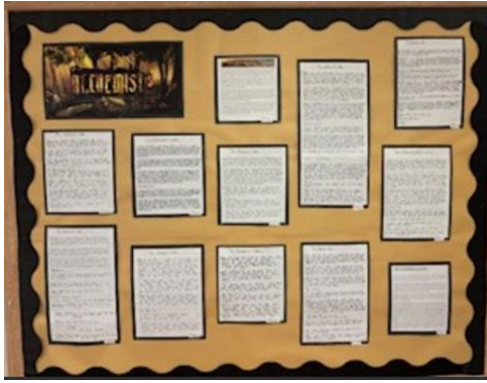
materials and will be using this knowledge to create and develop their own sculptural designs inspired by her work. In Writing, the children have immersed themselves in high-quality texts, including the powerful picture book *The Arrival and A Series of Unfortunate Events*. The children have produced some brilliant pieces of work as seen below.

This term, we are fortunate to be welcoming several visitors who will help to enrich the children's experiences. We will be hosting a visit from The High Sheriff, giving the children an opportunity to learn more about civic roles and responsibilities within the community. The fire service team will also be visiting to support learning around safety and the important work of emergency services. In addition, Hot Poets will be working with the children to inspire and develop their writing through creative workshops. We will also be revisiting our learning about renewable energy through a visit from the charity Better Planet, helping to deepen the children's understanding of sustainability and environmental responsibility.



Class 11

Class 11 children have made a super start to the Spring Term and have already been busy with lots of exciting learning. In English, we watched the short film *The Alchemist's Letter*, which inspired the children to write thoughtful and imaginative third-person narratives. We have now begun reading *The Boy in the Tower* by Polly Ho-Yen, and the class are already keen to discover how the story unfolds. In Maths, we have been developing our understanding of algebra, focusing on forming expressions and solving equations. In Science, the children have been learning about the life cycles of mammals and have shown great curiosity and enthusiasm during discussions. We were also delighted to welcome the Hot Poets back for another inspiring visit, during which the children wrote some fantastic poems of their own. Next week, the class will take part in a recorded lesson with Michael Rosen, before welcoming the Hot Poets back again in a couple of weeks' time. Looking ahead, we are very excited for next week when SF Said, author of *Varjak Paw* and *Tyger*, will be visiting the class to talk about his work and writing journey.



Safeguarding



Safeguarding is the responsibility of everybody. In terms of keeping children safe, please don't think *"What if I'm wrong?"* – instead think *"What if I am right?"*. If you have any concerns about a pupil, you should report this to a member of staff immediately. If you feel a pupil is at immediate risk of harm, please contact the designated safeguarding leads, Mrs Mordue or Mrs King, via the school office.

Forest School

The children are very much looking forward to their next trip to our Forest School Site this half term where they will all participate in outdoor learning activities planned by their class teachers to support their learning across the curriculum, as well as developing their communication skills and teamwork!

We are currently awaiting a delivery of 100 saplings from the Woodland Trust which we will be using to screen the site and plant in our shelter building area. We will be looking for volunteers to assist us when they arrive so, please let us know if you may be interested in lending a hand.

Dare to Dream

As part of our PSHE work on dreams and goals, both departments have been fortunate to have a truly inspiring assembly led by Mr Tostevin, who is one of our sports coaches. Mr T is a very passionate believer in children having dreams and goals and encouraging everyone to 'go for it'. He talked to the children about his early dreams to take part in the Olympics and how he worked hard at school towards this goal. Sadly, injury prevented him from achieving this goal but

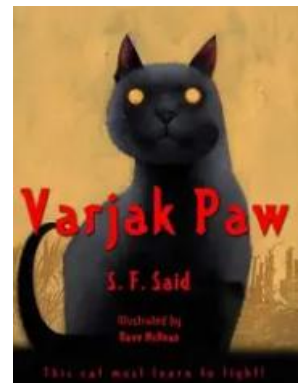
despite being devastated by this he continued to set himself new goals. He worked hard, showed our school values of bravery, belief and aspiration and went on to achieve silver at the World Body Building Championship! He has really inspired all of us to work hard, believe in ourselves and to go for our dreams. Where will your aspirations take you?



[Reminder – Author Visit and Bookshop \(Tuesday 27th January\)](#)

A reminder that The Roving Bookshop and author SF Said will be visiting school on Tuesday 27th January as part of the National Year of Reading.

Children will visit the bookshop with their class during the day, and bookshop wallets and information leaflets have been sent home this week. If your child would like to buy a book, please return the wallet with cash on the day. The bookshop, which will be based in the Junior Department Library, will also be open after school and SF Said will be signing books following his KS2 talk. Parents and carers are very welcome to attend after school.



[Head Lice and Nits](#)

Head lice and nits are very common in young children and their families. They are not caused by dirty hair and are picked up by head-to-head contact.

There is nothing you can do to prevent head lice, but you can help stop them spreading by wet combing regularly, using a detection comb, to catch them early.

Please use this link [Head lice and nits - NHS](#) for further information.

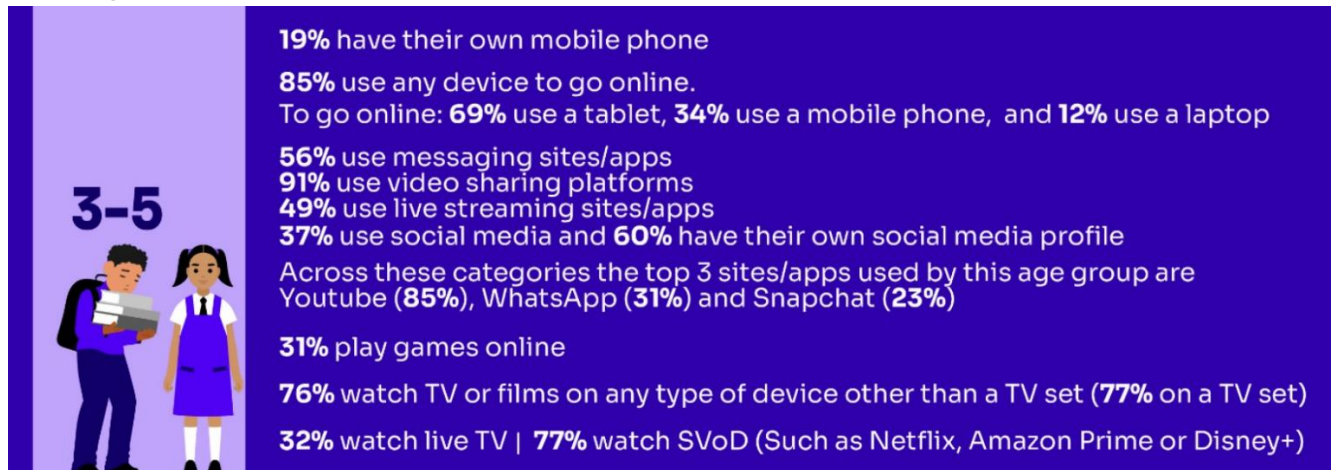
[Online Safety](#)

This week we have chosen to include data collected and collated for Ofcom: Children and Parents Media Use and Attitudes Report 2025. These shocking

statistics highlight the relevance and importance of online safety education and awareness even for our younger children!

Ofcom: Children and Parents Media Use and Attitudes Report 2025

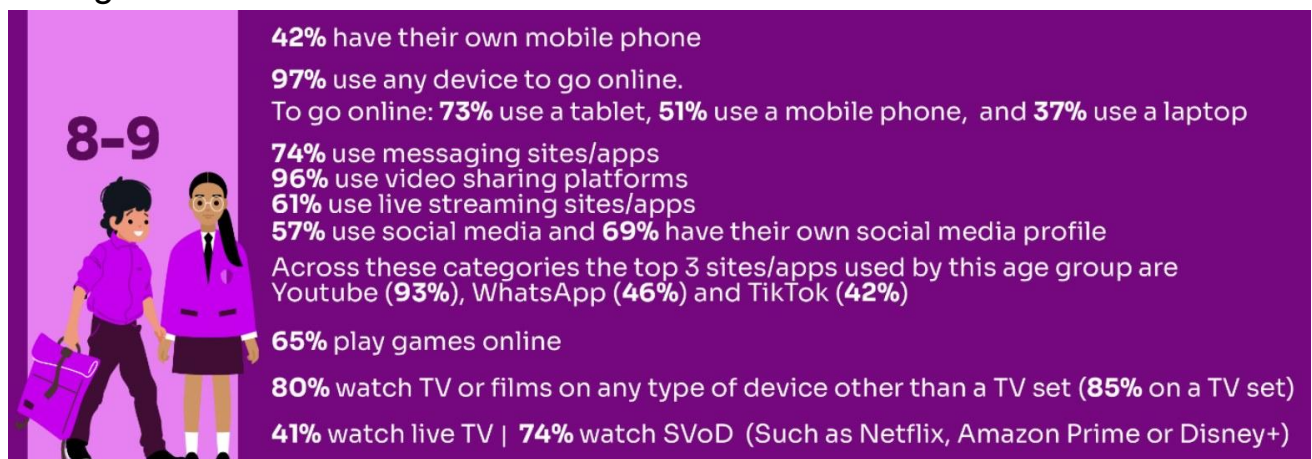
3- 5 age children media use



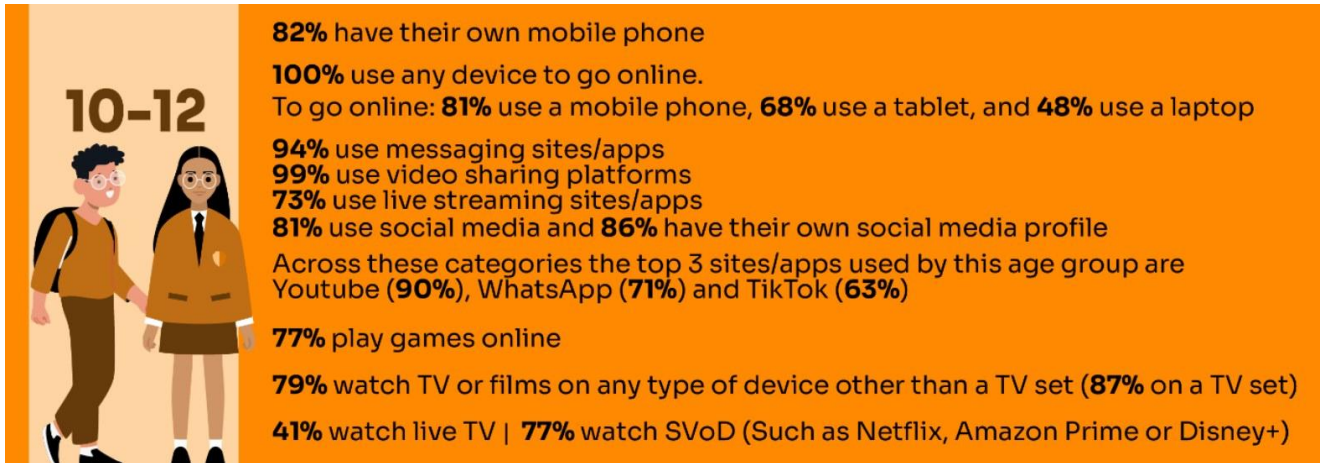
6-7 age children media use



8-9 age children media use



Age 10-12 children media use



Attendance Matters

Pupil attendance and punctuality continue to be a key priority in our school, as coming to school every day helps children feel settled, make good progress, and enjoy their learning. We monitor attendance regularly and review it on a regular basis, working closely with the Local Authority attendance team to ensure every child receives the support they need. Our expectation is that pupils attend school 95% of the time. If your child's attendance begins to fall below this level, a supportive monitoring process will start, and we may invite you into school so we can work together to understand any concerns and remove any barriers. Please remember, we are here to help. If you have any questions or feel you may need support with your child's attendance, do not hesitate to contact us; we want every child to feel happy, included, and successful in school.



No Phone Zone Policy

In line with our safeguarding procedures, as a school we are adopting a no phones policy on the school site for all visitors, parents and family members. With this in mind, we request that mobile phones are not used or visible when on site. This is especially important at drop off and pick up times on the playgrounds. Thank you for your support in safeguarding our children.

Reading Expectations

At our school, we love seeing children grow into happy, confident readers, and reading at home really helps this happen. Just a few minutes of reading each day can make a big difference children who read regularly often understand stories better, learn new words faster, and even do better in other subjects too! That is why we expect the children to read five times a week and write it in their reading record. It's a simple routine that helps them enjoy books and feel proud of their progress. If children aren't able to read at home, this means we will need to find extra time for them to read with an adult in school, but this may mean they miss out on other learning or class activities. Thank you for supporting your child's reading journey every page really does count!

Those Who Read Succeed!


Please talk to your child about the book they are currently reading and foster a love of reading culture at home.


Why read 20 minutes at home?


Child A Reads:	Child B Reads:	Child C Reads:
20 minutes per day	5 minutes per day	1 minute per day
3,600 minutes per school year	900 minutes per school year	180 minutes per school year
1,800,000 words per year	282,000 words per year	8,000 words per year

The average word count for a typical novel is anywhere from 70,000 to 120,000 words

Between 15 and 25 books a year!	3 or 4 books a year	Less than one book per year
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Want to be a better reader? Simply read!

Class 5 Coffee Morning at the Town Hall

On Wednesday, some of the children from Class 5 organised and ran a coffee morning in the town hall for the Ilchester residents. We sold tea, coffee and cakes, and ran a raffle and tombola. The children did brilliantly, selling raffle tickets and dishing out the food. They even cleared up and washed up afterwards!

We are very proud to say that the children were commended for being chatty, helpful, and polite to all their customers!

Overall, we raised £141.32 for our school! Thank you so much for all your donations.



Football

The Ilchester Lionesses (our Year 5-6 girls' football team) took part in the County Finals of the English Schools FA competition recently having won the South Somerset area stage before Christmas. At a very chilly Strode College, the girls took on the best that our county had to offer and acquitted themselves wonderfully against a high calibre of opposition. They played well together as a team and fought hard in all their games, never losing by more than one goal and beating the eventual finalists. This year, however, was not to be their year but nevertheless we are all immensely proud of you girls, well done.



Message from Mrs Dickinson, our Family Link Worker

I hope you all had a wonderful time over the Christmas Period. Back to routines always seem to come around quickly and before we know it, we are knee deep in lunchbox dilemmas and lost jumpers.

I don't know about you but the return to routines can feel comforting and very much needed. Equally it can be a time where we try to get back on our feet, mostly exhausted.

I would just like to take this opportunity to thank all of the families who have welcomed me into their homes and shared personal stories and experiences with me, engaged with me and/or other services to really make a difference to positive outcomes for all.

As I hope to reach out to as many families as I can, I am starting informal Meet and Chat sessions. This is where you are invited to book a 15-minute time slot with me, in school, to discuss any concerns, ask a question or seek support for anything that we may be able to help you with. Meetings and Class Teacher contact remains as always being your first point of contact regarding a class or school issue.

I may be able to offer you some immediate advice, book further appointments at home or school, or we can discuss other services that I can refer you to if required.

Dates and venue are to be confirmed so please look out for appointment booking slots which will be released on ParentMail soon.

As we look ahead to the coming weeks, I'm excited for all the learning and special moments planned for the children. Thank you for your continued support and partnership. I wish you all a restful weekend.

Yours faithfully

Michelle Mordue

Headteacher



SPRING TERM 2026 - Dates for your diary

Tuesday 27 th Jan	Author SF Said visiting KS2 + Roving Bookshop Visit (all day)
	Class 6 to Forest School
	Class 7 to Forest School
Wednesday 28 th January	Class 9 to Forest School
	Class 8 to Forest School
	Phonics Workshop for Reception Parents - Infants 3:30pm
Thursday 29 th January	Class 10 to Forest School
	Class 11 to Forest School
	Phonics Workshop for Reception Parents - Infants 6:00pm
Monday 2 nd February	Class 3 and Y1 Class 2 to Forest School
Tuesday 3 rd February	Class 3 walking to the river for poetry inspiration
Wednesday 4 th February	Class 4 to Forest School
	Class 5 to Forest School
Friday 6 th February	NSPCC Numbers Day
Monday 9 th February	Cross Country Race at Bucklers Mead
Tuesday 10 th February	SEN Coffee Morning – Infant Department 9:00am
	Class 8 Ilchester Museum visit
	Class 6 Ilchester Museum visit
Wednesday 11 th February	Class 8 Coffee Morning at the Town Hall
	Year 6 SATs meeting for parents in Junior Hall
Thursday 12 th February	FIS Valentine Disco in the Junior Hall
Friday 13 th February	Class 7 Ilchester Museum Visit
16 th - 20 th February	Half Term Holiday



Jan/Feb/March 2026



Somerset
Council

Somerset School Nurse Team Newsletter

Welcome to the new Somerset School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5–19 years and cover primary and secondary schools across Somerset.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

[Somerset children & young people ; Health & Wellbeing ; Phn School Nursing](#)



Feedback QR code

SAINT
School Aged Immunisation Nursing Team

NHS Somerset
Somerset NHS Foundation Trust

School aged vaccinations

Did you know they will be offered these routine vaccinations at school?

- ✓ **FLU** - Reception - Year 11
- ✓ **MMR** - Year 8
- ✓ **HPV** - Year 8
- ✓ **Meningitis ACWY** - Year 9
- ✓ **Diphtheria, Tetanus, Polio (DTP)**

Did you miss us?
We also have community clinics across Somerset for:

- ✓ Home Educated Children
- ✓ Anxious Children
- ✓ Children who missed the session at School

For further information scan the QR code or please speak with a member of the team

SCAN HERE

Call us on **0300 323 0032**

S Kindness, Respect, Teamwork. Empower. Every day.

Children's Mental Health Week 2026

9–15 February 2026

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK
9-15 FEB 2026

If your child is struggling with their mental health speak with a school nurse or your GP.

Further support can be found:

[Mental Health Issues | Young](#)

[Somerset](#)

[YoungMinds | Mental Health Charity For Children And Young People | Young-Minds](#)

shout
85258
here for you 24/7

Are you looking for support with your child's bedwetting?

If so please contact your school nurse team for advice or make contact via the Chat Health Text service.

For more information regarding this topic please visit the following website:

[ERIC](#)

Free helpline:
0808 801 0343



Somerset Parent Carer Forum C.I.C

Do you have a child with additional needs/and or disabilities?

Are you looking for advice and support?

The Somerset Parent Carer Forum provides a range of information and support for parents and carers in Somerset. They run a range of support groups and workshops for parents/carers to attend, and also provide a phoneline where you can speak to a parent representative.

For more information click on the link below:

[Somerset Parent Carer Forum CIC Ltd \(not for profit\) company](#)



6 ways to help your child with their weight



Small lifestyle changes can make a big difference – try these top tips.

1. Find some support

Speak to your child's school nurse, GP or practice nurse who will help support your family with diet and lifestyle changes if needed.

2. Make some healthier food swaps

There are lots of easy ways to cut back on sugar, salt and saturated fat – get started with our top tips and simple swaps.

[Food facts - Healthier Families - NHS](#)

3. Eat balanced meals

Find out what a healthy, balanced diet looks like. [The Eatwell Guide - NHS](#)

4. Try some new recipes

Get inspiration to help your family eat well every day. [Recipes - Healthier Families - NHS](#)

5. Get moving

Try boosting your family's activity levels in 10-minute bursts with our Disney inspired play along games.

[10 Minute Shake Up games – Healthier Families - NHS](#)

 ChatHealth 

- Parent advice & support
- Healthy lifestyles
- School transitioning
- Emotional health

is your child 5-19 and are you looking for confidential help and support?

A safe and easy way to contact your School Nursing Team

Just send a text
07480 635 515

Disclaimer: This is a confidential service. It operates Monday to Friday 9am-5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of a safeguarding issue the School Nurse has a duty of care to act on this and may disclose information to a relevant agency in the event of a safeguarding issue. The School Nurse has a duty of care to act on this and may disclose information to a relevant agency in the event of a safeguarding issue.

 Improving LIVES

Disclaimer: This is not an emergency service; it operates Monday to Friday 9am-5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of a safeguarding issue the School Nurse has a duty of care to act on this and may disclose information to a relevant agency in the event of a safeguarding issue.

Somerset School Nurse Team Contact Details:
Email: schoolnurseduty@somerset.gov.uk
Tel: 0300 790 9854



SLEEP

Is your child struggling with sleep?

For practical advice & support visit...



[Home - The Sleep Charity](#)

Alternatively, speak with a school nurse using our Chathealth text service
Tel: 07480 635 515

National Childhood Measurement Programme (NCMP)

Is your child in RECEPTION or Year 6?

If so, the school nurse team will begin visiting schools in the New Year to complete the height and weight measurements of all children in Reception and Year 6.

For more information regarding the programme please click on the link below:

[Somerset children & young people : Health & Wellbeing : F2f Ph Ncmp](#)



HOW CAN MY CHILD GET SUPPORT FROM MHST?

If your child is having difficulties you can speak to your child's teacher who will pass on your concerns to the school's senior mental health lead. This is a person in the school that is responsible for managing referrals to our service.

Your senior mental health lead is:

.....



FOR INFORMATION AND RESOURCES:

- Bitly/MHSTparents
- youngsomerset.org.uk/mental-health-support-team

CONTACT US:

- mhstadmin@somersetft.nhs.uk
- 01823 368 481

@Somerset MHST

@Somersetmhst

In partnership with



ALL ABOUT THE...

Mental Health Support Team

INFORMATION FOR PARENTS & CARERS

In partnership with



WHO ARE WE?

Somerset's Mental Health Support Team (MHST) are a team of professionals working to support the mental wellbeing of children and young people in schools across Somerset.

We are a partnership between Somerset's NHS Foundation Trust and Young Somerset.

WHAT DO WE DO?

We provide Low Intensity Cognitive Behavioural Therapy (LICBT) for mild to moderate mental health and wellbeing needs.

We do this via:

- 1:1 support
- Group work
- Support for parents
- Signposting



We also run activities with the whole-school community including assemblies, workshops and training on topics such as:

- Mental health & Wellbeing
- Anxiety & Low mood
- Understanding emotions
- Exam wellbeing
- Change & transitions

THE CBT HOT-CROSS BUN



WHAT IS LICBT?

Low Intensity Cognitive Behavioural Therapy (LICBT) is a form of guided self help. It supports young people who have the motivation to make changes to improve their wellbeing. Young people are encouraged to set their own goals, carry out home tasks, and to practice their new skills after each session. The intervention is delivered in 8-8 45 minute sessions which take place during the school day.

LICBT supports with:

- Low mood
- Worries
- Anxieties
- Phobias
- Obsessive-compulsive disorder (OCD)
- Panic



**MACMILLAN
CANCER SUPPORT**



**Thank you for every
cuppa shared.
And every life changed.**

**MACMILLAN
CANCER SUPPORT**



Macmillan Coffee Morning 2025

**This certificate is presented to
Ilchester Community School
and friends.**

This year you fundraised £572.28

**Congratulations on your fundraising.
Your kind support is helping to change
the lives of people affected by cancer.**

Thank you.

Hannah

Hannah & the Coffee Morning Team