



'Child centred learning in the heart of the community'

8th May 2026

Dear Parents and Family Members,

Thank you for your support in helping the children make such a positive start to the summer term by ensuring they arrive on time, settled, and ready to learn each day. It has been wonderful to see the school filled with such positivity already this term, with children busy, productive, and enthusiastic in their learning.

Our school value for this half term is *curiosity*, inspired by our chosen role model, Sir David Attenborough, whose 100th birthday we are celebrating today. Curiosity is such an important quality to develop because it encourages children to ask questions, explore the communities around them, and develop a sense of awe and wonder about the world. It helps children to think independently, discover new possibilities, and sparks a lifelong love of learning.

Today has certainly captured that spirit perfectly, with the children enjoying a day filled with excitement including a very special visit from some fascinating alpacas! I should reassure you, however, that despite several persuasive requests from the children, we will not be adopting any alpacas for the school field!

Classes 1 and 2

Class 1 had a wonderful time at their Curriculum Workshop. We read the traditional tale 'The Magic Porridge Pot' and completed some activities; Making our own porridge, healthy eating plates, clay porridge bowls and more! When we got back to the classroom, the children enjoyed writing instructions for how to make and top their favourite bowl of porridge!

We have also been busy in the garden, planting sunflowers, wildflowers for the birds and bees, strawberries for us, and lots of other vegetables and herbs!

We were lucky to have Martock Dental Practice visit us this week to talk to us about oral health and how to look after our teeth.

What a busy week!



Class 2 also had a wonderful time during their curriculum workshop based on the story *The Magic Porridge Pot*. The children made some fantastic clay pots, enjoyed tasting some delicious porridge, and explored what makes a meal healthy and balanced.

We also had a visit from the dentist, who talked to the children about how to keep their teeth healthy, clean, and shining white. They very kindly sent home some toothpaste and helpful tips to support good dental care at home.

In RE, we have been learning about Christianity and the Creation story from the Bible. The children have been exploring the order in which Christians believe God created the world, alongside sharing and discussing their own beliefs and thoughts.

Last week, the children had a fantastic time taking part in the mini marathon around the field. They all joined in enthusiastically and kept going while cheering on their friends and peers, showing great determination and wonderful team spirit.



Class 3

Over the last few weeks, Class 3 children have delved deeply into the life of Neil Armstrong. The children have had quizzes, reading comprehension, writing non-chronological reports, and even writing a biography of his life! It has been a wonderful introduction into the world of explorers, which is the History topic we are covering, and the children have worked very hard! If you want to know more, just ask them, they know it all!!

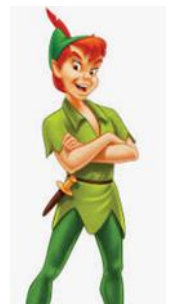
In Science, the children have begun looking at the environment and what is growing around them. They have identified many different plants and looked in detail at seeds and bulbs. It is the perfect time of year for it, so the children have learned about the lifecycle of the dandelion!

In Art, the children have been finding out about a new artist, Brianna McCarthy from Trinidad and Tobago. The children have looked at how she works to create collages of faces using layers of colourful and patterned paper. They discussed her use of line, colour, shape and form, and texture and pattern.

The children have enjoyed finding out about the Jewish festival of Rosh Hashanah and had some apples with honey which signifies the hope of a sweet New Year!

Class 4

In English, we have been looking at the fantastic story of *Peter Pan*. We have been using exciting adjectives to describe his looks and personality to write some amazing character descriptions. We also worked hard to extend our sentences using conjunctions and adding more detail for the reader.



In Maths this week we have been practising our column addition and subtraction skills and have been applying this to solving word problems including some with more than one step. We have also been working on solving missing numbers in calculations and extending number patterns.

In Science, our topic is plants. We have looked at a range of seeds and bulbs and have explored the lifecycle of dandelions. We have set up an experiment to see what conditions seeds need to grow. We have also planted our own beans and are enjoying checking on them daily to see their rapid growth!

In History, we are finding out about explorers from the past. So far, we have looked at Neil Armstrong, Matthew Henson and Ernest Shackleton. Ask your children about their achievements.



In Computing we are working on programming robot. We have been using the floor robots called 'Beebots' and have been programming the directions for them to follow. We are learning about the different commands.

We also enjoyed another great visit to Forest School. It is amazing to see how the area is changing now we are fully in Spring. We spent time looking closely at the beauty in nature around the forest school area and did some observational drawings.



Class 5

In English this week, Class 5 children have studied traditional fairy tales and have been reading the story Peter Pan. The children created lists of adjectives to describe the character and wrote some wonderful character descriptions. We have also been working hard on building stamina in reading and have been practising reading longer, more detailed texts and retaining information to answer comprehension questions.

In Maths, we have been recapping using the column method for addition and subtraction calculations which the children did brilliantly. We then used this method to answer one step and two-step worded problems. This week, we are focusing on number patterns and sequences.

This half term, our topic in History is Explorers and the children will be learning about a new explorer and their achievements each week. This week, we have learnt about Neil Armstrong. The children collected facts about him and Apollo 11 and then acted as BBC news reporters reporting to the rest on the class on the moon landings. They loved using the shiny microphones!

Brainna McCarthy is our Artist in Focus this half term and the children have enjoyed looking at a selection of her artwork. We have studied her use of colour, line, shape and texture and will be making our own collage portraits in the next few weeks.



Class 6

In Class 6 we have been busy learning all about Mary Anning in English and the children have produced some amazing biographies all about her life. We have enjoyed learning about lightning strikes, fossils and even helpful canine companions!

In Science, we have been busy learning all about plants and how they grow. The children have loved planting seeds and watching them slowly change week by week. They have been excited to spot the very first shoots appearing and have enjoyed observing how the roots, stems and leaves develop over time. We have had lots of thoughtful discussions about what plants need to stay healthy, and the class has done a fantastic job caring for them and recording the changes they notice.

We have been loving learning about Vikings in our History topic this half term. The children have explored who the Vikings were, where they came from and why they travelled to Britain. They have enjoyed discovering what life was like in a Viking village, learning about Viking longships and finding out how the Vikings influenced place names and everyday life in Britain. The class has shown great curiosity during discussions and has especially enjoyed comparing Viking life to life today.

Beyond the classroom, the children have recently started their swimming lessons, and we have all been incredibly proud of the positive attitude they have shown. Many approached the experience with confidence and determination, even when feeling a little nervous at first. We also visited our

Forest School site, where they completed a scavenger hunt and observed the changes that have taken place in nature since our previous visit. Thankfully, we managed to steer clear of most of the stinging nettles too!

Class 7

Since returning from the Easter break, Class 7 have been busy beginning many new units of work across the curriculum. In writing, the children have been looking at the genre of traditional tales but written with a twist through the book *The True Story of the Three Little Pigs*. Subsequently, they have written their own twisted versions of the classic story *Little Red Riding Hood*. Shape, space and measure have been the order of the day in Maths recently where the children have learnt about converting between units of length accurately and how to identify different types of angles when measuring the amount of turn.

Work on plants in Science coincided nicely this week with the visit to the Forest School area where the class took part in leaf identification studies and then used the leaves to create some lovely leaf rubbing art.

In P.E., the class welcomed our old friend Sean Fitzgerald from the Somerset Cricket Foundation back into school and have been enjoying weekly sessions to develop their batting, bowling and fielding skills.

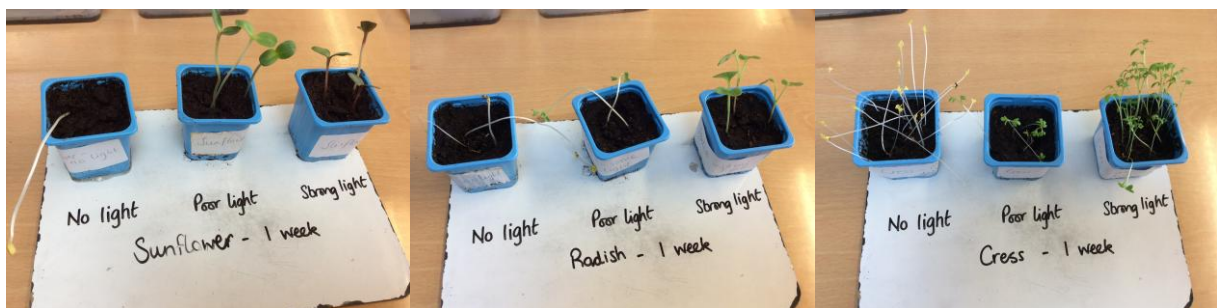
At the end of April, the school celebrated St George's Day and it was fabulous to see members of the class dressed so smartly in their cub and brownie uniforms.



Class 8

Class 8 children have been enjoying the start of the Summer Term and have been very busy! In Science, we have been learning about plants. We have been investigating germination, and which conditions are best for growing plants. We were very excited to see how quickly our seedlings grew in the dark cupboard but soon realised that they were looking very different to those growing in sunlight. We have concluded that they were desperately searching for light because they need it for photosynthesis to make their own food.

Our history focus is the Vikings this term. We have been asking some super questions about them and have been discovering why they came to Britain and the routes they took to get here.



Class 8 has been fortunate to have some specialist cricket coaching this half term. So far, we have been honing our catching and batting skills and then applying them to cricket games. We are looking forward to more training sessions with Sean!



Class 9

Welcome back for Term 3! In English, we have started exploring our class novel, *Darwin's Dragons*, inspired by the adventures of Charles Darwin in the Galapagos Islands. Following the story of Syms Covington (the trusted assistant), children have been writing personal diary entries, interesting short story openings

and biographies about Charles Darwin himself. I am so impressed with all of the hard work they have been doing all year, which has been evident in their writing.

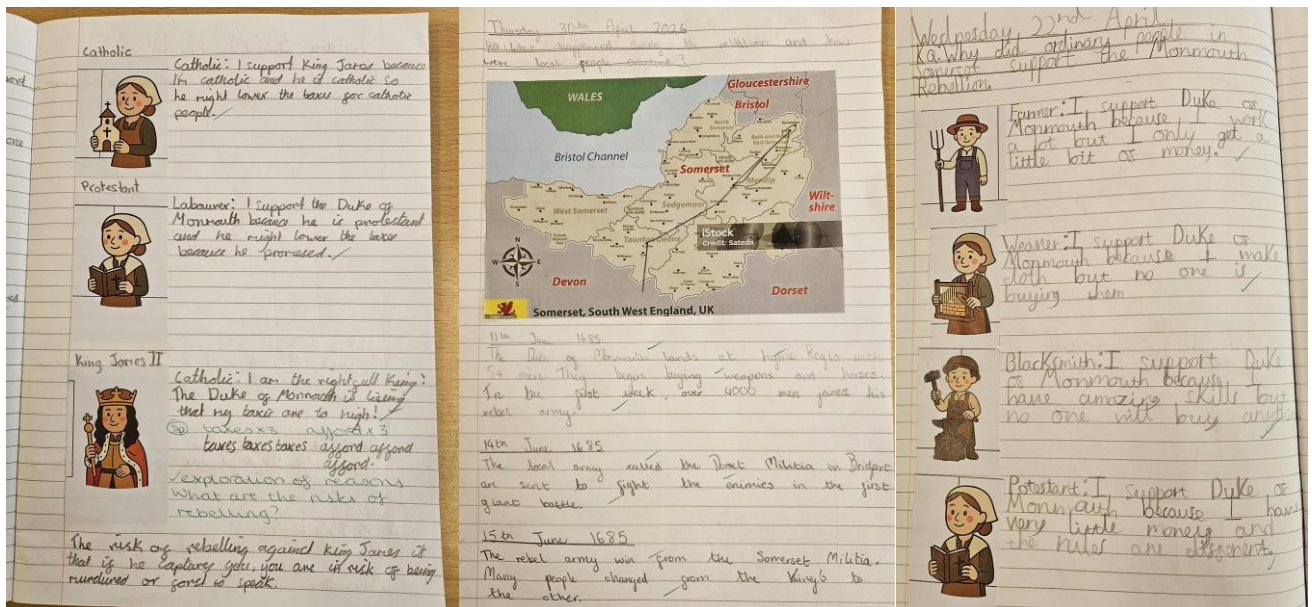
Children in Class 9 have also been doing a variety of activities in the sun! This has included Bikeability to learn more about independent bike riding on public roads, Forest School where we discovered heaps of 'sticky weed', resulting in 'sticky weed tag' (see pictures in the forest school section) and cricket with the Somerset Cricket Club! We also had our own marathon on the newly painted track and field led by Mr Tostevin in celebration and donations for our lovely support worker, Hannah, who ran the London Marathon to raise money for charity.



Class 10

This half term, Class 10 has been learning how art can be used to communicate powerful ideas and important messages. Our focus has been on the work of poster artist, Luba Lukova, whose simple but striking designs encourage people to stop, think and talk about issues in the world around them – which the children have loved exploring! We have started to map out some ideas using images, bright colour and clever symbols to share big ideas without using lots of words. Linking back to some of our previous units of work, the children have considered how art can inspire change and express opinions. We are very much looking forward to creating our final piece of 'protest' art.

In History, have begun exploring the Monmouth Rebellion with great enthusiasm. The children have created some excellent timelines and maps which detail the route the rebellion took (in our locality). Here are some of their brilliant timelines and exploration of the different roles people had:



Class 11

It has been another busy and productive couple of weeks in Year 6!

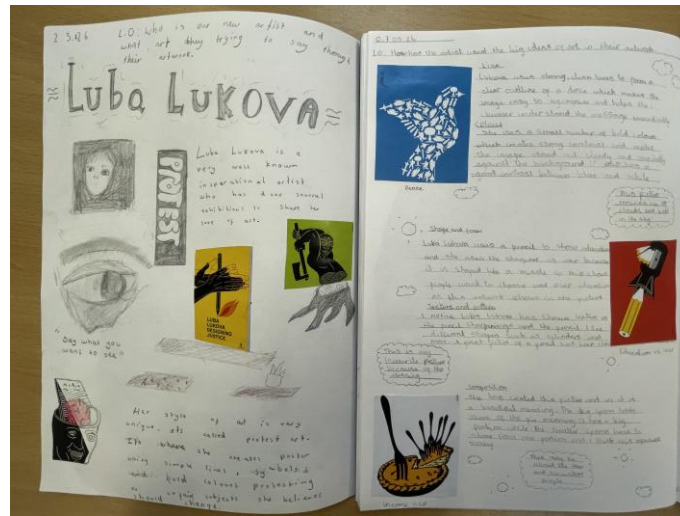
In English, the children have been writing some lovely character and setting descriptions inspired by the film narrative *Alma*. They have focused particularly on how to build suspense, carefully choosing vocabulary and sentence structure to create tension and atmosphere in their writing.

In Science, we have begun our new unit on the human body. We explored how exercise affects heart rate, with the children taking part in practical activities to measure and compare their pulse before and after physical activity.

In art, we have been learning about the artist Luba Lukova and exploring the protest art she creates and the messages behind her work. We have looked at different pieces of her work and discussed the big ideas of colour, line, shape, pattern and composition to critique them. Moving forwards, the children will be thinking of their own important messages that they want to share and creating a piece of protest art to share this.

We had another lovely session at forest school this week inspired by the recent David Attenborough series, 'Secret Gardens'. The children spent time creating their own secret gardens and dens using natural resources and considering the different things that creatures would need in their habitats and shelters.

With SATs taking place next week, we would like to wish all the children the very best of luck. They have worked incredibly hard and should feel proud of everything they have achieved so far.



London Marathon success

Over the last few months, our very own Hannah Collett who is part of the premises team at the school, has been busy pounding the streets in preparation for the London Marathon which took place recently. After months of intense training, Hannah joined thousands of other athletes in the capital and completed the course in a fabulous time of 5½ hours. Hannah said, “The race was tough, especially the last few miles but, the support of the crowd kept me going.” Hannah was running for Team Torri in support of children with cancer and raised a fabulous amount of money.

Last Friday, Hannah joined us in school, showing off her medal, to lend support and encouragement to the children as they completed many laps of the field whilst dressed as their sporting heroes. Through the children’s donations, the school raised a further £200 to boost Hannah’s fundraising further. Thank you all for your support and especially well done to Hannah, we are all very proud of you.



Bournemouth Symphony Orchestra at Westlands

The children in Classes 3, 4 and 5 were lucky enough to have the opportunity to join members of the BSO for a bedtime story and journey through the magical and mystical night sky. This concert was written to bring to life the feeling when we journey from night to day, from mystical creatures and serene dreams, through to the breaking of a new day and the sun shining down on us. It featured a variety of familiar songs and 14 live musicians with instruments from every section of the orchestra. This wonderful performance supported the KS1 area of the curriculum and gave the children a valuable concert experience.



The Month of the Military Child

In April, our school marked the Month of the Military Child by taking time to celebrate and recognise the experiences of our children from service families. We shared the Dandelion Poem (shared below) we had many discussions about what it means to be a military child, as well as what it's like to be part of a school community with friends whose families move and serve. The dandelion was chosen as a symbol of military children, representing strength, resilience and the ability to bloom wherever the wind may take them. Every child painted a watercolour dandelion and added their own thoughts, hopes and wishes for the future. These were brought together to create a beautiful, unique collaborative display, now proudly displayed outside the Junior Offices.



*Dandelions put down roots almost anywhere,
and are almost impossible to destroy.
They are unpretentious, yet good-looking,
survivors across a range of climates.*

Military children bloom almost everywhere the wind carries them.

*They are hardy and upright.
Their roots are strong,
cultivated deeply
in the way of the military,
planted swiftly and surely.*

*They are ready to fly on the breezes
that take them to new adventures,
new friends, and new lands.*

*They have learned from an early age
that their homes are where their hearts are,
and that a good friend
can be found in every corner of the world.*

- Manipulation – AI can be used to create convincing but false content, which may influence children’s beliefs or decisions.
- Misinformation – AI-generated answers or videos may look accurate but contain errors or misleading information.
- Identity confusion – children may struggle to tell whether they’re interacting with a real person or an AI system.
- Exposure to harmful content – some AI tools may generate inappropriate or upsetting material.
- Cyberbullying and harassment – AI can be used to mimic voices or create fake messages which could be used to cause harm and distress.
- Privacy and data security – AI tools often collect data, and children may not know what’s being stored and shared
- AI-generated abuse and sextortion – in rare but serious cases, AI can be misused to create abusive and illegal content.
- AI-generated sexualised or abusive images – some children may use AI tools to create fake nude or sexualised images of others, often referred to as 'nudification' or 'deepfakes'. Even if the image is not real, it can cause serious emotional harm, reputational damage, and may be illegal if it involves anyone under 18.

Suggested websites:

www.unicef.org/parenting/digital-parenting/how-approach-ai-children

www.nspcc.org.uk/keeping-children-safe/online-safety/talking-to-children-about-ai/

Forest School

This half term, each class has made the most of the sunshine when visiting our Forest School area and we have had wonderful opportunities for the children to immerse themselves in a variety of learning activities. The children enthusiastically explored the natural environment, carefully completing observation drawings that captured the detail and beauty of plants, insects, and natural features of the site.

Our Key Stage 2 children took part in plant identification activities, using simple guides to recognise different species growing around them. The children also carried out basic surveys, developing their skills in recording and comparing what they found. It has been fantastic to see their curiosity, teamwork, and growing

confidence as young scientists while enjoying the fresh air and natural surroundings.



[Bikeability](#)

This week, some of our Year 5 children have taken part in Bikeability training, developing important skills to help them become safe and confident cyclists.

Throughout the sessions, the children practised key road safety skills including checking their surroundings, signalling clearly, positioning safely on the road, and learning how to manage different junctions and traffic situations.

The instructors were extremely impressed with the children's sensible approach, maturity, and willingness to listen carefully and apply feedback. Their excellent manners and positive attitude were a real credit to the school, and we are very proud of how well they represented us throughout the training.

[Darrell Wakelam Visits again!](#)

This week, our Pre-School children were delighted to welcome talented card and paper artist Darrell Wakelam, who spent a full day with our youngest children creating a beautiful mural for their entrance space. The artwork celebrates the theme of belonging and captures, in such a thoughtful and creative way, the joy, individuality and sense of community that we nurture from the very start of each child's journey with us. The children were fully involved in the process, working alongside Darrell and taking great pride in contributing to the finished piece.

We were also thrilled to see Darrell share the project on social media, bringing our Pre-School into the spotlight and even more excitingly, our school is now famous after being retweeted by none other than Michael Rosen!



David Attenborough Day

To celebrate David Attenborough Day, the children had a brilliant time meeting and feeding alpacas. They were delighted to get up close to the animals. The children carefully stroked and fed the alpacas and observed their unique characteristics. They asked lots of thoughtful questions about the animals and where they came from. This special activity helped to inspire a deeper appreciation for wildlife and conservation, perfectly reflecting the spirit of Sir David Attenborough's work.

The children were truly inspired by a visit from Ben Pulletz, who shared his stunning photographs of Somerset's wildlife and countryside. His images captured the beauty of local landscapes and the diversity of animals living right on our doorstep. As Ben talked about his work, the children learned how patience and observation are key to photographing wildlife, and they were encouraged to look more carefully at the natural world around them. The session was a wonderful way to connect learning with our how to care for our local environment.

Please take a look at Ben's website www.feathersandhills.com

Don't forget - our Ilchester Community Primary nature photography competition. Your pictures can be of plants, animals or a pretty view; anything inspired by the natural world.

Ben Pulletz will be selecting the winners from both Key Stage One and Two. Send competition entries to the office email ready for judging on Monday 18th May.

We would like to give a huge THANK YOU to FIS for making this wonderful day possible by funding all the variety of activities.





Punctuality

Our school day starts at 9.00am at the Infant Department and 8.55am at the Junior Department. Whilst we can all be late occasionally, punctuality is very important, as arriving on time each morning helps children start the day calmly and ensures they don't miss important events like assemblies, teacher instructions and introductions. Children often also feel embarrassed at having to enter the classroom late.

The table below indicates how frequent lateness can add up to a considerable amount of learning being lost. This can seriously disadvantage children and disrupt the learning of others.

Minutes late per Day	Equates to Days of Teaching Lost in one Year	Which means this number of lessons missed
5 mins	3 Days	15 Lessons
10 mins	6 Days	30 Lessons
15 mins	9 Days	45 Lessons

We are here to work in partnership with our families, so if you are experiencing any difficulties with attendance or punctuality, please get in touch. We're always happy to offer support and work together to ensure every child has the best possible chance.

Message from our Family Link Worker

Is anybody else wondering where this year is going? Hopefully, the sunshine will stop teasing us and stay out for a bit longer soon. It always seems to have such a positive impact on our mental health.

I wanted to let you know that many conversations are being held both in and out of school to help strengthen our community, including relationships with our military support teams. If you are a military family, you may have had a chat with the Outreach Service already. They have been in school promoting what support they can offer with events are being held at Tall Trees also.

We know how challenging military life can be for our children and families so, please, reach out to either school or the Outreach Team, especially if you have a partner currently deployed.

Within our school Troopers Club, we are currently focusing on positivity and mindfulness as a tool to help us when times feel difficult.

I also wanted to remind everyone to check www.gov.uk to consider your eligibility for funding available in Somerset as we are all having to tighten our belts as finances are squeezed.

I have everything crossed for some glorious sunshine during the approaching half term. Whatever your plans are, take care and look after yourselves.

Mrs Hayley Dickinson, Family Link Worker.

[Our Wonderful Year 6 Children](#)

As our Year 6 pupils approach their SATs next week, we want to wish them every success and, above all, remind them how proud we are of each and every one of them. They have worked incredibly hard, shown determination, enthusiasm and a real commitment to their learning throughout the year. Whilst these assessments are an opportunity to show what they know, they do not define who our children are. Each child brings so much more than a test score to our school community, from their kindness and creativity to their humour, perseverance and friendship. We celebrate their character, their achievements and the wonderful individuals they are becoming, and we know they will approach the week ahead with confidence and positivity.

As we look ahead to the rest of the summer term, we are excited for the warmer weather and the many opportunities and experiences still to come for the children.

Thank you for your continued support and for the important part you play in supporting your children's educational journey. We are very much looking forward to another positive and successful half term together.

Yours faithfully

Michelle Mordue
Headteacher



SUMMER TERM 2026 - Dates for your diary

Monday 11 th May	SATS Year 6 - English Grammar, Punctuation & Spelling Paper 1 and 2
	Pre-School to Forest School
	Year 1 to Forest School
Tuesday 12 th May	SATS Year 6 - English Reading
	Class 3 Curriculum Workshop 9.00am
Wednesday 13 th May	SATS Year 6 - Maths papers 1 and 2
	Class 4 Curriculum Workshop 9.00am
Thursday 14 th May	SATS Year 6 - Maths Paper 3
	Class 5 Curriculum Workshop 9.00am
	Class 6 Swimming (4/5)
	Key Stage 1 Somerset Cricket Engagement Day – In-School Event
Monday 18 th May	Year 6 Residential to Barton Hall Departs 9.45am
	Pre-School to Forest School
Wednesday 20 th May	Class 6 Coffee Morning Town Hall
	Year 6 Barton Hall return approximately 4.00pm
	Year 2 to Forest School 1.30pm
Thursday 21 st May	Swimming Class 6 Final Session
Half-Term 25th May – 29th May	
Monday 1 st June	Whole Class Photography - Tiggywinkles, Reception and Year Six - Imago Photography
	Pre-School to Forest School
	Year 1 to Forest School
Tuesday 2 nd June	Ilchester's Got Talent Classroom Rounds. In-school event
	Armed Forces Outreach Service 1345 at Infant Department
Wednesday 3 rd June	Class 4 Coffee Morning Town Hall. Further details to follow
	RSPCA Workshop KS1. In-school event
Thursday 4 th June	RSPCA Workshop KS2. In-school event
Friday 5 th June	Sports Day (reserve date 12.06.26) Infants 10.30am Juniors 1.30pm
Monday 8 th June	Pre-School to Forest School
Tuesday 9 th June	Ilchester's Got Talent Finals. In-school event
Wednesday 10 th June	Better Planet Education Workshops KS1. In-school event
Thursday 11 th June	September 2026 Reception Parents' Welcome Evening 6.00 – 19.30pm

Friday 12 th June	Reserve Sports Day
Monday 15 th June	Class 9 Curriculum Workshop 9.00am
	Pre-School to Forest School
	Year 1 to Forest School
Tuesday 16 th June	Class 8 Curriculum workshop
	Somerset Children's Parliament 4 x Years 5 and 6. Further details to follow
	Rainforest talks and workshops. In-school event
Wednesday 17 th June	Class 7 Curriculum Workshop 9.00am
	Year 2 to Forest School
	Gore Farm Class 1. Further details to follow
Thursday 18 th June	Class 10 Curriculum Workshop 9.00am
	Music On The Mound Provisional date. Further details to follow
	Gore Farm Class 2. Further details to follow.
Friday 19 th June	SEN Coffee Morning – Infant Department 9.00am
	Class 11 Curriculum Workshop 9.00am
Monday 22 nd June	Year 4 Great Wood Residential Trip. Return Wednesday 24 th June
	Family Learning Phonics Course Infant Department 9.00 - 10.30am
	Pre-School to Forest School
	Class 6 Curriculum Workshop 9.00am
Wednesday 24 th June	Reception 2026 Stay and Play (with parents) 3.30 – 4.30pm
	Gifted & Talented Maths Competition (Year 6). Further details to follow
Thursday 25 th June	KS1 Trip to Weymouth. Further details to follow
Monday 29 th June	Fiver Challenge Week (Year 6). Further details to follow
	Pre-School to Forest School
	Year 1 to Forest School
Wednesday 1 st July	Reception 2026 Stay and Play/Readiness Workshop 3.30 – 4.30pm
Monday 6 th July	Pre-School to Forest School
Tuesday 7 th July	Class 6 to Forest School
	Class 7 to Forest School
	Year 5s to Westlands for Singing Festival. Further details to follow
Wednesday 8 th July	Class 9 to Forest School
	Class 8 to Forest School

	Year 2 to Forest School
Thursday 9 th July	Class 10 to Forest School
	Class 11 to Forest School
	Bugfest - Classes 1, 2 and Pre-School. In-school event
	PPAT's Got Talent FINALS
Monday 13 th July	Year 1 to Forest School
	Pre-School to Forest School
Wednesday 22 nd July Inset Day – School Closed	
Thursday 23 rd July Summer Holiday Commences – School Closed	
Monday 7 th September 2026 School Re-opens for all pupils	

COMMUNITY EVENTS



Connection Point Special

For more information email:
Angela.Harper@aggies.org.uk
Mandy.Otley@aggies.org.uk

Tall Trees Community Centre
Wednesday 13 May, 1500-1600

NHS Somerset Armed Forces Outreach service will be joining the Aggie's team to meet families. There will be information/signposting about support families can access, especially when a partner is deployed, and there'll be snacks and activities for children. Pop down for a cuppa and a chat!



April/May/June 2026



Somerset School Nurse Team Newsletter

Welcome to the 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

ONLINE SAFETY

Are you worried about your child being online?

For more information and advice visit
[Keeping children safe online | NSPCC](#)

S **M** **A** **R** **T**

SHARE
PERSONALLY

We all love to share photographs, fun things we're doing and much more.

We control what you share and always ask permission if somebody else is in the photo or video.

MANAGE
YOUR PRIVACY

If you're using apps that can communicate with others, turn off privacy.

Only let people you really know follow you unless you've asked permission from your parents.

ASK
FOR HELP

Don't ever be worried about asking for help from someone you trust. You will NOT be judged.

RESPECT
OTHERS

Be kind.

Other people may have different opinions than you. That's okay, but if they become abusive, talk screenshots, block and report and tell an adult.

THINK
CAREFULLY

TRUST
YOUR INSTINCTS

Is it true? Does that person really know me? Has that really happened? Always consider!

Fussy Eating in Children



Do you worry about your child being a fussy eater?

For further information check out the following webinars, or speak with your GP or School Nurse team for further support

[Webinars on Fussy Eating in Children -](#)

patientwebinars.co.uk



ELSA Support



Did you know that most primary schools are able to offer ELSA support to school aged children in their care around a variety of topics including bereavement, anxiety, stress, friendships and managing emotions/feelings.

ELSA stands for Emotional Literacy Support Assistant, and they are specialist teaching assistants with a wealth of knowledge and experience of working with children.

ELSA's are trained and regularly supervised by the Educational Psychologists.

Their aim is to build your child's emotional development and to help them to cope with life's challenges.

The ELSA will help your child to find solutions to problems they may have.

Please speak with the ELSA in your school if you feel this support could benefit your child.



UK Government NHS

WRAP YOUR CHILDREN UP WITH THE BEST PROTECTION - VACCINATIONS

Are your child's vaccines up to date? Check their red book or speak to their GP practice.

STAY STRONG. GET VACCINATED.



HOW TO KEEP YOUR SMILE HEALTHY Just for kids!

DID YOU KNOW FEELING YOUR BEST STARTS WITH A HEALTHY SMILE!
Follow Toothie's tips to keep your smile strong and you feeling great every day!

BRUSH EVERY MORNING AND NIGHT

- Use a fluoride toothpaste
- Brush all the sides and surfaces of your teeth for 2 minutes
- After brushing, spit don't swallow

SEE YOUR DENTIST REGULARLY

- The dentist will ask you to open your mouth wide
- The dentist will check your teeth are growing properly
- The dentist will help take care of your teeth and healthy

EAT HEALTHY FOOD AND AVOID SUGARY DRINKS

- The dentist likes to see a healthy smile
- Sugary drinks and sugary foods can cause tooth decay
- The dentist will help you choose healthy food and drinks

USE SUNSCREEN

- Use at least factor 30 sunscreen

fdiC | www.schoolnursing.org | 0300 790 9854

National Sun Awareness Week

11th May – 17th May 2026
As the nicer weather approaches it is important to remember to stay safe in the sun.

Sun Safety Tips

Make sure you:

- Spend time in the shade between 11am & 3pm
- Cover up with suitable clothing and sunglasses
- Take extra care with children
- Use at least factor 30 sunscreen

For more advice please visit:
[Sunscreen and sun safety - 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 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

Improving LIVES

Tips for SATs Week

As we approach exam season here are some tips to share with your child...

- The SATs don't affect what school you will get into
- They are important, but most teachers just want you to do your best
- Lots of schools make the SATs week really relaxed, having breakfast clubs, extra playtime, relaxation time, no other lessons, so it can even be fun. Find out what your school is doing
- This is good practice for taking tests. But you can do it in the comfort of your school which you know well and will help support you
- Talk to your friends and family about how you are feeling about the SATs. It's likely that other people are feeling a bit nervous too
- If you're struggling, talk to your teacher or another adult at school that you trust and you know will listen
- If it helps, write a timetable for the week. Make sure you add some treats, like watching your favourite show, doing sport, or having your favourite meal/snack
- Talk to the people around you and tell them what you think would help you in that week, e.g. I might need more bags or down time. I need to get to bed on time. I want you to walk me to school in the mornings
- Concentrate on the tests one at a time. Do your best and however they go, try to let the last one go and then focus on the next one
- Try to eat well, sleep well and take some exercise that week
- Get your clothes and school bag ready each night, so in the morning you can stay calm
- Celebrate when they are over!

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

Issues with bedwetting?

Check out the video below for advice...

[ERIC Helpline Podcast - Bedwetting \(short version\) on Vimeo](#)

For further advice or support speak with your GP, School Nurse Team or click on the link below:

[Home - ERIC](#)

The Children's Advice Directory



FREE Parent and Carer Workshops:



Each session will create a safe supportive space where parents and carers can engage in a way that feels comfortable for them, including anonymous contributions and end-of-session questions.

You only need to attend **ONE** workshop - but you are welcome to join two or all three if you wish.

Duration: 1.5 hour workshop + 30 mins Q&A

Online (live only):

Monday 20th April 2026, 7pm-9pm (please login by 6:55pm) - **Parents of Secondary Pupils** - Talking about sex and relationships with your teen: What parents need to know.

Monday 11th May 2026, 7pm-9pm (please login by 6:55pm) - **Parents of SEND Learners** - Supporting your SEND child with Bodies, Boundaries and Relationships.

Monday 8th June 2026, 7pm-9pm (please login in by 6:55pm) - **Parents of children ages 0-11, Early years professionals welcome too** - Starting the Conversation: Bodies, Boundaries and Relationships for the Early Years and Primary aged children.

These sessions will be led by Alice Hoyle, national RSHE expert-educator and co-author of Great Relationships and Sex Education and Becoming a Sensory-Aware School. Alice is a neurodivergent professional and parent of neurodivergent children, offering both expert guidance and lived experience to support truly inclusive, sensory-aware RSHE.

To book please scan the QR code or follow this link:

<https://forms.office.com/e/2AKi48BfN8>



For further enquiries please email: **officespts@fiveways.school**

Email: officespts@fiveways.school

Phone: 01935 411384



@sptsyeovil



SPTS



SPTS : Specialist & Personalised Training Services



@SPTS_TSch



Somerset

Armed Forces

Outreach Service: **Ilchester**

Are you a veteran, serving member, family member, dependent or reservist?



Come and have an informal brew and banter and meet the NHS Somerset Armed Forces team and our dedicated Armed Forces Link Workers

Wed 11th Mar '26	13:45 to 15:15	Ilchester Community School
Wed 1st Apr '26	13:45 to 15:15	Infant site
Wed 22nd Apr '26	13:45 to 15:15	
Wed 13th May '26	13:45 to 15:15	Illustrious Crescent
Tues 2nd Jun '26	13:45 to 15:15	Ilchester
Tues 16th Jun '26	13:45 to 15:15	Somerset
Wed 1st July '26	13:45 to 15:15	BA22 8JX



<https://nhssomerset.nhs.uk/armed-forces/>

facebook.com/groups/nhssomersetarmedforcescommunity

Need support?

**ESCAPELINE PROVIDES
CONFIDENTIAL TELEPHONE
SUPPORT AND ADVICE TO
PARENTS AND CARERS WITHIN
THE SOUTH WEST OF ENGLAND
AFFECTED BY CRIMINAL AND
SEXUAL EXPLOITATION.**

WE'RE HERE IF YOU NEED US:

**Tuesday's &
Wednesday's
10am - 1pm**



0800 389 3899

 *Bucklers Mead Leisure Centre*

ACTIVE CAMPS

➔ MAY 26TH TO 29TH

➔ 8.30AM TO 3.30PM

TUE 26TH

Tournament Tuesday

WED 27TH

Inflatable Day

THU 28TH

Target Day

FRI 29TH

Laser Tag and Nerf Battles



WWW.TLESPORTSCOACHING.CO.UK



*Extra Time available;
8-8.30am & 3.30-4pm*

£20 a day!

Mrs Michelle Mordue

Headteacher



Mrs Katie Boon

EYFS Lead



New Starters Parents' Evening
Thursday 11th June 2026
At 6pm



Please RSVP to the School Office by phone or email: office@ilchester.ppat365.org

Ilchester Community Primary School
Infant Department

Illustrious Crescent, Ilchester, BA22 8JX

Telephone: 01935 840328

Email: office@ilchester.ppat365.org