



‘Child centred learning in the heart of the community’

16th October 2026

Dear Parents and Family Members,

It is hard to believe that we are already six weeks into the term and sharing our second newsletter. School has certainly been very busy with so much learning, fun and achievement packed into a relatively short space of time. As always, I am incredibly proud of all that our children have accomplished and of the enthusiasm they bring to school each day.

Our assemblies continue to focus on our core values of Belief, Bravery, Kindness, Equity, Curiosity and Aspiration. These are much more than words we talk about in assembly. They form the foundation for all that we do at school, shaping how we learn, how we treat one another and how we encourage our children to become confident, thoughtful and caring members of our community.

It has also been lovely to see so many children enjoying our clubs, from Lego and Coding Club to Recorders and even Yoga with me! I am not quite sure the children would describe all my yoga poses as graceful, but we have certainly had lots of fun trying! Clubs are such an important part of school life, giving children opportunities to discover new interests, feel that they belong and build friendships with children beyond their own classes.

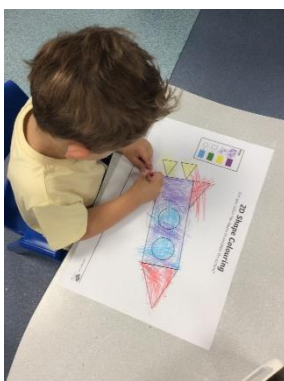
As we head towards the end of this first half term, I hope you enjoy reading about just some of the many things that have been happening across our wonderfully busy school.

Early Years

The Pre-School children have really cemented their knowledge of their new routines and expectations this term, and this can be seen in the setting through engaging play and a calmness amongst the children. Furthermore, the children have been continuing their topic of 'all about me' and learning the starting sound of their names. They have been using this new knowledge to navigate their pegs and trays within the classroom.

This Monday, the children immersed themselves in a Mental Health Awareness Day. They practised yoga, made stress balls, relaxed to calming music and enjoyed some mindful colouring. The children also talked about the different ways they like to relax in their homes, and how sometimes it is good for our minds to just slow down and take some time to calm our bodies.

Pre-School's Waterfield Way activities are well underway, and the children have enjoyed leaf rubbing this half term. They will be ticking off their second activity of jumping in muddy puddles next week so a reminder for wellies and wetsuits, please.



Venus

We have had a very busy few weeks in Venus! In Literacy, we have been enjoying the story *The Little Red Hen*, followed by a very exciting visit from some real chickens! The children also had lots of fun baking their own bread, bringing the story to life. We have also been reading *Oi Frog!* and focusing on hearing rhyming words, matching words that rhyme and creating our own rhyming phrases.

In Maths, we have continued exploring numbers to 5, with a particular focus on subitising recognising how many objects there are without needing to count them. We have also been investigating numbers up to 5 and how numbers can be made in different ways, such as 1 and 4 or 3 and 2 making 5, helping us to develop our understanding of number composition.

In Topic, we have been exploring seasonal changes and noticing the signs of autumn. During our visit to Forest School, we looked for leaves changing colour, chestnuts and apples. We also enjoyed reading *Leaf Man*, which inspired us to get creative! The children collected lots of natural treasures and used them to make their own wonderfully imaginative leaf people.



Apollo

In Apollo Class, the children have been enjoying some hands-on learning exploring different natural forces in their Science lessons. This week we have been investigating magnets and had a great time searching our classroom for magnetic items. We tested different magnets to work out which was the strongest by counting the number of paperclips they could lift in a chain.

During their art lessons the children have been practising painting techniques ready to produce a portrait in the style of our focus artist, Chuck Close. We have had great fun exploring the colour, shapes and patterns used by the artist and the children are very excited about designing their own square, each of which will be

put together to make a giant picture of one of our school heroes, David Attenborough! We look forward to sharing the finished picture with you!

As part of their learning about the text *The Little Red Hen* the children in Reception have had a brilliant time cuddling visiting chickens and making bread with their friends in Venus class.

In English, we have been focused on sentence level work, encouraging the children to say, write and check a sentence independently. They are growing in confidence and making fantastic progress with this. Reception children have been doing a great job learning to form letters correctly and sounding out and writing simple words.

In Maths, the children have been completing addition and subtraction activities and focusing on number bonds. These are numbers that pair up to make 10 and 20. For example $6+4=10$ $16+4=20$. The children will learn these with instant recall over the course of the year.

Reception children have been working hard to recognise amounts represented in different ways and have been learning lots of mathematical vocabulary such as 'more than', and 'less than' through practical activity and play.



Luna

We have been busy in Luna class and enjoyed retelling the story of *The Gigantic Turnip*. The children have been enjoying adding actions and joining in with repetitive refrains. We have been writing the beginning, middle and end of the story focusing on capital letters and full stops. In Maths, we have been using our number bonds to 10 to explore number facts and fact families. The Year 2s have been finding missing numbers and using the inverse. The children have been solving simple problems too.

We have enjoyed participating in workshops this week. The Toys Through History workshop was interesting and we compared old and new toys. Children asked lots of questions and were really curious about their learning. We have also taken part in a Guinness World Record attempt for the most reading. First of all, we listened to an exciting story and took part in a character drawing as a class. The children added detail to their character and added details to create a calm reading space. Lastly, we dropped everything and read. The children have enjoyed Art looking at the artist Chuck Close. The children have practised using dots and lines in his style to create part of the eye. Last week we painted in a grid in his style.



Veritas

In English, we finished our unit on traditional tales creating some wonderful descriptions of characters and settings. The children chose amazing adjectives and were extending sentences using conjunctions. We have started a new unit on non-chronological texts, looking at information pages, finding out about their features and layout. We will be researching the history of teddy bears, linking to our history unit on toys, and then write our own information pages.

2	2	+	3	2	=		
10's			1's				
			oo			2	2
			oo			+ 3	2
						5	4
5			4				

In Maths, we have been working on addition and developing recall of our number bonds. We have used known number bonds for 10 to help us to work out number bonds for 20 and 100, for

example, if we know $2 + 8 = 10$, then we know $2 + 18 = 20$ and $20 + 80 = 100$. We have started adding two-digit numbers. First, we did this by drawing the tens and ones and now we are moving on to formal column method.

In Science, we have been investigating magnets. We have explored what is attracted to a magnet and have been testing and comparing the strength of magnets by hanging paper clip chains on them. We couldn't believe how many paperclips were in some of the chains!



In Art, we have been looking at the work of artist, Chuck Close. We have looked closely at how he creates his large portraits using a grid method and some patterns. We have been experimenting with the grid method, and we are going to use it to create a whole class portrait of a famous person.



We really enjoyed our first Forest School session. We worked together to create little fairy homes around the bases of the trees. Watching the children work collaboratively was wonderful.



Minerva

What a busy few weeks we have had! We have been enjoying our English work based on *Gorilla*, with the children writing diary entries that explore characters' thoughts, feelings and emotions. They have worked hard to make their writing engaging and reflective. We also had our first buddy reading session where children got to share their current reading books with some of the Year 6 children from Juno class. It was lovely to see them interacting with such kindness during this session.

In Maths, we have been learning about measurement, including length, mass and capacity/volume, as well as beginning formal methods for addition and subtraction. Thank you to everyone who attended our recent Maths Workshop; it was wonderful to see so many of you.

In Art, the children recreated a painting by Monet in the style of Impressionism and have now begun planning their own artwork. They have practised observational sketching to refine their ideas.

In Science, we have been learning about Energy and Forces. The children investigated friction by testing how different surfaces affected the distance a toy train could travel, developing their prediction, observation and enquiry skills.



Vulcan

Over the last few weeks, Vulcan Class have been working incredibly hard to produce pieces of work of an ever-improving high standard. We have come to the end of our English text *The Nothing to See Here Hotel* which the children have loved. The unit concluded with some wonderfully imaginative predicted story endings which had a twist in the tail right up until the last. Dare I say it, but I think some the children's ideas were even better than the real ending!

In Maths, multiplication has been the focus of our work, and the children have explored a mixture of informal and formal strategies that they have then applied to an increasingly tricky range of questions. As ever, those times tables facts have come in handy so please keep practising them regularly at home.

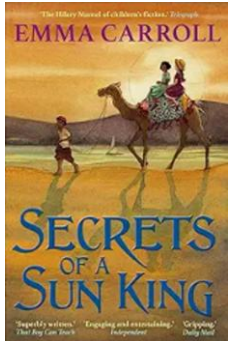
Impressionist artist Claude Monet has been the featured artist in our art work this half term and this week the children explored different brush techniques to recreate his famous 'Bridge over a Pond of Water Lilies'. The outcomes were fantastic and the children were genuinely amazed with what they were able to produce.

The children tried a new skill to many of them by learning to skip during PE this week. The activity was part of the Waterfield Way experience whereby we challenge the children to try something a bit different each half term. They had a great time and there were plenty of big smiles and red faces at the end of the lesson.



Neptune

Phew! We have been working so hard in this half term in Neptune, that I can't believe how fast the half term has gone!



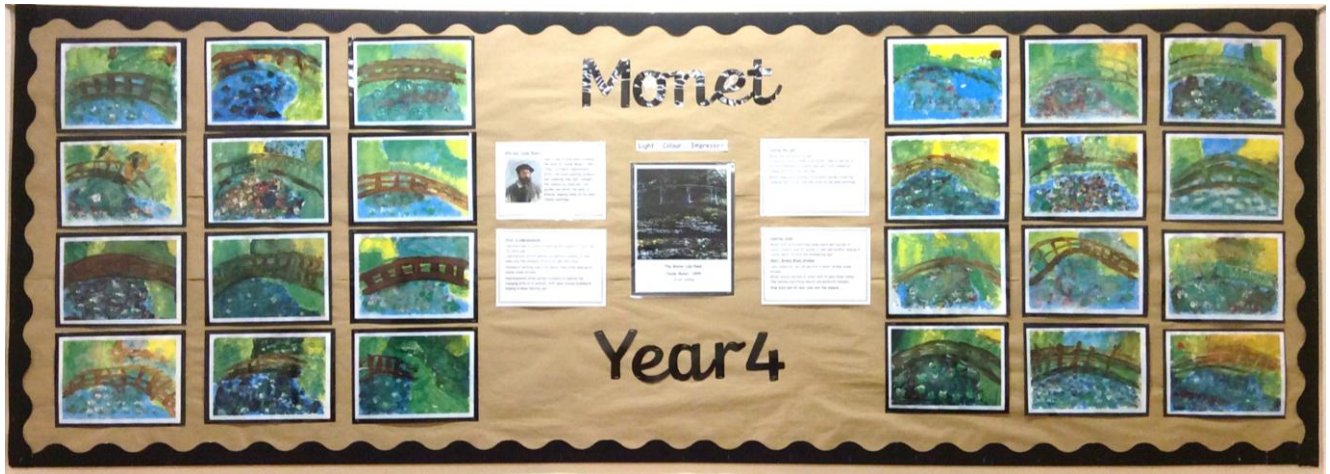
The children have continued to LOVE writing and are totally wrapped up in the story: *Secrets of the Sun King*. So far, they have written setting descriptions, tense mystery stories, recounts and diary entries. They are certainly a creative bunch, and I love it when they immerse themselves into the thoughts and actions of a character. They really show this when they 'hot seat' a character and provide thoughts and reasons for what they do! They realise that authors 'show not tell' their reader how their character feels in a situation and have been thinking up some very clever ways to do this in their own work.

The children have been working hard on their calculation strategies in maths. They are really showing a good understanding of how numbers work and are realising that there are many ways to reach a solution to a problem. I am pleased that they are putting their understanding into using efficient strategies when they calculate and can explain how their strategy works. Neptune have engaged brilliantly with learning their times tables. Every Friday, the class with the most correct answers on Times Table Rockstars win a special certificate. Neptune has earned it four weeks in a row!



Friday assemblies are very tense as we await the announcement of the weekly winners! Well done, Neptune, keep it up as all your hard work will pay off in your future maths learning.

In addition, I have been super proud of our Monet paintings. Everyone has painted their own 'Bridge over a Pond of Water Lilies' – you honestly wouldn't be able to tell the difference between Monet's work and Neptune's! The children discovered that he created his work with short, broken brushstrokes and by layering paint.



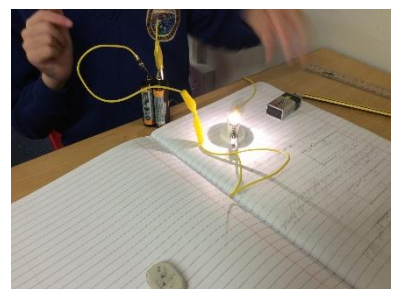
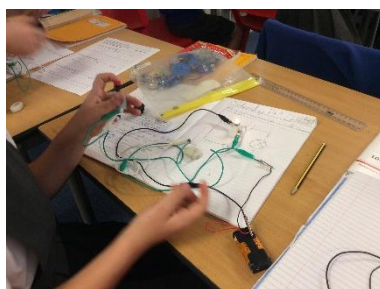
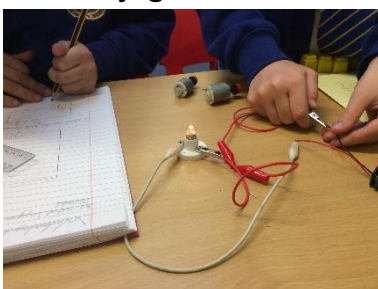
Libertas

There have been so many wonderful pieces of work and amazing activities to share from the past few weeks!

Coincidentally in line with Black History Month, we have begun our new class text, *Coming To England*, by Floella Benjamin. Following her story as a part of the Windrush Generation, we have used IT skills to research her own website and write informative biographies. We are now in the stages of writing a formal letter, which we hope to send and receive a reply. Fingers crossed!

In PE, our swimming lessons will now be coming to an end. It has been amazing to see all the progress made in just five weeks and the children all thoroughly enjoy the sessions in the pool. In netball, the sports coaches have been impressed with the build-up of catching, throwing and shooting skills displayed within netball matches. Every week, all the sports teachers and coaches are constantly praising the fantastic effort and respectful learning taking place. Well done, Libertas.

In Science, the children have been building their knowledge about electrical circuits. We have looked at scientific notation, different components and are now creating and testing our own using bulbs, buzzer and motors. Our most recent lessons have been observing the brightness of bulbs – will they shine brighter, or will they get dim?



Jupiter

What a brilliant half term we have had in Jupiter Class! The children have already achieved so much. We have enjoyed Forest School sessions, taken part in live workshops with authors, competed in a Guinness World Record reading challenge, welcomed families to our maths parental workshop and visited the Fleet Air Arm Museum. Next week, we will conclude the half term with our Waterfield Way project by creating an international dish for the children to make and try at school.

As part of our art unit this half term, the children have been developing their painting skills by exploring the techniques used by Somerset landscape artist, Chris Alder. Following careful observation of his work, the children used watercolours to recreate landscape scenes, focusing on colour, tone and the effects of light and weather. More recently, they have begun creating their own landscapes, applying the techniques they have learned throughout the unit. They have produced some wonderful pieces of artwork, and we are incredibly proud of their creativity and effort. Well done, Jupiter Class!



Juno

It has been a busy and exciting half term in Juno Class, and the Year 6 children have worked incredibly hard across all areas of the curriculum.

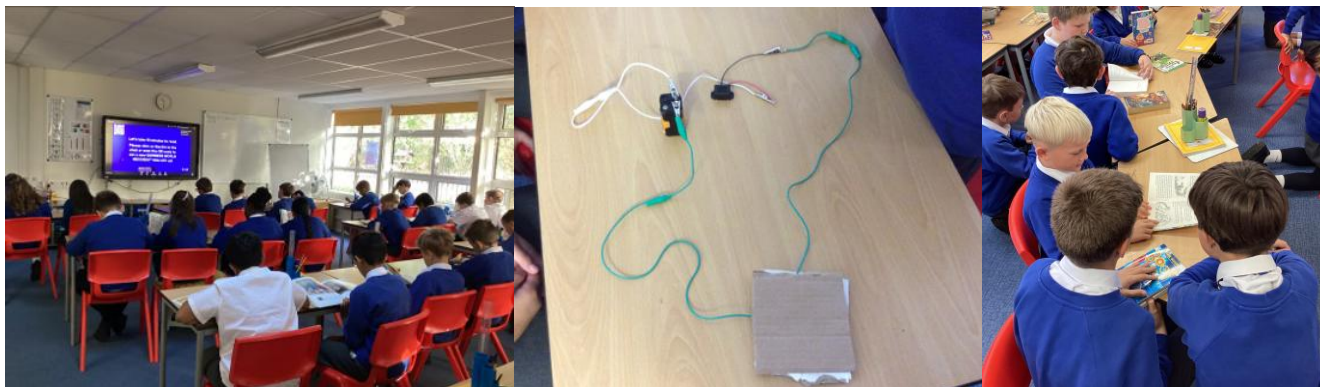
As part of our Harvest Assembly, the children wrote their own poems, with some sharing their work with the rest of the school. They showed great creativity and really impressed us with their ideas.

Reading has been a real highlight this half term. The children took part in the GUINNESS WORLD RECORDS™ attempt for the most people reading online in 12 hours and loved being involved in such an exciting event. Time was also spent with the Year 3 children in Minerva Class, sharing books and enjoying stories together.

In Science, we reached the end of our electricity unit. Using their knowledge of circuits, switches and electrical components, the children designed and built their own Dracula Detector Devices. It was fantastic to see their creativity, teamwork and problem-solving skills in action.

In Music, Juno Class have been learning the song, 'What shall we do with the drunken sailor'. They worked in groups to create their own school shanty, including lines such as: 'what shall we do with the broken pencil', 'what shall we do with the missing jumper', and 'hooray we fixed the problem'. It has been lovely to see their creativity when writing a song and adding body percussion too!

We are very proud of everything Juno Class has achieved this half term and look forward to another busy and exciting term ahead.



Macmillan Coffee Morning

Macmillan Coffee Morning

On Friday 2nd October we hosted our big coffee morning to raise money for Macmillan Cancer. It was lovely to see our local community coming together. We raised a huge £413.72 for this most worthy cause.

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: Mrs Dugmore, Mrs Jones, Mrs Fletcher and Mrs Stapleton. It is so greatly appreciated.



Maths Curriculum Workshops – Junior Department

A huge thank you to all the parents and carers who attended our recent Maths Curriculum Workshops. It was wonderful to welcome so many families into school and share how mathematics is taught at Ilchester.

The workshops provided an opportunity to model the approaches, strategies and resources that children use in their maths lessons every day. We hope that the sessions helped to develop a greater understanding of our curriculum and gave parents confidence in supporting their children with maths learning at home. If you did attend, please complete the short questionnaire which has been sent via ParentMail.

Thank you for your continued support and engagement. We greatly value the strong partnership between home and school. We are very much looking forward to the spring and summer workshops.

The Infant Department Maths Curriculum Workshops will be hosted next half-term – watch out for the ParentMail invite.

Fleet Air Arm Museum Visit for UKS2

Our Year 5 and 6 children recently enjoyed an exciting and educational visit to the Fleet Air Arm Museum. During the day, they explored the fascinating history of naval aviation, discovering how aircraft have supported operations at sea and learning about the important role they have played throughout history.

A highlight of the visit was a hands-on engineering challenge, where the children designed and built their own naval aircraft models. They then tested their creations by launching them from a moving simulator, investigating how different design choices affected flight distance and stability. This practical experiment encouraged the children to think like scientists and engineers as they made predictions, tested ideas and evaluated their results.

All the children were a joy to take. I know that the remaining Year 5 & 6 children are in for a treat next Wednesday!



TINK

It has been wonderful to welcome Young Somerset into school to deliver their free Tuning into Kids workshops for parents. These sessions offer practical ideas and supportive approaches to help parents understand and respond to their children's emotions, strengthen communication and relationships, and support children through some of the challenges of growing up.

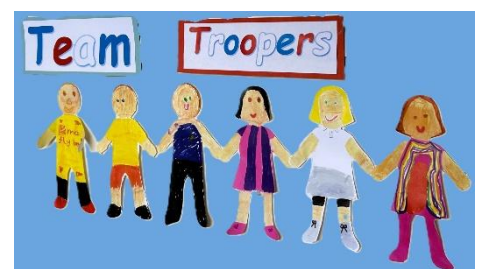
We have already received some lovely feedback from parents who have attended, telling us how helpful they found the sessions, particularly for managing behaviours and big emotions at home, and how grateful they are for the opportunity to access this support through school. Thank you to everyone who has taken part so far and to Young Somerset for working in partnership with us – a huge thank you to Mrs Boon who arranged these amazing workshops.

Please keep an eye out for future workshop dates, as we would love even more of our families to benefit. If you are unable to attend this course at school and are interested, please get in touch with Mrs Dickinson and she can assist you in finding a way to access it.

Team “Little” Troopers!

Our “team” have started brilliantly this term. The Team is engaging in some lovely activities and sharing what it feels like to have a parent in the military.

They have designed their own Team Troopers headings and looked at all the people around us who look after and support us.



The children are also totally engaged in building a helicopter from air dry clay, looks like we are getting the glue gun out next week!

Financial Assistance and Further Support

During a recent Network Meeting I was informed about the improved work by FAMILY COMMUNITY WORK COACHES.

They support families towards employment/education and ensuring financial stability.

Families can self-refer or contact me directly and I can put a referral in for you. The current waiting time is around 4 weeks.

As always, take good care,
Mrs Dickinson

Keeping Children Safe Online

Five tips to keep your child safe online

1. Take an active interest in your child's digital world

Taking a genuine interest in your child's online world, just like you do with other parts of their life, helps build trust and connection. When you show curiosity about the apps they use, the games they play, or the platforms they enjoy, it opens the door to meaningful, everyday conversations.

2. Talk about what healthy vs. unhealthy online behaviour looks like

Risks don't only come from strangers. Family members and other adults in your child's life, friends, peer groups can sometimes cause harm. Help your child understand what behaviours are safe, respectful, and healthy, versus what's not. Dependent on age, this might include discussions around:

- Sexting or sending nude or semi-nude pictures.
- Trolling (harassment and bullying).
- Sharing personal information.
- Adding unknown people to chat groups, games or friend lists.
- Accessing pornography and the impact this can have on skewing ideas of healthy relationships. Spotting grooming techniques, including being asked or asking others to enter private or unregulated digital spaces.

3. Encourage the use of development and age-appropriate platforms, sites and settings.

Younger children may be tempted to explore apps meant for older teens. Review the safety features, age ratings, parental controls, and privacy options on each platform. Talk with your child about why these rules exist and how they protect them. This will help them, and you, identify safer and more appropriate online spaces.

Remember that just because an app, game or piece of technology has an age rating that technically means it could be appropriate for your child, doesn't always mean it's right for them

4. Supervise children carefully and encourage digital device use in shared spaces

If younger children are using devices, they should have the support of an adult who can supervise them. As well as considering age, it's important to take their stage of development into account when deciding how much supervision they need.

Being in the same room as your child when they are online not only helps you know what they are accessing, but it means you can better see what your child is doing, pick up on non-verbal cues about how they feel, and respond more quickly if something online upsets them.

5. Discuss information sharing and privacy and check settings regularly

Help your child understand what to share and who with. Use examples such as screenshots, group chats, public posts to show how something private can become very public very quickly. Make sure privacy settings are enabled and check them regularly since apps sometimes revert or change them after updates.

Staffing News

We say a fond farewell to Mrs Blandford, who is leaving us after two years supporting children with additional needs at our Infant Site. We are incredibly grateful for the care, patience and dedication she has shown to the children she has worked with and for all she has contributed during her time with us. It has been a real pleasure to support Mrs Blandford and to be part of her journey. We wish her every happiness and success as she begins her new role and hope she takes many happy memories of Ilchester with her.

It is a pleasure to welcome Mrs Mercy to our school team. She will be working in Year 6, supporting the children with their learning and helping them to make the very best of their final year at primary school. We are also delighted to welcome Mrs Bennett, who will be providing 1:1 support for children across the school. We hope both Mrs Mercy and Mrs Bennett quickly feel at home within our school community.

KS1 Toys Through History Workshop

Our Key Stage 1 children recently took part in an exciting online workshop with Abbey House Toy Museum, where they enjoyed a virtual tour of the museum and explored a fascinating collection of toys from the past. The children learned about traditional toys from the museum's collection such as yo-yos, dolls and train sets, and compared them with the toys they enjoy today. They were fascinated to discover how toys have changed over time and enjoyed discussing similarities and differences between past and present. The workshop was highly engaging, with plenty of opportunities for questions and discussion, and the children gained a great deal from the experience. It was a wonderful way to bring history to life and inspire curiosity about how childhood has changed through the years.



Forest School

During their first visit to the Forest School site, our Reception children were full of excitement and curiosity as they explored the natural environment. They enjoyed searching for and collecting sticks, leaves and stones, carefully examining the different shapes, sizes and textures they discovered. Using their treasures, the children worked creatively to make patterns, pictures and natural artwork on the ground. It was wonderful to see them sharing ideas with friends, using their imaginations and developing a sense of wonder about the world around them. The visit was a fantastic introduction to our Forest School site and provided valuable opportunities for exploration, creativity and outdoor learning.

Music

The children have been developing their beautiful singing in the singing assemblies. We had a spectacular harvest celebration, led by Reverend Bruce, where the children sang their hearts out to 'Harvest Samba' and 'Autumn Days' as well as other various songs with their own classes! It was so lovely to see everyone come together towards a shared celebration. We would also like to extend a massive thank you to all who contributed and supported by practising songs at home or by donating goods.

Another reminder that we are continuing to provide a range of musical clubs on offer at both sites. If you would like your child to take part, please contact the school office for availability. Our current music enrichment is as follows:

- Infants' recorder club with Miss Bush
- Junior choir with Mrs King
- Junior percussion ensemble with Mrs Faulkner

School Council

Democracy has been brought to life across our school through the election of our new School Council representatives. Following an assembly focused on "Having a Voice", where the children learned about democracy and the importance of having a say in decisions that affect us, pupils who wished to stand for School Council prepared and delivered their own speeches.

They did an amazing job, speaking with confidence, enthusiasm and plenty of Bravery! The children in each class then took part in a democratic vote to choose the pupils they felt would best represent their views and ideas. A huge well done to everyone who put themselves forward and congratulations to our newly elected representatives, who you can see below.

After half term, our local Councillor, John Bailey, will visit the School Council to talk about his role within our local communities and how people can use their voice to help bring about positive change. I will have the pleasure of leading our Junior School Council, while Miss Hamm will lead our Infant School Council. We are really looking forward to hearing the children's ideas and ensuring that pupil voice continues to play an important part in the life and development of our school.

Class	Representatives
Apollo	Lillie and Jack
Luna	Isaac and Maeve
Veritas	Henrietta and Oscar
Minerva	Dylan and Amellie
Vulcan	Zakaria and Brooke
Neptune	Amelie and Ollie
Libertas	Rosie and Toby P
Jupiter	Isaac and <u>Jhacey</u>
Juno	Zayn and Ashley

Cross Country

The second race of the cross country season took place recently at a gloriously sunny Yeovil Showground. Our team of runners took to the slightly altered course with great enthusiasm and gave their all from the word go. Some showing so much enthusiasm they even ran the course twice to support their friend. An amazing attitude and spirit. There were unfortunately no top ten finishes this time, but everyone improved upon their previous result which is what counts, we are incredibly proud of you all.



Years 3 and 4 Football

On Monday this week, our Year 3-4 footballers took part in a festival at Bucklers Mead School in Yeovil. Despite it being the first time they had all played together, the team produced some wonderful performances to finish the day with four wins against St Michael's, Oaklands, Birchfield and Primrose Lane and a solitary defeat against a very strong Chilthorne Domer side. The team were attack minded from the outset and constantly pressed the opposition's defence, bombarding the goal with repeated shots. Our goalkeeper was often very lonely on their own at the back for long periods while the team pressed forward. Well done everyone, you played with great attitude and spirit. You did us proud.



Harvest Festival

Our Harvest Assembly was a wonderful opportunity for our school community to come together and give thanks for all that we have and receive. The children were an absolute joy to watch, performing their songs and poems with confidence, enthusiasm and plenty of smiles. A huge thank you to all our families for your generous Harvest donations, which will be taken to the Lord's Larder to support our local food bank and families within our community. Harvest provides such a meaningful opportunity for our children to see our values of Kindness and Equity in action, helping them to understand the importance of thinking of others, sharing what we can and ensuring everyone feels supported and valued.



National Poetry Day

As part of National Poetry Day on 1st October, the children explored this year's theme, "Wonder". KS2 joined a live online assembly with Michael Rosen and other poets, while KS1 enjoyed listening to the poem *I Wonder* by Jeannie Kirby. Throughout the day, children reflected on the things that fill them with awe and curiosity, creating their own "Wonder is..." ideas. It was wonderful to see the children's imagination, creativity and appreciation for the world around them shining through in their writing.



Safeguarding

The recent passing of Esther Rantzen, founder of Childline, has been a reminder of the lasting impact that trusted adults and support services can have on the lives of children and young people. Childline has provided vital advice, guidance and a listening ear to millions of children since its launch, reinforcing the importance of speaking up when something does not feel right. Childline's website has a wealth of supportive information for children and is a great talking point for families. <https://www.childline.org.uk/get-support/contacting-childline/> As ever, please be reminded that safeguarding is everyone's responsibility. If you have any concerns about the safety or welfare of a child, no matter how small they may seem, please report them to Somerset Direct on 0300 123 2224.



As we come to the end of busy first half term, I would like to express how incredibly proud we are of the politeness and lovely manners our children demonstrate each day. They are a real credit to their parents and families, and we are very grateful for your continued support and partnership. Thank you for working alongside us to make our school such a positive and caring community.

With only one short week before half term with **Friday 23rd October** closed for **INSET**, I would like to take the time to wish our children and families a lovely, restful break spending time together and making memories.

Yours faithfully

Michelle Mordue
Headteacher



AUTUMN TERM 2026 - Dates for your diary

Monday 19 th October	Parents Evening 1530-1900
Tuesday 20 th October	Parents Evening 1530-1800
	<i>MHST Team coming to both parents' evenings to introduce themselves</i>
	Forest School – Libertas, Juno and Jupiter
Wednesday 21 st October	Yr 5/ 6 visit to FAAM (2 of 2)
	Reception Trip to Burrow Hill Farm 0930 - 1445
	MHST Supporting children's big emotions for parents 0930-1030 Location Junior Department
	KS1 Forest School – Veritas, Apollo (Y1) and Luna
	FIS Halloween Disco - Junior Department
Thursday 22 nd October	Tuning into Kids(for parents) 9am Infant Department
	KS2 Forest School – Neptune, Minerva and Vulcan
	Swimming - Libertas (5/5)
Friday 23rd October - INSET DAY	
Half-Term Holiday Monday 26th October – Friday 30th October inclusive	
Return to School – Monday 2nd November	
Wednesday 4 th November	MHST Understanding Emotions for students
Thursday 5 th November	Tuning into Kids (for parents) 0900 - Infant Department
	Swimming - Jupiter (1/5)
Friday 6 th November	FIS Mufti Day for Christmas Raffle Prizes
Tuesday 10 th November	Curriculum Workshop - Venus & Apollo (Reception) 0900
Wednesday 11 th November	Curriculum Workshop - Apollo (Year 1 pupils only) 0900
Thursday 12 th November	Curriculum Workshop - Luna 0900
	Tuning into Kids(for parents) 0900 - Infant Department
	Michael Rosen Day – 'Huge Poetry Party' ONLINE
	Swimming - Jupiter (2/5)
Friday 13 th November	Curriculum Workshop - Veritas 0900
	Children in Need Day
Thursday 19 th November	Swimming Jupiter 9am-11am (3/5)
	KS1 Trip to Yeovil
Friday 20 th November	Kindness Day
Thursday 26 th November	Swimming - Jupiter (4/5)
	Village Lantern Parade

COMMUNITY EVENTS



ILCHESTER COFFEE MORNING

Join Anna and Friends for a Coffee Morning to
raise funds for Cats Protection.



Wednesday 28th October 2026

Ilchester Town Hall

10:00-11:30

Scan to donate



justgiving.com/page/anna-jones-28



get a
free Kellogg's®
breakfast
every school
holiday*



Morrisons



*From 16.05.2025 - 31.05.2025, 30.07.2025 - 10.08.2025, 24.08.2025 - 21.09.2025, 30.09.2025 - 04.10.2025, 15.11.2025 - 01.12.2025, 01.12.2025 - 03.01.2026. This offer is redeemable 15-day Monday to Sunday. Simply say Kellogg's Breakfast at the till point or any UK Morrisons Café to receive a breakfast, which includes a free portion pack of Cornflakes (22g), Rice Krispies (22g) with milk or milk alternative (150ml). Limit of 1 breakfast per customer per day. Offer is not transferable and cannot be exchanged for cash. A recommended balanced breakfast includes a bowl of cereal, plus milk or milk alternative, a portion of fruit and a glass of water. TM © 2025 Kellogg's.



Oct/Nov/Dec 2026



Somerset
Council

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



What is SEND support?

(Webinar for Parent Carers and Young People)

Do you have questions about SEND support and how education settings should meet a child or young person's special educational needs?

Join our **free webinar** to learn more about SEND support in education. There will also be an opportunity to ask questions during a Q&A session at the end of the webinar.

Wed 21 Oct 2026, 7.30-7.00pm | Thurs 22 Oct, 10.00-11.30am

For more information on how to join visit:

[Workshops and Information Days](#)



Are you experiencing issues with your child around toilet training?

If so please click on the link below to find useful information and advice...



[Potty training your child - Best Start in Life - NHS](#)

If your child has already started school and is still in nappies/pullups please contact the School Nurse Team for support!

Text Chat health: 07480 635 515



With coughs and cold season fast approaching please remind your child of the importance of good hand hygiene..

[Washing Your Hands song - Qbeebies](#)

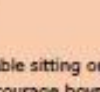
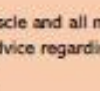
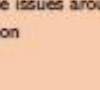
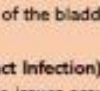
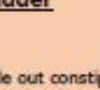
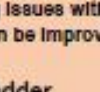
Let's Wash Our Hands!

Wash your hands
Under running water
And rub them up and
down like this:
Don't leave any part
of your hands dry.

Get between our fingers
Under the nail
Get your thumbs out
and scrub them
and make sure you
get every bit of skin.

They may look
like we should stop
but we don't stop
until they're
completely
dry.

Wash your hands
with soap and water
and dry them properly.



If your child is experiencing issues with daytime/nighttime wetting often the situation can be improved by following the...

4 Steps to a Healthy Bladder

1. Check the bowel



It is important to rule out constipation as a full bowel will reduce the capacity of the bladder to expand

2. Check for a UTI (Urinary Tract Infection)



Bugs in the bladder can cause issues around wetting so it is important to check for infection

3. Drink plenty!



The bladder is a muscle and all muscles need exercising, visit the link below for advice regarding how much your child should be drinking

4. Relax to wee



Ensure your child is comfortable sitting on the toilet, encourage them to take their time & encourage boys to do sit down wees

[Children's bladder health – what's normal and what can go wrong – ERIC](#)



ChatHealth

Parent advice & support

Health 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

Somerset 116 is a free emergency advice telephone service for children and young people. It is available 24 hours a day, 7 days a week. The service is confidential and your identity will not be passed on to anyone. The service is available to all children and young people in Somerset. The service is available to all children and young people in Somerset. The service is available to all children and young people in Somerset.



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

Back to school can mean a return of those pesky 'head lice'!



How do I treat head lice?
Medicated lotions and sprays may not always be needed, the 'wet combing' method can be very effective at getting rid of headlice.

The 'Wet Combing' Method:

- Wash your hair with ordinary shampoo
- Apply lots of conditioner to the hair (any conditioner will do)
- Comb the whole head of hair from roots to the ends using a special fine-toothed comb (detection comb). These can be bought online or from a pharmacy
- It usually takes about 10 minutes to comb short hair, and 20-30 minutes for long or curly hair
- Use this method on days 1, 5, 9 and 13, so you catch any newly hatched lice
- Check everyone's hair again on day 17 to make sure they are free of lice.



If you need medication, this can be bought from a supermarket or pharmacy. Some medicated treatments may need repeating after a week to kill any newly hatched lice

For more information on treating headlice head to...

[Head lice and nits - NHS](https://www.nhs.uk/conditions/head-lice/)

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

Has your child missed their flu vaccination?



If so, the School Aged Immunisation Nursing Team (SAINT) are running a number of walk in clinics.

NO APPOINTMENT NECESSARY!



SAINT Flu Vaccination Clinics

All clinics below are for the FLU nasal spray vaccination and are walk-ins (no appointment is needed). If your child requires the FLU inoculated injection Please contact 0300 223 0032 to arrange an appointment.

DATE & TIME	ADDRESS	DATE & TIME	ADDRESS
Monday 18/09/2023 10:00-11:00	Somerset Community Health Centre Preston Barnstaple, Devon PL24 0AA	Monday 18/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Wednesday 20/09/2023 10:00-11:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Monday 18/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Wednesday 20/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Tuesday 19/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Wednesday 20/09/2023 10:00-11:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Wednesday 20/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Thursday 21/09/2023 10:00-11:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Thursday 21/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Thursday 21/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Friday 22/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Friday 22/09/2023 10:00-11:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Friday 22/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Friday 22/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Saturday 23/09/2023 10:00-11:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Saturday 23/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Saturday 23/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Sunday 24/09/2023 10:00-11:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Sunday 24/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Sunday 24/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Monday 25/09/2023 10:00-11:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Monday 25/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Monday 25/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Tuesday 26/09/2023 10:00-11:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Tuesday 26/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Tuesday 26/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Wednesday 27/09/2023 10:00-11:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Wednesday 27/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Wednesday 27/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Thursday 28/09/2023 10:00-11:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Thursday 28/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Thursday 28/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Friday 29/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Friday 29/09/2023 10:00-11:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Friday 29/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Friday 29/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Saturday 30/09/2023 10:00-11:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Saturday 30/09/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Saturday 30/09/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Sunday 01/10/2023 10:00-11:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Sunday 01/10/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Sunday 01/10/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Monday 02/10/2023 10:00-11:00	Englewood Hospital Barnstaple, Devon PL24 0AA
Monday 02/10/2023 14:00-15:00	Somerset Community Health Centre East Hampton, Devon PL24 0AA	Monday 02/10/2023 14:00-15:00	Englewood Hospital Barnstaple, Devon PL24 0AA

LOOK FOR SIGN POSTING
& SAINT FLAG



Somerset School Aged Immunisation Nursing Team | Somerset NHS Trust

ORAL HYGIENE



With a significant rise seen recently in child tooth extraction, please can we remind you of the importance of good oral hygiene

- Brush teeth twice a day: ideally first thing in morning and last thing at night
- Use a fluoride toothpaste: use a pea sized amount containing at least 1000ppm of fluoride
- Brush for 2 minutes: ensure your child brushes for 2 minutes covering every tooth and surface
- Spit don't rinse: after brushing your teeth spit the excess toothpaste and avoid rinsing



[How to Brush Your Teeth Animation MCM](https://www.nhs.uk/conditions/brushing-teeth/)



Tuning in to
Kids 

FREE
PROGRAMME!



TUNING INTO KIDS

SUPPORTING YOUR CHILD THROUGH
EMOTION COACHING

ILCHESTER COMMUNITY PRIMARY
THURSDAYS FROM 1ST OCT - 19TH NOV
(EXCLUDING 29TH OCT AND 5TH NOV)
9.15-11.15

Tuning in to kids is a programme centred around emotionally intelligent parenting.

This programme will support you to connect with your child and help them express their emotions, understand and improve your child's behaviours and improve your relationship with your child.

Scan the QR code to book your place.
Final date for booking - 24th September



www.youngsomerset.org.uk



@youngsomerset

ilch

— THE ILCHESTER ARMS —
HOTEL

CUPPA AND A CHAT

FREE



EVERY TUESDAY
11AM – 12PM

Everyone Welcome
— ♥ —



*Good coffee.
Great company.*

FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's
Mental Health
Support Team



SUPPORTING YOUR CHILD'S BIG FEELINGS

AN EMOTION COACHING APPROACH



WHEN?

13:00-14:30 20th October 2026

18:00-19:30 22nd October 2026

REGISTER AT:

[canva.link/
mhstautumn
2026](https://canva.link/mhstautumn2026)

In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ How to support your child's and teen's emotional resilience in the moment and for the future.
- ✓ Strategies that will help develop emotionally intelligent mindsets for all your family.
- ✓ A range of tools (including Emotion Coaching) to boost your child's, and your own, emotional resilience.



SCAN ME

FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's
Mental Health
Support Team



HELPING YOUR CHILD & TEEN SLEEP:

TOOLS, TIPS & TECHNIQUES

In this 90 minute workshop hosted by Somerset's
Mental Health Support Team, we will...

- ✓ Learn why sleep is so important for wellbeing, mood and learning.
- ✓ Understand common sleep challenges and what gets in the way.
- ✓ Discover simple, evidence-based tips to improve sleep habits.
- ✓ Help your child feel happier, healthier and ready to reach their potential.



WHEN?

9:30-11:00 6th November 2026

18:00-19:30 12th November 2026

REGISTER AT:

[canva.link/
mhstautumn
2026](https://canva.link/mhstautumn2026)



SCAN ME

FREE WEBINARS FOR PARENTS & CARERS

Hosted by Somerset's
Mental Health
Support Team



BOOSTING SELF- ESTEEM & RESILIENCE

HELPING YOUR CHILD
TO THRIVE



WHEN?

13:00-14:30
21st October 2026

REGISTER AT:

[canva.link/
mhstautumn
2026](https://canva.link/mhstautumn2026)

In this 90 minute workshop hosted by Somerset's
Mental Health Support Team, we will explore...

- ✓ The everyday moments that build confidence and emotional strength.
- ✓ Simple ways to encourage your child's strengths, talents and interests.
- ✓ Helping children overcome negative self-talk and build a positive mindset.
- ✓ Friendships and feelings: supporting your child to navigate relationships with confidence and resilience.



SCAN ME

