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4 October 2024

Dear Parent/Carer

This week saw the first of this year's sporting events. On Monday the football team took part in the CLP small schools' tournament, which they won with two wins and a draw without conceding a goal! The children played so well and came together as a team. A big well done to them a huge thank you to Mr Bowditch who coached them and to all the parents supporting. On Tuesday it was the KS1 Fun Run, it was nice to see a good number of our children attending and running well. Thank you to the staff and Y5/6 Play Leaders who helped and supported all the children making it a success for them all.



Next week it is Long Sutton Cross Country which is for Y3 – 6 children. I would really love to see you all there as it is always good fun, and it is amazing how the children help and support each other. There is no choir on this day.



Thank you to everyone who donated food for Langport Cares. I know this will be hugely appreciated and will go to those that really need it. It was lovely to have our first Church service of the term and to have Rev Judith, the new vicar join us. I hope you saw the window that was decorated by school, a big thank you to Mrs Hazzard and Mrs Brading for this.

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No Choir - Thursday 10th October

Due to the Long Sutton Cross Country after school on Thursday 10th October there will be no choir. We are hoping that lots of children attend the cross country and don't want them to have to choose between choir and this event.

Flu Immunisations – Tuesday October 8th

You will have received a letter last week regarding children's flu vaccinations taking place on Tuesday 8th October. Please ensure you follow the link to the decision form even if you do not consent to the vaccination. If you do not respond to the letter by following the link then your child will **NOT** be vaccinated.

PTFA UPDATES

Your School Lottery

Our first lottery draw is this Saturday 5th October - good luck to everyone who has bought tickets! Don't worry if you haven't got your ticket yet, you can join in at any time throughout the year! To start supporting us visit www.yourschoollottery.co.uk and search for 'Long Sutton Primary'.

Asda Rewards - Cashpot for Schools

We've almost reached £100 in our cash pot! Please sign up, even if you don't shop in Asda - every sign up is another £1 in our cashpot!

The Punkie Party - TICKETS ON SALE NOW

The Punkie Party is back on Saturday 26th October from 4-7pm at Long Sutton Village Hall! For full details of this exciting event, & to buy your tickets online, please visit our website www.pta-events.co.uk/longsuttonprimary. Tell your friends, family & neighbours, the whole community are welcome!

Wreath Making - TICKETS ON SALE NOW

Early bird tickets are now available from our website, for this year's Wreath Making Workshop on Friday 6th December. Early bird tickets are £35 until 31st October (£40 after this date).

PFSA and ELSA Drop in Session – Tuesday 8th October at 2.45pm.

PFSA – Parent Family Support Advisor – Victoria Gould – Victoria works in all the local schools but many of you will have met her in our office as she is based here. She is able to support parents with concerns around their child's behaviour, family worries, separation and relationship issues, financial support etc.

ELSA – Emotional Literacy Support Assistant – Caroline Astington – Caroline works for us 2 days a week supporting children who need additional emotional support e.g. after bereavement, anger issues, home worries, friendship issues, anxiety etc.

Come along to meet Mrs Gould (PFSA) and Mrs Astington (ELSA) for an informal chat and a cup of tea to learn about what they do and how they can help you.

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Online Safety Forums

You will be aware that online safety is such a huge thing and it is so important that we are all aware how to support the children in this. The local Safeguarding Board are running lots of Forum in the week beginning 2nd December and I wanted to let you know about these. I have signed up for many of them and would recommend that you do to. Here is the link to them: [Event List : Events & Forums \(event-booking.org.uk\)](https://event-booking.org.uk)

Tuning into Kids

The next dates for this are Tuesday 5th November 2024- Tuesday 10th December 2024. 9.30-11.30 at Somerton Library. This is being run by the PFSA's, Victoria Gould and Claire Kelly. If you wish to attend let the office know.

Tuning in to Kids® (TIK) program teaches emotion coaching skills to parents and carers. When parents and carers use emotion coaching skills with their children it helps to develop their emotional intelligence, meaning that children are better able to talk about and regulate their feelings, work through challenging experiences and behave and respond in socially appropriate ways. Emotion coaching also helps to prevent and reduce mental health problems.

By learning to use emotion coaching skills, many parents and carers find their children talk to them more, want greater contact with them and share more of their emotional experiences with them. The program also helps parents and carers reflect on the ways they cope with their own emotions, and teaches skills in managing and expressing emotions when parenting

TIK teaches parents and carers to:

- notice children's emotions before they become overwhelmed
- accept, validate and empathise with their child's emotions
- help their child reflect upon or name their emotions
- assist the child to work through the emotion
- help their child problem solve if necessary.

The MHST (Mental Health Support Team) are offering a series of free helpful webinars this Autumn.

- Supporting your child's mental health & wellbeing
- Supporting your child's big feelings
- Understanding & supporting anxiety & low mood

Find out more & register here:
<https://bit.ly/mhstwebinars2024>



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FREE WEBINARS FOR PARENTS & CARERS

SUPPORTING YOUR CHILD'S MENTAL HEALTH & WELLBEING

IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- What mental health is and the importance of good mental health for children and young people.
- How to identify the early warning signs of poor mental health.
- A range of strategies to support your child's emotional and mental wellbeing.
- Where and how to get more support if needed.

WHEN?

10:00 – 11:00 7th August 2024 | [Register here](#)
 or
 17:30 – 18:30 15th August 2024 | [Register here](#)
 or
 10:00–11:00 10th October 2024 | [Register here](#)
 or
 17:30–18:30 23rd October 2024 | [Register here](#)
 or
 13:00–14:00 7th November 2024 | [Register here](#)

Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.

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FREE WEBINARS FOR PARENTS & CARERS

SUPPORTING YOUR CHILD'S BIG FEELINGS: AN EMOTION COACHING APPROACH

IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- How to support your child's and teen's feelings in the moment and for the future.
- You will go away with a range of strategies (including emotion coaching) to boost your child's, and your own, emotional resilience.

WHEN?

14:00 – 15:00 7th August 2024 | [Register here](#)
 or
 17:30 – 18:30 21st August 2024 | [Register here](#)
 or
 10:00–11:00 3rd October 2024 | [Register here](#)
 or
 17:30–18:30 7th November 2024 | [Register here](#)
 or
 13:30–14:30 3rd December 2024 | [Register here](#)

Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.

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FREE WEBINARS FOR PARENTS & CARERS

UNDERSTANDING & SUPPORTING ANXIETY & LOW MOOD

IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- Why young people may struggle with anxiety & low mood.
- How to recognise anxiety & low mood in children.
- A range of strategies to support with anxiety & low mood.
- How and when to seek further support.

WHEN?

13:30–14:30 26th September 2024 | [Register here](#)
 or
 17:30–18:30 16th October 2024 | [Register here](#)
 or
 10:00–11:00 4th December 2024 | [Register here](#)

Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.

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Music Lessons

Piano lessons are now full, but we still have space with our guitar teacher. Please contact the office for further information.

Apply now for your child's 2025 school place

Somerset parents and carers of children due to start school or move on to their next school in September 2025 are being urged to apply for their place online and on time. Somerset parents and carers of children due to start school or move on to their next school in September 2025 are being urged to apply for their place online and on time.

Parents and carers of children due to transfer to Secondary or Upper School can apply for places for their children from now until 31 October 2024. Please visit:

[Starting at a secondary or upper school in September \(somerset.gov.uk\)](https://www.somerset.gov.uk)

Parents and carers of children due to start school for the first time or transfer to Junior or Middle School can apply for places for their children from 30 September 2024 until 15 January 2025. Please visit:

[Apply to start school for the first time \(somerset.gov.uk\)](https://www.somerset.gov.uk)

There is also information on these pages from [Somerset's SEND Local Offer](#) on Starting school or changing schools if your child has an Education Health and Care Plan: [Education, Health and Care plans and school placements \(somerset.gov.uk\)](#)

Parents and carers are advised to read the Primary or Secondary Admissions Guides before making an application. The guides can be accessed at:

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[Primary admissions guide \(somerset.gov.uk\)](http://www.somerset.gov.uk)
[Secondary admissions guide \(somerset.gov.uk\)](http://www.somerset.gov.uk)

In helping children get ready to start school, parents and carers can find advice on school readiness at www.cypsomersethealth.org

Any parent who does not have online access can telephone the Somerset Council customer contact number on 0300 123 2224.

The webpage www.somerset.gov.uk/admissions holds a wealth of related information including a directory of schools, catchment areas and admissions policies.

Attendance – Unauthorised Term-Time Leave

Please be aware that when a parent or carer chooses to take their child out of school for a period of leave, which has not been authorised by the Head Teacher it may result in a Penalty Notice being issued. Term-time leave of absence is not an automatic right and will only be granted in exceptional circumstances. You can find the school's attendance policy and letter of intention to take term-time leave request form on the school website.

Is my child too ill for school?

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. Further guidance can be found here - [NHS 'Is my child too ill for school?' guidance](#)

The infographic is divided into two main sections. The left section is titled 'Article 28 The right to education' and contains text about children's views on school and healthcare, along with a list of survey topics. The right section is titled 'Please share your views on health-related school absence...' and features two QR codes for parent/carer and young person questionnaires, along with the RCPCH & US logo and a small illustration of diverse people.

Article 28 The right to education

Children and young people said:

- School is a place where we access support and other services. It's a place which supports our physical, emotional and mental health.
- Health services and schools should work together to help us with school attendance.

We are looking at improving the ways healthcare, education and other services for children and young people work together to better meet their needs:

- We would like to hear your views on healthcare related school absence and how our services could be improved
- If you would like to help, please scan the QR codes opposite for links to anonymously complete our surveys!

Please share your views on health-related school absence...

Scan for parent or carer questionnaire: [QR Code]

Scan for young person's questionnaire: [QR Code]

RCPCH & US Find out more... For useful links and tips on participation on children's rights go to www.rcpch.ac.uk/rightsmatter

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Nut free school (inc. Toy Box)

We have multiple children in school at present with a nut allergy. Please do not give your child food/snacks to bring into school containing any type of nut or nut product, e.g. Nutella and Peanut Butter. Thank you for your support.

Dates for the diary

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|--|--|
| Yr5/6 Netball Tournament | Monday 07 th October at 4pm |
| Flu Vaccinations | Tuesday 08 th October |
| PFSA and ELSA Drop In | Tuesday 08 th October |
| Individual School Photo Day | Wednesday 09 th October |
| Kingfisher Trip to Noah's Ark | Thursday 10 th October |
| KS2 Cross Country (Long Sutton) | Thursday 10 th October at 4pm |
| Yr4/5/6 Girls Football Tournament | Monday 14 th October at 4pm |
| Kites – Children to share work with Parents | Monday 14 th October at 3.15pm |
| Cygnets – Children to share work with Parents | Tuesday 15 th October at 3.15pm |
| Harrier – Children to share work with Parents | Tuesday 15 th October at 3.15pm |
| Kingfisher – Children to share work with Parents | Wednesday 16 th October at 3.15pm |
| Yr 1 Maths Evening | Wednesday 16 th October at 6pm |
| KS2 Cross Country Hambridge | Monday 21 st October at 4pm |
| Inset Day | Friday 25 th October |

Safeguarding (Protecting children from harm/keeping them safe)

In school we have a duty to ensure that all children are safe and protect from harm or abuse. If we have concerns about a child's wellbeing it is our duty to look into this, talk to the family, and if need be, report it to Somerset Direct.

If you have any concerns about your child, or another, please come and speak to me. Safeguarding is everyone's business and cannot be ignored. Somerset Direct (0300 123 2224) or the NSPCC are useful points of contact, should you wish to share or discuss any Safeguarding concerns you have.

Here are some useful websites recommended by our DSL (Designated Safeguarding Lead – Lizzie Reynolds).

[SOMERSETDIRECT](http://www.somersetdirect.gov.uk)

Best wishes
Mrs Lizzie Reynolds

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