

Head Teacher:
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11 October 2024

Dear Parent/Carer

On Thursday Kingfisher class had an amazing, jam-packed school trip to Noah's Ark farm Zoo as part of their Science work on 'Animals including humans'. They saw big safari animals and watched the elephants playing with one another close up as well as attending 'Zoo School' which gave them the opportunity to hold a Madagascan Cockroach, African snail and stroke a royal python. The class were a credit to the school and all the staff were so proud of their enthusiasm, knowledge and behaviour.



Calling all Parents

Many of you will remember the excellent parent workshops we ran on emotion coaching a couple of years ago. On Monday 21st October the Mental Health Support Team are running another session – Developing Emotion Coaching. We are running 2 sessions one at 3.30pm and another at 5pm as I believe it is so

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important that all parents attend these sessions. Those who attended previously found them very useful. I will be running a creche for your children, so childcare will not be an issue. Prior to this the children will be having a session on Understanding Emotions, on Wednesday next week.

Thank you to everyone who attended our Harvest Festival last week and donated food I have received this email form Langport Cares:

‘A huge thank you to your wonderful staff and pupils for the very kind donations to our Foodbank. Our stocks were low and you bought all the right things to help people who need some help from us. I understand from Mrs Brading, who kindly brought the donations, that your school council voted to help our Foodbank at Harvest. What amazing children you all are.’

Daisy has been selling books to raise money for Children in need, so far she has raised £120.04 and will be running her stall again in November to raise some more. Well done to her and many thanks to those of you who supported her.



Parents To Share Learning next week

For those of you new to us, this is a time when parents are invited into class at 3.15pm to share their child's books with them and talk to their child about what they have been learning. It isn't time with the teachers as they will be with the children whose parents are not here. Come to the office at 3.15pm and you will be taken through to class.

Monday 14th October – Kite and Harrier Class – please note change to Harrier day due to Y6 Maths Club

Tuesday 15th October – Cygnet Class

Wednesday 16th October – Kingfisher

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Contacting Teachers:

Please can this be done through using the enquiries@longsuttonprimary.co.uk email. Teachers will get back to you with 48 hours but may not be able to respond immediately due to teaching and training commitments. If you need/wish to meet with them, you can call the office to make an appointment or talk to them on the playground at the end of the day. Remember that when you do speak or contact them that you need to be polite and respectful at all times. Think what you say and how this might impact the teacher, whatever your concerns they can be shared politely and sensitively.

PTFA UPDATES

Please continue to support and shout about our new School Lottery and Asda Rewards Cashpot for Schools. For more information, please refer back to last week's newsletter or head to our Facebook page.

The Punkie Party - TICKETS ON SALE NOW

There's just 2 weeks to go until this year's Punkie Party on Saturday 26th October from 4-7pm at Long Sutton Village Hall! Buy your tickets online now at www.pta-events.co.uk/longsuttonprimary. Tell your friends, family & neighbours, the whole community are welcome!

Wreath Making - TICKETS ON SALE NOW

There's only a few tickets left for this year's Wreath Making Workshop on Friday 6th December. Early bird tickets are £35 until 31st October (£40 after this date) and available to buy on our website.

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 \(event-booking.org.uk\)](http://Event List : Events & Forums (event-booking.org.uk))

Tuning into Kids

One parent who has attended these sessions previous said 'they felt they were incredibly useful and that all parents should attend this course'. Do see if you can, if you have not been. If you are interested but can't do these days/times, talk to the office as we will be booking in sessions in school for the Spring Term and can try to work around what day works best for those interested.

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

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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 or 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 QR code for a survey. The right section is titled 'Please share your views on health-related school absence...' and contains 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

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
Harrier – 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
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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