









Somerdale Educate Together
Primary School
'Learn Together to Live Together'
Newsletter (Term 3 Week 6)
Thursday 13th February 2025

Value of the Month
for
February:
Kindness

As we approach the end of another busy term at Somerdale, I am delighted to reflect on the achievements, growth, and joy that have defined our learning community in these past six weeks. In this edition of our school newsletter, we focus on January's value of the month (perseverance) through the children's engagement in Mental Health Week, Safer Internet Day, NSPCC Number Day and much, much more.

Term 4

Dates and times are available on the school website: <https://www.somerdaleet.org.uk/parents-and-community/upcoming-events/>

Week Beginning	Week	Rights Focus	Global Goal Link	Event(s)
(w/c 24/02/25)	1	Article 6: I have the right to live and grow as a person.		Secondary School Day Offer (03.03.25)
(w/c 03/03/25)	2	Article 17: I have the right to access information Article 13: I have the right to share my thoughts freely		Value of the Month for March - Justice World Book Day (06.03.25) FoSET Tabletop Sale (08.03.25)
(w/c 10/03/25)	3	Article 29: A child or young person's education should help their mind, body, and talents be the best they can.		Science Week Year 3 Assembly (10.03.25) SEND Coffee Morning (14.03.25) Red Nose Day (14.03.25)
(w/c 17/03/25)	4	Article 23: Children with disabilities have the right to special care and education.		Neurodiversity Week Whole School Assessment Week Governors Meeting (18.03.25) FoSET Meeting (18.03.25)
(w/c 24/03/25)	5	Article 23: Children with disabilities have the right to special care and education.		World Autism Acceptance Week Year 2 Class Assembly (24.03.25) Parent/Carer Forum (28.03.25)
(w/c 01.04.25)	6	Article 3: Adults must do what's best for children.		Value of the Month for April – Dignity FoSET Easter Disco (03.04.25)
End of Term				

World Book Day – Thursday 6th March

We will be celebrating World Book day on Thursday 6th March 2025. This is a wonderful opportunity to recognise and celebrate the joy of reading. We will be holding a Book Swap, dressing up as our favourite book characters, Masked Reader competition, Reading Buddies and much more.

Safer Internet Day (SID)

On Tuesday this week Somerdale took part in Safer Internet Day. The theme this year was 'Too good to be true? Protecting yourself and others from scams online'. During an assembly, we looked at how we may know something is a scam and what we can do if we were to come across one. We also discussed how we can be safe online by ensuring we are not sharing our personal details and seeking support from an adult should anything worry us. The children then looked at this more closely during their computing lessons throughout the week.



More information can be found here: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025>

Number Day

It was great to see so many children dressed up for digits for NSPCC Number Day. The children across the school took part in fun maths activities, with Key Stage 2 taking part in the TTRS challenge too.

Please do remember to make your donations online, as the charities we support really do need the support to continue their vital work.



https://www.justgiving.com/page/somerdale-educate-together-22?utm_medium=FR&utm_source=CL

Class News

Pre-School - Turtles

Thank you for all your support in helping the children to come in independently, everyone has been really brave and managed it all by themselves this week. Well done to you all.

Over the last few weeks we have been reading The Three Little Pigs, the children have learned how to retell the story with actions and have treated us to a super performance of the story. We have explored different materials and asked, what would I use to make a house? We've designed our own houses and added them to our Cardboard Box House Road. We've even had a go at making our own bricks- they were sadly rather crumbly.

In maths, we've been exploring positional language, and the children have enjoyed challenging their friends with the 'Where's Teddy?' game.

In phonics we've introduced the letter sounds d and g. You can find an example of these letter sounds at <https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/>

We wish you and very happy half term. Best wishes, Jocelyn and Sharon.

Reception - Otters

This term we have been investigating our enquiry question 'What can we find in our local area?' The children have been very enthusiastic about this. We have been on local walks looking at buildings and familiar places. The children were then curious about places beyond Keynsham, so we explored buildings from around the world too. We then looked at historic buildings, like castles! And how these types of building are different or the same to the local buildings we find in Keynsham. Otters very much enjoyed exploring the different parts of a castle and what jobs people who live in castles have. We learnt that castles were self-sufficient and food was grown and cooked on site, so we decided to plant some cress seeds. **Let me know if your cress grows and if you are able taste it!** To finish our enquiry, Otters enjoyed a visit to our local library to learn more about Keynsham as well as reading lots of stories. WOW what a busy term it has been.



Year 1 - Wildcats

Wildcats have really enjoyed our DT this term. We have focussed on free standing structures and developed our knowledge of what makes them strong and stable. We then used these ideas to help us when building our bridges and what an amazing job they did!



Year 2 - Hedgehogs

This term, Hedgehogs have been incredibly busy! We've focused on our rights, particularly Article 13 (sharing thoughts freely) and Article 24 (Environment). We even wrote a letter to our local MP, Dan Norris, to help save endangered animals and enjoyed litter picking in Somerdale! We also celebrated Children's Mental Health Week with mindfulness activities and yoga.



Year Three - Bumblebees

Team Bumblebee had a great number day! As codebreakers, we worked out the answers to mathematical questions to work out the corresponding letter. We then made our own secret codes for our friends to work out.

Year Four - Puffins

Puffins have been working hard in their PE sessions with Bristol Sport to complete a great dance to Elvis Presley's Jailhouse Rock. The dance consisted of individual, and partner moves and after much practise, looked very professional. Well done Year 4!



Year 5 - Elephants

In Year 5, we have been writing some incredible biographies for Viking gods including Thor, Loki, Freya, Odin and Tyr. The bar was immensely high and the children continue to deliver beyond all expectations. We just keep getting stronger and stronger here in Year 5 and we're only halfway there. Bring on Terms 4, 5 and 6 I say!



Year 6 - Tiger Class

In Year 6, we have been learning about evolution and inheritance in Science. The children carried out an investigation called 'The Battle of the Beaks' which aimed to replicate Charles Darwin's work on the Galapagos finches and natural selection. The children used different 'beaks' (scissors, cocktail sticks, pegs and spoons) to collect different 'foods' (marbles, raisins, paperclips and pasta) and feed them into the 'stomach'.



School updates

Pre-School, 18 hour and 24 hour options now available!

We have recently updated our pre-school admissions policy so that we now offer a wider range of sessions to better meet the needs of our families. As well as our existing 15 hour and 30 hour options, families can now choose 18 hour and 24 hour options, with a minimum of 18 hours being on consecutive days. For further information, please look at the pre-school section on our website, or, speak to Rachel in the office. Please do share with any family or friends who may be looking for childcare.

RE:SET Launch



At Somerdale we are completing the RE:SET programme with Tender Education and Arts! During the **RE:SET** programme children will learn how to promote healthy, equal and respectful relationships. Somerdale will also be recognised as a **Healthy Relationships Champion School**.

PINS Update

PINS Update 2: What is Neurodiversity?

You may have already seen some information from our partners in B&NES Parent Carer Forum about Neurodiversity as part of the PINS project in school.

Neurodiversity describes how everybody's brains develop differently. Neurodivergent brains could be autistic, dyslexic, have Attention Deficit Hyperactivity Disorder (ADHD), sensory processing needs, Developmental Coordination Disorder (also known as Dyspraxia) or Developmental Language Disorder.



Take a look at this BBC article about what Neurodiversity is. You could show your children the 3-minute video from Newsround too to help understand more about neurodiversity. You may have your own knowledge and experiences to add too. Please remember it doesn't matter whether someone has an official diagnosis or not because support is about meeting needs.



Different people's brains require support in different ways.

Over the coming weeks we will share some of what we are sharing with your child's school so we can all work together to understand and support children's needs.

This update was brought to you by the PINS project. There are two partners responsible for delivering the different elements of PINS support in your school. The B&NES Parent Carer Forum (BPCF) is responsible for delivering support on Neurodiversity and guidance on navigating the local SEND offers for Parent Carers, including building stronger relationships with school staff. HCRG Care Group is responsible for delivering a menu of training to staff in your school. HCRG Care Group will aim to keep parent carers informed of support they are delivering to staff in your school, but all other information for parent carers should come through the BPCF as your PINS partner.

Live Well

Bath & North East Somerset



[Live Well B&NES](#) is the home to Bath and North East Somerset's [SEND Local Offer](#), providing information, signposting and support to young people with SEND and their families.

We also offer lots of information for families and young people including registered childcare providers, parenting support, benefit advice, food support, managing money, mental and emotional health, social activities and cost of living information.

livewell.bathnes.gov.uk

www.facebook.com/livewellbathnes

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about DISCORD

AGE RATING
13+

Servers and channels marked as 'NSFW' require users to be 18 or older to join.

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

WHAT ARE THE RISKS?

CYBERBULLYING

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

DIFFICULT TO MODERATE

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.

ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

Advice for Parents & Carers

REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

MONITOR ONLINE ACTIVITY

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

DISCUSS GOOD ONLINE BEHAVIOUR

The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

Meet Our Expert

Coral Cripps is a Canadian-born, London-based tech journalist at gmw3.com, a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.



National Online Safety®

#WakeUpWednesday

Source: <https://www.defendyoungmind.com/post/10-ways-to-protect-your-child-from-discord-6-steps-to-securing-your-most-popular-chat-app/> <https://support.discord.com/hc/en-us/articles/360038188331-How-to-report-a-user-for-grooming-or-sexual-exploitation> <https://kiddus.com/discord-creates-troubling-scenarios-of-violent-extremist-and-gfm-18-02-2022>



www.nationalonlinesafety.com



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FOSET

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MENTAL HEALTH SUPPORT TEAM



Anxiety
Low Mood
Anger
Panic

Self-esteem
Body Image
Worries
Social Anxiety

We are a team of Education Mental Health Practitioners (EMHPs) from the NHS. We work with children and young people aged 5-18 years to provide early mental health support within schools for mild to moderate mental health difficulties.

We provide:

- 1:1 Sessions**
Talk to us about your feelings in a safe space. You will work with us for 6-8 sessions
- 2 Groups**
We provide a range of group work to assist young people who are facing similar difficulties



Mental Health Support Team
Bath and North East Somerset

If you would like support from an EMHP, speak to your teacher or a member of the pastoral team.



SEND COFFEE MORNINGS

Tuesday 28th January 2025

Friday 14th March 2025

Friday 9th May 2025

Wednesday 11th June 2025

9am in the school hall.

Theme for each coffee morning will be
announced nearer the time.

make a difference

Work with children
Connect with your community
Enrich lives & learn new skills

Volunteer at Lifeskills

Join us for a taster hour!
Learn more about lifeskills, get in touch.



0117 922 4511

volunteer@lifeskills-bristol.org.uk



Children's Occupational Therapy Advice Line

Do you have any questions about a child or young person's ability to carry out daily tasks and activities?



01225 82 6659

**The first and second
Tuesday of each month.
2pm – 4pm**

Our Advice Line is open to Parents / Carers,
Schools, Nursery and Healthcare
professionals of children who have a
BANES GP.

If the child is already on our Waiting List or is known to BANES OT Service, and you would like to speak to a member of the Occupational Therapy team, please contact 01225 82 4220.

The RUH, where you matter