



**Somerdale Educate Together Primary School**  
**'Learn Together to Live Together'**  
**Newsletter (Term 4 Week 5)**  
**Friday 28<sup>th</sup> March 2025**

Value of the Month for

March:

Honesty

Dear Parents, Carers, and Friends of Somerdale ET,

As we move into the beautiful Spring season, there's a real buzz of energy around the school. From exciting classroom projects to our fantastic Red Nose Day celebrations, it's been a joy to see our children learning, growing, and having fun together.

We'd like to thank all of you for your continued support – whether it's helping with school projects, cheering from the sidelines, or simply being part of the Somerdale community. We couldn't do it without you!

### **No-Nuts School**

A gentle reminder that we are a **no-nuts school**. Please ensure that any snacks or packed lunches do not contain nuts, as we have children with severe allergies.

No-Nuts Statement: <https://www.somerdaleet.org.uk/school-information/food-culture/>

### **Red Nose Day 2025**

A huge THANK YOU to everyone who took part in our Red Nose Day fundraising! From wacky hairdos to crazy socks and fun-filled activities, the day was packed with smiles and laughter – all for an amazing cause.

Thanks to your generosity and enthusiasm, we are thrilled to announce that we raised over **£100** for Comic Relief! Every pound will help support children and families in need, both in the UK and around the world. We are so proud of our pupils for showing such kindness and community spirit.



## Friends of Somerdale Educate Together (FOSET) Update

Last year FOSET funded Phase 1 of the Somerdale Educate Together outdoor masterplan. This year we are aiming to fund Phase 2 of the masterplan and the school has already received new benches for the play areas, which were part of Phase 2. We have also provided a friendship bench which was requested by the Anti-Bullying Team.

## Outdoors Masterplan – Phase 2, 3 & 4 2024/2025



Our next target is Phases 3 and 4 of the Masterplan, this includes a new play den, a timber ball wall and a pergola. These will provide an area for imaginative play, a communication space, increased ball game provision and shade in the summer months.

To achieve our target, please do keep supporting our events and initiatives such as the upcoming Easter Disco (afterschool on the 2nd April) and our Easter Trail (running from the 5th-21st April). Watch out too for tickets coming out after the easter holidays for our quiz being hosted by Mike at the Somerdale Pavillion on Friday 9<sup>th</sup> May.



## Can you help us reach our fundraising target?



Does your organisation, company or business offer:



Grants or donations for community projects?



Matched funding?



We also have great sponsorship opportunities for businesses big and small!

***Please get in touch via [friendsofsomerdale@hotmail.com](mailto:friendsofsomerdale@hotmail.com)!***

We are also very keen for other support to reach the target ASAP and are therefore asking our supportive community to check out any opportunities that might be available within their organisations, companies and businesses. FOSET has a dedicated grants lead, so we can give you all the support you need if the application needs to come directly from the employee....please don't let any paperwork put you off!

If you know of any opportunities, please email us at [friendsofsomerdale@hotmail.com](mailto:friendsofsomerdale@hotmail.com) or fill out this form <https://forms.office.com/r/zPV2s8sqjU> and we'll be in touch!

## PINS Update 4: Lets talk about Sleep!

Why is sleep important?

- Affects how we feel, behave, cope and learn
- Impacts our health

Common Sleep Difficulties:

- Finding it difficult to go to sleep
- Waking frequently in the night and not being able to go back to sleep independently



Ideas on what to do to help sleeping problems:

### 1. Keep a sleep diary

This will help to work out what is happening and if there are any patterns to your child's sleep.

### 2. Work on a bedtime routine

- Have a consistent bedtime routine- the last hour should be 30 minutes calming and then 30 minutes preparing for and getting into bed
- Think about your child's room (temperature, bedding, lighting)
- Try to avoid any screens in the hour before bedtime

### 3. Watch the video

- Scan the QR code for a [20 minute](#) webinar to help understand more about sleep and how to support your child with their sleep



Web Layout



### Sleep Diary

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Time going to bed:							
Bedtime Events: (Who is there? What is said/done? Child's emotions etc.)							
Times woken during the night:							
How were they settled during the night?							
Time awake in the morning:							


CYPASD Team

## Parent/Carer Forum

Term	Date	Time/Location
5	Thursday 15 <sup>th</sup> May 2025	2:30pm/school hall
6	Wednesday 2 <sup>nd</sup> July 2025	9am/school hall

## Term 4

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

Week	Week	Rights Focus	Global Goal Link	Event(s)
<b>Beginning</b>				
(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 (02.04.25)
<b>End of Term</b>				



Friends of  
Somerdale  
Educate Together

# Save the date 2025



<p>MAR</p> <p><b>1-14</b></p> <p>Online buy a book for Somerdale for World Book Day</p>	<p>MAR</p> <p><b>8</b></p> <p>1PM - 3PM Spring Tabletop Sale School Hall</p>	<p>APR</p> <p><b>2</b></p> <p>3.20PM - 6PM Easter Party</p>
<p>APR</p> <p><b>5-21</b></p> <p>Somerdale Easter Trail</p>	<p>APR</p> <p><b>22</b></p> <p>Somerdale Easter Trail Prize Draw</p>	<p>MAY</p> <p><b>9</b></p> <p>Mike's Quiz Pavilion</p>
<p>JUN</p> <p><b>7</b></p> <p>1PM - 3PM Summer Fair Start of Summer Raffle</p>	<p>JUN</p> <p><b>16-17</b></p> <p>Rags to Riches for Schools' clothes donation collection</p>	<p>JUL</p> <p><b>14</b></p> <p>Summer Raffle Prize Draw</p>

@reallygreatsite



YOU ARE INVITED TO FOSET'S



**WEDNESDAY 2ND APRIL**

PRESCHOOL/RECEPTION: 3.20pm - 4.00pm

YEARS 1 to 3: 4.15pm - 5.00pm

YEARS 4 to 6: 5.15pm - 6.00pm

***Disco ~ Games ~ Crafts***



*Friends of*  
**Somerdale**  
Educate Together



3 CORRECT MAPS  
DRAWN ON  
TUES 22ND APR.  
EACH WINNER GETS  
A CHOCOLATE EGG

INVITE YOU TO OUR

# EASTER EGG TRAIL

SATURDAY 5TH TO  
MONDAY 21ST APR

SUGGESTED DONATION FOR  
SOMERDALE TRAIL MAPS:  
£2 EACH / £1 FOR SIBLINGS

Available from:

School gates pick up  
(Mon 31st Mar/Fri 4th Apr)

School Reception

(Tues 1st-Fri 4th Apr 10am-2pm)

Pavilion Reception

Sat 5th-Mon 21st Apr



Completed trail maps emailed to:  
[FriendsofSomerdale@hotmail.com](mailto:FriendsofSomerdale@hotmail.com)

## FUNDRAISING WITH NAME LABELS

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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 1:1 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



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



# SEND COFFEE MORNINGS

Friday 4<sup>th</sup> October 2024

Wednesday 27<sup>th</sup> November 2024

Tuesday 28<sup>th</sup> January 2025

Friday 14<sup>th</sup> March 2025

Friday 9<sup>th</sup> May 2025

Wednesday 11<sup>th</sup> 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](mailto: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.**

**The RUH, where you matter**

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.