

Churchfields' Weekly Newsletter

'Two are better than one, because they have a good return for their labour. If either of them falls down, one help the other up.'
Ecclesiastes 4:9-10

Thursday 25TH July 2024

Dear Parent/Carer

What a lovely day for sports day! We were really lucky with the weather. Well done everyone for great racing!



Thank you to those of you who came to the coffee mornings this week, it was lovely to spend time with you all. I will be repeating these in the Autumn term, supported by our pupils who make very willing and enthusiastic baristas!

The Summer Fete was a huge success, despite the weather. Barbie must have been exhausted after her busy day! The dances from the children were fabulous – we have some very talented pupils. Thank you everyone for attending and a huge thank you to the wonderful FOCS and staff who put it all together.

Thank you everyone for joining us as we said goodbye to our wonderful Year 6s at the leaver's service on Monday. They have been amazing role models to our community, we will miss them greatly and wish them all the best at the next stage in their journeys. Their new schools are lucky to have them!

We also said goodbye to Mrs Liddiard, who has been such a huge part of the school for many years. She has done so much for the pupils and the school, she is going to be massively missed by everyone. We wish her all the best in her early retirement and hope that she will still pop in for a coffee from time to time.

I want to conclude by saying that it has been an absolute pleasure to get to know your children over the past few months, and to get to know yourselves as parents and carers.

I hope you all have a lovely Summer holiday and I look forward to welcoming you back in September.



Best wishes

Heather Saunders

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Increase to School Lunch price from 02 September 2024

We have been advised by our caterer that continuing price rises from their suppliers has given them no choice but to increase the cost of school lunch provision. The charge for a school meal at Churchfields will go up by 10p in September to £2.70 per meal.

Eynon apologise for having to pass on rising costs to parents and carers, but due to the current climate and ever increasing costs of produce and delivery they need to do so to ensure they are able to continue to provide quality products for use in our meals.

Mathletics

12th July

In the last week of term there hasn't been any let up in the mathletics certificates. Josiah and Quita have joined the legends on the final podium - congratulations!

Bronze : Nussy, Jairus-Jude, Brianna

Gold : India, Bella R, Coralie, Florence W

Platinum : Daisy, George P, Kaya, Anna P, Esme, Jazmyne, Felix

Emerald : Henry H, Olivia S

Diamond : Ted E, Ted L

Epic : Sam D, George R, Hattie D, Harry L, Christina, Oscar BH

Legend : William J, Oliver H, Alexis G, Josiah, Rufus, Quita, Joseph, Leighton, Oliver CJ, Emily J, Maddox, Benjamin, Alexis M, Henry J, Jasper

19th July

It may be late in the year, but nearly a quarter of the school have earned a certificate in mathletics this week, with Christina securing Legend status

Bronze : Ava, Francesca, Joshua

Silver : Matilda

Platinum : Daisy, Bella R, Jazmyne, Felix

Emerald : Henry H, Olivia S

Diamond : Ted E

Epic : George R, Harry L, Hattie D, Oscar BH

Legend : William J, Oliver H, Alexis G, Rufus, Quita, Joseph, Leighton, Oliver CJ, Emily J, Maddox, Benjamin, Alexis M, Christina, Jasper

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The Last Day

On the last day of school
Students mingle and merge
Like individual, shining unique stars in the galaxy.

The amazing artist
Gazes at the focused footballer
And says to herself,
"Of course I can bring my abstract mind to life on paper
But he can support his team in ways nobody else can.
How astonishing he is."

The focused footballer
Waves at the listening master
And says to himself,
"Of course I can shoot skillfully aimed shots
But she can block everyone out and only listen to what needs to be heard.
How fascinating she is."

The listening master
Watches the swift swimmer
And says to herself,
"Of course I can learn things others can't
But she can sprint length-by-length with no rest.
How effortless she is."

The swift swimmer
Glances at the brave boy
And says to herself,
"Of course I train day-in-day-out
But he can overcome any worries that come his way.
How intrepid he is."

The brave boy
Notices the shy student
And says to himself,
"Of course I persevere through anything thrown at me
But she is simply the best artist in the class.
How magnificent she is."

The Reception student in the leavers' service shouts and chants,
"How astonishing, how intrepid, how magnificent they all are"
But no one hears her.

The summer has begun.

By Evelyn Cass

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Term dates for 2023/2024

<p>Term 1: Monday 2 September – Wed 23rd October</p> <ul style="list-style-type: none"> Monday 2nd – INSET DAY (school closed) Friday 4th Oct – INSET DAY (school closed) 	<p>Term 2: Monday 4th Nov – Fri 20th December</p>
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Term 1 & 2

TERM 1	
Tuesday 2 ND Sept	Inset day
Tuesday 10 th Sept	WOW day KS1 Atworth KS2 Monkton Farleigh
Friday 20 th Sept	Bucket Golf AT 9-12 MF 1- 3
Friday 20 th September	Tempest Photography individual photos
Tuesday 1 st Oct	Parents evening until 7.30
Tuesday 1 st Oct	Scholastic Book Fair
Thursday 3 rd Oct	Parents evening until 6.00pm
Tuesday 8 th Oct	Bedtime stories (5-6pm)
Tuesday 8 th Oct	Atworth Open day (10-2)
Friday 11 th Oct	MF Open day
Wednesday 23 rd Oct	End of term 1

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TERM 2	
Monday 11 th Nov - Friday 15 Nov	Anti - bullying week
Friday 15 th Nov	Children in need
Friday 6 th Dec	School nurse Whole school Flu immunisations
Tuesday 10 th Dec	KS2 Production 4pm/6pm TBC
Thursday 12 th Dec	R/KS1 Production 4pm/6pm TBC
Friday 13 th Dec	Christmas Dinner
Tuesday 17 Dec	Carols AT Church TBC
Thursday 19 th Dec	Carols @ Monkton Farleigh TBC
Friday 20 th Dec	End of Term 2

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At The National College, our Psychological Wellbeing guides engage and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change, primarily delivered by National Online Content. These guides are available across all regions and themes. For further guides, visit our site, please visit nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with concerns over the future, while anxiety is often triggered by feelings of fear, apprehension or stress. Both can manifest physically through symptoms such as nervousness, fatigue and muscle tension. Understanding the distinction between what a child socially is capable of effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety often overlap, it is important to be able to distinguish between the two. Worry tends to be more focused and time-limited, while anxiety tends to be more persistent and overwhelming. While they can both be responses to the situation, it is essential to recognize when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Unresolved worry and anxiety in childhood can have primary long-term impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, children with chronic worry can negatively impact self-esteem, confidence and overall self-worth. It is essential to address these concerns proactively and provide appropriate support and intervention.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may lose interest in activities or hobbies. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on a child's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unaddressed, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interaction of children and young people are very possible. Frequent worry or anxiety may impact concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or struggle with communication. Over time, persistent academic struggles, potentially leading to feelings of isolation or academic failure.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and emotions openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the likelihood of internalizing their concerns. Regular check-ins and discussions about their feelings can promote healthy coping strategies and strengthen communication skills.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help reduce anxiety and create a sense of security for children. Fostering a culture of empathy and understanding, where a child's feelings are recognized and validated, can help support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, visualization or progressive muscle relaxation to calm anxious thoughts and promote a sense of control. Additionally, teaching problem-solving skills and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognizing when to seek professional help is vital for ensuring significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

William Gillies is Executive Vice Principal for Personal Development at Ferrisburgh Secondary School and works on secondary schools one day a week for Mindful Matters, which collaborates with schools on improving their mental health provision.






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At The National College, our Behavioural Strategy guides engage and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and substance misuse. Primary education, Lower Secondary, Lower and Upper Secondary, these guides now address online safety themes. For further guides, visit our [website](https://www.nationalcollege.com).

What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as 'sexting'. As of January 2024, it is a criminal offence to distribute any intimate image shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

WHAT ARE THE RISKS?

EMOTIONAL DISTRESS

Sharing of intimate images can lead to emotional distress, including self-harm, anxiety, depression, and reputational damage. The intent of having these images is often to cause harm to the recipient, either through embarrassment, humiliation, or to cause emotional distress.

DAMAGE TO REPUTATION

Intimate images being shared publicly can damage a person's reputation. This can lead to bullying, social exclusion, and even loss of employment. It is important to note that once an intimate image is shared, it is difficult to control its spread.

PRIVACY VIOLATIONS

Sharing intimate images can be a violation of privacy. It can be difficult to control who sees the images and who they are shared to. This can lead to embarrassment and even legal action.

FINANCIAL EXPLOITATION

Regulators of financial services have warned that sharing intimate images can lead to financial exploitation. This can happen if someone uses the images to trick someone into giving them money or other financial resources.

LEGAL CONSEQUENCES

Sharing intimate images without consent can lead to legal consequences. This can include fines, imprisonment, and even a criminal record. It is important to understand the legal implications of sharing intimate images.

TRUST ISSUES

Sharing intimate images without consent can lead to trust issues. This can happen if someone shares the images with someone else without their permission. This can lead to a loss of trust and even a breakdown in a relationship.

Advice for Parents & Educators

FOSTER A CULTURE OF OPEN COMMUNICATION

It is vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying behaviour with an attitude of support and learning.

PROMOTE DIGITAL LITERACY

Digital literacy is increasingly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, avoiding phishing emails, and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for involving them in security measures. Highlight the potential risks, including reputation, social media, and even legal consequences that can arise from these actions.

PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sexting or are other online abuse. Help them identify if someone is harassing them. They can talk to and provide them with information about support resources like helplines (e.g. Childline) that they can access if they need it.

Meet Our Expert

Suzanne Jones is a safeguarding and neurodiversity consultant with over 20 years' experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.



#WakeUpWednesday

The National College

Source: See full reference list on guide page or visit parents need to know about sharing intimate images

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BOA HOLIDAY CLUB WHAT'S ON THIS SUMMER

Monday 5 August - Outdoor Adventures with BOA Youth Ages 7-15 • 9am-1pm • BOA Youth Centre • £5
Tuesday 6 August - Magic Workshop with Wessex Community Circus Ages 6-15 • 9am-2pm • BOA Youth Centre • £10
Monday 12 August - Crafting with Wiltshire Scrapstore Ages 7-15 • 9am-12pm • BOA Youth Centre • £5
Tuesday 13 August - Crafting with Wiltshire Scrapstore Ages 7-15 • 9am-12pm • BOA Youth Centre • £5
Monday 19 August - Cheerleading with Bop About Dance Ages 7-15 • 9am-1pm • BOA Youth Centre • £5
Tuesday 20 August - Boatbuilding Workshop with Jack Salt Ages 7-15 • 9am-1pm • BOA Youth Centre • £10
Wednesday 21 August - Football Fun Factory Ages 7-15 • 9am-12.30pm • St Margaret's Hall • £5
Tuesday 27 August - Making & Baking with BOA Youth Ages 7-15 • 9am-1pm • BOA Youth Centre • £5
Wednesday 28 August - Circus Workshop with Wessex Community Circus Ages 7-15 • 9am-2pm • St Margaret's Hall • £10

9.45am drop-off available - please select when booking.
Numbers are limited with some fully funded places available to children eligible for benefit related free school meals.

Book your place at:
tickettailor.com/events/
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TWO WEEKS OF TECH FUN AT EACH LOCATION

WEEK 1: ROBOTICS & TECH FUN
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Being a Parent

For parents of children aged 2-11

A 9-week course for parents

.....

Full of practical ideas and support for you as a parent

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For more information call us on:

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Or visit our website:
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24th September -
3rd December
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