

Churchfields' Weekly Newsletter

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

Friday 24 January 2025

Dear Parent/Carer

Yesterday, we were delighted to welcome Archdeacon Alan to our Atworth site, where he led a truly inspiring collective worship on the theme of compassion. He spoke about the importance of kindness and empathy in our daily lives, encouraging the children to think about how small acts of compassion can make a big difference in the world. The message was beautifully tied to one of our school values, and the children were fully engaged throughout.

The Archdeacon also took the opportunity to reflect on the role of teachers, describing them as heroes who inspire and guide young minds. It was a wonderful reminder of the positive impact educators have on shaping the future, and lovely message to our staff. We are incredibly grateful for his visit and the meaningful message he shared with us all.



Breakfast Club

This week I found the breakfast club at Atworth enjoying the "Northern Lights" in the hall whilst eating breakfast, it looked lovely! More good news - from Monday, there will also be a breakfast club available to parents at Monkton Farleigh, provided by the Lookout. Details have been sent out to parents of pupils in Robins and Falcons.

Attendance Reminder

Good attendance is key to your child's success at school. Every day counts, as regular attendance supports learning, friendships, and routines. Please ensure your child is in school on time every day. If they are unwell, don't forget to inform the school office. Thank you for your support!



Best wishes,

Heather

Heather Saunders

Head of School

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A great week for all our mathletes with almost a third of the school earning a certificate again this week. Gold is currently the most popular platform, but with hot competition from Emerald - the highest possible award at this stage in the year. Well done to Benjamin, Rosemary and Jason for earning their first Emerald certificates.

Bronze : Florence C, Birdie, Isla, Henry B, Meadow, Elijah, Mali

Silver : Olivia S, Ella B, Scarlett, Ellis, Ruby


Gold : Morgan, Quita, Ted E, Oscar BH, Rufus, Coralie, Jude, Josiah, George R, Vinnie

Platinum : William J, Joseph, Henry J, Jasper, Anouk, Hattie D, William CJ

Emerald : Benjamin CJ, Rosemary, Jason, Leighton, Oliver CJ, Felix, Jazmyne, Alexis G, Maddox

Helping

Some parents have been asking about how to support Churchfields; we welcome parent volunteers – please do speak to your child's teacher if you would like to do this. If you are unable to come in, and would like to do something else we do have Amazon wishlists that you are welcome to contribute towards.

 [Amazon Wishlist Letter to parents Feb 2024.docx](#)



Calling all green-fingered parents!

The School Council would like to do some work on the raised beds outside the mobile classroom to get them blooming and beautiful before spring. In order to do this, they will need some help and advice from any gardening experts we have in our midst. We would love to get to work on clearing them out ready from some planting on the afternoon of Monday 10th of February from 1 until around 3.00. If you are available to help with this please let the office know. Many thanks in advance.

Mrs Marsh

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Term dates for 2024/2025

Term 2: Monday 4 November – Fri 20 December 2024	Term 3: Monday 06 January 2025 – Friday 14 February 2025
Term 4: Monday 24 February – Friday 04 April 2025 <ul style="list-style-type: none"> INSET DAY Friday 21 March 2025 	Term 5: Tuesday 22 April – Friday 23 May 2025
Term 6: Monday 02 June – Tuesday 22 July 2025 <ul style="list-style-type: none"> INSET DAY Wednesday 23 July 2025 INSET DAY Wednesday 24 July 2025 	

TERM 3	
Friday 31 st Jan	Year R and Year 6 Health screening
Monday 03 February – Friday 07 February	Mental Health Week
Monday 03 February	Coffee morning Atworth 8:45-9:15am
Tuesday 04 February	Coffee afternoon Monkton Farleigh 2:30pm – 3pm
Monday 10 February – Friday 14 February	E- Safety Week
Tuesday 11 February	Safer Internet Day
Tuesday 11 Feb	Dance club Bath Forum
Monday 17 Feb	Half term starts
Monday 24 Feb	Term 4 begins
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Tuesday 25 Feb	Wow day KS1 at Atworth KS2 at Monkton Farleigh
Tuesday 4 th March	Author visit Catherine Barr
Monday 10 March – Friday 14 March	STEM week
Tuesday 18 March	Parents evening until 6pm
Thursday 20 March	Parents evening until 7:30pm
Friday 21 st March	Inset day
Friday 4 th April	Term ends Easter holidays
Tuesday 22 nd April	Term 5 begins

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Palladian Academy Trust Term Dates, 2025-26

September 2025							October 2025							November 2025						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7	6	7	8	9	10	11	12	3	4	5	6	7	8	9
8	9	10	11	12	13	14	13	14	15	16	17	18	19	10	11	12	13	14	15	16
15	16	17	18	19	20	21	20	21	22	23	24	25	26	17	18	19	20	21	22	23
22	23	24	25	26	27	28	27	28	29	30	31			24	25	26	27	28	29	30
29	30																			

December 2025							January 2026							February 2026						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7	1	2	3	4				1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	15	16	17	18	19	20	21
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28	

March 2026							April 2026							May 2026						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
						1	1	2	3	4	5		1	2	3	4	5	6	7	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
30	31																			

June 2026							July 2026							August 2026						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7	1	2	3	4	5			1	2	3	4	5	6	7
8	9	10	11	12	13	14	6	7	8	9	10	11	12	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

Bank Holiday
 School Holiday
 Term Time

CELEBRATING OUR SCHOOLS





**CHRIST CHURCH
BRADFORD ON AVON**

SUNDAY 2ND FEBRUARY - 10.30AM

**YOU ARE WARMLY INVITED TO A SPECIAL SERVICE
IN WHICH WE WILL CELEBRATE THE LIFE AND WORK OF
OUR WONDERFUL LOCAL PRIMARY SCHOOLS.**



**EVERYONE FROM OUR
SCHOOL AND CHURCH
COMMUNITIES ARE VERY
WELCOME!**

**PARKING AVAILABLE
AT CHRIST CHURCH
SCHOOL OR
SURROUNDING AREAS**



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At The National College, our **WakeUpWednesday** guides empower 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. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children or 16-year-olds, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, locations, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being alert to frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

[@wake_up_weds](https://www.instagram.com/wake_up_weds) [www.thenationalcollege](https://www.facebook.com/www.thenationalcollege) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.instagram.com/wake.up.weds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025

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Family Hubs - Family Navigators (EY and Primary phase) Wiltshire Council

Did you know that as well as one to one outreach support and our programmes for parents and carers we also have a team of family navigators who are available in different locations at different times throughout the week so that you can drop in and get the help that you are looking for.

This could be:

- Helping you find groups for you or your children in the community such as toddler groups, youth groups, adult learning opportunities and community events etc.
- Linking you in with organisations who can help with things like debt advice, housing support, mental and emotional wellbeing, volunteering and health advice. If you're not yet feeling too confident to 'go it alone' then our family navigators will help with that too.
- Providing a listening ear when you don't know where to go next and the things you are trying aren't quite working.
- Supporting you to complete applications for pre-school, school or colleges and any other paperwork related to family life, because some of it is more complicated that it needs to be!

You can find where we are by viewing the timetable below.

Family Navigator Locations:

West Wiltshire:

Monday: County Hall, Trowbridge - 9am-5pm Melksham Library - 10am-12pm

Tuesday: County Hall, Trowbridge - 9am-5pm Warminster Library - 2pm-4pm

Wednesday: County Hall, Trowbridge - 9am-5pm Bradford-on-Avon Library - 10.15am-11.45am

Thursday: County Hall, Trowbridge - 9am-5pm Mere Library - 10.15am-11.45am

Friday: County Hall, Trowbridge - 9am-5pm Westbury Library - 9.45am-10.45am Trowbridge Library - 1.45pm-2.45pm

Date/time could be subject to change due to unforeseen circumstances. Please check our Facebook page before travelling.

If you are close to one of our three main hubs, then you can also drop in there too. There might not be a family navigator on hand, but there will always be someone who can offer information and put you in touch with the right person, 9.00 am to 5.00 pm every weekday.

Our facebook page can be found here https://www.facebook.com/FamilyHubWiltshirecouncil/?ref=embed_page

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