

Learners of the Week

Ash Class: Aria, a marvellous Musician
Oak Class: Aston, a fabulous Author Writer
Beech Class: Ida, an amazing Author Writer
Chestnut Class: Arianna, a fantastic Mathematician
Sycamore Class: Freddie, a superb Mathematician



Next Week's Menu

WHISKED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	CHEESEBURGER PASTA BAKE	BANGERS & MASH	PEPPERONI PIZZA	CHEESY CHICKEN	FISH FINGERS AND CHIPS
SIDES	SWEETCORN	BROCCOLI	SWEETCORN BAKED WEDGES	GREEN BEANS NEW POTATOES	BAKED BEANS OR GARDEN PEAS
MEAT-FREE	MACARONI CHEESE	VEGGIE BANGERS & MASH	MARGHERITA PIZZA	CHEESY QUORN FILLET	QUORN NUGGETS AND CHIPS
DESSERTS	CHOCOLATE FUDGE BROWNIE	CHOCOLATE ORANGE CAKE	FRUIT JELLY	FRUIT YOGHURTS	FLAPJACK
AVAILABLE DAILY FRESH BAKED BAGUETTE Choose from sausage, ham or cheese HOT PASTA BAR Choose from spaghetti, penne or a homemade sauce 7 tomato sauce OVEN BAKED JACKET POTATO CHOOSE: onion, plain / with cheese / with beans / with tuna meat ALTERNATIVE DESSERT Wedges of fresh fruit available SALAD TABLE Carrot sticks / Cucumber sticks / Kebab lettuce / Tomato Wedges / Red onion pieces (extra) HOMEMADE FRESH BREAD ALSO AVAILABLE DAILY FROM THE BREAD STATION ALLERGENS & INTOLERANCES At Gomeldon we take food allergies and intolerances very seriously. If your child has any food allergies or intolerances you need to make us aware prior to ordering any food with us. We have a full breakdown of the 14 allergens on our primary school menu link on our website www.gomeldon.co.uk  SCAN ME FOR ALLERGEN INFORMATION OUR MEAT IS RED TRACTOR APPROVED  WEEK TWO 2 Autumn / Winter 2025/26 Dates: 10/11 - 11/12 12/1 - 2/2 - 23/2 16/3 WHISKED by Cleveridge					

Christmas Lunch

Information went out on the school jotter this week about Christmas Lunch - please do organise before Wednesday 3rd December to ensure we can confirm final numbers. You must mark your child with an 'H' if they are having a home packed lunch on this day.

Now live on Scopay for you to book:

- Tickets for our EYFS, Year 1 & 2 production of The Noisy Nativity
- Christmas Alpaca experience at the Christmas Fayre - spaces are filling fast!

Curriculum Showcase

Thanks to everyone who was able to come along and share our Scientist learning in Beech and Chestnut Classes yesterday. The children had a wonderful time showcasing their learning and the fun they have had in their curriculum time recently.

Oak Class curriculum show case is scheduled for Thursday 11th December at 2:45pm - we look forward to seeing you there if you can make it!

Parking on East Gomeldon Road

A reminder please to park safely along East-Gomeldon Road allowing for all children to make their way safely across the crossing points of the triangle and up in to school. Following continued complaints from residents we are grateful for the support of our local policing team, and ask for your support in keeping everyone in our Gomeldon family safe.

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 issues 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 VIRTUAL REALITY

WHAT ARE THE RISKS?

PREMATURE EXPOSURE

13+

While VR has already found its way into schools worldwide – allowing teachers to take their class on digital field trips – most manufacturers advise an age restriction of 13. This safeguard is based on the idea that children's brains, eyes and bodies are still developing. With the technology still in its infancy, not enough research has been conducted as to how VR affects children in the longer term.

EYE STRAIN

One of the main worries about VR is that essentially having TV screens so close to your eyes could harm them with prolonged use. Lenses inside each headset have been specifically designed to trick the human eye into focusing to infinity (just as they would in the real world) to mitigate possible eye strain. Even so, longer VR sessions should be limited to adults only.

PHYSICAL ACCIDENTS

When used correctly, VR isn't dangerous as there are safety features built in. A common concern is that a child wearing a headset could bump into real-world objects while playing – so creating a clear, tidy gaming space is essential. Headsets also come with 'Guardian' or digital barrier systems that can be set up beforehand, indicating where walls and furniture are located so nobody trips over and hurts themselves.

Virtual reality (VR for short) has existed for decades, but it's only in the last 10 years that the technology has really become publicly available. With VR's rapid rise as a gaming and educational medium, there are plenty of unknowns regarding its use – for adults and children alike. Is it safe? How long should someone use VR for? How expensive is it? What's clear is that VR is becoming ever more ubiquitous in everyday life: from companies using it for training to at-home fitness. Knowing what the technology is capable of is more useful than ever.

SOCIAL VR

VR is more immersive than normal gaming and makes players feel very present in the moment. There are additional online safety fears, therefore, relating to trolling and abusive comments as players engage with each other in social VR spaces. Personal information shouldn't be given out and privacy and safety controls (who can see your real name, for example) need to be activated where possible.

MOTION SICKNESS

Children who are prone to travel sickness might encounter what's known as 'simulator sickness'. This is nausea caused by the eyes seeing images which tell the brain that the person is moving, while the rest of the body knows it is stationary. Most apps have features to reduce this discomfort, while some games simply don't feature locomotion to make for a more comfortable experience.

VIOLENT CONTENT

Among the growing range of VR games and apps, not all of them are appropriate for young players. Violent content can be far more visceral and disturbing in VR, so it's important to consider the age and maturity of your child before giving them access to this type of gameplay. As the majority of VR content is digital, online store access is easy – so careful curation is advised.

Advice for Parents & Carers

START OFF SLOWLY

Just like regular video games, if your child wants to try VR the best way to reduce risks is moderation. Keep their VR sessions to short stints – and for young adults new to the technology, build up their usage time gradually to let them get acquainted with it. If they feel any discomfort, remove the headset and try again at a later point.

NO SURPRISES

It's easy to get lost in the moment in VR – and possibly forget where you might be standing in the real world. A minimum 2m x 2m play area is recommended, with no plant pots or other delicate objects within reach of flailing arms. Take pets into account, too: don't let the cat or dog walk into the room, for example, because a VR player won't see them and could certainly trip. A child is far more likely to get over-enthusiastic in VR, posing a risk to themselves and anything in their path.

KEEP A WATCHING BRIEF

It may seem that a VR player is in their own world, but all VR headsets allow external viewing via a linked monitor or mobile phone. This is the best way to ensure whatever a child is playing is appropriate. More VR supervision tools are on the way, such as securing specific apps behind unlock patterns or sending an approval notification to the parent if their child wants to purchase a game.

ANTI-NAUSEA OPTIONS

It's wise to get used to VR while comfortably seated and progress to standing or 'room-scale' VR (where players physically walk around an area) later. Look at the in-app options first: switching between seated and standing adjusts the player's height, while a vignette or 'tunnel' darkens the peripheral vision to reduce nausea. Teleportation Mode and Snap Turning are also important options for enhancing comfort.

RESEARCH CONTENT

There will be information online about most games and apps, explaining what type of experience they provide. They'll list age ratings indicating how violent the gameplay might be; comfort, so you'll know the intensity of the experience; and how much access the game requires to personal information or features like the built-in microphone.

Meet Our Expert

Peter Graham is the editor at XR (extended reality) and Web3 specialist site gmw3.com and has been writing about VR, augmented reality and the Immersive tech industry for more than seven years. He's served as a panel speaker and a judge at awards events and game hackathons.



National Online Safety

#WakeUpWednesday

Source: gmw3.com | esl.org



www.nationalonlinesafety.com



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London Academy of Music and Dramatic Art (LAMDA) Lessons

New Spaces Available!

Dear All,

We're excited to let you know that, we now have spaces available in our London Academy of Music and Dramatic Art- LAMDA speech & drama classes at your school.

These sessions are perfect for children who might need a boost in areas like clear speech, voice projection, or self-belief, as well as those who already enjoy drama and would benefit from developing their skills further.

What Happens in a LAMDA Lesson?

Each 20-minute weekly lesson is held during the school day usually in the afternoon, similar to how instrumental music lessons are organised.

Lessons are split into two engaging parts:

- Drama games and activities to develop confidence, creativity, and communication skills. These are enjoyable and fun!
- Performance practice focusing on vocal clarity, diction, expression and memory, through poetry or prose, which children practise and learn at home in small, manageable steps.

This layered learning builds valuable life skills such as self-discipline, independence, and presentation ability.

Optional Exams & Recognition

Our lessons prepare children for LAMDA exams, which are entirely optional. Those who do not take an exam still receive a homemade certificate in assembly to celebrate their hard work and growth. Exam fees will apply only to those who wish to be entered.

Current Schools & Feedback

LAMDA sessions are currently running at Pitton and Gomeldon Primary Schools, with our first group taking exams this July.

Both the head teachers and parents have given glowing feedback – head to the LAMDA page on www.dramaclubsalisbury.co.uk for all the testimonials!

Pricing:

£6 per lesson for small groups of up to 4 children. Childcare vouchers or tax free childcare vouchers can be used as payment. Payment is due in advance, half-termly or termly.

I'm offering a free taster session to take place before the children break up for Christmas.

Spaces are limited and have been very popular so please return as soon as possible. Any questions please do contact me

Warm wishes, Rosie Burgess

Drama Club Salisbury

Rosie@dramaclubsalisbury.co.uk

07841394485

www.dramaclubsalisbury.co.uk

✂----- Please Return to School Office or Email -----✂

I would like my child to participate in a free taster session with a view to start LAMDA.

Child's Name: _____

Year Group/Class: _____

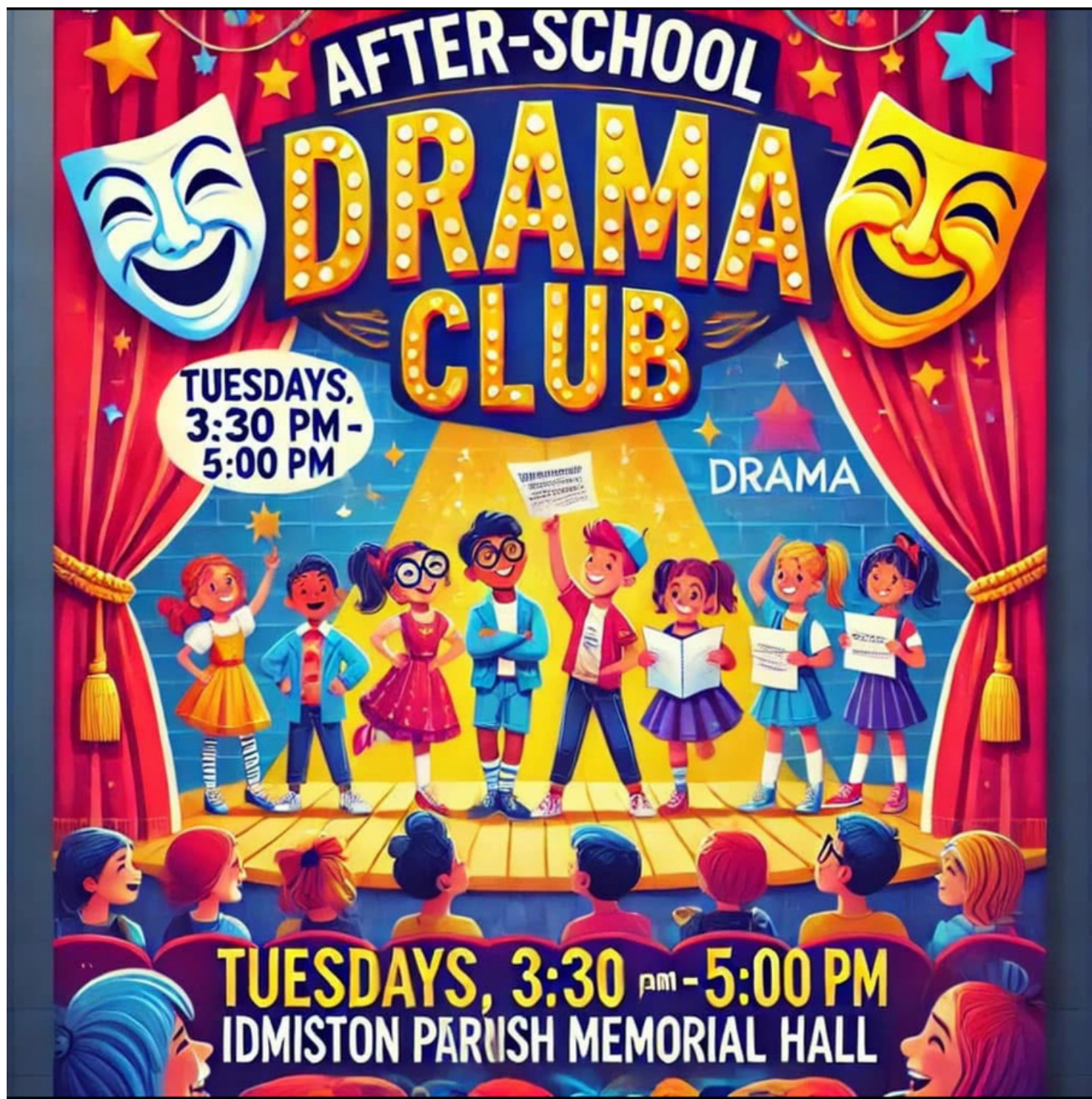
Parent/Carer Name: _____

Contact Email: _____

Contact Phone: _____

Any additional notes (e.g., confidence, SEN, experience):

Signed: _____ Date: _____



JUNIOR DRAMA CLUB



THURSDAYS (TERM TIME ONLY)

AGES 5-7

**IDMISTON MEMORIAL HALL
3:30-4:15**

**£5
A CLASS**



PITTON CHRISTMAS HOLIDAY CLUB

Christmas fun, crafts and
drama games galore!

All materials provided

December 22nd

10am-3pm · £40

To reserve a spot go to
www.dramaclubsalisbury.co.uk

Gomeldon dates for your diary

Please note that some dates may be subject to change

3.12.25	Rocksteady – Music assemblies in school
5.12.25	GPA Wear your Christmas jumper day: donation hamper gifts
8.12.25	Nativity performance @ 2:30pm
9.12.25	Nativity performance @ 9:30am
11.12.25	Oak Class Curriculum Showcase 2:45 – 3:15pm
12.12.25	Flu Vaccines
12.12.25	Christmas Cafe
16.12.25	Christmas Carol Concert for Years 4, 5 and 6 @6pm
17.12.25	Christmas Lunch and wear your Christmas Jumper
22.12.25 – 4.1.26	Christmas Holidays
5.1.26	First day of Term 3
13.2.26	TD Day – no school for pupils
16.2.26 – 22.2.26	February Half Term Holiday
23.2.26	First Day of Term 4
5.3.26	World Book Day
17.3.26 & 19.3.26	Parent Consultation Meetings – 3:40pm – 6:00pm
30.3.26 – 12.4.26	Easter Holidays
13.4.26	First Day of Term 5
11.5.26	SATs week for Year 6
18.5.26	Class Photographs
25.5.26 – 31.5.26	May Half Term Holiday
1.6.26	TD Day – no school for pupils
2.6.26	First Day of Term 6 for Pupils
17 – 19.6.25	Avon Tyrrell Residential – Year 5 and 6
16.7.26	End of Year Disco and Y6 Leavers party
20.7.26	Year 6 Leavers assembly @ 2:40pm
21.7.26	Last day of school for pupils
22.7.26	TD Day – no school for pupils