

A warm welcome from the Gomeldon Team

A very warm welcome back to school to all of our Gomeldon families! It's been a super start to term, where everyone has returned in good spirits.

A special welcome to our newest families, some joining us for the first time in Reception, some further through the school and some returning to school after a time away. We very much look forward to a fantastic year ahead, full of learning and joy together.

Learners of the Week

Ash Class: All new Ash Class starters - what a super week they have had!

Oak Class: Reuben for being an amazing Mathematician

Beech Class: Teddy for being a super Author writer

Chestnut Class: Ethan for being a fantastic Scientist



Sycamore Class: Toby for being a marvellous Scientist



School Dinners

Please remember to log in to scopay to order lunch for your children! This is free for all children in Years R, 1 and 2 as part of the government offer for children. All other children are also welcome to order a school lunch too at £3 per meal.

Next Week's Menu

WHISKED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	SAUSAGE AND MASH Butcher pork sausages and mashed potato served with gravy on the side.	TACO PASTA Homemade beef taco for meat lovers served with super 7 salad and cheese sauce.	CHICKEN BURGER Chicken chicken burger in a bun with salad and ketchup on the side.	PIZZA PEPPERONI Homemade cheese and tomato pizza.	FISH 'N' CHIPS Fish and chip on the finger with chips, fries, and a choice of sauce. <i>PGS approved</i>
	SIDES	SWEETCORN	NACHOS SPRING GREEN BEANS	CRISPY SALAD HOMEMADE MINI WEDGES	ROAST NEW SEASON POTATOES
MEAT-FREE	VEGGIE SAUSAGE AND MASH Veggie sausage and mashed potato served with Gravy on the side.	VEGGIE TACO PASTA Homemade veggie taco for meat lovers served with super 7 salad and cheese sauce.	VEGGIE BURGER Chicken sausage burger on a bun with salad and ketchup on the side.	PIZZA MARGHERITA Homemade cheese and tomato pizza.	QUORN NUGGETS Veggie nuggets with chips, fries, and a choice of sauce.
	DESSERTS	SPRINKLE SPONGE Classic vanilla sponge.	MANDARIN CAKE Zesty mandarin cake.	JELLY Orange, strawberry or raspberry fruit jelly.	FLAPJACK Classic flapjack crumbed with nuts.
<div><div><div>AVAILABLE DAILY</div><div><div><div>FRESH BAKED BAGUETTE</div><div>Choice of ham, cheese or hot sauce.</div></div><div><div>HOT PASTA BAR</div><div>Family served pasta served in a homemade super 7 tomato sauce.</div></div><div><div>OVEN BAKED JACKET POTATO</div><div>On the side, served with gravy (with bread) with hot sauce.</div></div><div><div>FRUIT</div><div>Wedges of fresh fruit available instead of a dessert.</div></div><div><div>SALAD TABLE</div><div>Choose salad / cucumber sticks / Sweetcorn / Chilled auberg / Tomato, sausage / Chicken, sausage.</div></div></div><div><div><div>HOMEMADE FRESH BREAD</div><div>ALSO AVAILABLE DAILY FROM THE BREAD STATION</div></div><div><div>OUR MEAT IS RED TRACTOR APPROVED</div><div></div></div><div><div>ALLERGENS & INTOLERANCES</div><div><p>At CleverChef we take food allergies and intolerances very seriously. If your child has any food allergies or intolerances we need to make it 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.cleverchef.co.uk</p><div></div></div></div><div><div><div>Spring - Summer 2025</div><div><div>WEEK TWO 2</div><div>Dates: 28/8 - 19/9 • 9/6 - 30/8 • 21/7 - 8/9 • 29/9 - 20/10</div></div></div><div><div>WHISKED</div><div>by CleverChef</div></div></div></div></div></div>					

School Jotter

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Download the School Jotter Mobile App today and you'll get:

- News and message notifications
- School calendar access
- Other links to useful resources

GET IT ON Google Play

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School Jotter

A reminder that all notifications take place via our school jotter app. Please use the QR code to access this, or download the app from your usual app store and search for Gomeldon Primary School.

Attendance

As you will have seen in the news recently, the Government are launching new strategies to help school leaders improve attendance levels at school, we know that school attendance has a direct link to outcomes and life chances. This startling statistic was shared on the BBC last week

"It comes as data first seen by the BBC reveals more than half of pupils who missed some of the first week went on to become "persistently absent" in 2024, compared with the first week just 14% of pupils who fully attend the first week" ([link to article](#)).

We require all children at Gomeldon Primary School to have the best possible attendance to enable them to reach their full potential. Equally, parents/carers have a duty to make sure that their children attend school regularly and on time.

All of the staff at Gomeldon are committed to working closely with parents/carers as the best way to ensure the highest possible levels of attendance. Communication between home and school is vital if we are to achieve this and maintain accurate, up to date attendance records for our students

As a school we would appreciate your support in the following ways:

- Telephone or email the school before 8.40am to tell us why your child is absent and when you expect them to return.
- Keep in contact daily with the school if they are likely to be absent for a period of time.
- Only allow your child to stay at home for genuine illness.
- Ensure your child arrives in good time and prepared to start the school day by 8.40am.
- Avoid booking non-urgent medical appointments during the school day.
- If you have any concerns or need to talk to us about your child please contact us so we can support you and your child and resolve any issues.
- Always praise good attendance and punctuality.

Did you know, if you miss 3.5 days of school each half term over your school life you will miss a staggering, 1.5 years of education?

Before and After School Clubs

Just a little reminder that we do have provision for before and after school at Gomeldon, which can be booked on a regular or an ad-hoc basis.

Morning Club: run by us from 7:50am until 8:40am, £4 per session, bookable on Scopay.

After School Club: run by District Sports every day of the week.

From Monday to Thursday it runs until 5pm and on Friday it could run until 4:30pm but is currently closed due to a very low uptake.

This is booked direct with District Sports at: <https://district-sports-south.classforkids.io/>

If you need to make emergency contact with District Sports once the club is running and the school office is closed, please use the following contact number: 07379507778

LAMDA Classes at Gomeldon



We are delighted to share the news from Rosie Burgess that all children who were involved in LAMDA classes last year achieved distinction in their recent summer exams! Such a wonderful reflection of the fun and development that took place in the sessions and the positive impact it has on children. Congratulations to all!

Rosie does have some spaces at school this year, if you are interested, please make direct contact with her at:

Rosie@dramaclubsalisbury.co.uk or on **07841394485**.

Music Lessons at Gomeldon

We are pleased to offer a range of music lessons for children at Gomeldon in Years 3 or above. Lessons are available for Guitar, Woodwind, Piano, Strings and Brass with peripatetic teachers within the school day. If this is something you are interested in, please do make contact with the school office who will be happy to help!



Dates for the year ahead

You will find below a list of all the dates that are in place for this academic year so far. We aim to keep to these dates as far as possible, and will add to them as the year progresses, these will be visible in bold to ensure they stand out. Please add them to your diaries.

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.

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

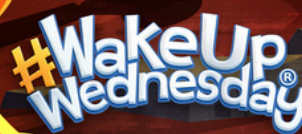
Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College

Gomeldon Diary Dates

Please note that some dates may be subject to change

Additional Dates in BOLD.

1 & 2.9.25	TD Days – no school for pupils
3.9.25	First day of Term 1 for pupils
8.10.25	Individual photographs
14.10.25 & 16.10.25	Parent Consultation Meetings – 3:40pm – 6:00 pm
15.10.25	Oak Class curriculum showcase
23.10.25 – 2.11.25	October Half Term Holiday
3.11.25	First day of Term 2
24.11.25	Image Theatre Productions in school
12.12.25	Flu Vaccines
16.12.25	Christmas Carol Concert for Years 4, 5 and 6 @6pm
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
11.3.26 – 13.3.26	Avon Tyrrell Residential for Years 5 & 6
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
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

CHILD PROTECTION STATEMENT

At Gomeldon Primary School, we are committed to safeguarding and promoting the welfare of children. We work together following the Safeguarding and Child Protection Policy to ensure this, respecting all members of the school's community and treating information with confidentiality.



Be a Chorister for a Day

Saturday 4 October 2025, 1pm-6pm



Does your child love singing? If so they may enjoy the chance to become a chorister for a day. Children in years 2, 3, and 4 are welcome to enjoy a fun afternoon of singing and music at the Cathedral school and in Salisbury Cathedral, after which they will sing with the current choristers at an Evensong service.



Charity number 1202770

For more information contact
h.greatrix@salcath.co.uk
01722 555300
or visit **salisburycathedral.org.uk**



SEND FEST



A fun, inclusive festival celebrating young people with **SEND** through music, workshops, and creative activities for all abilities.

Join us at Wiltshire Music Centre
20 September, **10am–6pm**

**Have fun
get involved
share your voice!**

Wiltshire Council

