



# GOMELDON PRIMARY SCHOOL

Newsletter 13th March 2026

Value of the term: Resilience

## Learners of the Week

- Ash Class: Arthur, a super Artist
- Oak Class: Edward, a wonderful Author Reader
- Beech Class: Fleur, a super Historian
- Chestnut Class: Freya, an amazing Artist
- Sycamore Class: Hollie, a fantastic Scientist



## Next Week's Menu

WHISKED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	CHEESEBURGER PASTA BAKE	BANGERS & MASH	PEPPERONI PIZZA	CHEESY CHECKEN	FISH FINGERS AND CHIPS
<b>SIDES</b>	SWEETCORN	BROCCOLI	SWEETCORN BAKED WEDGES	GREEN BEANS NEW POTATOES	BAKED BEANS OR GARDEN PEAS
<b>MEAT-FREE</b>	MACARONI CHEESE	VEGGIE BANGERS & MASH	MARGHERITA PIZZA	CHEESY QUORN FILLET	QUORN NUGGETS AND CHIPS
<b>DESSERTS</b>	CHOCOLATE PUDDING BROWNIE	CHOCOLATE ORANGE CAKE	FRUIT JELLY	FRUIT YOGHURTS	FLAPJACK

**AVAILABLE DAILY**  
 FRESH BAKED BAGUETTE  
 HOT PASTA BAR  
 OVEN BAKED JACKET POTATO  
 ALTERNATIVE DESSERT  
 SALAD TABLE

**WHOMADE FRESH BREAD ALSO AVAILABLE DAILY FROM THE BREAD STATION**

**OUR MEAT IS RABBIT APPROVED**

**WEEK TWO 2**  
Autumn / Winter 2025\_26  
Days: 10:15 - 11:30  
12:15 - 12:30

**ALLERGENS & INTOLERANCES**  
 All Children have food labels and ingredients are available. If you wish to know more about our allergen and intolerance information please visit our website or contact the school office. We are happy to help you with any queries. Thank you for your support.

**WHISKED**  
by *Whisked*

## Annual Reports

I am pleased to let you know that your child will bring their written school report home with them today.

## Oak, Beech and Chestnut Curriculum Showcases

We hope you enjoyed the chance to visit school this afternoon to share and celebrate enquiry learning this term. It was a wonderful turn out - thank you for making it special for the children too!

## Sycamore Curriculum Showcase

A reminder that this will take place on Friday 27<sup>th</sup> March at 2:45pm

## Rocksteady Performance

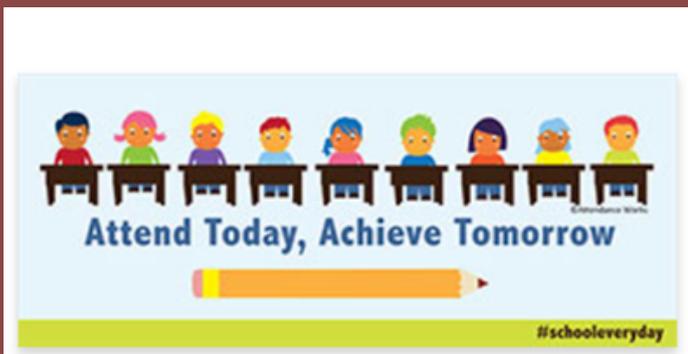
We look forward to welcoming parents of the children taking part in Rocksteady to school next week on Friday 20<sup>th</sup> March at 2:30pm to celebrate the progress the rock bands are making and enjoy watching them perform!



## Mini Marathon

It's that time of year again to sign up for the Salisbury Mini Marathon which is taking place on Saturday 16<sup>th</sup> May. Please find below the information required, as well as the link to follow to register. We love to see as many pupils as possible taking part, as well as adults who would be happy to represent the Gomeldon Team! Please do sign up soon as the window is short, closing on 26<sup>th</sup> March.

## Attendance Corner



Dear Parents

### Salisbury Schools' Mini Marathon 2026 Saturday 16th May 2026

The Mini Marathon competition will follow the same route as previous years from the playing fields at the rear of the Laverstock schools (Wyvern- St Edmund's and St Andrew's) across the downs and back. It is a huge event with over 1300 runners. Due to its success last year, we will again be using Ticketebo for all entries.

#### Race Categories and Timings:

Race	Distance	Start time
Adult(18 and over)	2300m	09:15
Y3 & 4 Girls	1900m	09:45
Y3 & 4 Boys	1900m	10:15
Y5 & 6 Girls	2300m	10:45
Y5 & 6 Boys	2300m	11:15
Presentations for all		12:00

The adults' race has traditionally been a race for parents/carers who run for their child's school along with a number of school staff. Thank you to those adults who choose to enhance the party atmosphere every year by running in fancy dress. We trust you will be entering again this year! Children run in their school PE kit to make identification easier.

#### Entry instructions

To enter as an adult or child in the above age groups, please follow the instructions on the Ticketebo link. Due to rising organisational costs, we have had to make a slight increase in the entry fee. The cost for adults is £12 and for children is £7. This includes a small admin fee for collating the entries and payment. You will need to enter each runner's race category, school, medical needs and emergency contact number for the day and then submit payment. Keep your tickets but you will not need to show your tickets on the day- just **arrive 30 minutes before your race**, find your school gazebo and register attendance with your school staff.

**Tickets will be live from Monday 9th March and will close on Thursday 26th March . If parents miss this deadline, there will be no other way of entering for the event after this time.** Entry sheets will be sent to your child's school for checking and then race numbers will be given out to you/your children at the beginning of May. Parents should receive email confirmation of entry. Any problems with entries/payment, please contact: [support@ticketebo.co.uk](mailto:support@ticketebo.co.uk)

Here is the link for your entries. **Please do not hesitate or delay entering as there is a short window!**

<https://www.ticketebo.co.uk/salisbury-schools/salisbury-schools-mini-marathon-2026>

More information about arrangements on the day of the race will be sent nearer the time.

## Well-being

Please see attached for helpful parent information

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](https://nationalcollege.com).

# 10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

## 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

## 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

## 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

## 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

## 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

## 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

## 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

## 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

## 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

## 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

### Meet Our Expert

Adam Gilllett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



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## Gomeldon dates for your diary

\*Please note that some dates may be subject to change\*

13.03.2026	Annual Reports out
17.3.26 & 19.3.26	Parent Consultation Meetings – 3:40pm – 6:00pm
20.03.2026	Rocksteady Performance @ 2.30pm
27.3.26	Sycamore Class Curriculum Showcase @ 2:45pm
27.3.26	GPA Easter Bake Sale
30.3.26 – 12.4.26	Easter Holidays
13.4.26	First Day of Term 5
17.4.26	GPA first Frozen Friday (weather permitting!)
28.4.26	Book Fayre
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
11.6.26	Sports Day
17 – 19.6.25	Avon Tyrrell Residential – Year 5 and 6
3.7.26	Summer Fayre
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



## **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, in my first groups last year, all 27 children got the highest score banding of 80% or above!

Both the head teachers and parents have given glowing feedback – head to the LAMDA page on [www.dramaclubsalisbury.co.uk](http://www.dramaclubsalisbury.co.uk) for all the testimonials!

**Pricing:**

£6 per lesson for small groups of up to 6 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 Easter.

Spaces are limited and have been very popular so please contact me via whatsapp or email as soon as possible. Any questions please do contact me!

Warm wishes, Rosie Burgess

Drama Club Salisbury

[Rosie@dramaclubsalisbury.co.uk](mailto:Rosie@dramaclubsalisbury.co.uk)

07841394485

[www.dramaclubsalisbury.co.uk](http://www.dramaclubsalisbury.co.uk)

# EASTER

# The SALISBURY MUSEUM

## Hop into history with the family this Easter

### Discovery Days:

#### Build a Community Museum

**Tuesday 31 March, 10am - 4pm**

Join us to build a pop-up community museum together. Design a display, try being a curator, or bring a special object to share.

Come along to spark creativity and help shape a museum made by the community.

#### Oak Apple Day

**Tuesday 7 April, 10am - 4pm**

Grovely Grovely and all Grovely! Celebrate May's Oak Apple Day a little early with us—a much-loved local tradition.

Discover the story behind this unique custom, then get hands-on making your own oak-leaf wreaths and accessories to take home.

### Mini Monday - Easter Fun!

**Monday 13 April, 10 - 11:30am**

Hop into the Easter spirit with us! Little artists can get creative making their own seasonal crafts, including mini baskets, bunny cards and cheerful chicks. It's sure to be an EGG-cellent time for all! For ages 2–5.

### Spring Fayre

**Monday 4 May, 10am - 4pm**

This year's Fayre brings the feel of a village fete with a full celebration of folk traditions.

Alongside favourites like Morris dancing, spinning and thatching, new highlights include live music, a kiddy ceilidh, a children's folk scratch orchestra, maypole and Longsword dancing, plus a collaborative willow art project.

*Donation entry*

### Studio Takeover

Our studio creative space is yours! Enjoy an entire room full of dressing up, block building, Easter-themed arts and crafts, and a cosy book corner. Open to all ages **throughout the holiday!**

**The Salisbury Museum is open daily, 10am–5pm**

See website for further details: [salisburymuseum.org.uk](http://salisburymuseum.org.uk)





Time Out For Parents - Children with Additional Needs

Are you a parent/carer for a child (or children) with additional needs? This course was written for you!

Come and meet other parents/carers to support, help and encourage each other to share feelings and experiences about your child with additional needs.

Discuss and share ideas that support you to come up with solutions to problems and behaviours that challenge on the basis of what works - not what's meant to work!

(No formal diagnosis required)

Call us for more information or to ask for a space on: 0800 970 4669 or use the code opposite to sign up directly.

<https://wiltshiretogether.org.uk/alltogether>



Family Hub  
Wiltshire Council





# March 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

**£24 each or FREE with School Membership**

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
<b>FREE Anxiety Based School Avoidance</b>	26 Mar 7-8pm



Within My Reach

## Time for Us

Would you like some support communicating as a couple?

Do you need help to understand each other and be better listeners to make positive changes in your relationship?  
If so, then come along and join our group of

like minded couples.

Call us for more information or to ask for a space on: 0800 970 4669 or use the code opposite to sign up directly.

<https://wiltshiretogether.org.uk/alltogether>



  
Spurgeons

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# Triple P Family Transitions

**Struggling With  
Co-Parenting?  
You're Not Alone.**

**Are you finding co-parenting challenging?  
Can't agree on the decisions being made for your  
child?**

Parenting after separation isn't easy — but you don't  
have to go through it alone.

Join our co-parenting programme and connect with

other separated parents/carers on a similar journey.

This supportive programme is designed to help you navigate the  
challenges of shared parenting and will empower you to put your  
child's wellbeing first.

Call us for more  
information or to ask for a  
space on: 0800 970 4669  
or use the code opposite to  
sign up directly.

<https://wiltshiretogether.org.uk/alltogether>



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# Meet your FAMILY NAVIGATOR

"My name is Sam,  
I am your local Family Navigator from Wiltshire Family Hubs, I will be here in the Library and the local community, come and talk to me about what life is like looking after children and young people, and come see what children's groups, events and support we have on offer. I look forward to meeting you."

**Salisbury Library 10-12pm Monday  
and Friday**  
**Wilton Library 10-12pm 1<sup>st</sup> and 3<sup>rd</sup>  
Thursday of the month**  
**Tisbury Library 10-12pm 2<sup>nd</sup> and 4<sup>th</sup>  
Tuesday**  
**Old Sarum pantry 9.30-11.30  
Wednesday**



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SOUTH WILTS  
GRAMMAR SCHOOL

# YEAR 5 OPEN EVENING

This event is an exciting opportunity for you to visit our school and talk to students, staff and subject leaders. There will be a presentation from our headteacher, subject and enrichment information, and tours of the school.

**No booking required**



**Wednesday 25 March 2026**  
17:30 - 19:00



**Contact us**  
[admissions@swgs.wilts.sch.uk](mailto:admissions@swgs.wilts.sch.uk)



**Full details**  
[www.swgs.wilts.sch.uk](http://www.swgs.wilts.sch.uk)



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**STATE SECONDARY  
SCHOOL OF THE YEAR  
SOUTH WEST**