

Learners of the Week

Ash Class: Milo, a wonderful Artist
Oak Class: Rupert, a super Scientist
Beech Class: Yumeth, a great Author Reader
Chestnut Class: Polly, an amazing Mathematician
Sycamore Class: Kylen, a fantastic Mathematician



Next Week's Menu

WHISKED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	BIG BREAKFAST	MEATBALL PASTA BAKE	BEEF LASAGNE	HOT DOG	FISH FINGERS AND CHIPS
SIDES	BAKED BEANS	BROCCOLI	GREEN BEANS	BROCCOLI	BAKED BEANS OR GARDEN PEAS
MEAT-FREE	VEGGIE BIG BREAKFAST	MAC 'N' CHEESE	VEGGIE LASAGNE	VEGGIE DOG	QUORN NUGGETS AND CHIPS
DESSERTS	FROSTED BANANA SQUARE	MARBLE CAKE	FRUIT JELLY	SPRINKLE CAKE	CHOCOLATE CHIP BITES
AVAILABLE DAILY FRESH BAKED BAGUETTE <small>Choice of Ham, Chicken or Beef Mince</small> HOT PASTA BAR <small>Choosing a hot pasta and a homemade sauce 7 different sauces</small> OVEN BAKED JACKET POTATO <small>CHOOSE: natural skins / with cheese / with beans / with home made</small> ALTERNATIVE DESSERT <small>Wholesome of fresh fruit available</small> SALAD TABLE <small>Caesar salad / Courgette salad / Roasting lettuce / Tomato Wholesome / Homemade potato salad</small>					
ALLERGENS & INTOLERANCES <small>All Children's who 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 list on our website www.gomeldonps.co.uk</small>					
WHISKED by Cleverhops Autumn / Winter 2025_26 WEEK THREE 3 Dates: 17/11 - 18/12 <small>19/1 - 9/2 '23</small> OUR MEAT IS BRED TRACTOR APPROVED SCAN ME FOR ALLERGEN INFORMATION					

New Staff Member

I am delighted to let you know that Miss Simmonds has joined our Gomeldon Team this week as a Teaching Assistant in the Oak Class on Thursdays and Fridays and as a Midday Supervisory Assistant.

NPSCC Speak out. Stay Safe.

As part of our safeguarding at Gomeldon, we will be taking part in the 'Speak out. Stay safe.' campaign run by the NPSCC again this year. Please see the attached letter with more details.

Oak Class Trip

We are delighted that Oak Class will be taking part in a day of PE with other local primary schools as part of a 'Fundamentals' day. Please look out for a direct email with further information.

New Arbor System

In the coming weeks we will be migrating to a new administration system, Arbor. In due course there will be more information as this will replace our current system on Scopay. Currently there is no need for action, this is for information only.

District Sports After School Club - Fridays

I am pleased to let you know that there are enough children to run a small after school club for the first time on Friday 23rd January from the end of school until 4:30pm. If this would be useful to you, but you are not yet signed up, please do make contact with District Sports on the following link to book: <https://district-sports-south.classforkids.io/term/210>

Dear Parent/Carer

NSPCC's *Speak out. Stay safe.* programme

I am pleased to inform you that we are participating in the **NSPCC's *Speak out. Stay safe. Programme*** this term. *Speak out. Stay safe.* is a programme for children aged 5-11 which aims to help children understand abuse in all its forms and to recognise the signs of abuse. Children are taught to speak out if they are worried, either to a safe adult or Childline.

This child friendly programme is aligned with the curriculum and consists of age appropriate virtual assemblies and supporting classroom based activities which we have reviewed. The content is delivered in an engaging and interactive way with the help of the NSPCC mascot Buddy.

Parents and carers are asked to let school know if their child may have experienced anything (in the past or happening now) which may mean they need extra support before, during or after taking part in this programme.

If you would like to know more about the *Speak out. Stay safe.* programme visit www.nspcc.org.uk/speakout.

Additional NSPCC resources for families to help keep children safe

The NSPCC have shared some important information below on wider NSPCC resources and support to help keep children safe.

Parent/Carer support

Take a look at information, support, advice and activities from NSPCC for parent and carers.

www.nspcc.org.uk/parents

Activities to extend learning at home

Take part in games and activities at home to help children learn about speaking out and staying safe.

www.nspcc.org.uk/activities

Online Safety Hub

For information on a range of different online safety topics including gaming, social media, sharing images, parental controls and more.

www.nspcc.org.uk/onlinesafety

Childline – under 12's

Childline have an accessible website with advice, support, games and activities. Children can change the language, enlarge text and also listen to the content.

www.childline.org.uk/buddy (5-7)

www.childline.org.uk/kids (7-11)

Talk PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides simple but important messages. Download the free resources at www.nspcc.org.uk/pants.

I hope you find this information about the NSPCC and the *Speak out. Stay safe.* programme helpful. Please do contact us if you have any further questions.

Yours sincerely,

Catherine Windross

Headteacher

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 nationalonlinecollege.com for further guides, hints and tips for adults.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

In partnership with...

@natonlinesafety

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2024

Gomeldon dates for your diary

Please note that some dates may be subject to change

5.1.26	First day of Term 3
23.1.26	World Religion Day
2.2.26	NSPCC Speak out. Stay safe. campaign
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
6.3.26	World Book Day
17.3.26 & 19.3.26	Parent Consultation Meetings – 3:40pm – 6:00pm
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!)
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

