

Learners of the Week

Ash Class: Archie for being a super Author
Oak Class: Leo for being an amazing Athlete
Beech Class: Loui for being a fantastic Athlete
Chestnut Class: Niamh for being a super Mathematician
Sycamore Class: Thomas for being an amazing buddy



World Mental Health Day

This afternoon we have enjoyed working in our Gomeldon family groups to mark Mental Health Day through outdoor learning, planting bulbs for the spring and even a spot of Yoga. Thanks for your support with wearing something yellow!



Next Week's Menu

[illegible]

Start of School

Just a gentle reminder for some that the time we expect all children to be in school to start the day is 8:50am. Please ensure that you are here in time for the lower gates so that your child can start the day with their peers when learning activities begin at 8:50am. Thank you.

Halloween Costumes

Thanks to our GPA for organising
and running our Halloween fancy
dress swap shop!

Parent Consultation Meetings

A reminder that parent consultation meetings are taking place on Tuesday 14th and Thursday 16th October and are available to book. Please do make contact with the school office if you require support with this. For Beech Class, the Tuesday appointments will be with Mrs Mitchell and the Thursday appointments will be with Mrs Strong.

School Travel Survey

A reminder to complete your travel survey to support us with the school travel plan. There is a letter related to this on the school app. Please do take the time to give it a read and share your views, we hope to receive all surveys by Friday 17th October.



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 DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.

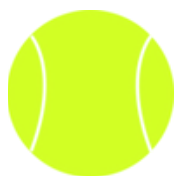


The National College

Gomeldon dates for your diary

Please note that some dates may be subject to change

| | |
|---------------------|---|
| 14.10.25 & 16.10.25 | Parent Consultation Meetings |
| 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 |
| 18.11.25 | Parent Reading Meeting 2:45pm |
| 20.11.25 | Beech, Chestnut and Sycamore Curriculum Showcase 2:45 – 3:15pm |
| 24.11.25 | Image Theatre Productions in school |
| 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 |
| 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 |



OCTOBER HALF TERM 2025 JUNIOR TENNIS CAMPS



Run by qualified tennis coaches and tennis leaders
Action packed sessions with lots of coaching, playing, & prizes
A great way to have fun and make friends.

Mon to Wed, 27 - 29 October, 3 mornings (9.30am to 12.30pm) or 3 shortdays (9.30am to 3.00pm)

Morning camp: **£69.50 per child**

Short day camp: **£99.50 per child**

Players are placed in groups according to age and ability:

Mini Red: age 4 - 8 years

Mini Orange: age 8 - 9 years

Juniors: age 10 - 16 years

To book go to victoriaparktennis.org.uk, click on **HOLIDAY CAMPS** and then on the booking link. Or get in touch if you can't make all 3 days.

Victoria Park Community Tennis | **07865 049723**

mail@victoriaparktennis.org.uk | www.victoriaparktennis.org.uk

No. 9 North Street
Wilton, Salisbury
SP2 0HA

01722 741444

Call to book a table



Monday 09:30 - 14:30

Tuesday 09:30 - 14:30

Wednesday Closed

Thursday 09:30 - 14:30

Friday 09:30 - 14:30

Saturday 09:30 - 15:30

Sunday Closed

Open until 15:30 in
school holidays

Coffee | Creativity | Community

Speciality drinks, sweet treats and light bites with the option to craft



Speciality coffee
Allergy friendly options

Courtyard space

Child friendly

Takeaways welcome

Dog friendly

Adult craft workshops

Children's holiday 'crafternoons'

Family and friends time-together activities

Seasonal craft packs, busy baskets and colouring for all ages

Private hire available

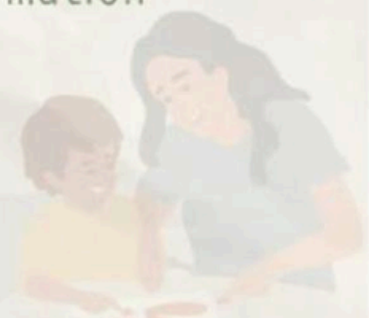


Visit our website below for more information



www.thecraftycup.co.uk

thecraftycup@myyahoo.com



Supporting a Child with ADHD



Challenge the stereotypes and get practical help

Monday 13th October 10-11:30am

Tuesday 11th November 7-8:30pm

90 minutes session. Recording available for 48hrs

£24.

Available to book now
facefamilyadvice.co.uk





Understanding School Anxiety

Early Signs of Emotionally Based School Avoidance

Online Course

Co-taught with education psychologist



Booking essential!
Booking closes
one week before
course date

What is Emotionally Based School Avoidance?

- Strategies to support with anxiety and worry
- Strategies to support attendance
- Advice on reasonable adjustments that schools can make

Thursday 16 October 10am - 12pm

or

Friday 12 December 10am - 12pm

Contact familyandcommunitylearning@wiltshire.gov.uk
Visit <https://workwiltshire.co.uk/family-and-community-learning/>

Call the FACL team on 01225 770478
or scan the QR code



Courses are no cost to learners who meet our eligibility criteria. Learners must be aged 19+ on 31 August this academic year; they must have a Wiltshire postcode and meet certain residency requirements. Learners must also be able to tick one of the following criteria: on a lower income, earning less than £25,750 a year; in receipt of benefits (other than child benefit); be a care leaver, foster carer or carer; be a military family or ex-armed forces personnel; have refugee status; have a learning difficulty or disability; be looking to go into work, now or in the future.

Support We Offer

We are here to help with a whole range of topics including:

Ideas around implementing routines and setting boundaries.

Help to understand your child's needs and build your confidence as a parent.

Help around finances, housing applications, debt support and accessing benefits.

Supporting you 'back to work'

Volunteering opportunities

We can help families access:

Healthy start vitamins

3-4 Year old Bookstart packs

Advice on local childcare and applying for funding.

Introductions to other services

Facebook

Our Wiltshire Family Hub Facebook page is another way for families to stay up to date with current services. Make sure you like and follow to stay in touch with us.

Simply click here:



Get in touch with us

If you have any questions or would like more information about our services please call us on one of our numbers below or check out our website:

Freephone:
0800 970 4669

wiltshirefamilyhub@spurgeons.org

Other useful numbers:

Health visitor – Single Point of Access

0300 247 0090

National Breastfeeding helpline
0300 100 0212

Fearfree (Domestic Abuse support Service)
01225 775276

National Domestic Abuse Helpline
0808 2000 247

Click here to visit our website

www.wiltshirefamilyhubs.org.uk

Support for Families to Build Healthier Relationships

At the Family Hub we recognise that there are times when the family dynamic can become increasingly stressful with communication that often ends in conflict.

Why not try Within My Reach?

Within My Reach is a four-week programme offered by Wiltshire Family Hubs, designed to support parents and carers living under the same roof who are seeking help in rebuilding a healthier relationship.

This program is ideal for couples and individuals alike—the flexibility allows either joint or solo participation.

Want to Get Involved? Here's How:
Request your place online. Sign-up is easy:

[CLICK HERE](#)

Why not try - Triple P Family Transitions

Triple P Family Transitions is a five-week programme where co-parents can come along, separately, to learn strategies and skills to manage their emotions, learn coping strategies during separation and divorce and balance play, work and life as you transition through the change.

[CLICK HERE](#)

Choking and Strangulation

Did you know?

- Asphyxia (which also includes choking and strangulation) is the third most common cause of child accident deaths in the UK. Most of these accidents happen to children under 5.
- It takes just a few minutes for a baby to suffocate, and they are too weak to move themselves out of a position where they can't breathe.
- For some top tips to avoid risk for your little one click the link →



[CLICK HERE](#)

Contact us by email:

wiltshirefamilyhub@spurgeons.org

Contact us by phone:

0800 970 4669



LEGO[®] Fest 2025

Lego layouts & displays for kids of all ages

Date: Saturday 18th October 2025

Time: 10:30am - 4:00pm

Venue: Winterbourne Glebe Hall (SP4 6HA)

Entrance fee: £2 per person, under 5s are free

Activities - Build a Minifigure - Lego for sale - Refreshments



October Camps



PH CAMPS

4-14 years

Ofsted Registered

MONDAY 20TH OCTOBER – FRIDAY 31ST OCTOBER

Early Bird Prices

| | DAY | WEEK |
|---|---------------|----------------|
|  Breakfast Club (08:00 – 09:00) | £5.00 | £20.00 |
| Day Booking (09:00-15:00) | £28.50 | £128.25 |
| Extended Club (15:00 – 16:00) | £5.00 | £20.00 |
| Extended Club (15:00 – 17:30) | £10.50 | £42.00 |

BOOK NOW

www.phcamps.co.uk

01225 701830

bookings@phcamps.co.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)

**Join us virtually on
Microsoft Teams;**

Wednesdays 10am-12pm

**8th October - 3rd December (no session
during October Half Term)**

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



Scan QR code to register
your interest or call us on
0800 970 4669

Spurgeons

**Family Hub
Wiltshire Council**

**All
Together**
Supporting families in Wiltshire



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(No formal diagnosis required)

Join us virtually on
Microsoft Teams;

Thursdays 6pm -8pm

16th October - 4th December

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



Scan QR code to register
your interest or call us on
0800 970 4669

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**Family Hub
Wiltshire Council**

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