

Learners of the Week

Ash Class: Imogen for being a super Scientist
Oak Class: Jason for being a super Scientist
Beech Class: Isla for being a super Scientist
Chestnut Class: Oliver H for being a super Scientist
Sycamore Class: Josh for being a super Scientist



Next Week's Menu

WHISKED	MONDAY	TUESDAY	WEDNESDAY <i>The Curry</i>	THURSDAY	FRIDAY
MAIN COURSE	PEPPERONI PIZZA	CHICKEN BURGER	ROAST CHICKEN	PASTA BOLOGNAISE	FISH FINGERS AND CHIPS
SIDES	SWETCORN BAKED WEDGES	CRISP SALAD BAKED WEDGES	YOGHURT RUMBAH, BUTTER BEAN SALAD, CARROTS, PEAS AND GRUY	GARLIC BREAD	BAKED BEANS OR GARDEN PEAS
MEAT-FREE	MARGHERITA PIZZA	VEGGIE BURGER	NUT LESS ROAST	VEGGIE BOLOGNAISE	QUORN NUGGETS AND CHIPS
DESSERTS	STRAWBERRY MOUSSE	SPRINKLE CAKE	FRUIT JELLY	FRUIT YOGHURTS	CHOCOLATE COOKIE

AVAILABLE DAILY

FRESH BAKED BAGUETTE

Choice of ham, cheese or sausage

HOT PASTA BAR

Family portion sizes served in a homestyle sauce 7 family sizes

OVEN BAKED JACKET POTATO

CHOICE: served plain / with cheese / with beans / with sausage

ALTERNATIVE DESSERT

Whipped fresh fruit available

SALAD TABLE

Control sides / Cucumber, tomato / Ketchup, lettuce / Tomato, Wedges / Sandwiches, sugar, milk

HOMEMADE FRESH BREAD ALSO AVAILABLE DAILY FROM THE BREAD STATION

ALLERGENS & INTOLERANCES

At Cleverchefs 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.cleverchefs.co.uk

OUR MEAT IS RED TRACER APPROVED!



SCAN ME FOR ALLERGEN INFORMATION

Autumn / Winter 2025_26

WEEK ONE

1

Dates: 3/11 - 24/11
15/12 - 5/1 - 26/1
9/3 - 30/3

WHISKED

by Cleverchefs

School Lunches

We have been notified by Cleverchefs Catering that there is a slight tweak to menus. There will be no Tuna on the menu from Monday. If you have ordered Jacket Potato or Baguette with Tuna, please log in and amend the selection.

Public Health England

We have been delighted to enjoy science learning with our friends from PHE this week. Please do ask your child how they have been a scientist in workshops today and in our staged 'infection' yesterday!



Avon Tyrrell Deposit

A gentle reminder that we require deposits for the residential trip by Friday 28th November to secure your child's place. This trip is open to all Year 5 and 6 children.

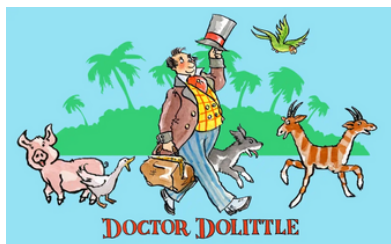


Image Theatre Production

We are looking forward to enjoying a performance of Dr Doolittle in the school hall on Monday afternoon, performed by our annual visiting theatre company. Our thanks to GPA for funding this for us!

Curriculum Showcase for Parents

A reminder that our open afternoon for parents of Beech, Chestnut and Sycamore Classes is taking place on Thursday 27th November from 2:45pm - 3:15pm. The children are keen to showcase their enquiry learning from the term, with a science focus. Please sign in via the school office from 2:45pm.

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.

What Parents & Educators Need to Know about **SCHOOL AVOIDANCE**

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022–23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

IMPACT OF SCHOOL AVOIDANCE

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/school-avoidance

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Gomeldon dates for your diary

Please note that some dates may be subject to change

24.11.25	Image Theatre Productions in school
27.11.25	Beech, Chestnut and Sycamore Curriculum Showcase 2:45 – 3:15pm
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
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

Caring for children with COUGHS



This leaflet contains information about how to look after a child who has a cough (not due to asthma).
For more detail see www.bristol.ac.uk/child-cough



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

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DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit.

This shouldn't cause harm and treating the fever doesn't prevent it.

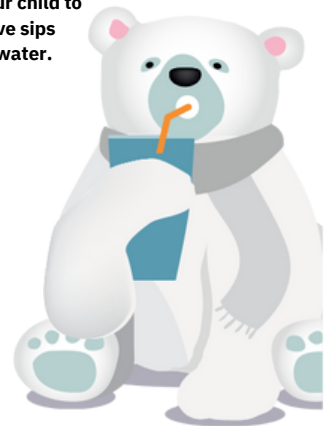
It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.



Fully Funded School Support Course

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www.studysmartuk.online

We are looking to fill 150+ School Support vacancies in local schools (e.g. SEN Support, Behaviour Mentors, 1-1 Classroom Support, Cover Supervisors etc). These roles are available in both full time and part time positions.

Please go to our website address given above, or scan the QR code for more information.

This is a 6 week course, full time, intensive course, with online guided learning sessions within school hours.

If you are earning less than £23,500 per annum or are in receipt of any benefits, you will be eligible for a fully funded place with us.





FUEL

The free holiday activity
and food programme

Science and
Technology

Creative
Arts

Performing
Arts

Dance
and
Gymnastics

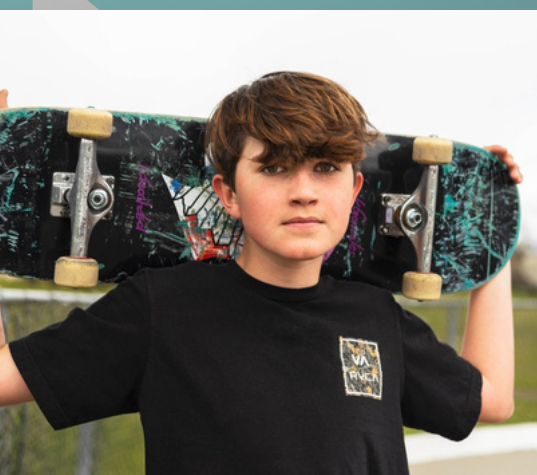
Sports
and
Games

Winter 2025
Booking now open

Hot Meal
provided

Photography
Workshops

Skateboard
and
Scooter



Booking closes **12 December**



[Click here for more information and booking](#)



Camp Locations

Up to four days at each location

Malmesbury
St Joseph's Catholic Primary School
Chippenham
Sheldon School
The Rise Community Hub
Corsham
The Pound Arts Centre
Springfield Campus
Bradford on Avon
Fitzmaurice Primary School
Melksham
The Manor CE Primary School
Assembly Hall
Trowbridge
Trowbridge Sports Centre
West Wilts Gymnastics
Westbury
Westbury Leigh Primary School
Westbury Community Project Hall
Warminster
Warminster Sports Centre
Mere
Youth Centre



Purton Ridgeway Farm CE Academy
Royal Wootton Bassett Lime Kiln Leisure Centre
Wootton Bassett Wootton Bassett Infant School
Calne Calne Leisure Centre
Marlborough Marlborough Leisure Centre
Devizes Devizes Leisure Centre
Tidworth Wellington Lions Academy
Amesbury Amesbury Sports Centre
Durrington The Bowman Centre
Salisbury Avon Valley College
Sarum Academy

Food

F is for Food! You will receive a nutritious lunch each day and you'll also have fun and keep fit!

Unity

Unity means making new friends in your community, while friendly staff are supportive and understanding.

Energy

Take part in a range of activities that will keep you energised, exercised and educated.

Laughter

There will be plenty of opportunities for fun and laughter throughout the programme and opportunities to learn new life-skills.