

Learners of the Week

All of Ash Class for being marvellous Athletes!
Oak Class: Oscar a super Scientist
Beech Class: Joshua for being a great Scientist
Chestnut Class: Leilani a wonderful Author Writer
Sycamore Class: Bellareace a fantastic Scientist



Next Week's Menu

WHISKED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	SAUSAGE AND MASH Homemade sausage, mashed potatoes and onion gravy.	TACO PASTA Chicken mince, taco sauce, cheese and nachos.	CHICKEN BURGER Chicken mince, cheese, lettuce, tomato and onion on a bun.	PIZZA PEPPERONI Homemade pizza with pepperoni.	FISH 'N' CHIPS Homemade fish, chips and tartar sauce.
SIDES	SWEETCORN	NACHOS SPRING GREEN BEANS	CRISPY SALAD HOMEMADE MINI WEDGES	ROAST NEW SEASON POTATOES	SUMMER PEAS
MEAT-FREE	VEGGIE SAUSAGE AND MASH Homemade veggie sausage, mashed potatoes and onion gravy.	VEGGIE TACO PASTA Homemade veggie mince, taco sauce, cheese and nachos.	VEGGIE BURGER Homemade veggie mince, cheese, lettuce, tomato and onion on a bun.	PIZZA MARGHERITA Homemade pizza with tomato sauce, mozzarella and basil.	QUORN HUGGERS Quorn mince, tomato sauce, cheese and nachos.
DESSERTS	SPRINKLE SPONGE Classic vanilla sponge.	HANDLARD CAKE Zesty handlard cake.	JELLY Orange, strawberry or raspberry.	FLAPJACK Classic flapjack.	ROCKY ROAD Chocolate cake with marshmallows and nuts.
AVAILABLE DAILY	FRESH BAKED BAGUETTE Homemade fresh bread. HOT PASTA BAR Homemade pasta with various sauces. OVEN BAKED JACKET POTATO Homemade jacket potatoes with various toppings. FRUIT Homemade fruit salad. SALAD TABLE Homemade salad with various vegetables and dressings.	HOMEMADE FRESH BREAD ALSO AVAILABLE DAILY FROM THE BREAD STATION	OUR MEAT IS RABBIT APPROVED	Spring - Summer 2025 WEEK TWO Dates: 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th	
		ALLERGENS & INTOLERANCES At Gomeldon we take food allergies and intolerances very seriously. If your child has any food allergies or intolerances you need to make us aware when booking your child's place. We have a full list of allergens on our website.	SCAN ME FOR ALLERGEN INFORMATION	WHISKED by Cleverlife	

Curriculum Information and Homework

A reminder that termly information to parents and carers is available on class pages on the school website. This is also the location to find your child's homework menu and expectations for the term. You will find log ins for their Edshed, Numbots (KS1) and Timestables Rockstars (KS2) in the cover of reading record books.

Woodwind Music Lessons

Please see a message from our woodwind teacher, Mrs Maguire:

'With the school year now fully underway, I am delighted to be able to offer the opportunity to more musicians if they would like to learn the clarinet, flute or saxophone. Please contact me directly on rachel_maguire@outlook.com to discuss the options. I am very keen to meet pupils to see these instruments, hear what they sound like and hold them before they make any commitments.'



Nasal Flu Vaccinations

A reminder that you need to log in to complete the consent for your child - link attached below:

This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and can cause serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.



Please complete the consent form (yes or no) using the following link:
www.bswschoolagedimms.co.uk/Forms/Flu
Please use the school code: WT126195

Harvest Food Collection

We are pleased to be supporting the Old Sarum and Longhedge Community Pantry this year. If you are able to make a donation of essential food and hygiene products, please bring items to school where we collect them in the school office for donation on Friday 3rd October.



At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

Gomeldon Diary Dates

Please note that some dates may be subject to change

Additional Dates in BOLD.

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
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 – 19.6.26	Avon Tyrrell Residential for Years 5 & 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

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.



Are you struggling with a defiant child?



Facing Defiance

A six part onlinecourse for parents that you can complete in your own time.

A step by step guide through a specific strategy aimed to support parents of children aged between 5 to 12 who are displaying very challenging behaviour, including children with ADHD, ODD and PDA.

go to **facefamilyadvice.co.uk**

Book online £48

on the **Online Parenting Courses** page



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





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**





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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Join us virtually on
Microsoft Teams;

Thursdays 6pm -8pm

16th October - 4th December

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



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