

# Wembdon News

## 19<sup>th</sup> April 2024

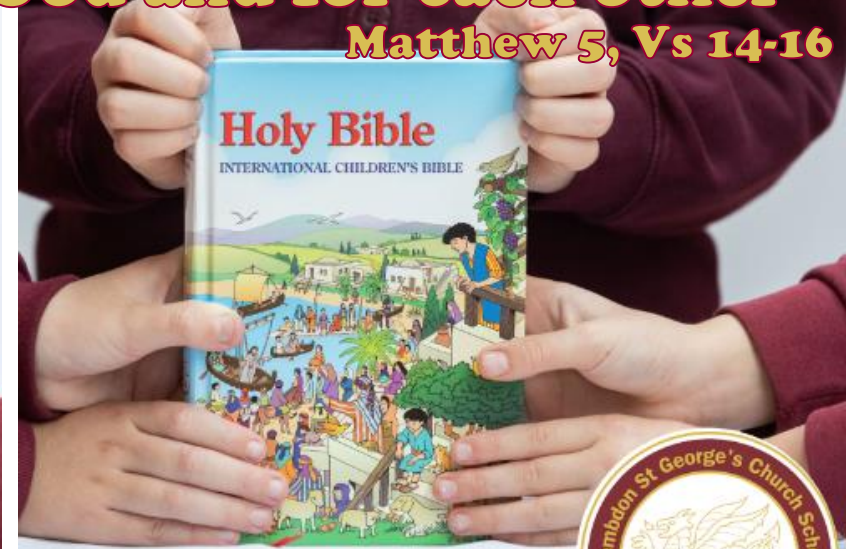


Koinonia

Service

Trust

**'Shining together to be the best we can be for God and for each other'**  
Matthew 5, Vs 14-16



Forgiveness

Compassion

Wisdom

# 1. Updates from Senior Leadership Team

## Consultation on changes to school day timings for September 2024

*Dear families and staff,*

*As of September 2024, schools must ensure that they meet the government expectations of children having a school day length of 6 hours 30 minutes and a weekly amount of 32 hours and 30 minutes, including breaks. Like many schools, we are currently 15 minutes short of the expected time due to historic school day timings.*

*To bring Wembdon in line with government expectations we will be increasing the length of the school day by 15 minutes from September 2024. This time is inclusive of registration in the morning until dismissal at end of day and includes breaks.*

*The table below shows the current arrangements and presents 3 options for consultation from staff and families.*

*The deadline for all responses is 9am on Friday 10<sup>th</sup> May. Families and staff will be informed of the confirmed changes at the start of term 6 in readiness for the new school year.*

*Option 2 is the preferred option for school leadership as this ensures that all staff are present at the time the classrooms are opened in the mornings. Employment laws do not allow us to simply change the contracted hours of teaching assistants and so we will aim to avoid this where possible. Teachers have a different arrangement for their working hours and so can be more flexible.*

*Please complete the linked Microsoft Form Survey with your responses/questions to the following question - Which option do you prefer and why?*

*[School Day Timings – Family feedback form](#)*

*Kind regards,*

*Mrs Clare Wallace*

<b>Current timings</b> <b>2023-2024</b>		<b>New timings</b> <b>option 1:</b> 10 mins start of day, 5 mins end of day	<b>New timings</b> <b>option 2:</b> 15 mins at end of day	<b>New timings</b> <b>option 3:</b> 5 mins at start of day, 10 mins end of day
<b>8.40</b>	Pedestrian gates unlocked, children and families welcome on site, staff on duty	<b>8.30</b>	<b>8.40</b>	<b>8.35</b>
<b>8.50</b>	Classrooms open, children to enter, teachers present	<b>8.40</b> <i>No teaching assistants until 8.50</i>	<b>8.50</b>	<b>8.45</b> <i>No teaching assistants until 8.50</i>
<b>9.00</b>	Register taken, children are marked as late after this time	<b>8.50</b>	<b>9.00</b>	<b>8.55</b>
<b>10.30</b>	Breaktime (flexible)	<b>10.30</b>	<b>10.30</b>	<b>10.30</b>
<b>12.00</b>	Lunchtime (flexible)	<b>12.00</b>	<b>12.00</b>	<b>12.00</b>
<b>3.05</b>	Pedestrian gates unlocked, families welcomed on site, staff on duty	<b>3.10</b>	<b>3.20</b>	<b>3.15</b>
<b>3.15</b>	Children dismissed from classrooms	<b>3.20</b>	<b>3.30</b>	<b>3.25</b>
<b>3.25</b>	Gates and classrooms closed	<b>3.30</b>	<b>3.40</b>	<b>3.35</b>

# Wembdon St George's Church School

## Annual Celebration Day

*In April 2022 we held a celebration fun day following our Good Ofsted judgement in January 2022. Later that year we realised, through the voice of the children, that this was a truly memorable event for them, and it was something we needed to repeat, and so our annual celebration event was created!*

*This year the plan will be as follows:*

- *Friday 26th April pm*
- *Rain or shine*
- *Normal school day times*
- *Normal lunchtime food arrangements*
- *Active mufti clothing for the day- FREE*
- *PTA ice cream/lolly for every child*

*This year we are looking for **5 parent volunteers** to come and support the staff supervising the children. If you are interested in giving your time and are up for having some fun and joining in, please contact Mrs Lefrere in the school office. I regret that parent volunteers cannot bring younger children to this event.*

*If the weather remains dry, and we have enough staff to supervise, we will open the bouncy castle and bouncy assault course for children at the end of the school day for families to use.*

*We are looking forward to making fun memories with the children and celebrating our wonderful school, watch out for photos on ClassDojo!*

*Thanks,  
Mrs Wallace*

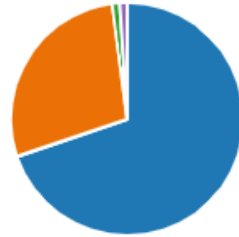
# Parents' Evening Questionnaire

1. My child is happy at this school.

[More Details](#)

[Insights](#)

Strongly agree	67
Agree	27
Disagree	1
Strongly disagree	0
Don't know	1



4. My child has been bullied and the school dealt with the bullying quickly and effectively.

[More Details](#)

[Insights](#)

Strongly agree	10
Agree	13
Disagree	6
Strongly disagree	0
My child has not been bullied.	67



2. My child feels safe at this school.

[More Details](#)

[Insights](#)

Strongly agree	74
Agree	21
Disagree	0
Strongly disagree	0
Don't know	1

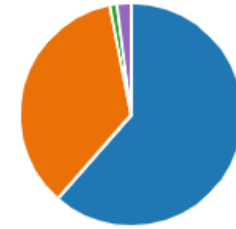


5. The school makes me aware of what my child will learn during the year.

[More Details](#)

[Insights](#)

Strongly agree	59
Agree	34
Disagree	1
Strongly disagree	0
Don't know	2

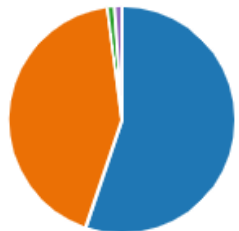


3. The school makes sure its pupils are well behaved.

[More Details](#)

[Insights](#)

Strongly agree	53
Agree	41
Disagree	1
Strongly disagree	0
Don't know	1



6. When I have raised concerns with the school they have been dealt with properly.

[More Details](#)

[Insights](#)

Strongly agree	37
Agree	34
Disagree	5
Strongly disagree	1
I have not raised any concerns.	19



# Parents' Evening Questionnaire

7. Does your child have special educational needs and/or disabilities (SEND)?

[More Details](#)

Yes	13
No	83



10. My child does well at this school.

[More Details](#)

[Insights](#)

Strongly agree	50
Agree	41
Disagree	5
Strongly disagree	0
Don't know	0



8. My child has SEND, and the school gives them the support they need to succeed.

[More Details](#)

Strongly agree	2
Agree	7
Disagree	2
Strongly disagree	0
Don't know	2

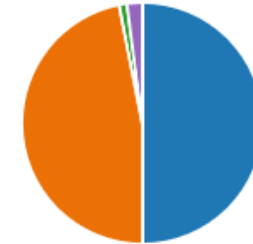


11. The school lets me know how my child is doing.

[More Details](#)

[Insights](#)

Strongly agree	48
Agree	45
Disagree	1
Strongly disagree	0
Don't know	2



9. The school has high expectations for my child.

[More Details](#)

[Insights](#)

Strongly agree	39
Agree	48
Disagree	3
Strongly disagree	0
Don't know	6

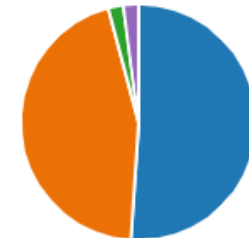


12. There is a good range of subjects available to my child at this school.

[More Details](#)

[Insights](#)

Strongly agree	49
Agree	43
Disagree	2
Strongly disagree	0
Don't know	2



# Parents' Evening Questionnaire

13. My child can take part in clubs and activities at this school.

[More Details](#)

[Insights](#)

Strongly agree	50
Agree	38
Disagree	5
Strongly disagree	0
Don't know	3



14. The school supports my child's wider personal development.

[More Details](#)

[Insights](#)

Strongly agree	36
Agree	49
Disagree	4
Strongly disagree	0
Don't know	7



15. I would recommend this school to another parent.

[More Details](#)

[Insights](#)

Yes	94
No	2



We would like to say a massive thank you to parents for their feedback and comments at Parents' Evenings.

Please may we remind you to speak to school staff if you have any concerns or questions about your child or the school.

# What Parents & Educators Need to Know about

# ENERGY DRINKS

## WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### HIGH CAFFEINE CONTENT



Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS



The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH



The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety,

### DISRUPTED SLEEP PATTERNS



Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE



Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY





nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.



### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.



### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.



### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday<sup>®</sup>

The National College<sup>®</sup>

Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)

X @wake\_up\_weds

f /wuw.thenationalcollege

ig @wake.up.wednesday

music @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024

## 4. Wembdon School Life

# Parent & Carers' Newsletter

We are delighted to share with you the Spring edition of the Parents' and Carers' Newsletter 2023 – 24.

This can be viewed on the Bath & Wells Multi Academy Trust website by using the following link:

[Bath and Wells Multi Academy Trust - Parents' and Carers' Newsletter \(bwmat.org\)](http://bwmat.org)



# Class 2/3C re-arranged Parents' Evening

On Thursday 16<sup>th</sup> May we will be having our re-arranged Parents' Evening session for Class 2/3C which will provide you with an opportunity to discuss your child's progress with their class teacher.



**These meetings will take place in school.**

Please see below the timings.

**Thursday 16<sup>th</sup> May: 4:00pm – 6:00pm**

Please book your appointment time using the following link:

**[Parents' Evening 2024](#)**

Confirmation of your appointment will be sent to the email address that you use when making your booking.

**When adding your details please enter your child's full name in the Name section.**

All appointments will last for 10 minutes.

# Car Safety

This week we have received feedback from families regarding an alarming number of children from the school and their siblings who have been seen in dangerous set ups inside of their family cars.

Lots of these children are in completely inappropriate seats but more alarmingly they have not been wearing seat belts and are moving around in the back and front of the cars whilst they are moving.

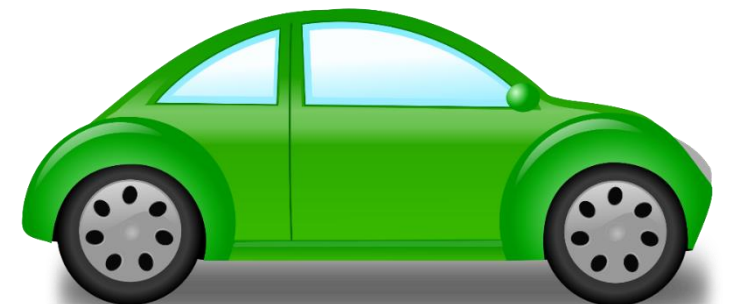
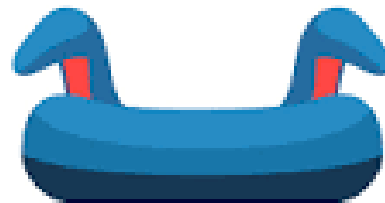
Please see below some of the Government laws regarding car seats and seat belts for children of a primary school age.

## Children

You must make sure that any children in the vehicle you're driving are:

- in the [correct car seat](#) for their height or weight until they reach 135 centimetres tall or their 12th birthday, whichever is first
- wearing a seat belt if they're 12 or 13 years old, or younger and over 135cm tall

**You can be fined up to £500 if a child under 14 isn't in the correct car seat or wearing a seat belt while you're driving.**



Source: <https://www.gov.uk/seat-belts-law>



# Wembdon St George's Church School

## Class spaces

Class	Spaces available (as of 29th February 2024)
RA	2 - Reception
R1B	8 - Year 1
1A	3
2/3A	0
2/3B	0
2/3C	1
4/5A	0
4/5B	0
4/5C	0
6A	4
6B	5

**We welcome visits to our school prior to in year applications being submitted.**

**Please call the school office on 01278 451726 to book a visit.**

# School Dates

Date	Event	Time	Location	Additional Info
Monday 25 <sup>th</sup> March	Year 6 Escape Room Challenge	1:00 – 3:00pm	Parish Centre	
<del>Tuesday 26<sup>th</sup> March</del>	<del>Family Stay &amp; Play session – Messy Play</del>	<del>3:15 – 4:00pm</del>	<del>School</del>	<b>Event cancelled</b>
Thursday 28 <sup>th</sup> March	Easter Service	9:00 – 12:00pm	Church	<b>Unfortunately, families are not able to attend</b>
Thursday 28 <sup>th</sup> March	Class 4/5B Brass Performance to families	2:30 – 3:00pm	School Hall	Letter emailed to Class 4/5B families
Friday 29 <sup>th</sup> March	Bank Holiday	All day		School closed
Monday 1 <sup>st</sup> – Friday 12 <sup>th</sup> April	Half Term			
Monday 15 <sup>th</sup> April	Inset Day	All day		School closed
Friday 19 <sup>th</sup> April	Swimming starts for Class 2/3B	1:00 – 3:00pm	1610	Letter emailed to Class 2/3B families
Friday 26 <sup>th</sup> April	St George's Day Event	1:00 – 3:00pm	School	More information to follow.
Friday 10 <sup>th</sup> May	Final swimming session for Class 2/3B	1:00 – 3:00pm	1610	
<del>Thursday 23<sup>rd</sup> May</del> Tuesday 21 <sup>st</sup> May	Family Stay & Play session – Sporty Play	3:15 – 4:00pm	School	Booking link to follow. <b>Please note change of date.</b>
Tuesday 9 <sup>th</sup> July	Family Stay & Play session – Adventure Play	3:15 – 4:00pm	School	Booking link to follow.

All dates are available to view on the calendar on our school website: <https://wembdonstgeorges.co.uk/calendar/>

**Attendance this week:**

**94.37%**

**National Average: 96%**

**Overall Attendance:**

**96.07%**

This is **above** the national average.



## Teams

Knights: 4,964

2/3A, 2/3B, 2/3C, 4/5B, 6A

Dragons: 5,200

RA, R1B, 1A, 4/5A, 4/5C, 6B



# 5. Wembdon Community

**SAT 27 APRIL**

**FREE  
ENTRY**

**JOIN THE BIG FAMILY BIKE RIDE**  
Everyone is welcome. All children to be supervised by parents / carers.

**KIDICAL  
MASS**



**BRIDGWATER**

**MEET BLAKE GARDENS**  
**10.30 AM**

**CIRCULAR ROUTE - 45min-1hr**

**Reclaim our streets!**

powered by Bridgwater Area Cycling Campaign  
[thebacc.org.uk](http://thebacc.org.uk)



*Do you want to be able to cycle safely, especially with your family?*

*Would you like safer spaces to cycle so you and your family can cycle more?*

*Do you want to make your voice heard, so future generations can ride their bikes safely?*

*Would you like to meet like-minded people in your area?*

*If you've answered "Yes" to any of the above, you need to know about Kidical Mass!*



It all starts with...



All Stars Cricket is the best cricket experience for **5-8 year-olds**

All kids are guaranteed to develop **new skills** while **having fun** and **making friends**

Participants receive a **personalised t-shirt**



Sign up today at [allstarscricket.co.uk](http://allstarscricket.co.uk)



This is our game.

**Calling all 8-11 year olds!**

Whether a graduate from All Stars or new to the sport, **Dynamos Cricket** is an exciting way for kids to **play, learn** cricket skills and make **new friends**.

Participants receive a personalised **New Balance** shirt with their name and chosen number.

Sign up today



[dynamoscricket.co.uk](http://dynamoscricket.co.uk)



**TICKETS AVAILABLE ONLINE NOW!**



Book  
Here

**TAUNTON  
BRICKFESTIVAL.COM**

**AWESOME LEGO  
DISPLAYS**

**OLD & NEW LEGO  
FOR SALE**

**ACTIVITIES  
FOR ALL AGES**

**EXCITING BUILD  
COMPETITIONS**

**PICK YOUR OWN  
LOOSE BRICKS**

**21<sup>ST</sup> APR 2024**

**TAUNTON  
BRICK  
FESTIVAL**

**MORE LEGO THAN  
YOU CAN DREAM OF**

WELLSPRING LEISURE CENTRE



UP TO 30%  
DISCOUNT!



# PREMIER HOLIDAY CAMPS



Premier  
Education

INSPIRING  
ACTIVITY



SCAN HERE FOR  
MORE INFORMATION

OR VISIT [PREMIER-EDUCATION.COM/HOLIDAY-CAMPS](http://PREMIER-EDUCATION.COM/HOLIDAY-CAMPS)



BASED ON OVER 11,000 REVIEWS

**Otterhampton Primary School, Bridgwater, TA5 2QS**

⚽ Activities include Archery, Gymnastics, Football, Arts & Crafts, Dodgeball, and many more!

📅 28th - 31st May, 0900-1530, Age 4-11, £24.99 per day

🌟 **30% DISCOUNT** available 8th April - 28th April

🌟 **15% DISCOUNT** available 29th April - 12th May

✓ Visit [www.premier-education.com](http://www.premier-education.com) to book

✉ Contact [dcrysell@premier-education.com](mailto:dcrysell@premier-education.com) for queries

😊 See you soon!

**PLEASE  
BRING**

PLENTY OF WATER  
SUITABLE CLOTHING  
LOADS OF ENERGY!

Our Holiday Camps keep children entertained, safe & on the move during the school holidays.

A bucket load of fun activities, every school holiday. With great value sports, performing arts, and games to enjoy each half term, we have plenty for your children to get stuck into in the school break.

**Book now** for a school holiday full of fun!



SCAN HERE FOR  
MORE INFORMATION

OR VISIT [PREMIER-EDUCATION.COM/HOLIDAY-CAMPS](http://PREMIER-EDUCATION.COM/HOLIDAY-CAMPS)



BASED ON OVER 11,000 REVIEWS



# BRIDGWATER

## FOOTBALL COACHING CLUB

*At Chilton Trinity School  
Chilton Street, Bridgwater, TA6 3JA  
Starting Friday 19th April 2024*

Group 1 & 2	5.00pm - 6.00pm	Ages 6-8
Group 3	6.00pm - 7.00pm	Ages 8-12

These groups are a guideline and parents may select groups according to ability, size, brothers/sisters etc.

Dear Parents,

I am delighted to inform you that following the success of previous courses we are expanding the football coaching programme for 2024. The new course will start on Friday 19th April and run for 12 weeks.

All of our courses are run by **FA QUALIFIED** and **DBS POLICE CHECKED** coaches. The course is open to **boys and girls** aged between 4 and 11. All abilities are catered for with total beginners introduced through **fun** and **confidence** building practices. The course is tightly structured to ensure all aspects of football skills are developed.

At the end of the course **every child** will receive an engraved merit **trophy** and course **certificate**, with opportunities to win extra trophies including Penalty Shoot Out, American Shoot Out and World Cup competitions.

The cost of the course is £8.00 per week, which is payable every four weeks (£32) with the first payment due on week one. Parents are welcome to stay and watch however the club is fully supervised so children may be left in our care. The course will be held indoors so trainers must be worn.

**TO BOOK A PLACE ON THE COURSE PLEASE TEXT  
BRIDGWATER + CHILD'S NAME + GROUP NUMBER**

**(1, 2, or 3)**

And receive confirmation by text

**OR TELEPHONE**

**07703 572 527**

*Mark Birch*

(Course Co-Ordinator)

