



# Abbas & Templecombe Church School

Newsletter (2) Friday 16<sup>th</sup> January 2026



## Collective Worship Reflections



In our collective worships we have been discussing British Values and how, as a school community, we uphold these. We are proud to embrace and promote British values, which include **democracy, the rule of law, individual liberty, mutual respect** and **tolerance of different faiths and beliefs**. These values are woven into our curriculum and daily school life, helping children to grow into responsible, respectful and open-minded citizens. From participating in decision-making to learning about different cultures and traditions, our pupils are given opportunities to practice these principles in meaningful ways. We believe these values not only underpin a harmonious school community but also prepare our children to contribute positively to society.

### NEXT WEEK - REMINDERS

Friday 23<sup>rd</sup>

Deadline for ordering of hot meals for week commencing 2<sup>nd</sup> February



## Worker of the Week



### NIGHTINGALE

**Eddie** for great perseverance in his learning. Well done Eddie, keep up the great work!

**Eli** for always participating in carpet times and being a great role model for other children. Well done Eli!

### BOWIE

**Ada** for her enthusiastic joining in with her reading group and lovely writing about the smartest giant.

**Amaya** for her inspiring learning attitude. Amaya has had a great start to this half term, especially her writing about the giant.

### ANNING

**Nelly** for being a consistent superstar this week. From being a fab friend, to a Maths maverick, you've let nothing stand in your way. Keep it up, Nelly!

**Martha** for showing resilience and determination with Maths. Well done, Martha!

### ZEPHANIAH

**Freddie S** for showing a great learning attitude this week and being kind and respectful.

**Victoria** for confidently using the modelled process to convert the fractions to percentages.



**Barney** in Nightingale Class for always finishing his food and always being polite.  
**Jacob D** in Zephaniah Class for always being well mannered.



**Templecombe  
Token  
Certificates**



Congratulations go to **Harrison** in Anning Class and **Alice, Isaac, Jacob H, Darcey, Sienna** for achieving their Bronze Templecombe Token award.

**Out of School Achievements:**

Congratulations to **Harper** in Bowie Class for receiving the trophy from Cygnets Castle Cary

**A big well done to all of you!**

*If your child achieves an award, medal or trophy through participating in an outside-of-school club or activity, we would love to hear about it and congratulate them at our weekly Wednesday worship. Please bring certificates etc to the school office.*



We welcomed two outside speakers into school this week with whole school workshop assemblies from the NSPCC and a visitor from Network Rail who came to talk to Years 5 and 6 around keeping safe near the railway.



**Attendance**

Unfortunately this week the school has been hit by a sickness bug resulting in many children being away poorly. Our whole school attendance for the week was below 80% which is incredibly low compared to our normal 96%. We continue to ensure that all regular touch surfaces are sanitised each night, including door handles and tables, but below is advice we have received from our NHS colleagues:

Children catch lots of bugs, especially at this time of year – it’s a normal part of growing up - however there are simple, everyday things families can do to help build children’s immune systems, so they stay strong and recover more quickly when they do fall ill.

<p><b>Food doesn't have to be fancy!</b>          A healthy immune system starts with regular meals. Aim for:</p> <ul style="list-style-type: none"> <li>• Fruit and vegetables when you can – frozen, tinned or fresh all count</li> <li>• Simple protein like eggs, beans, lentils, peanut butter, tinned fish or chicken</li> <li>• Milk, yoghurt or cheese for calcium and vitamins... even small changes help. One extra portion of fruit or veg a day makes a difference.</li> </ul>	<p><b>Sleep is powerful medicine</b>          Sleep helps children fight infections and stay well.</p> <ul style="list-style-type: none"> <li>• Young children usually need <b>10–12</b> hours a night</li> <li>• Older children need around <b>8–10</b> hours</li> </ul> <p>A calm bedtime routine (bath, story, lights off) can really help.</p>
<p><b>Good hygiene, not perfection</b>          Regular handwashing with soap and water (before eating and after the toilet) helps stop germs spreading.</p>	<p><b>Fresh air and movement matter</b>          Playing outside, walking to school, or running around the park helps the body and mind. Children don't always need organised sports – active play is just as good.</p> <p><b>Illness is part of growing up</b>          Coughs and colds help children’s immune systems learn. Rest, fluids and time are often the best treatment. Small steps, taken every day, can help children grow healthier and stronger</p>

### Hot Lunches – Change to Ordering Deadlines

Our catering provider Caterlink have let us know they need to bring their weekly order deadline forward as from 2<sup>nd</sup> February. As a result, please ensure all food orders are booked on the Arbor portal **no later than 3pm on the Friday, two weeks before**, e.g. if your child requires hot meals for week commencing 2<sup>nd</sup> February, the order must be placed on Arbor by 3pm on Friday 23<sup>rd</sup> January.

### 2026 Key Stage 2 Residential

Arrangements have been finalised for our upcoming Key Stage 2 Residential and letters have been emailed to parents. Please see below for timetable of payments for each trip and these should please be made on the Arbor Parent Portal (Quick Actions/Trips). Please also ensure you have completed the consent form using the link in the relevant parent letter to confirm you have read the Code of Conduct and to allow us to take and share photographs of the children’s adventures.

Yr 3/4 - Kilve Court - 9-10 <sup>th</sup> March	Yr5 - Braggers Wood - 29 <sup>th</sup> Apr-1 <sup>st</sup> May	Yr6 - Dudsbury - 18 <sup>th</sup> -21 <sup>st</sup> May
£25 deposit due by 7/11/2025	£30 deposit due by 6/2/2026	£30 deposit due by 6/2/2026
£40 2 <sup>nd</sup> payment due by 5/12/2025	£50 2 <sup>nd</sup> payment due by 2/3/2026	£70 2 <sup>nd</sup> payment due by 1/4/2026
£45 final payment due by 6/2/2026	£60 final payment due by 1/4/2026	£80 final payment due by 5/5/2026

### Spare Clothing

If your child is sent home wearing spare clothing, please wash and return the items to school as soon as possible – our supplies are rather limited so if you have items at home which your child has outgrown and they are in good condition (e.g. underwear or trousers), please consider donating these to school. It can be helpful if spares can be sent into school with your child in their school bag if you know there is a chance of a change being needed.

### Somerset School Nurse Team Newsletter

Please see the attached newsletter from the School Nursing team.



Every Learner Matters

### Understanding Dysregulation: “Flipping the Lid”

When children experience big emotions, their brains can become **dysregulated**. Dr. Dan Siegel describes this as “flipping the lid” — when the rational, thinking part of the brain temporarily disconnects and the survival (“reptilian”) part takes over. In this state, children may:

- Shout or cry
- Run away
- Refuse to follow instructions
- Seem “not themselves”

This is not naughtiness - it is overwhelm. Children need **connection and co-regulation**, not punishment, to return to calm. Adults help by staying steady, offering reassurance, using few words or giving space. Once the child is calm again, we can talk, teach and reflect. Understanding dysregulation allows us to respond with compassion instead of conflict.

### Empowering Parents Programme

## Empowering Parents Programme Session Four



This 60-minute session, led by Emma Hemmings from The Essential Safeguarding Company, helps parents understand online gaming, explore risks such as chat, privacy, and spending, and learn practical ways to keep children safe and gaming responsibly.

We will also look at new and upcoming changes to restrictions on Xbox and Roblox, including age verification, parental controls, chat restrictions, and spending limits, so you are as up-to-date as possible on how best to protect your children while they play.



By the end of the session, parents will have practical tips and tools to manage gaming safely, set boundaries, and have meaningful conversations with their children about online play.



Online



29<sup>th</sup> January  
2026



6pm - 7pm

The next session in the *Empowering Parents* series is taking place **online on Thursday 29th January 2026 at 6.00pm**. This session will focus on **online gaming** and will explore how parents and carers can support children to engage with this popular hobby safely, positively, and responsibly.

The session will provide practical tools, insights, and strategies to:

- Understand the online gaming world and why it appeals to children
- Recognise potential risks, including online safety and wellbeing concerns
- Support healthy boundaries, communication, and positive gaming habits
- Help children enjoy gaming safely while maintaining balance

Anyone wishing to attend the session will need to register for a ticket using this link:

<https://www.eventbrite.co.uk/e/1979863381671?aff=oddtutor>

Previous Empowering Parents sessions have been recorded and are available below. Please click on the link, then insert the username and password below to access the recording.

- Link: <https://www.safeguardingco.co.uk/support/>
- Username: empoweringparents
- Password: empowering2526



Thank you to those who were able to attend our meeting on Wednesday afternoon. Lots of discussions and ideas were put forward, as a result of which, the following events are either in the planning stages or have been arranged. Please do update your diary!

### PTA EVENTS

Tuesday 3<sup>rd</sup> February

Thursday 12<sup>th</sup> February

Friday 20<sup>th</sup> March

Mon 23<sup>rd</sup> & Tues 24<sup>th</sup> March

Saturday 28<sup>th</sup> March

Wednesday 1<sup>st</sup> April

Spring Disco

Pre-loved uniform available at Open Afternoon

Non-uniform day for Easter Egg Bingo prize - **to be confirmed**

Pre-loved uniform available at Parents Evenings

Easter Bingo – **to be confirmed**

Dare to be Different Day (more info to follow)

Movie 'n' Munch

Later on in the year we hope to have a Plant sale and a Quiz Night. If anyone has any unwanted seeds, empty plant pots or plants which they are happy to donate, or any items for prizes, please let the PTA know by emailing [ptfa.templecombeschool@aol.com](mailto:ptfa.templecombeschool@aol.com)

Sadly, responses to our feedback form were fairly low but we are happy to have gained another volunteer from the replies we did receive! If you haven't already, we would really appreciate you taking a few minutes to complete the 'Form' as your views will help us shape our efforts for the months ahead. Please use this link:

[https://docs.google.com/forms/d/e/1FAIpQLSf6gvbCNV9uHIE\\_6LRt4uvL0zTSTAwRMomyLx42gZ6BpOrsw/viewform?usp=publish-editor](https://docs.google.com/forms/d/e/1FAIpQLSf6gvbCNV9uHIE_6LRt4uvL0zTSTAwRMomyLx42gZ6BpOrsw/viewform?usp=publish-editor)

And finally...

We hope you all have a fantastic weekend.

Mrs Brazier

Enc: School Nursing Newsletter

Whilst we are happy to advertise events in our area provided by third parties, we make no representations or warranties about the suitability of such products or services referenced in these advertisements for any purpose. Our inclusion of such products and services does not constitute their recommendation or endorsement.



## DIARY DATES - 2025/26 Academic Year

If text is highlighted in green this is a change / addition to the diary dates

### JANUARY:

Tuesday 27<sup>th</sup> Muddy Church – Candlemass

### FEBRUARY:

Tuesday 3<sup>rd</sup> Spring Disco

Wednesday 4<sup>th</sup> Anning and Zephaniah online ballet experience

Thursday 5<sup>th</sup> Treat Shop Thursday

Friday 6<sup>th</sup> Yr3/4 Residential – final payment deadline

Tuesday 10<sup>th</sup> Shrove Tuesday (Pancake Day) house challenge

Wednesday 11<sup>th</sup> Anning and Zephaniah online opera experience

Thursday 12<sup>th</sup> Open Afternoon (Yr1-6 parents from 2.15pm / EYFS Stay & Play from 2.30pm)  
Pre-loved uniform available at Open Afternoon

Friday 13<sup>th</sup> 3.30pm School closes for half term

**16<sup>th</sup> FEBRUARY to 20<sup>th</sup> FEBRUARY – HALF TERM**

Monday 23<sup>rd</sup> School re-opens

Tuesday 24 <sup>th</sup>	Muddy Church – Spring, new beginnings
<b>MARCH:</b>	
Thursday 5 <sup>th</sup>	World Book Day Treat Shop Thursday
Mon 9 <sup>th</sup> / Tue 10 <sup>th</sup>	Yr3/4 Residential – Kilve Court
Friday 20 <sup>th</sup>	Non-uniform day for Easter Egg Bingo prize - <b>to be confirmed</b>
Monday 23 <sup>rd</sup>	Parents evening 3.40pm-5pm (Pre-loved uniform available)
Tuesday 24 <sup>th</sup>	Parents evening 3.40pm-6.30pm (Pre-loved uniform available)
Saturday 28 <sup>th</sup>	Easter Bingo – <b>to be confirmed</b>
Tuesday 31 <sup>st</sup>	Muddy Church – Easter
<b>APRIL:</b>	
Wednesday 1 <sup>st</sup>	9.05am End of Term Awards Dare to be Different Day (more info to follow) Movie 'n' Munch
Thursday 2 <sup>nd</sup>	House Challenge a.m. Easter Experience p.m. <b>3pm School Closes for the Easter Break</b> (No After Fun provision)
<b><u>3<sup>rd</sup> APRIL to 17<sup>th</sup> APRIL – EASTER BREAK</u></b>	
Monday 20 <sup>th</sup>	<b>INSET Day – school closed</b>
Tuesday 21 <sup>st</sup>	School re-opens
29/4 to 1/5	Yr 5 Residential
<b>MAY:</b>	
Monday 4 <sup>th</sup>	<b>Bank Holiday – school closed</b>
Tuesday 5 <sup>th</sup>	Muddy Church
Thursday 7 <sup>th</sup>	Treat Shop Thursday
11 <sup>th</sup> to 14 <sup>th</sup>	SATS Week
18 <sup>th</sup> to 21 <sup>st</sup>	Year 6 Residential
Wednesday 20 <sup>th</sup>	KS1 Multi-Skills Festival @ KA
Friday 22 <sup>nd</sup>	<b>3.30pm School closes for half term</b>
<b><u>25<sup>th</sup> MAY to 29<sup>th</sup> MAY – HALF TERM</u></b>	
<b>JUNE:</b>	
Monday 1 <sup>st</sup>	<b>INSET Day – school closed</b>
Tuesday 2 <sup>nd</sup>	School re-opens / Y4 Multiplication check
Thursday 4 <sup>th</sup>	Treat Shop Thursday
Mon 8 <sup>th</sup> /Tue 9 <sup>th</sup>	Phonics screening check
Monday 15 <sup>th</sup>	KS2 Top Link Festival @ KA
Monday 22 <sup>nd</sup>	Yr1-5 School Trip – to be confirmed
Tuesday 23 <sup>rd</sup>	Muddy Church
Friday 26 <sup>th</sup>	Non-uniform day for sweets for Tombola at Summer Fayre <i>Class &amp; Year 6 Leavers' Photographs to be confirmed</i>
Monday 29 <sup>th</sup>	Bikeability Day 1 (Yr6 and 5 only)
Tuesday 30 <sup>th</sup>	Bikeability Day 2 (Yr6 and 5 only)
<b>JULY:</b>	
Wednesday 1 <sup>st</sup>	Swap a class afternoon <b>To Be Confirmed</b>
Thursday 2 <sup>nd</sup>	Treat Shop Thursday
Friday 3 <sup>rd</sup>	School Sports Event <b>To Be Confirmed</b> / PTFA Summer Fayre <b>To Be Confirmed</b>

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<b>W/C Mon 13<sup>th</sup></b>	<i>Yr6 Production – arrangements to follow</i>
<b>Friday 17<sup>th</sup></b>	Reports sent home
<b>Monday 20<sup>th</sup></b>	Yr6 Trip
<b>Tuesday 21<sup>st</sup></b>	Whole School Fun Day
<b>Wednesday 22<sup>nd</sup></b>	9.05am End of Term Awards / 2pm Leavers Service in school

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**3pm School Closes for the Summer Break** (No After Fun provision)

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**Please note:** all activities/events mentioned above are subject to postponement or cancellation at short notice in line with any change in Government guidelines/internal school staffing pressures.