



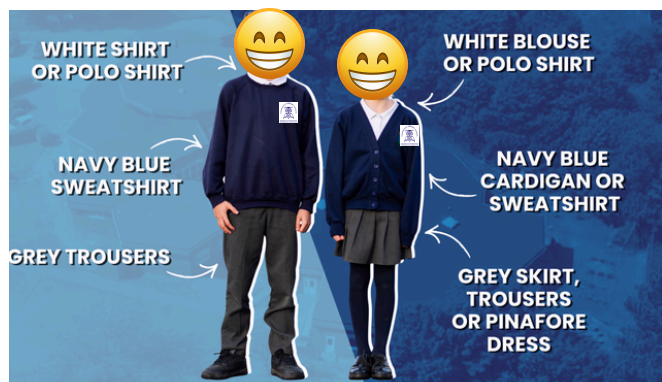
NEWSLETTER



Dressed for School

Please ensure your child comes to school in full uniform every day. On designated PE days, children must wear the official school PE kit. Please note that own clothes are not permitted on PE days; any child arriving in incorrect clothing will be given a school kit to wear for the day and will change back into their own clothes before hometime. As the weather becomes more unpredictable, please always send your child to school with a coat. We continue to go outside for break times even if it is spitting, and children will not be allowed on the adventure playground if they are not appropriately dressed for it.

HEALTH AND SAFETY ALERT: For safety reasons, hoop earrings are strictly forbidden at school, and only small studs are permitted. Furthermore, all earrings must be completely removed for PE sessions to prevent injury. Thank you for your continued cooperation in keeping our children safe and smart.



School navy blue sweatshirt and white polos can be worn for both normal uniform and PE.

Focus in school assemblies



This week Becky from MHST (school's NHS mental health support) visited school. She asked questions about mental health which the children had to answer with a thumbs up and thumbs down. It was pleasing to see the children answering confidently and our PSHE teaching really coming through. Becky shared with the children the Five Ways to Wellbeing. These are evidence based steps to improve mental health and general happiness. They are for both adults and children. Over the weekend choose one of the steps to focus on as a family and chat about how you are feeling together.



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Becky also introduced to the children that we are going to be having pupil 'Wellbeing Ambassadors'. If any child is wanting to become a Somerville Wellbeing Ambassador then they will need to write a short piece about why they would like to be one. This then needs to be given in to Miss Cooper, in the Beehive. The Wellbeing Ambassadors will be promoting health and wellbeing in our school.

• Quote... pause and reflect



"Be the change that you wish to see in the world." — Mahatma Gandhi

Our **Wellbeing Ambassadors** will be leading by example to make our school a happier place. They will be championing kindness, promoting healthy habits, and helping to run calm lunchtime activities. By taking on this leadership role, they are showing the rest of the school how small, positive choices can completely change the atmosphere around us.

Allergy Awareness and Benedict's Law



ALLERGY
— AWARENESS —

Important Update: Benedict's Law and Birthday Treats

From September 2026, all schools in England are required to comply with new statutory allergy guidance under Benedict's Law. Introduced to ensure robust, life-saving allergy safety following the tragic death of a five year-old pupil at school, this law requires strict whole-school allergen management. To ensure the safety of all children in our care, **we can no longer accept birthday cakes, sweets, or external food treats to be brought in and distributed to classes**. Because home baked and store bought goods carry a high risk of cross-contamination or hidden allergens, we must maintain a completely controlled environment to protect our vulnerable pupils.

To further strengthen our safety measures, the school now holds emergency backup adrenaline auto-injector (AAI) pens on site. These can be administered immediately if anaphylaxis (a severe allergic reaction) is suspected. Please be assured that all school staff have received comprehensive training to confidently recognise the signs of anaphylaxis and safely use these auto-injectors in an emergency. Thank you for your understanding and cooperation in keeping our school community safe.

Attendance and punctuality update...HOLIDAYS AND DAYS OFF

Attendance Matters

There are **190** school days and **175** other days in the year that can be used for holidays and other occasions. The school academic year is set out a year in advance and available on the school website and at the bottom of our newsletters. A reminder that we **DO NOT** authorise holidays during term time. Leave of absence applications are intended for families where there is an exceptional circumstance, that is short that requires a child to be away from school. If you do feel that you have an exceptional reason for requesting leave of absence, please complete a leave of absence form, available from the school office. Children should not be taken out of school on their birthday, or to go shopping.

Sadly, over the past two years we have had families phone in sick when they are on holiday. School generally finds out because other families know, the child comes back with a suntan, family are not phoning in daily. If we call we get a foreign dial tone or phone is not answered. If school suspects a holiday, **even if family have phoned in sick**, we will conduct a home visit during the week. If there is no answer it will be down to the family to prove they were not on holiday if the Local Authority has issued a fine.



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Water bottles and hydration



Children must bring a named water bottle to school every day.

Water Bottle Policy Update

- Bring your own: We can no longer sustain handing out spare cups and bottles from the school office.
- Forgot your bottle? If a child forgets theirs, we will call parents or carers to bring a replacement to school within the hour.
- Emergency supply: If you cannot bring one in, the school will provide a bottle, but a £1 charge will be added to your account via the school payment app. These will not be given out for free.

Five ways to Wellbeing

CONNECT – face to face – not with tech!

GET ACTIVE – Studies have shown that getting active can help you sleep better and have happier moods. It can also reduce feelings of stress, anxiety and racing thoughts.

TAKE NOTICE – Reminding yourself to take notice can help you to be aware of how you're feeling. It can help you understand what triggers your feelings of stress or anxiety. Some studies have shown that savouring 'the moment' can also help you to feel more positive about life.

LEARN – We're always learning new things – often without realising it. Feeling like you're learning and developing can boost your self-esteem. And sometimes, setting goals can help you to feel more productive and more in control of your life.

GIVE – There's been lots of research about the effects of taking part in social and community life. Some studies have shown that people who help others are more likely to rate themselves as happy.

If you want to find out more and gain some practical ideas for each of the FIVE WAYS click on the websites below:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

<https://www.mind.org.uk/workplace/my-mental-health-at-work/five-ways-to-wellbeing/>





Key Stage 2 assembly



Year 1 / 2 Wellbeing Workshop



Key dates and what's on...**Whole school dates**

Monday 21 st September	Google form sent to families to sign up for clubs
Wednesday 23 rd September	Deadline for Google form to be returned for clubs
Monday 28 th September	First week of clubs
Tuesday 6 th October	Individual photograph day – NO PE kits – full school uniform to be worn.
Thursday 8 th October	World Mental Health Day – Wear something yellow or green – No donation required
Friday 9 th October	Non uniform Day in return for donations for Harvest Festival
Wednesday 21 st October	Annual Monster Mash
Friday 13 th November	Non uniform day for Children In Need donations
Monday 23 rd November	Last week of clubs – No clubs in December
Thursday 17 th December	Report Cards Out

Reception and Years 1 and 2

Friday 25 th September	Years 1 and 2 trip to Ness gardens – Ensure children dress for the weather and have appropriate footwear
Friday 9 th October	Foundation Fun in the school hall
Friday 16 th October	Foundation Fun in the school hall



Key dates and what's on...

Reception and Years 1 and 2

Friday 23rd October

Foundation Fun in the school hall

Years 3 and 4

Tuesday 14th October

Oak Class trip to Martin Mere

Wednesday 15th October

Beech Class and half of Holly Class trip to Martin
MereMartin Mere

Thursday 16th October

Aspen Class and other half of Holly Class trip to Martin Mere

Wenesday 4th November

Years 3 and 4 trip to Buddhist Temple

Years 5 and 6

10th-13th November

Y 6 Residential - Conway Centre Anglesey



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Term Dates

Autumn Term 2026

Open	Tuesday 1 st September – Friday 23 rd October
Half Term	Monday 26 th October – Friday 30 th October
Open	Monday 2 nd November – Friday 18 th December
Christmas Holidays	Monday 21 st December – Friday 1 st January

Spring Term 2026

Open	Monday 4 th January – Friday 12 th February
Half Term	Monday 15 th February – Friday 19 th February
Open	Monday 22 nd February – Thursday 25 th March
Spring Break	Friday 26 th March – Friday 9 th April

Summer Term 2026

Open	Monday 12 th April – Friday 28 th May
May Day Bank Holiday	Monday 3 rd May
Half Term	Monday 31 st May – Friday 4 th June
Open	Monday 7 th June – Wednesday 21 st July

Inset Days

Please note inset days
are subject to change

Tuesday 1st
September 2026

Monday 4th January
2027

Monday 12th April 2027

Monday 7th June 2027

Wednesday 21st July
2027