

# Monthly Head Teacher Newsletter

Dear Families,

September seems like a distant memory. It has been a long and busy Autumn Term. We are all looking forward to Christmas and our whole staff team would like to wish those who celebrate a very happy Christmas and to everyone a wonderful New Year.

Despite the unfortunate water supply issues, this term has been packed with fun activities, visitors into school; educational visits outside of school and of course our Christmas Fayre. This has all been in addition to our staff and children working extremely hard to catch up and cover the national curriculum and to ensure our children all fulfil their potential.

Our school continues to grow with additional children starting all of the time, which is a wonderful compliment and testimony to the team here.

The highlights for me this term were the amazing Christmas productions where over 200 people attended to watch fantastic acting, singing and dancing. It was great to see the confidence in our children and the smiles on their faces. Again, these events enrich the curriculum and allow education to take place both inside and outside of the classroom.

I would like to take this opportunity to wish you all well at this special time of the year and hope 2023 brings you more amazing experiences.

Merry Christmas, Happy Hanukkah and Happy Holidays to you all from everyone at Sea Mills.



## Key Dates January

3<sup>rd</sup> - INSET DAY  
(no children in school)

6<sup>th</sup> - Class Newsletters to parents

13<sup>th</sup> - Rags to Riches donations begin

23<sup>rd</sup> - Arts and Music Week

27<sup>th</sup> - Rags 2 Riches Collection Day

30-31<sup>st</sup> - Y5/6 Bikeability Group 1

31<sup>st</sup> - Bikeability Year 4 (pm)

We recognise the loss of learning due to recent closures so we have looked forward and will be cancelling our April 17<sup>th</sup> Inset day.



## How do we teach British values?



We celebrate festivals and mark special days from around the world

All our voices are heard and we respect each other's views and choices

We teach children to work together and to take turns and value contributions from others

## Christmas Break Breakfast Clubs

We are very proud to be one of the very few schools in the South West able to offer a free breakfast club during every school holiday.

This breakfast club is open to all of our families and is completely free! Please come along!

Wed 21<sup>st</sup> 10.00 am till 12.00 pm

Weds 28<sup>th</sup> 10.00 am till 12.00 pm

## Children in Need

We raised a staggering:

**£209!**

Well done everyone and thank you for your generosity 😊



# Arbor parents app – iOS and Android

We like to learn from every experience we have here at Sea Mills and we work hard to improve our service to parents. Some parents missed out important communication from school. To combat this we need parents to take some responsibility on their side of communication. We ask for ALL of our parents to download the FREE Arbor app.

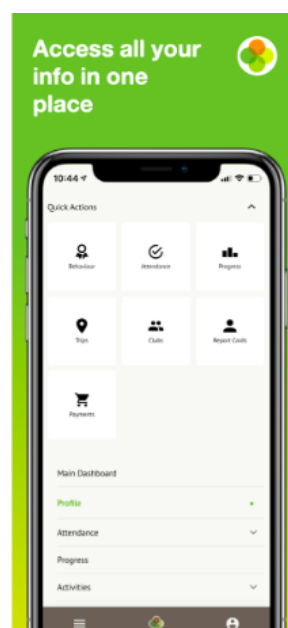
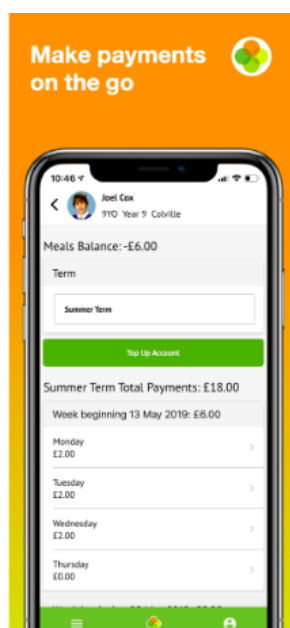
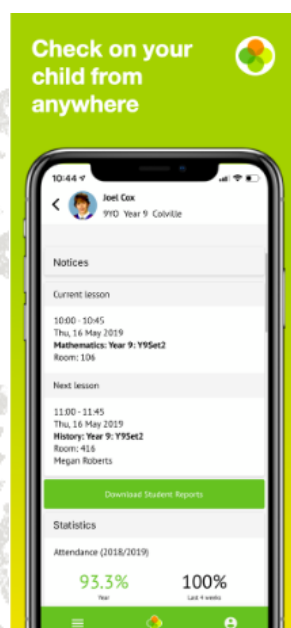


## How will parents benefit?

- Check on your child from anywhere: With the Arbor App, you can check in on your children from anywhere – all you need is a phone
- Access important information about your child in one place: See your child's attendance this week as well as for the year so far.
- Get updates from school via push notifications: Get notified when your school sends out a new message via the App
- Make payments on the go: Manage tasks like making payments and booking trips or parents' evenings

## How will your school benefit?

- Quick communication: Get in touch instantly with busy parents on the move
- Less paperwork: Eliminate the need for paper communication with In-App Messaging and Live Updates – helping to improve security & reduce the administrative burden
- Easy engagement: Track parental engagement with the App & remind parents to log in, sign up for activities or parents' evenings, and make payments

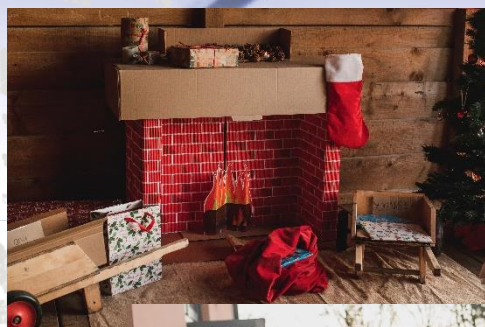




# Christmas Fayre Highlights

A HUGE thank you to the PTFA for organising a spectacular Christmas Fayre. We really appreciate all of the PTFA's and staffs' help in putting on such a wonderful family event. The Fayre has raised valuable funds for our school in excess of **£1950** a final total will be announced in the New Year. We also thank parents for their generosity and support as always.

Here are the highlights:





# Christmas Dinner 2022





# Avon Fire and Rescue Service save safely campaign

With the rising cost of living, many people may be looking at alternative ways to heat their homes.

Avon Fire and Rescue Service is issuing advice to people to help them save safely this winter when trying to cut costs.

If you're thinking of doing things differently at home to bring down the price of energy bills, it's important to remember to do this safely.

Here are just a few tips to keep you safe:

- Set the timer - when you need to use your central heating more regularly, check if your system has a timer function
- heat individual rooms - turn radiators off in spaces that aren't often used
- if you use electric heaters make sure they are in good working order, keep them away from furniture, curtains or anything else that could catch fire
- check your electric blanket for wear and tear, if it is worn, replace it before use
- if you have a log burner or fireplace make sure your chimneys, fireplaces and log burning stoves are swept and cleaned before use
- it's vital barbecues and camping stoves are only used outdoors and not brought or used indoors
- candles should be fitted in a candle holder, placed on a non-flammable surface and don't leave them unattended

Read the full list of tips on the Avon Fire and Rescue Service website

(<https://www.avonfire.gov.uk/safety-advice/seasonal-safety/winter/save-safely#:~:text=This%20Winter%2C%20Avon%20Fire%20%26%20Rescue,remember%20to%20do%20so%20safely.>)

## Adult Learning Disability Health Service telephone update

### New telephone number for Sirona care & health Adult Learning Disability Health Service

Sirona care & health's Adult Learning Disability Health Service has a new single telephone number for the community teams across the area.

Please contact the service using **0300 124 5888** for queries from across Bristol, North Somerset and South Gloucestershire

# Managing direct debits for energy bills

For those who pay their energy bills by direct debit, payments will usually be estimated on the amount of energy used over a year.

Payments will increase if more energy is used than the supplier has estimated. Suppliers may also have recently increased their prices, although there is a limit to how much they can do this. If someone's direct debits have increased, suppliers must let you know before it happens. If they don't, a complaint can be made to the supplier.

To ensure people are paying the right amount of direct debit it's important that monthly meter readings are submitted. This means you'll be less likely to owe them extra money.

If anyone is struggling to pay their energy bills there are steps that can be taken to make sure they don't end up in debt. More information is available on the Citizens Advice website.

(<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/struggling-to-pay-your-energy-bills/>)

For more cost of living advice and support, visit the Bristol City Council website

([www.bristol.gov.uk/costofliving](http://www.bristol.gov.uk/costofliving)) or call the We Are Bristol helpline for free on 0800 694 0184, Monday to Friday, 8.30am to 5pm.

## Reception Nativity 2022





# Well Being Group

Sea Mills Primary is delighted to host a Well Being group open to the Sea Mills Community.

A taster session will take place on:

**Wednesday 11<sup>th</sup> Jan**  
**9.00-10.30am**

Located in the training room in our Nursery building.  
Access is through the back door via the car park.

The well-being group will run for 12 weeks every Wednesday morning and will explore a different theme every week, which works towards building positive mental and emotional wellbeing.

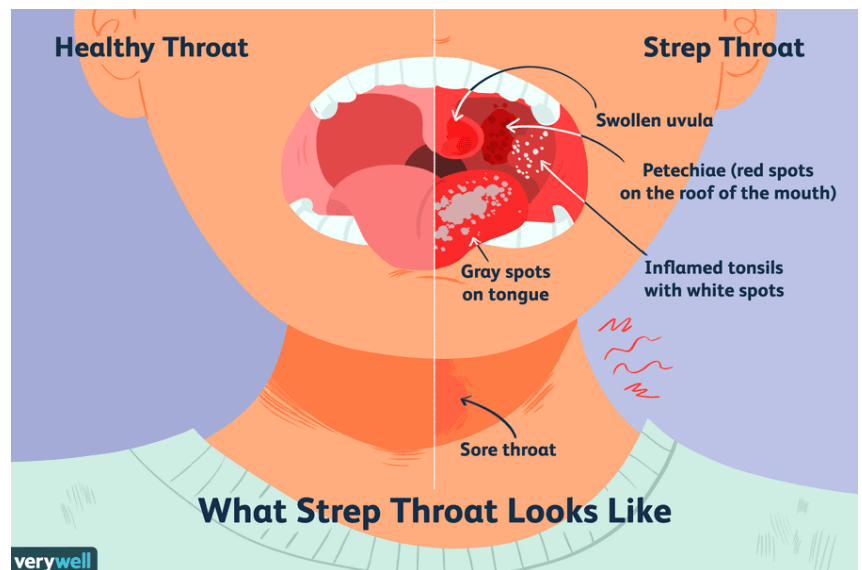
To book a place or for more information please email: Rebecca  
[reb.asma@outlook.com](mailto:reb.asma@outlook.com) or call: Rebecca: 07790443562

**Let us grow towards a more resilient and hopeful future!**

## Strep throat

We **do not** have any Group A Strep cases at Sea Mills Primary this is just for parents' attention.

If you or your child have these symptoms please **DO NOT** send them to school and make a doctor's appointment. If there is a diagnosis of Scarlet Fever, Impetigo or Strep Throat please let us know so we are able to manage infections and alert PHE if needed.



## Signs and Symptoms of Strep Throat

### Usually include:

- ✓ Sore throat starts quickly
- ✓ Pain when swallowing
- ✓ Fever
- ✓ Red and swollen tonsils, sometimes with white patches or streaks of pus
- ✓ Tiny red spots on the roof of the mouth
- ✓ Swollen lymph nodes in the front of the neck

### Typically do not include:

- ✗ Cough
- ✗ Runny nose
- ✗ Hoarseness
- ✗ Conjunctivitis (pink eye)





# Flu- 5 reasons to vaccinate your child (from BCC)



## 1. Protect your Child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

## 2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

## 3. No injection needed

The nasal spray is painless and easy to have

## 4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

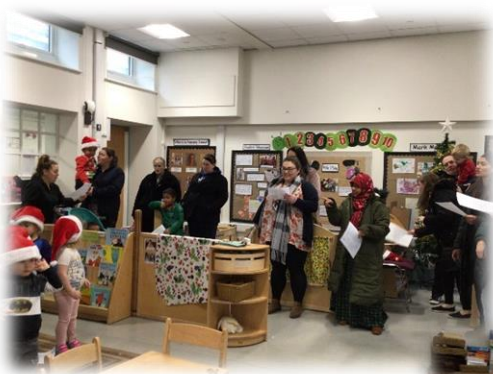
## 5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit

[www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

# Nursery Winter Songs





## Staff Farewells

A fond fare well to Mr Nick Johnston who has been a teacher at Sea Mills for 8 years. He is moving onto a new challenge as an Assistant Head. Thank you for all of your commitment and hard work during your time here! Sea Mills has certainly been the better for having you and you will be missed. Do not forget us!

Farewell, to Ms Jo Hodnett who is taking a step back from school life for personal reasons. We thank you for being part of our Sea Mills community and for having a big impact on our children and Eco Council.

Finally, a farewell to Stewart Huggett our finance and admin officer for our Nurseries and ASC he is going onto a new challenge for UWE. Thank you for all of your hard work and we wish you all the best.

## Staff News

Congratulations to Ms Shelper who welcomed a baby girl 'Rose Carole' on Wednesday 30<sup>th</sup> November.

Mum and baby are doing really well and have already visited us twice!

