

Red Nose Day 2025

Thank you for all your contributions to the celebration of 40 years of Comic Relief! 24 children took part in the 'Tell a joke' assembly on Wednesday which raised £12. Everyone enjoyed the daytime school disco, and we raised over £100 for the non-uniform day.

We raised an amazing £238 in total! Thank you everyone for joining in, making an effort and making the day so enjoyable!



Cross Country

Another fantastic turn out from the children at KEPS for cross country this week. Thank you to Mrs Carson for attending with the children and to all the parents who commit to bringing their children to sporting events and encouraging them and the school.

Spring is in the air...

Revel in Spring's Embrace
*The sun peeks shyly in the skies,
Awakening blooms with vibrant cries.
Soft petals dance in the warmest air,
Whispering secrets, life beyond compare.
Buds unfurl and the world comes alive,
In spring's embrace, all hearts begin to thrive.
Such gentle joys, reborn anew,
Hope springs eternal, draped in morning dew.*

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**
Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**
Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**
Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to their wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**
Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**
Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.



Success Through Teamwork

Kingsbury Episcopi Primary School

KEPS Courier

Friday 21st March 2025

Kingsbury Episcopi Primary School PTA

EASTER Bingo

Saturday 29th March

Doors open 6pm

Eyes down 6.30pm

Kingsbury Episcopi Community Centre

*Raffle, refreshments, cash flyer
and free children's game.*



*Everyone welcome!
Raising money for Kingsbury
Episcopi Primary School.*



Easter raffle prizes.

Including Vouchers

Tropiquaria - Family ticket
Exeter races - Family ticket
Golden stones - Family swim
Yeovil pitch and Putt - Family ticket
Somerset catch - £10 voucher
Kelways plant centre - £10 voucher

Wine

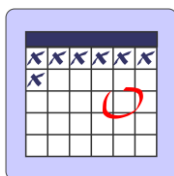
Chocolates
Fancy biscuits
Kingston black - Burrow hill
Pottery Tall jug - Muchleney pottery
Elemis gift set
Radox gift set
Projection alarm clock
Gordon's Gin gift set
Bucksfizz

And More.

Please return unsold tickets, ticket stubbs and money to school office by Wednesday 26th March.

KEPS Diary Dates

Wednesday 26th March	Elm Class Trip
Friday 28th March	Elm Class Cake Sale
Saturday 29th March	Easter Bingo & Raffle – Details To Follow
Tuesday 1st April	Year 5 & 6 Tag Rugby – Somerton RFC
Wednesday 2nd April	Year 3 & 4 Tag Rugby – Somerton RFC
Wednesday 2nd April	Easter Disco
Friday 4th April	Inset Day



Maypole Dancing

This year the Maypole cannot be put in the school playground due to the new surface not being solid enough since it was resurfaced. It will not take the weight of the JCB/Tractor.

The organisers of the May Festival are trying to arrange the pole to be put up in the community centre car park.

We are looking for volunteers to run a Maypole dancing club so some of the children at KEPS can still perform this year. If you think you might be able to help please contact the school office. Your help and support would be HUGELY appreciated!

Praise Assembly

All parents, carers and family members are welcome to attend our Praise Assemblies!

The following children will be presented with their certificates:

Friday 28th March at 3pm – Whole School

Beech Class – Archie W & Evie W

Willow Class – Evan M & Bruno M

Elm Class – Poppy C & Lilly BS

Ash Class – Morgan J & Rosie B

Oak Class – Joshua B & Amy V

EE – Emelia A (Oak)



After School Clubs

Spring Term 2 2025

Clubs are available to book on Wisepay. If there are not 10 children per club, unfortunately we will have to cancel the club.

Clubs start on **Monday 24th February** and finish on **Thursday 3rd April**.

Day	Activity	Year Group	Cost	Location
Monday	Art Club with Mrs Lawson	Year 1 - 6	£18.00	Ash Class
Thursday	Choir with Mrs Sowter	Year 3 - 6	On going	School Hall
Friday	Dodgeball with Mrs Cleasby	Year 4 – 6	£15.00	School Hall

Welcome To KEPS PTA - [PTA | Kingsbury Episcopi Primary School](#)

Additional Information

The Willows Childcare provides a wraparound provision. The hourly rate is £5.50 and available to all children either on a regular or ad-hoc basis. For more information contact The Willows Childcare on:

Nic 07557 952 753 / Jackie 07909 005 066

Facebook: The Willows Childcare

Email: Jackie:thewillowschildcare.co.uk

Breakfast Club from 07.30 until 09.00 Monday to Friday. Breakfast served until 08.10 (extra 50p charge)

After School Club operates from 15.30 until 17.30 Monday to Thursday only.

PE

As with last year, please send your child/children to school in their PE kits on PE Days.

PE kits should be burgundy shorts/black leggings/tracksuit bottoms, white house coloured t shirt. A school jumper, cardigan or KEPS PE hoody (hoody is optional)

Monday – Oak & Elm

Wednesday – Ash & Willow

Friday – Beech

Safeguarding

Our Designated Safeguarding Leads (DSL) are **Mrs Lawson** and **Mrs Carson**. Our safeguarding governor is **Mr Simon Faull**.

If you have concerns about your child at home or school, contact the office to book an appointment. Alternatively, if you are worried about a child or young person who could be in danger, please contact Children's Social Care on 0300 123 2224, by email at childrens@somerset.gov.uk or the police. You can contact the police directly by dialling 101 and they will discuss with Children's Social care what action should be taken. In an emergency always contact the police by dialling 999. If you would like to speak to a social worker outside office hours, please phone the Emergency Duty Team (EDT) on 0300 123 2327.

Additional Information

Governor News

Please see our governor page for more details on our wonderful governors who help to support the school.

Chair

Mr Simon Faull

Vice Chair

Jon Loxston

Co-opted Governors

Miss Charlotte England

Mrs Barbara Teale

Mr Michael Gulliver

Mr Jon Loxston

Miss Fiona Guest

Parent Governor

Mr David Harris

Mr Neil Burn

LFA Governor

Mr Simon Faull

Headteacher

Mrs Melanie Lawson

Clerk

Rebecca Lewins

Staff Governor

Mrs Elodie Carson

A Parent and Family Support Adviser (PFSA) can support you and your family if you are experiencing difficulties which may be influencing your child's education. Once referred to me I can: Give a listening ear, provide a friendly, supportive service. Support families in crisis. Be an advocate for parents/carers and children always aiming to empower them. Arrange to meet you at your home or school. Book appointments at times convenient to you. Help you and your family succeed. Work 1:1 with children. Use assessment tools such as EHA (Early Help Assessment). Difficulties can include Housing Benefits, Mental Health, Emotional Health, Drug/Alcohol misuse, Sexual Health – anything which many influence your child's education.

Twitter: @HUISHCLPPFSA / **Blog:**

www.huishCLPPPrimaryPFSA.home.blog / **Email:**

HuishCLPPPrimaryPFSA@educ.somerset.gov.uk

Based at Long Sutton Primary 01458 241 434

Victoria Gould, PFSA **Telephone:** 07825 833 566

Working days – Tues / Wed / Thurs 08:30 - 16:30 Fri 09:00 – 15:00



Success Through Teamwork

Kingsbury Episcopi Primary School

KEPS Courier

Friday 21st March 2025



Somerset
Council

KEPS School Terms and Holidays 2024/2025 Academic Year

September 2024							October 2024							November 2024						
M		2	9	16	23	30	Mo		7	14	21	28		M		4	11	18	25	
Tu		3	10	17	24		Tu		1	8	15	22	29	Tu		5	12	19	26	
W		4	11	18	25		We		2	9	16	23	30	W		6	13	20	27	
Th		5	12	19	26		Th		3	10	17	24	31	Th		7	14	21	28	
F		6	13	20	27		Fr		4	11	18	25		F	1	8	15	22	29	
Sa		7	14	21	28		Sa		5	12	19	26		Sa		2	9	16	23	30
Su	1	8	15	22	29		Su		6	13	20	27		Su		3	10	17	24	
December 2024							January 2025							February 2025						
M		2	9	16	23	30	M		6	13	20	27		M		3	10	17	24	
Tu		3	10	17	24	31	Tu		7	14	21	28		Tu		4	11	18	25	
W		4	11	18	25		W	1	8	15	22	29		W		5	12	19	26	
Th		5	12	19	26		Th	2	9	16	23	30		Th		6	13	20	27	
F		6	13	20	27		F	3	10	17	24	31		F		7	14	21	28	
Sa		7	14	21	28		Sa		4	11	18	25		Sa	1	8	15	22		
Su	1	8	15	22	29		Su		5	12	19	26		Su	2	9	16	23		
March 2025							April 2025							May 2025						
M		3	10	17	24	31	M		7	14	21	28		M		5	12	19	26	
Tu		4	11	18	25		Tu		1	8	15	22	29	Tu		6	13	20	27	
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Key:

	School Holiday
	Bank Holiday
	Term Time
	Inset Days

Term dates summary:

Term 1: 03 September – 25 October 2024 (39 days)	
Term 2: 04 November – 20 December 2024 (35 days)	
Term 3: 06 January – 14 February 2025 (30 days)	
Term 4: 24 February – 04 April 2025 (30 days)	
Term 5: 22 April – 23 May 2025 (23 days)	
Term 6: 02 June – 23 July 2025 (38 days)	
TOTAL = 195	

Bank and public holidays 2024/25

Christmas Day	25 December 2024	Easter Monday	21 April 2025
Boxing Day	26 December 2024	May Day Bank Holiday	05 May 2025
New Year's Day	01 January 2025	Spring Bank Holiday	26 May 2025
Good Friday	18 April 2025	Summer Bank Holiday	25 August 2025

Academy, Free Schools, Foundation & Voluntary Aided schools can set their own term dates and may differ from ours. Please check with the individual schools for their term dates.



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Somerset
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