

**We are incredibly pleased to let you know that Mrs Cleasby has made significant personal arrangements to secure the consistency and support of Ash class for the remainder of the academic year. Mrs Cleasby will teach full time from Monday 24<sup>th</sup> February - 31st August. We are so pleased, and the children will be absolutely delighted. Thank you so much Mrs Cleasby!**

**The plans for the next academic year will be shared later in the year.**



### **Oak Class Roof**



Can anyone help? Part of Oak class roof has blown off in the storm last night. If there is anyone who might be able to help, please contact the school office! Thank you!

### **Reading**

A wonderful week at KEPS. Thank you to the parents who have volunteered to help read with children in Oak class, this is hugely appreciated. If there is anyone who can help in the other classes, please can you contact the school office. Reading regularly with all children is incredibly important for all areas of learning and development overall.

### **Assembly**

In assembly this term we are looking at January, New Year and fresh starts. We are looking at 'The Magic Paintbrush' by Julia Donaldson. If there is anyone willing to come in and do an assembly about what they do at work and how they help other people, we would love to hear from you. It is so lovely to learn about the jobs and careers our parents and families do.

### **Support**

The school as always is looking for ways of raising money for the school, resources and equipment. If you are part of a company, business or have contacts who may be able to help us in any way, please contact us as we would be happy to support them by sharing their company, business or product with our local community.

As always thank you to all of you for all your kind comments and support, January can be a very long and dark month. It is always wonderful that you and the children are always so pleasant, happy and supportive!

**The First of Everything**  
**Poet: Catherine Pulsifer**

January brings the first of the year,  
A time to start fresh, with hope so clear.  
The first of twelve months we'll embrace,  
A new beginning, a steady pace.

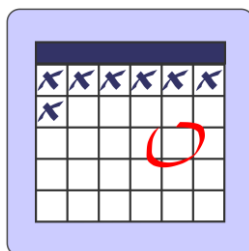
The first step is often the hardest to take,  
But January reminds us, dreams are at stake.  
With goals in mind and hearts aglow,  
This month, we plant seeds for growth to show.

The first of everything is a chance to grow,  
A time to reflect and let our dreams flow.  
So take this moment, make it your own,  
In January, new paths are sown.



### KEPS Diary Dates

|                                           |                                         |
|-------------------------------------------|-----------------------------------------|
| <b>Tuesday 28<sup>th</sup> January</b>    | Year 6 Class Trip                       |
| <b>WC Monday 3<sup>rd</sup> February</b>  | Children's Mental Health Week           |
| <b>Friday 7<sup>th</sup> February</b>     | NSPCC Number Day                        |
| <b>Friday 7<sup>th</sup> February</b>     | Beech & Willow Class Trip               |
| <b>Tuesday 11<sup>th</sup> February</b>   | Reception & Year 6 Height/Weight Checks |
| <b>Wednesday 12<sup>th</sup> February</b> | Ash Class Trip                          |
| <b>Friday 14<sup>th</sup> February</b>    | INSET Day                               |





Success Through Teamwork

# Kingsbury Episcopi Primary School

KEPS Courier

Friday 24<sup>th</sup> January 2025

## Internet Safety

### SUPPORTING CHILDREN'S MENTAL HEALTH

#### 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



##### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

##### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

##### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

##### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

##### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

##### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

##### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

##### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

##### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

##### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

### 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 31<sup>st</sup> January at 3pm – Whole School**

**Beech Class** – Elowen G & Twyler H

**Willow Class** – Ianis H & Isla T

**Elm Class** – Emily D & Issy W

**Ash Class** – Amelia BS & Dexter E

**Oak Class** – Elspeth G & Oliver T

**EE** – Jessica C, Emily D, Gretel S (ELM)



### Class Updates

The below links are for each class, these will take you to the KEPS website for their updates.

#### Preschool Update

[Pre School Updates | Kingsbury Episcopi Primary School](#)

#### Beech Class Updates

[Reception/Year 1 - Beech Mr Bell | Kingsbury Episcopi Primary School](#)

#### Willow Class Update

[Year 1/2 - Willow Mrs Carson | Kingsbury Episcopi Primary School](#)

#### Elm Class Update

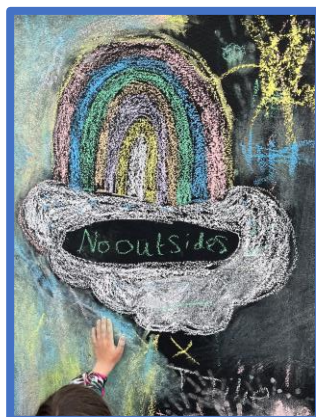
[Year 3/4 - Elm Mrs Meeten | Kingsbury Episcopi Primary School](#)

#### Ash Class Update

[Year 4/5 Ash - Mrs Heath-Coleman and Mrs Cleasby | Kingsbury Episcopi Primary School](#)

#### Oak Class Update

[Year 5/6 Oak - Mrs Lane | Kingsbury Episcopi Primary School](#)



## After School Clubs

### Spring Term 1 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 13<sup>th</sup> January** and finish on **Thursday 13<sup>th</sup> February**.

| Day             | Activity                                                      | Year Group | Cost     | Location     |
|-----------------|---------------------------------------------------------------|------------|----------|--------------|
| <b>Monday</b>   | Art Club with Mrs Lawson                                      | Year 1 - 6 | £15.00   | Ash Class    |
| <b>Tuesday</b>  | Book Making Club with Mrs Meeten                              | Year 1 - 6 | £15.00   | Elm Class    |
| <b>Tuesday</b>  | Lego Club With Mrs Heath Coleman – At Lunchtime 12.30pm - 1pm | Year 3 – 6 | Free     | Ash Class    |
| <b>Thursday</b> | Choir with Mrs Sowter                                         | Year 3 - 6 | On going | School Hall  |
| <b>Thursday</b> | STEM club with Mrs Carson                                     | Year 1 – 6 | £15.00   | Willow Class |

**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 you 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 of 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](mailto: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

VACANT

#### 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](http://www.huishCLPPPrimaryPFSA.home.blog) / **Email:**

[HuishCLPPPrimaryPFSA@educ.somerset.gov.uk](mailto: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 24<sup>th</sup> January 2025



## 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 |    |  |  |
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| Th             | 5 | 12 | 19 | 26 |    |  | Th           | 3 | 10 | 17 | 24 | 31 | Th | 7             | 14 | 21 | 28 |    |  |  |
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| December 2024  |   |    |    |    |    |  | January 2025 |   |    |    |    |    |    | February 2025 |    |    |    |    |  |  |
| M              | 2 | 9  | 16 | 23 | 30 |  | M            | 6 | 13 | 20 | 27 |    | M  | 3             | 10 | 17 | 24 |    |  |  |
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| March 2025     |   |    |    |    |    |  | April 2025   |   |    |    |    |    |    | May 2025      |    |    |    |    |  |  |
| M              | 3 | 10 | 17 | 24 | 31 |  | M            | 7 | 14 | 21 | 28 |    | M  | 5             | 12 | 19 | 26 |    |  |  |
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| Su             | 2 | 9  | 16 | 23 | 30 |  | Su           | 6 | 13 | 20 | 27 |    | Su | 4             | 11 | 18 | 25 |    |  |  |
| June 2025      |   |    |    |    |    |  | July 2025    |   |    |    |    |    |    | August 2025   |    |    |    |    |  |  |
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### Key:

|                                                                                                                             |                |
|-----------------------------------------------------------------------------------------------------------------------------|----------------|
| <span style="background-color: #00FFFF; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> | School Holiday |
| <span style="background-color: #FFA500; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> | Bank Holiday   |
| <span style="background-color: #FFFFFF; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> | Term Time      |
| <span style="background-color: #90EE90; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span> | 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)         |  |
| <b>TOTAL = 195</b>                               |  |

### 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.



Success Through Teamwork

# Kingsbury Episcopi Primary School

KEPS Courier

Friday 24<sup>th</sup> January 2025



**Somerset  
Council**

## Somerset School Terms and Holidays 2025/2026 Academic Year

| September 2025 |   |    |    |    |    |  | October 2025 |   |    |    |    |    |  | November 2025 |   |    |    |    |    |  |
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| December 2025  |   |    |    |    |    |  | January 2026 |   |    |    |    |    |  | February 2026 |   |    |    |    |    |  |
| M              | 1 | 8  | 15 | 22 | 29 |  | M            | 5 | 12 | 19 | 26 |    |  | M             | 2 | 9  | 16 | 23 |    |  |
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### Key:

|                                                                                                                                           |
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| Good Friday    | 03 April 2026    | Summer Bank Holiday  | 31 August 2026 |

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