







Welcome Back

What a cold and wintry start back to school it has been this week, after what we hope was an enjoyable Christmas break for you all. Thank you to the staff for managing to get into school on Tuesday this week, with some of their journeys made more difficult by the snow and ice. We will always endeavour to keep the school open where possible, but should we have to close, will let parents/carers know through our email system and the school website. Meanwhile please continue to take care when accessing the site and surrounding area as it is currently very slippery.

Values

In assembly this week we talked about our own values, the school values and British values. Understanding our own values and those of others helps us to make sense of our experiences, feelings and reactions. We were able to identify the presence of our school values in our school activities from last term, and the classes were set a challenge to see if they could correctly identify any of the 9 protected characteristics.

C	A	R	E
 Compassionate	 Agile	 Responsible	 Engaged

Car Park

Those of you driving to school and parking opposite will have noticed the deterioration of the car park through the winter months. The potholes are quite large at the moment and the current ice and snow has not helped. If you do wish to use the car park please drive very slowly and carefully as the village hall committee will not accept any responsibility for damage to cars. Please remember that the car park outside the hall can also be used for parents and is in much better condition.

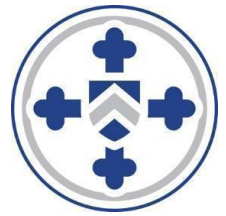
Governors' Cup

Well done to Adalyn (Key Stage 2) and Martha (Key Stage 1) who were awarded the Governors' Cup in the Christmas service. They were both very worthy winners, with so many positive comments written about them by different members of staff. They will keep the cups until the Easter service when two new winners will be announced.



Mr Edwards

Finally, we would like to let you know that Mr Edwards has made the decision not to return following his absence. We would all like to thank him for his work at the school - he had a great manner with the children and a wonderful enthusiasm which made him a pleasure to work with. We all wish him the very best for the future. The senior leadership team is now considering all possible options for staffing Dolphin Class for the rest of the year, to ensure they continue to receive the best possible education.



Christingle Thank you

Many thanks to all the children and parents who attended and/or donated to the Children's Society Christingle Service. The church was completely packed on Christmas Eve with candlelight and very jolly singing. It was magical and £343 was donated. Thank you from Jen Spring (Children's Society Rep).

Notices

- **Admission Application for 2025** - deadline is 15th January 2025.
- **Clubs** - Football club started this week all other clubs start next week.
- **St. John's Church** - Please see [here](#) the link to the weekly church events.

Diary Dates

January

Mon 13th	All other clubs start this week (not Football which has already started)
Wed 15th	Year 5 Parent Evening. Call the office or email dolphin@farrington.mnsp.org.uk to book.
Fri 17th	Celebration Assembly (9:00am in the Memorial Hall)
Tue 21st	Local Governing Body meeting
Fri 30th	Year 6 Residential Meeting (3:30pm)

B&NES Public Health protection team would like to draw the following to the attention of parents and carers received from the SW UK Health Security Agency:

Back to school advice release

We issued this release this week with advice for parents and carers as children go back to school

<https://ukhsa-newsroom.prgloo.com/news/ukhsa-south-west-press-release-parents-and-carers-urged-to-take-simple-steps-to-ensure-children-make-the-healthiest-start-to-the-new-year>

Free Healthy Family Courses

Wellbeing Service B&NES



For families of children and young people aged 5-17, who are above a healthy weight*

1-1 support in person or via video call. Sessions run throughout the year.

Lots of Fun & Exciting Local Activity Opportunities for Young People and their Families to Choose from



FREE 5 week cooking course for families of children and young people 0-17 years

Virtual or in person courses, discover how to make easy, healthy recipes and learn new cooking skills

Dates
St Swithins Church Wed 15th Jan-12th Feb 3:45 - 5:15pm
St Keyna Primary Tue 4th Feb - 11th March 3:30 - 5pm



HENRY Healthy Families: Right From The Start

8 week course along with a creche

Everything you need strategies, nutrition, child development, food labelling, to help your little one get off to a great healthy and happy start. Includes topics; Parenting portion size, sleep, and emotional wellbeing

For parents and carers of children aged 0 to 5 years. Available virtually or in person.
Dates: Online Tues 25th Feb- 29th April (no session 8th and 15th April)

HENRY Fussy Eaters Workshop

Online workshop
Support for parents of under 5's to understand fussy and selective eating and encourage your child to try new foods- and enjoy them!

Dates: 26th Feb 7.45-9.15pm

HENRY Eating Well for Less Workshop

Online workshop
Top tips will help you keep to a budget and help the whole family eat more healthily- healthy choices don't need to be expensive choices

Dates 25th Feb 7.30-9pm

HENRY Starting Solids Workshop

Online workshop
Introducing solid foods at 6 months- What foods to start with and how to make it enjoyable!

Dates 14th January 10-11.30am



To book contact the Community Wellbeing Hub:
t: 0300 247 0050

e: BATHNES.thehub@hrcaregroup.com

w: bathneshealthandcare.nhs.uk/childrenshealthyweight/

*Referral criteria apply



Thought for the Week

***'Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.'* (Psalm 43:5 NIV)**



I don't know about you, but I always find it difficult getting back into a normal routine after the Christmas break. When the days are getting shorter, during October and November, it's easy to keep motivated because we've got the joy of Christmas around the corner. Unfortunately, when Christmas is all done and packed away, we've still got to get up when it's dark and the weather is often worse than in December. On top of all this, there doesn't seem much to look forward to.

According to the old Roman calendar, the New Year used to start in March, with **September** being the seventh month in the year ('septem' means seven, 'octo' eight, 'novem' nine and 'decem' ten; **October, November, December**). The Roman senate decided to change the calendar in 153 BC, so the new year started in January. Personally, I think we should go back to the old system, so we celebrate New Year just as spring is starting - much more positive. When New Year starts during the coldest, wettest and darkest month of the year, it's hard to remain positive!

It can be easy to feel downcast and miserable, going back into the normal routines of life. In today's verse, the writer is also feeling downcast and disturbed. He doesn't seem very happy either.

The book of psalms (silent 'p') in the Bible are made up of 150 sacred songs or poems. The people that wrote them, used them as a sounding block - as a way of transferring their worries, concerns, sorrows, joys, worship and praise into words. Together, they form some of the most honest and moving responses to the human condition. Whoever wrote Psalm 43, and the author is unknown, was obviously wanting to share his most intimate thoughts with God and with anyone else that might happen to read it. It's only five verses long, but it is clear that the writer is deeply troubled and possibly in fear of their life - [Psalm 43](#).

Like the rest of us, what keeps them going is 'hope'. Most of us need something to hope in or look forward to. Without it, life looks pretty bleak. The writer though doesn't hope for more money, or a better job or even a nice holiday. They put their hope in 'their Saviour and their God'. For many people, this is a good place to put our hope - in someone who doesn't change, who is always there and loves them unconditionally.

So, I 'hope' that the winter blues don't get you down. As the days begin to get longer and warmer and we begin to see the signs of Spring, I believe we will all feel brighter and more hopeful. Until then, maybe it's worth considering the psalmist's advice - 'put your hope in God, for I will yet praise him, my Saviour and my God.'

