

Chief Executive Officer: Mrs Alison Nettleship  
Head of School: Mrs Rachel Dinnis  
Assistant Head of School: Mr Simon Wilkins

Friday 1st October



Weston Mill Community Primary Academy  
Ferndale Road  
Camel's Head  
Plymouth  
PL2 2EL

Email: [westonmill.reception@discoverymat.co.uk](mailto:westonmill.reception@discoverymat.co.uk)

## Newsletter

We hope you all had a lovely break and enjoyed your Halloween celebrations. The next exciting event is Bonfire Night on Friday the 5th November. Can we please take this opportunity to remind everyone to stay safe and to follow the firework code. Also, remember not everyone enjoys the loud noises, especially pets/animals, so please be considerate.



Perhaps you could go to an organized event, or, if you're having fireworks at home you could always pop round to your neighbours to let them know you'll be having fireworks in the garden. Enjoy yourselves, have fun and be safe.



### Nethercott Farm:

If you would like your year 4 child to join us on our residential trip to Nethercott Farm 21st to 25th March 2022, totaling £260 per child, please ensure you complete your slips and return them ASAP. Deposits are non-refundable and must be paid by 15th Nov

As a part of the Green Social Prescribing Events in Central Park there are Free 5 week Drama Taster Sessions for Young People & Adults at the Central Park Community Sports Hub starting 8<sup>th</sup> November.

### FREE PEOPLE'S COMPANY TASTER SESSION

Often wondered what it's like to get involved with a creative drama workshop but never felt quite confident enough to give it a go?

Why not be brave and come along to work with our professional artists to develop your skills for the stage in our FREE People's Company taster workshops at Central Park this Autumn.

**WHERE:** Central Park Community Sports Hub

**WHEN:** Mondays 7pm - 8.30pm

8th Nov - 6th Dec

**WHO:** For ages 18+

**HOW:** Email [peoplescompany@theatreroyal.com](mailto:peoplescompany@theatreroyal.com) to book your spot

Theatre Royal Plymouth's People's Company is a great way to increase your skills and confidence in a fun and friendly environment. You can never be too old to get involved in theatre!



### FREE YOUNG COMPANY TASTER SESSION

Have you ever wanted to try out a creative workshop but never been quite sure where to start?

Why not come along and give it a try by working with our professional artists to develop your skills for the stage in our FREE Young Company taster workshops at Central Park this Autumn.

**WHERE:** Central Park Community Sports Hub

**WHEN:** Mondays 5pm - 6.30pm

8th Nov - 6th Dec

**WHO:** For ages 8-13

**HOW:** Email [youngcompany@theatreroyal.com](mailto:youngcompany@theatreroyal.com) to book your spot

Theatre Royal Plymouth's Young Company is a great way to increase your skills and confidence in a fun and friendly environment.



## Christmas is Coming!



Our Foundation children will be completing a Christmas performance on Tuesday 14th December. Tickets will be issued for families wishing to come and watch closer to the time.

### Important Dates:

School Christmas Lunch Thursday 16th December

Christmas Jumper Day Friday 17th December



## ATTENDANCE

Last week of term 18th—22nd October 2021

Children coming to school every day is so important for their whole development, it is also compulsory. The expected level is 96%.

MATISSE	82.1%
MONDRIAN	81.0%
KIELY	87.8%
KAHLO	76.0%
DA VINCI	95.2%

MONET	92.1%
PICASSO	88.1%
GAUDI	93.7%
HADID	83.9%
HOCKNEY	92.1%

## Parent Pay

Please remember to pay your accounts in full as soon as possible. All meals should be paid for in advance. If you are having any problems paying, please contact school reception.

## Winter is Here!

Please ensure your children have warm clothing to come to school.



## WEBSITE AND FACEBOOK

Please follow us on our Facebook page - Weston Mill Community Primary

**You can also check our website for latest news, dates and letters.**



# TRAUMA ADVICE AHEAD OF BONFIRE NIGHT FOR THOSE AFFECTED BY THE KEYHAM TRAGEDY

Ahead of Bonfire Night on 5 November, it is worth bearing in mind that fireworks can potentially be a trigger for those involved in and affected by the recent community trauma in Keyham.

## HOW THIS MAY AFFECT YOU

A natural response after exposure to trauma is a panic reaction to sudden noises. Hearing fireworks go off at unexpected times may trigger a very understandable trauma response in light of the recent tragic shootings in Keyham.

## WHAT CAN BE HELPFUL

### Self-soothing techniques

- Have access to things that are warm and comforting. It can help to think about your five senses i.e. something you enjoy listening to, something sweet to eat or a warm drink, wrapping up in something soft, scented candles, etc
- Rhythm can be comforting – move around, play music, use fidget spinners, rock from side to side (rather than backwards and forwards)
- Focus on your breathing and try to make the out-breath longer than the in-breath
- Try to notice and soften tension in your face and body
- Make plans to watch a TV programme, series or film you enjoy on Bonfire Night

- Plan to do a distracting or mindful activity like art, craft, mindful colouring, puzzles or board games
- Reach out to people who provide you comfort and support – is there someone you can call or ask to keep you company?
- Consider using ear plugs or earphones
- You may find comforting your pets is also comforting for you.

### If you are supporting someone who has been affected

- Listen without offering solutions
- Do things that are comforting for them
- Make sure they have their basic needs met such as food, shelter and warmth
- Don't expect them to know what they need – just gently try some things together
- Can you make yourself available for a phone call when needed or get together on Bonfire Night?
- Always remember that people might be reacting from a place of trauma
- Every interaction has the potential to be helpful if done with kindness and compassion.

PLYMOUTH TOGETHER

