



Elmhurst Junior School

Motivated and empowered; influencing the world we live in to bring about positive change.

Spring Term 1
Week 2
WC 12/1/26

Each week, we invite family of a member of each class to join us in our Celebration Assembly.

Xavier (Fir)



(Ash)



Alfie P (Willow)



We value you!



Jaxon (Oak)



(Archie)



Demba (Hazel)



Lucy (Rowan)



A message from Ms Airey and the team



Dear Parents and Carers,

- As we are in these darker winter months, we want to share an important reminder about parking safely outside our school.
- With reduced visibility and slippery roads, the risk to student safety is much higher.

The findings are clear: parking illegally—even for a "quick drop-off"—puts lives at risk.

Safety Over Speed

When parents are spoken to about unsafe parking, the most common reason given is being in a rush. We want to be very clear: **We would much rather a parent or carer be a few minutes late than a child be hurt.**

Please help us by:

- **Parking Legally:** Avoid yellow lines, zig-zags, and blocking driveways.
- **Staying Patient:** Extra traffic is expected in winter; please plan for a few extra minutes.
- **Thinking of Visibility:** Ensure your car isn't obstructing the view for children trying to cross the road.

Our priority is making sure every student gets to school and back home safely. Please park in a manner that keeps us all protected.

Thank you for your support.



Some top tips for supporting your child when they are gaming.

What to avoid (Content & Ratings)

- **Age Ratings**: Stick to PEGI 3 (suitable for all) or PEGI 7 (may contain mild fantasy violence/fear); avoid 12, 16, and 18 rated games which include stronger violence, bad language, drugs, or gambling.
- **Realistic Violence**: Games with realistic military or violent combat can be traumatizing and distance children from reality.
- **Online Chat & Strangers**: Multiplayer games with open chat pose risks of bullying, offensive language, or contact from predators.
- **In-App Purchases**: Loot boxes or aggressive marketing can lead to unexpected bills or addiction, especially in games with "dark patterns".

Parent advice for unsuitable games

- **Play with Them**: Join in to understand the content and social dynamics, use headsets only in common areas to monitor chat, and set clear rules.
- **Utilise Parental Controls**: Use console/app settings to restrict game ratings, online communication, and spending.
- **Teach Online Safety Rules**:
 - Never share personal details (name, address, school).
 - Never agree to meet someone from online.
 - Immediately tell a parent if anything feels scary or uncomfortable.
- **Encourage Offline Play**: Promote other hobbies and family time to ensure gaming doesn't replace real-world connection.
- **Be Aware of "Addiction"**: Monitor for excessive play that interferes with other life aspects, suggest playing to the end of levels for smoother stops, and set time limits.



Elmhurst Student Blog

Hi there its Isabel and Grace here,we are going to inform you what everyone has been up to this week!

First up Year three (Fir class) have been learning about William Morris in History- he was a famous artist. His art is about beautiful nature. In maths, they practised short division including the bus stop method. Year three and four (Ash) have been multiplying three digit numbers by a one digit number. Additionally, in English they learned about the difference between opinions and facts (facts are something that are true, as for opinions, you choose what you think.It is not a fact whether tomatoes are tasty people say their opinions if they like it or not.) Year four, Willow, have been learning to play Mamma Mia on the glockenspiel using the g note. In geography, they used a picture to explain the parts of a river and their purpose. Next up we have year five, Yew class. They learnt about a life cycle of an egg that turns out into a mammal in Science. After that, in Curriculum for Life they learnt how different areas affect mental well being eg. When you sleep your mind rests and having a good diet which is healthy is important. Year five, Oak, wrote a setting description about Francis In English. They also played music with the glockenspiels,which went GGAAB BBAAC - it was very creative. In Year Six, Hazel, they have been creating mood boards about Inuit Art. In Gym, they practised scissor kicks, cartwheels and handstands. Year Six, Rowan, created an award for someone who helped out any one they didn't know to show Agape.In PE we practised spins, jumps and leaps. That's all thanks for reading!



Elmhurst Events



[CLICK HERE](#)



Spring Term 1

Monday 2nd February	Netball at Strode College. TBC
Thursday 5th February	Y5/6 watching Crispin performance of Frozen at Strode Theatre in the morning.
Friday 6th February	2:30pm Parent open class session (TBC) Celebration assembly will be held Thursday 5th February Number Day 2026
Wednesday 11th February	Y5/6 watching Millfield performance of High School Musical in afternoon.
Friday 13th February	Trust INSET day- school closed to pupils
Monday 23rd February	Start of Spring Term 2 - all pupils in
Thursday 26th & Friday 27th February	Bikeability - Year 6 Rowan Class (details to follow)
Tues 17th & Thursday 19th March	Parent teacher consultations (times and booking slots to follow)

Which foods are Kosher?

Kosher *split into 2 laws*

Cloven hoof *chews the cud*
 Fish - fins and scales
 Chickens/duck
 Healthy Animal

Not Kosher *split into 2 laws*

Birds of prey
 bats
 *Pigs - Have cloven hooves but do not chew the cud
 insects
 Worms
 creepy things
 M.V.S.T
 be killed humanely
 (as with pain as possible)
 Unhealthy Animals

DO NOT MIX Meat and Dairy

Don't Put Meat on your Pizza!

you can have a burger but don't add cheese!

Hamburger

Pepperoni Pizza

Cheese Pizza

Meat Lasagne

Why do Jews obey KASHRUT? food rules!

To show they are Jewish

To think about Jewish's history

To show they are committed to God

To show self control.

Pigs aren't kosher. They have a cloven hoof but don't chew grass.

Chicken - eggs are OK but chickens aren't kosher because the Torah says so

Fried Egg

Ostrich Egg

Pork Sausages

Porkies are OK but don't add bacon!

Bacon

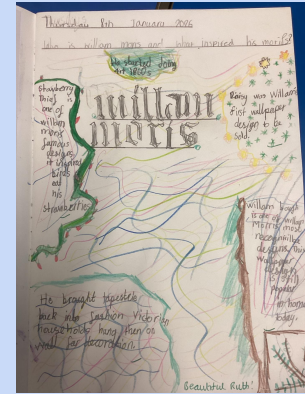
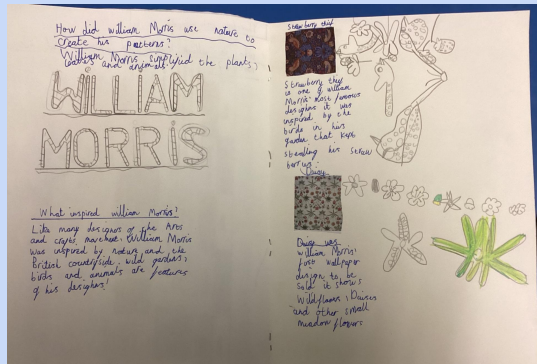
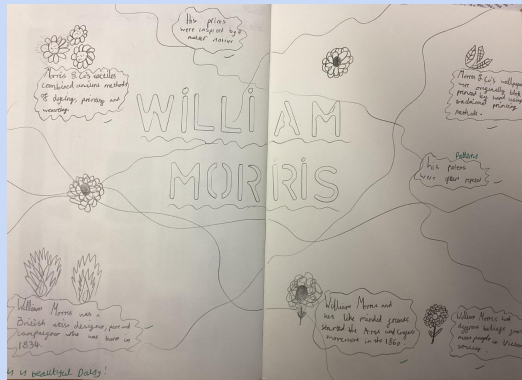
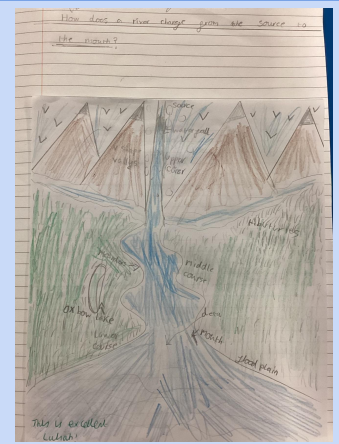
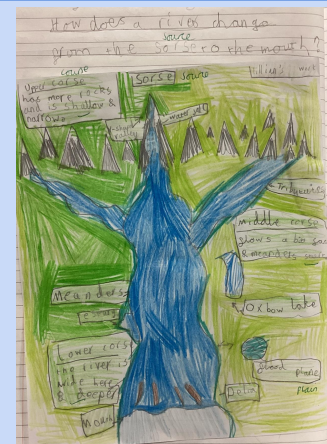
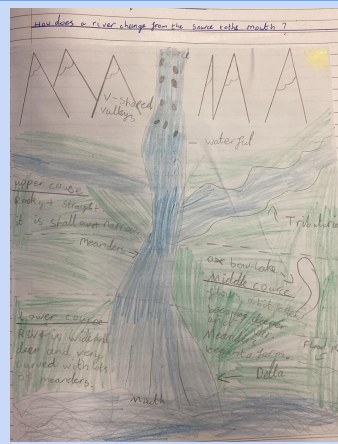
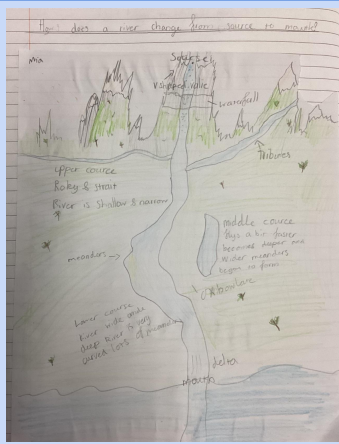
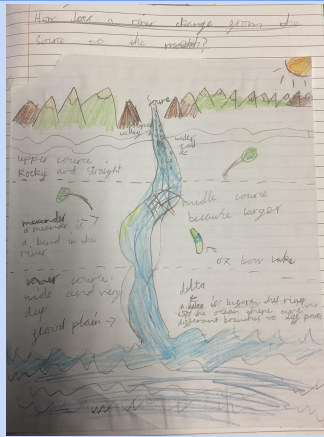
Pancakes

La Sagne isn't kosher because it mixes meat and dairy.

We have been learning about Jewish food rules called **kashrut**, which help Jewish people decide which foods are **kosher** and which are non-kosher. We learned that some foods are allowed and some are not, and that these rules come from Jewish beliefs and traditions.

Did you know that Jewish people who follow kashrut do not eat meat and dairy together?

Year 3: Ash and Fir Class



In Geography, we have been learning how a river changes from the source to the mouth.

In DT, we have been learning about the famous British designer William Morris.

Year 4: Ash & Willow Class



On Monday, Year 3 and 4 had an Introduction to Rivers Workshop with Sam who works for Wessex Water. We learned about the water cycle, why rivers are important, what we use water for and why saving water is so important. As part of the workshop, we timed how long the flow of water takes when the river is straight compared to when it is curved. This showed us how important meanders and natural river habitats are for preventing flooding.

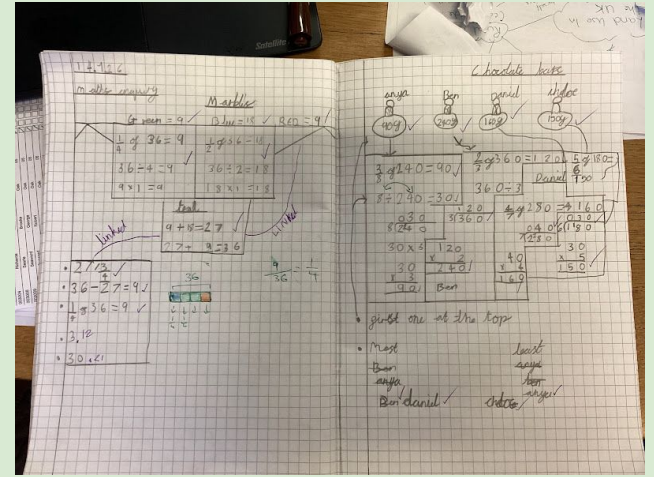
Year 3 & 4 River Workshop



In music we have been learning to play the 3 note bossa.



In science we have been learning about life cycles.



In maths we have completed an enquiry to finish off our fraction unit. We looked at different ways to represent our findings.

Year 5: Oak & Yew Class



Year 6	Topic	Age	Year
1	What is a classification key?	10-11	10-11
2	How do we use a classification key?	10-11	10-11
3	How do we use a classification key to identify an animal?	10-11	10-11
4	How do we use a classification key to identify a plant?	10-11	10-11

I think it is very important to be able to identify what is in the world to have anything done & to help us to study animals all over the world.



In Rowan and Hazel Class this week, we have been exploring and practicing travelling actions in gym, learning to use classification keys in Science and we have started to plan and write our first complete narratives in English.



Year 6: Hazel & Rowan Class



Elmhurst Sports News



Well done to all of the children who played Football at Millfield Prep School on Tuesday 14th January. Our A team played a very competitive match in which Millfield were victorious. The B team also played a very good game which they won 7 -3.

Special mention goes to all of our scorers, Mohammed, Henley, Heath, George and Robert. Thank you also to all of the family members who helped and supported.



Elmhurst Sports News



1	Nick MITCHEL	19:29
2	Unknown	
3	Heath HUGHES DAVIES	19:57

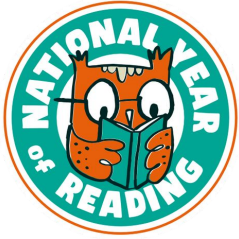
Heath has had a busy week.

On Saturday he ran the adults 5km parkrun and came 3rd out of 149 adults.

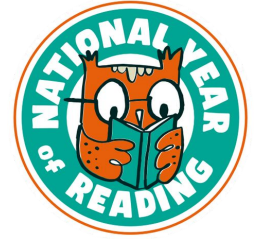
On Sunday he took part in Woolavington Junior Park Run and smashed his 2km personal best whilst winning the race.

On Thursday he won the Well City Harriers Night Series Street Race. Making it 5 wins out of 5 in this series.





Reading Champions



Year 3

Torin
Frankie

Year 4

Year 5

Harrison

Year 6

Tom
Leo

These pupils were chosen for their commitment and attitude towards reading this week.



We celebrate the most improved statistics over the last 7 days for...



Accuracy

Coins

Correct Answers

Minutes Played

Studio Speed



Daisy C
Year 3

Theo H
Year 5

Theo H
Year 5

Jack R
Year 5

Zak F
Year 3

We are delighted to announce that Elmhurst Junior School has been nominated for the **Tesco Stronger Starts** grant scheme!


This is a fantastic opportunity for us to secure up to **£1,500 in funding** to create a dedicated sensory garden for our children. This space will provide a calm, stimulating environment that will hugely benefit our pupils' wellbeing and learning.



How you can help:

From now until the end of the term, you can vote for us by popping a blue token into our collection slot every time you shop.

 **Where:** Tesco Glastonbury

 **What:** Collect a blue token at the checkout (no matter how small your shop!) and drop it into the Elmhurst Junior School box.

The project with the most tokens receives the highest funding, so every single vote counts! Please spread the word to friends and family in the local area.

Thank you for your continued support in helping us enhance our school environment.



We're proud to support
the NSPCC's

Number Day 2026

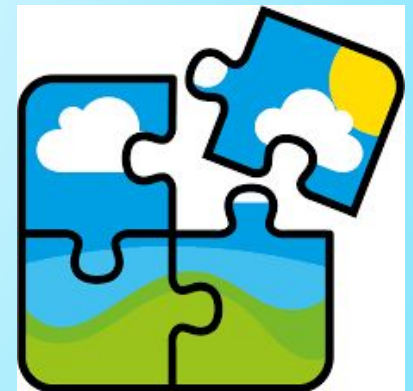
Friday 6 February





Well done to Ivy, Emily and friends who have worked very hard to complete this wonderful world jigsaw at Lunch time club.

If anyone has some children jigsaws to challenge the pupils we would welcome any donations.



The Height and Weights checks are due to take place for Year 6, the date is not yet know, however the below letter has been sent out to Year 6 parents this week. The programme is an opt-out, therefore, if you do not wish for your child to take place, please complete the form, thi will need to done 48 hours before the programme is due to visit us, as we don't yet have a date, we would suggest an early return would be advisable.

Somerset Council
County Hall, Taunton
Somerset, TA1 4DY



January 2026

Dear Parent / Carer

Height and weight checks for children in reception and year 6

Every year in England, school children in reception and year 6 have their height and weight measured at school as part of the National Child Measurement Programme (NCMP). The programme helps to monitor how children are growing. Your child's class will take part in this year's measurement programme. The measurements are carried out by trained public health nursing staff at school in a private space away from other pupils. Children will be measured fully clothed except for their coats and shoes. If you are happy for your child to be measured, you do not need to do anything. Research tells us that most parents and carers have no objection to their child being measured.

To receive your child's results

Your child's measurements will be available around three weeks after measuring. If you would like to receive your child's results, please use this link to request access to a feedback letter **no earlier than three weeks** after their measurement date, <https://service.somerset.gov.uk/ncmp-feedback-letter>.

What information is collected and why

Your child's height, weight, age, sex, and date of birth are collected to calculate their weight category (also known as child body mass index).

Your child's ethnicity and address are collected to monitor differences in child growth and weight between ethnic groups, where children live and their backgrounds.

Your child's name, date of birth and NHS Number are collected to link their measurements from reception and year 6 to other information from health and education records held by NHS England, the Department of Health and Social Care and the Department for Education, where it is legal to do so.

Information about how personal information and data is collected and stored

You can read more about how the Department of Health and Social Care collects, stores and uses your child's information and data in the [National Child Measurement Programme privacy notice](#).

You can read more about how NHS England collects, stores and uses your child's information and data at [National Child Measurement Programme \(NCMP\): GDPR information](#).

At the NHS England [National Child Measurement Programme webpage](#) you can read more about:

- taking part in the programme
- how your data is collected
- how your data is used

You can read more about how Somerset Council collects, stores and uses your child's information at <https://www.somerset.gov.uk/finance-performance-and-legal/national-child-measurement-programme-ncmp-privacy-notice/>

Further information

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a School Nurse by phoning 0300 790 9854 or texting their Chathealth line on 07480 635 515. You can also find trusted information by going to <https://healthysomerset.co.uk/starting-well/healthy-weight/>.

Withdrawing your child from the National Child Measurement Programme

If you **do not** want your child to participate, please complete this [NCMP Opt out form](#) and your child will not be measured. Please ensure that you complete the opt-out form at least 48 hours before the measurements are due to take place at your child's school. Children will not be made to take part on the day if they do not want to.

For further information about the National Child Measurement Programme including the National Child Measurement Programme Factsheet for Parents/Carers, go to the [NCMP](#) page of our Public Health website or contact your child's school.

If you require this information in an accessible format such as Braille, large print, audio or another language please contact the School Nursing Team on 0300 790 9854 or email schoolnursesduty@somerset.gov.uk to arrange this.

Yours sincerely

Claire Winter
Executive Director, Children, Families
and Education
Somerset Council

Alison Bell
Director of Public Health
Somerset Council



Jan/Feb/March 2026



Somerset School Nurse Team Newsletter

Welcome to the new Somerset School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5–19 years and cover primary and secondary schools across Somerset.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

[Somerset children & young people · Health & Wellbeing · Phn School Nursing](#)



Feedback QR code

SAINT
Somerset
School Age Immunisation Nursing Team

NHS Somerset
with Somerset Health

School aged vaccinations
Did you know they will be offered these routine vaccinations at school?

FLU
MUM (Year 11)
MMR (Year 8)
HPV (Year 8)
Measles, Mumps, Polio (Year 5)
Diphtheria, Tetanus, Polio (Year 5)

MMR

HPV

Did you miss us?
We also have compulsory classes across Somerset for:
Home Educated Children
Children who missed the session at school

DIPHTHERIA (TETANUS) POLIO (DTP)

Call us on **0300 323 0032**

Children's Mental Health Week 2026

9–15 February 2026



If your child is struggling with their mental health speak with their school nurse or your GP.

Further support can be found:

[Mental Health Issues | Young Somerset](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

shout
85258
here for you 24/7

Are you looking for support with your child's bedwetting?

If so please contact your school nurse team for advice or make contact via the Chat Health Text service.

For more information regarding this topic please visit the following website:

[ERIC](#)

Free helpline:
0800 801 0343



Somerset Parent Carer Forum C.I.C.

Do you have a child with additional needs/and/or disabilities?

Are you looking for advice and support?

The Somerset Parent Carer Forum provides a range of information and support for parents and carers in Somerset. They run a range of support groups and workshops for parents/carers to attend, and also provide a phonenumber where you can speak to a parent representative.

For more information click on the link below:
[Somerset Parent Carer Forum CIC Ltd \(not for profit\) company](#)



6 ways to help your child with their weight



Small lifestyle changes can make a big difference – try these top tips.

- 1. Find some support**
Speak to your child's school nurse, GP or practice nurse who will help support your family with diet and lifestyle changes if needed.
- 2. Make some healthier food swaps**
There are lots of easy ways to cut back on sugar, salt and saturated fat – get started with our top tips and simple swaps.
[Food facts - Healthier Families - NHS](#)
- 3. Eat balanced meals**
Find out what a healthy, balanced diet looks like [The Eatwell Guide - NHS](#)
- 4. Try some new recipes**
Get inspiration to help your family eat well every day. [Recipes - Healthier Families - NHS](#)
- 5. Get moving**
Try boosting your family's activity levels in 10-minute bursts with our Disney inspired play along games.
[10 Minute Shake Up games - Healthier Families - NHS](#)

ChatHealth

Parent advice & support
Healthy lifestyles
School transitioning
Emotional health

is your child 5-19 and are you looking for confidential help and support?

A safe and easy way to contact your School Nursing Team

Just send a text
07480 635 515

Improving LIVES

Disclaimer: This is not an emergency service. It operates Monday to Friday 9am-5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who can use ChatHealth service. Although this is a confidential service, in the event of a safeguarding issue the School Nurse has a duty of care to act on this and may

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

SLEEP

Is your child struggling with sleep?

For practical advice & support visit...

the sleep charity [Home - The Sleep Charity](#)

Alternatively, speak with a school nurse using our ChatHealth text service.
Tel: 07480 635 515

National Childhood Measurement Programme (NCMP)

Is your child in RECEPTION or Year 6?

If so, the school nurse team will begin visiting schools in the New Year to complete the height and weight measurements of all children in Reception and Year 6.

For more information regarding the programme please click on the link below:

[Somerset children & young people · Health & Wellbeing · F2f Ph Ncnp](#)



Primary Teacher Training programme



The Mid Somerset
Consortium

BACK TO SCHOOL... AS A TEACHER

*Train to Teach Primary with Mid
Somerset Consortium – Inspire the
Next Generation*

- Flexible training designed for busy parents.
- Make a real difference in children's lives.
- Start a meaningful career in your community.
- Earn while you learn with hands-on classroom experience.

Client Testimonials

'I couldn't have wished for a more supportive group of staff and fellow trainees... The MSC team have all been incredible and there is always someone there to talk to should you need it.'

— **Danni**

'The primary training course has been supportive and practical, allowing me to build confidence and develop invaluable classroom skills. Importantly, it has worked well around being a parent, allowing me to successfully balance training alongside a busy family life.'

— **Sarah**

'A real strength of the course is the opportunity for primary and secondary trainees to work together'

— **Millie**

'Placement schools are varied and well chosen, including first schools, middle schools, and primary schools. Being placed locally has helped us build strong networks across the area, which feels invaluable for future job opportunities and professional connections.'

— **Millie**

Ready to take the next step?

[JOIN MSC TEACHER TRAINING TODAY!](#)

e: office@mscitt.org.uk | w: www.mscitt.org.uk | t: 01458 449418

Tell Us What You Think?

Your input is crucial! We're running four important surveys across our Trust schools to help us understand what matters most and enhance the overall experience for students, parents, and staff. We'd greatly appreciate your time.

03

Parent Survey

The purpose of this questionnaire is to find out what matters to you most about food at your Child's school and how satisfied you are with the service.



[CLICK HERE](#)



Wessex
Learning Trust