



Axbridge C of E Academy

Together We Inspire, Thrive & Excel

"I have come so that you may have life, life in all its fullness"

John 10:10

Issue # 19

2nd February 2026

Dear Families,

I wanted to start by sharing a few highlights from another busy and positive week at Axbridge C of E Academy.

On Tuesday, we welcomed Reflex First Aid into school to work with our KS2 pupils as part of the Junior Dukes programme. The children learned important first aid skills and engaged brilliantly with the sessions. Again, we feel truly humbled to be so well supported by members of school community, who gave up their time to make this happen for your children. The Junior Dukes is a wonderful programme aimed at giving your children opportunities to tackle new challenges, whilst building confidence, resilience and independence.

On Friday evening, we held a wonderful Ceilidh event, which truly brought our value of Community to life. It was a joyful evening, and my sincere thanks go to our fantastic PTA for all their hard work in making it such a success.

The pupils have also been busy planning and organising. Our School Council have been sharing their plans for the coming weeks and months in Collective Worship, with a strong focus on fundraising for the School in a Bag charity. The Eco Team also held a productive meeting, in which they took inspiration from the British Bird Watch event and made their own bird-feeders. Meanwhile, our Reading Ambassadors are already planning events and themes for World Book Day. This week long celebration of books is perfectly timed too, as the government has named this the National Year of Reading - <https://goallin.org.uk/> (click link for more information)

Finally, please do take time to read this week's Wake Up Wednesday guide at the bottom of the newsletter, which focuses on digital devices, wellbeing and guidance for families around this.

Thank you, as always, for your continued support.

Mr Dominic Shillabeer
Head teacher

A: Axbridge C of E Academy, Axbridge, Somerset, BS26 2BA

E: office@axbridgefirstschool.co.uk | W: www.axbridgefirstschool.co.uk | T: 01934 732391



February

Friday 6th - Break the Rules Day
Friday 6th - NHS dental checks for 5 years old.

Monday 9th - Children's Mental Health Week

Tuesday 10th - Safer Internet Day

Tuesday 10th & Wednesday 11th - Silent Disco Day

Wednesday 11th - Year 4 Roman Day

Thursday 12th - Valentine's - wear red for School in A Bag

Thursday 12th @ 3.25 to 4.25pm - PTA Valentines Crafternoon

Thursday 12th February - school closes for Half-Term at 3:20pm

Friday 13th is an INSET Day

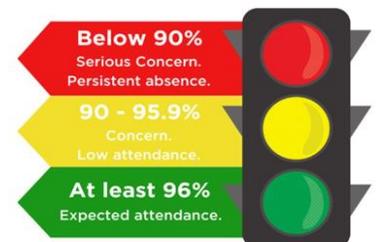
Saturday 14th February - DIY SOS day

Monday 23rd February - return to school

Tuesday 24th - PTA Film Night
Friday 27th @ 9.10am - Church Service.

ATTENDANCE

Every day counts!



Expected attendance means having no more than seven days off this school year!

Whole School Attendance was 95.8 % last week and well done to Reception with 100% for the week!



Wessex Learning Trust
We Learn Together!

Our Christian Values are:
Community
Courage
Love

Our Christian Vision is;
"I have come so that you may have life, life in all its fullness"
John 10:10

Our Learning Skills are:
Thinking
Social
Self-management
Communication
Research

Congratulations to our certificate winners this week, we are so proud of you!

	Pine	Hazel	Chestnut	Redwood	Oak
Star of the Week	Rupert	James	Leyla	Robyn	Sofia
Christian Values	Laila	Ruairi	Ellie-May	Isla	Remy
Learning Skills	Maisie	Bertie	Evie	Anabelle	Freddie

Headteacher's Awards

Star of the Week	Ben C Oak	Christian Values	Annabel C Redwood	Learning Skills	Arthur W Redwood
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House Points

	Black Rock	Crook Peak	King's Wood	Strawberry Line
This week	164	102	189	167



SAFEGUARDING CHILDREN IS A RESPONSIBILITY OF US ALL

Safeguarding Lead: Mr Dominic Shillabeer

Deputy Safeguarding Leads: Miss Kellie Nash and Mrs Kate Febrey



VALENTINES CRAFTS

THURSDAY 12TH FEB 3.30 - 4.30 PM

£5 per child
includes a snack

To book please email pta@axbridgefirstschool.co.uk
with Child's name and class

Account details to transfer are
Name: Axbridge First School PTA
Sort code: 30-91-84
Account number: 00284059

DIY SOS DAY

Saturday 14th February • 9:30am - 4:00pm

Where - Axbridge C of E Academy

All welcome and refreshments provided

In Touch

in Axbridge, Shipham & Rowberrow Benefice & Crook Peak Parish

Sunday 1 February
Epiphany 4/Presentation of Christ

Sunday 1 February

0900 WEARE Agape Meal
1000 WEARE Praise & Worship
1000 AXBRIDGE United Benefice Communion
Zoom Meeting ID: 893 5983 8684 Passcode: 294593



Taking place this week

Monday 2 February

1100 Axbridge Warm Spot, Church Rooms (ends 1300)
1930 ASR Homegroup, Sue's, 29 Beech Road (ends 2100)

Wednesday 4 February

1930 Women's Fellowship, Cross Hall (ends 2130)
1945 Christian Meditation Group, Axbridge Church

Thursday 5 February

0900 Crook Peak online morning prayer
<https://www.achurchnearyou.com/benefice/01-125BH/service-and-events/>

Friday 6 February

1930 ASR Benefice Choir Practice (ends 2030)

Next Sunday, 8 February, 2nd Sunday before Lent

1000 BADGWORTH Holy Communion
1600 ROWBERROW Holy Communion
1800 SHIPHAM Evening Praise
1800 COMPTON BISHOP Evening Prayer



THE SPACE

Parent Club

Being a parent is HARD! Do you sometimes just want to talk to like-minded people without judgement?

Does your child experience school avoidance or have SEN? Or maybe you just need a gentle chat with someone who understands?



 We are here for YOU!

Parent Club offers a safe, welcoming space with:

 Hot coffee  Friendly faces  Support, advice & signposting

 Every Wednesday  9am-10:30am



No need to book — just drop in!

Prefer to reserve a spot? Text 07940 177399

We also have activities to keep little ones occupied!



New Evening sessions

Evening sessions available by appointment only

1st Monday of every month
From 6pm
Coffee @ The Hub

Please email Victoria
VBoorman@thespacesomerset.org.uk
to book your space

Monday 5th January
available for booking now

**COFFEE @ THE HUB, 1-2 LOWER NORTH STREET,
CHEDDAR, BS27 3HA (OPPOSITE TESCO EXPRESS)**





WISE UP WORKSHOPS

Empowering Parent Carers to succeed



February Wise Workshops



2nd- Understanding sensory processing-
Presented by Bibic @ 12.30 Cheddar & Online

4th- Autism, ADHD & Physical health -
Presented by Neurodiverse training @ 18.30 Online

5th- Sleep differences in Neurodivergent young people-
Presented by CYPNP Team @ 10am Shepton Mallet & Online

9th- Intro into SEND-
Presented by SPCF @ 12.30 Wincanton & Online

11th- Autism masking-
Presented by Platypus @ 10am Langport & Online

Book now:
www.somersetparentcarerforum.org.uk/home/wise-up-workshops/



These sessions are open to all parent carers in Somerset who have a child with additional needs and/or a disability.



What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.