



Axbridge C of E Academy

Together We Inspire, Thrive & Excel

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

John 10:10

Issue # 3

22nd September 2025

Dear Families,

Today in Collective Worship we have explored the theme of **Courageous Advocacy**, which is how each of us can see injustice and take steps to make a positive difference. The children reflected on local and global examples of people who stand up for fairness and care for others, from supporting food banks to protecting our environment and helping communities across the world.

We linked this to our school vision of **Courage**, reminding ourselves that living courageously isn't just about being brave in difficult situations, but also about speaking up for what is right, showing kindness and taking responsibility for others. It was really inspiring to see the children identifying ways they could be change-makers in their own lives, helping to build a fairer, kinder community both inside and outside our school.

Leading on from this, we warmly welcome your support at the Macmillan Community Café on Friday, either in person or through any cake donations, is also greatly welcomed. This is a wonderful example of our school community coming together and making positive change for others.

I also look forward to seeing lots of you at the 'Welcome to My Class' event on Thursday, which is a wonderful opportunity to visit your child's class, have a tour and meet their teacher.

As always, many thanks for your continued support

Mr Dominic Shillabeer

INSPIRE

Well done to Finn in Redwood Class, who spent time at home making and creating his own presentation on rocks, having been inspired by his inquiry 'How does the Earth move and change?'. There were quiz questions, videos, impressive transitions and wonderful responses to the questions.



September

****Clubs start this week****

Monday 22nd @ 2.50 to 3.20pm -

Parents Phonics Workshop

Wednesday 24th @ 7 to 8pm -

PTA AGM @ The Oakhouse

Wednesday 24th 1:00pm - 3:00pm

Paralympian visit to school,

Thursday 25th @ 3.20 to 4pm -

Welcome to My Class

Thursday 25th @ 2:50 - 3:15pm -

Year 3 and 4 parents MTC

information session in Oak and

Redwood Class.

Friday 26th - MacMillan Coffee

Afternoon Fundraising event-

2:30pm onwards.

October

Thursday 2nd @ 9 to 10am and

2.15 to 3pm - EYFS Parent

Curriculum Workshop

Monday 6th - Harvest Collective

Workshop - Autumn colours and

donations

Tuesday 14th @ 2.30 to 3.20pm -

Community Café Session for

Reception & Yr 1 parents

Thursday 16th - Yr 3 Quarry Trip

Friday 17th - Whole School Flu Jab

Thursday 23rd @ 9am - Church

Service

Thursday 23rd October - school closes for Half-Term at 3:20pm

Friday 24th is an INSET Day

ATTENDANCE

Every day counts!



Below 90%

Serious Concern.
Persistent absence.

90 - 95.9%

Concern.
Low attendance.

At least 96%

Expected attendance.



Expected attendance means having no more than seven days



Our Christian Values are:
Community
Courage
Love

Our Christian Vision is;
"I have come so that you may have life, a 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	Chloe	Arlo	Betty	Isla	Reggie
Christian Values	Rosie	Edith M.	George	Albie	Lola
Learning Skills	George	Leonie	Jude	Loki	Clara

Headteacher's Awards

Star of the Week	Flora PINE	Christian Values	Anya OAK	Learning Skills	Clara OAK
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House Points

	Black Rock	Crook Peak	King's Wood	Strawberry Line
This week	183	162	149	229

SAFEGUARDING CHILDREN IS A RESPONSIBILITY OF US ALL

Safeguarding Lead: Mr Dominic Shillabeer

Deputy Safeguarding Leads: Miss Kellie Nash and Mrs Kate Febrey

Our Christian Value we are focussing on this term is

Community

🇬🇧 Macmillan Community Afternoon - Friday 26th September from 2:30pm onwards ☕

We're so excited to invite our families and friends to our Community Café Afternoon on Friday 26th September from 2:30pm onwards to raise money for Macmillan Cancer Support ❤️.

👉 Can you help?

On the day, families are encouraged to donate cakes, biscuits, doughnuts or other sweet treats to support this amazing cause.

☕ What's on offer?

The school will be providing tea and coffee, the perfect match for your sweet treats!

❤️ Meet, chat and make a difference:

This is also a lovely opportunity to meet other families and enjoy some relaxed time together in our school community.

We will not be charging for the cakes, biscuits, tea or coffee, but asking families to make a donation instead. Here is the fundraising page

<https://cm25.macmillan.org.uk/fundraising/CM25046347>

There will be QR codes in the hall for you to make a donation on the day should you wish, but your company and support is just as important to us.

All donations will go directly to Macmillan Cancer Support, helping them continue their vital work. Come along, enjoy a cuppa, some cake and community spirit, let's make a difference together!



LOVE



COMMUNITY



COURAGE

SAFEGUARDING CHILDREN IS A RESPONSIBILITY OF US ALL

Safeguarding Lead: Mr Dominic Shillabeer

Deputy Safeguarding Leads: Miss Kellie Nash and Mrs Kate Febrey

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Wessex
Learning Trust
We Learn Together!

Axbridge Blackberry Carnival
PRESENTS
PHIL KING
 "the song weaver"
 BBC RADIO 2's
 Bob Harris



SUNDAY 5th October
Doors 7.15pm
AXBRIDGE TOWN HALL
TICKETS £10 (+ bfee)
Wegottickets.com
Or AXBRIDGE POST OFFICE

CASH BAR **A Carnival Fundraiser**

SCAN ME 

Have you heard?
GB Paralympic Sprinter
KATRINA HART
 is coming to our school

Scan to sponsor
 Search our school




- Get the children moving in a fun fitness circuit
- Witness the strength, talent & resilience of a top athlete
- Raise money for new sports equipment

Dance With Georgia
dream & believe

JAZZ & STREET DANCE



Monday - Draycott
 4:15pm - 5pm Ages 4 -7
 5pm - 5:45pm Ages 8+

www.dancewithgeorgia.co.uk

Coin Collection

Have you any loose change, foreign coins or shillings and pence you don't know what to do with? Please dig deep in the back of the sock drawer or look for notes tucked into passports (we know it is a coin collection but will not be offended by notes!).



We will be collecting at the Farmers Market in September and October. Donations can also be dropped to
Barbara Wells at 49 West St Axbridge

Collection is on behalf of Friends of Axbridge Church for maintenance of this fantastic Grade1* listed building.



PRESERVE—PROTECT—ENHANCE





In Touch

in Axbridge, Shipham &
Rowberrow Benefice
& Crook Peak Parish
Sunday 21 September
Trinity 14 / St. Matthew

Sunday 21 September

0800	BIDDISHAM	Holy Communion
1000	AXBRIDGE	Holy Communion
1000	LOXTON	Morning Worship
1100	SHIPHAM	Coffee
1130	SHIPHAM	Harvest Festival Service followed by lunch
1600	ROWBERROW	Evensong

Taking place this week

Monday 22 September

1100	Axbridge Warm Spot, Church Rooms (ends 1300)
1700	Crook Peak Special Choir Practice, Badgworth (ends 1830)
1930	ASR Homegroup, Pam's, 2 Beech Road, Shipham (ends 2100)

Tuesday 23 September

CP Homegroup will not be meeting until 21 October

Wednesday 24 September

2000	Christian Meditation Group, Axbridge Church
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Thursday 25 September

There is no online prayer until 2 October

Friday 26 September

1030	Coffee Morning & Book Swap, Weare Church (ends 1230)
1930	ASR Benefice Choir Practice (ends 2030)

Next Sunday, 28 September, Trinity 15

1000	SHIPHAM	Holy Communion & Prayer for Healing
1000	COMPTON BISHOP	Holy Communion
1800	BADGORTH	Evening Prayer
1800	AXBRIDGE	Taizé-style Evening Service



Sat 11 October Axbridge Churchyard Clear-up Day



From 9am

Come and spend some time working together to
make your churchyard neat & tidy: it's always
fun!



Hot drinks and
cakes will be
available

JOYFUL SPIRIT Choir

Entry FREE

Friends of the Church are
raising funds for the
continuing restoration of
our Grade 1 listed building.

Donations will be much
appreciated.

All welcome

St John the Baptist Church, Axbridge

Invite you to a fun evening of
music with Joyful Spirit Choir.

Saturday 4th October 7-9pm

www.joyfulspiritgospelchoir.org/concerts



10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College