



# 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 # 6

13<sup>th</sup> October 2025

Dear Families,

Last week, we held our first meetings of the year with our School Council, Collective Worship Leaders, Reading Ambassadors, House Captains, and Rights Respecting School Representatives!

It's been heartening to see our pupils showing such confidence, teamwork and commitment as they begin their leadership journeys. Each group plays a vital role in helping to make Axbridge the vibrant, caring and forward-thinking community it is; from sharing pupil voice and leading worship, to promoting reading for pleasure, supporting our school values, and championing children's rights. They've already shared some wonderful ideas to help improve our school and enrich our school community, we really can't wait to see their ideas come to life!

This Friday, we are running our ever-popular reading event in the school hall and learning hub, from 2:40 - 3:10pm onwards. It is open to all parents/carers/grandparents and is a wonderful opportunity to come together as a community to help inspire that love of reading!

Finally, a reminder about school places for 2026.

 **Applications now open** for September 2026 school places.

 For children **born between 1 Sept 2021 - 31 Aug 2022** (starting school).

 For children **currently in Year 4** (moving to middle school in Year 5).

 **Deadline:** 15 January 2026.

 **Apply online:** [Somerset Council - Applying for School](https://www.somerset.gov.uk/schools)

Warmest wishes,

Mr Dominic Shillabeer



October

Thursday 16<sup>th</sup> - Yr 3 Quarry Trip

Friday 17<sup>th</sup> - Whole School Flu Jab

Friday 17<sup>th</sup> @ 2:40pm - Stay and Read session in the school hall and learning hub, all years.

Wednesday 22<sup>nd</sup> @ 3.20 to 4.30pm - PTA Crafternoon Session

Thursday 23<sup>rd</sup> @ 9am - Church Service

**Thursday 23<sup>rd</sup> October - school closes for Half-Term at 3:20pm**

**Friday 24<sup>th</sup> is an INSET Day**

November

**Wednesday 4<sup>th</sup> @ 4 to 7pm**

- Parents Evening

Thursday 5<sup>th</sup> @ 4 to 7pm -

Parents Evening

Monday 10<sup>th</sup> - IMAGO

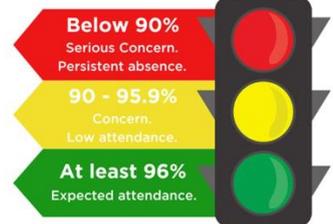
photography taking individual photos

Friday 14<sup>th</sup> - Children in Need

**Friday 14<sup>th</sup> - PTA Quiz Night in the school hall.**

## ATTENDANCE

Every day counts!



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

Attendance is **98%**  
What an amazing start  
Axbridge, keep up the great work!

**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!**

	<b>Pine</b>	<b>Hazel</b>	<b>Chestnut</b>	<b>Redwood</b>	<b>Oak</b>
<b>Star of the Week</b>	Isabella	Archie	Jesse	Dylan	Ollie L
<b>Christian Values</b>	Oscar	Connie	Arthur R.	Ella	Gracie
<b>Learning Skills</b>	Alfie	Reuben	Vikka	Lyra	Ben

**Headteacher's Awards**

<b>Star of the Week</b>	To be announced on Tuesday!	<b>Christian Values</b>	To be announced on Tuesday!	<b>Learning Skills</b>	To be announced on Tuesday!
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**House Points**

	<b>Black Rock</b>	<b>Crook Peak</b>	<b>King's Wood</b>	<b>Strawberry Line</b>
<b>This week</b>	<b>174</b>	<b>169</b>	<b>146</b>	<b>189</b>



**SAFEGUARDING CHILDREN IS A RESPONSIBILITY OF US ALL**

**Safeguarding Lead: Mr Dominic Shillabeer**

**Deputy Safeguarding Leads: Miss Kellie Nash and Mrs Kate Febrey**

♥ Community - Supporting Our Local Foodbank ♥

This week, our Collective Worship Leaders showed wonderful teamwork, compassion and community mindedness as they helped to pack up all of our Foodbank donations and load them into Mrs Penny Cooke's car, ready to be delivered to the Cheddar Valley Foodbank.

The children thoroughly enjoyed taking part and seeing how their efforts will help others in the local area. We are so grateful for everyone's generous donations last week; your kindness will make a real difference to the lives of people in our community. Together, we really can make a difference.





## **Axbridge C of E Academy PTA**

Monday 6th October: Film Night

Weds 22nd October: Autumn craft session  
after school (£5 a child)

Thurs 23rd Oct: Autumn Cake sale after  
school in the hall

Friday 14th Nov: Quiz night

Fri 21st Nov: Film Night

Tues 9th Dec: Xmas film night

Friday 12th Dec: Xmas Fayre after school  
(£5 a child)



**Axbridge School PTA Autumn Crafternoon session**

**£5 per child including squash and a biscuit and crafts to take home**

**Wednesday 22<sup>nd</sup> October, after school from 3:30-4:30pm**

**Limited numbers Please email [pta@axbridgefirstschool.co.uk](mailto:pta@axbridgefirstschool.co.uk) to book**

**THE SPACE**  
CHEDDAR WOODS RESORT & SPA

**HALF TERM ACTIVITY**

27.10.2025 **GOACTIVE** **£10 PP**

**HALLOWEEN THEMED ACTIVITIES 12.30-2.30PM**

**TO BOOK:** [WWW.THESPACESSOMERSET.ORG.UK/OUR-SERVICES/YOUTH-ACTIVITIES/YOUTH-CLUB-APPLICATION-FORM/](http://WWW.THESPACESSOMERSET.ORG.UK/OUR-SERVICES/YOUTH-ACTIVITIES/YOUTH-CLUB-APPLICATION-FORM/)

**THE SPACE** EMPOWERING MINDS. STRENGTHENING COMMUNITIES. INSPIRING CHANGE.

Axbridge PTA presents....

**Quiz Night**

Friday 14th November  
7.30pm start  
School Hall  
£5pp (max 8 in a team)  
Ticket includes cheese & biscuits

**BYO Booze & remember to takeaway your empties**

A FUN, INTERACTIVE QUIZ THAT DOESN'T REQUIRE YOU TO BE A BRAIN OF BRITAIN!

Email [pta@axbridgefirstschool.co.uk](mailto:pta@axbridgefirstschool.co.uk) with team details

**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**

**The Friends of Axbridge Church**

Personal recommendations make such a difference, and we'd love more families to discover what makes **Axbridge C of E Academy** such a special place to learn, grow and flourish. If you've had a positive experience with our school, whether it's the warm welcome, your child's experiences or the wonderful sense of community you feel, please do **spread the word!**



**Axbridge**  
C of E Academy

[www.axbridgefirstschool.co.uk](http://www.axbridgefirstschool.co.uk)



## OPEN AUTUMN 2025-26

STARTS  
**15**  
SEP

We believe that every day is special at Axbridge, so we don't offer open days like other schools. Instead, we invite you to join us for our 'Open Autumn', where you can enjoy a tour of the school with the headteacher at a time that is convenient for you and your family. You'll have the chance to meet our inspiring teachers, enjoy the joyous atmosphere and see our wonderful children who make our school so special. Email or phone the office to book in a date. We look forward to hearing from you!

### ABOUT US

'Rooted in Community: Growing in Excellence'

- We provide a safe, nurturing, and aspirational environment where all children thrive and flourish.
- We offer a wide range of clubs, events, experiences and visits, allowing all children the space to discover and explore their passions in life.
- Five straight year group classes for ages 4-9 and a welcoming Nursery for ages 2-4.
- Follow us on Facebook to see what an incredible start in life looks like



Contact Us  
01934 732391

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**Together We Inspire, Thrive & Excel**

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# Wake Up Wednesday Guide for Parents

## 10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

### Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®

