

St Dunstan's School

GLASTONBURY

WEEKLY NEWSLETTER

It is hard to believe that we are at the end of Term 3 already! As a little end of term gift, we had our Ofsted inspection this week - students and staff were a credit to the school; as soon as we have the result we will share it with you.

This week has been Children's Mental Health Week and, as you will see in the main body of this newsletter, a range of activities have been in place to mark this occasion including our Collapsed Timetable Morning focusing on our core value of kindness.

We have also had our Options Evening this week - it was great to see so many year 9 and their parents excited about the process; there was a real buzz in the hall as they discussed the ins and outs of all the subjects.

We are looking forward to a successful PTA quiz this evening and to seeing the report about it next term.

I hope you all have a lovely half term week - we will see all students back on site by 8.40 on Monday 19th February.
Mrs Bevan



09.02.24

NEXT WEEK
ASSEMBLY
FOCUS:
New Term:
expectations
reminder

Coming soon...

26th Feb onwards -
Year 11 Mock Exams

29th Feb - Year 9
Parents' Evening

5th Mar - visiting author
to see KS3 students -
more details to follow

8th Mar - Netball
Superleague trip

13th Mar - Road Safety
talks for KS3

[Click here for
Extra-Curricular
Activities](#)

[Click here for term
dates](#)



TRUTH



RESILIENCE



AMBITION



COMMUNITY



KINDNESS

Children's Mental Health Week

This week has been Children's Mental Health week - yellow ribbons were available for students to buy to show solidarity in talking about mental health. Students also had a tutor time activity around this year's theme of 'My voice matters' which we are looking forward to making a display of around the school.

As part of this week, Place2Be have given schools some ways that students can look after their mental health but also ways that parents' and carers can speak with their child too around the subject too.

As always staff are always on hand to help with any struggles that students may have, so please get in touch with your child's tutor in the first instance and we will provide whatever support we can.

Mental Health Matters.

MY VOICE MATTERS

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Here are some brilliant tips from young people just like you on how you can look after your mental health.

- 1 Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up and make you feel worse.
- 2 Talk to someone you trust and feel comfortable with - a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- 3 Write your thoughts and feelings down.
- 4 Keep in contact with people, don't isolate yourself.
- 5 Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- 6 Focus on the good parts of your life and doing what you love, rather than the negative.
- 7 If you feel too bothered yourself then tell someone you trust and distract yourself in the meanwhile.
- 8 Do something you enjoy to help you relax and have a break - watch a film, play a game, watch your favourite YouTube, listen to music.
- 9 Be your own best friend because at the end of the day you're stuck with you - so look after yourself!
- 10 Remember that you're not alone, even if it sometimes feels like you are.

*Allin thanks to students at Somers Academy and Ark Globe Academy

ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text 999 to 85258 for free to speak to Shout
- Call 0800 111 to speak to Childline, or visit childline.org.uk
- Visit place2be.org.uk/help for more advice

CHILDRENSMENTALHEALTHWEEK.ORG.UK

MY VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world to be able to say... and believe... 'My Voice Matters'.

We visited primary and secondary schools to ask teachers what they wanted from the week - to help shape the activities we create for schools, the messages we give to teachers that act as gate to other children, and the advice we give to parents, carers and families.

LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Sense, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary age children, and managing their behaviour, and get on their views.

PARENTINGSENSE.ORG.UK

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off' conversations about our mental health - sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling - it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying - I don't always need answers (or lectures).
- 7 Please don't worry about trying to fix things for me - I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age - my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug in all it takes to make me feel supported.

WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

- For primary children: bit.ly/3Pz0026
- For secondary children: bit.ly/3L0202k

CHILDRENSMENTALHEALTHWEEK.ORG.UK

MY VOICE MATTERS

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

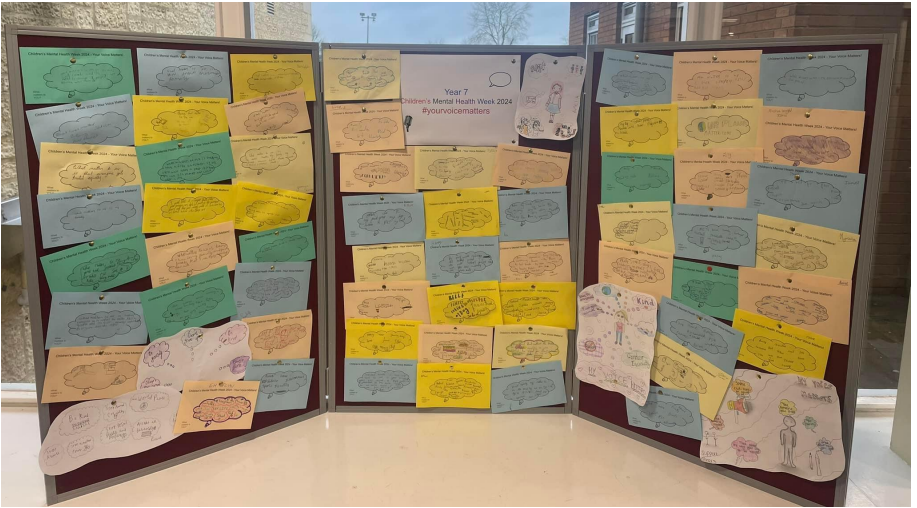
TELL ME ABOUT YOUR DAY	WHAT WAS THE BEST THING ABOUT TODAY?
WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?	WHAT'S YOUR ONLINE LIFE LIKE?
WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?	WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

TRUTH	RESILIENCE	AMBITION	COMMUNITY	KINDNESS
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Children's Mental Health Week 2024

This week, Year 7 have been participating in Children's Mental Health Week 2024. This has included looking at how some celebrities have used their voice to bring some important issues, which affect mental health, to light. The theme of the week this year is #myvoicematters and we have created a display as a year group to 'voice' what is important to us.



Hoodie and Blazer Swap - today

In order to support The Red Cross and their work across the world, we invited students to leave their blazers at home today in place of a hoodie. All £1 donation which will help The Red Cross in the wonderful work that they do.



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Milkshake with the Head - Year 10

Mrs Bevan and Mrs Easterbrook were pleased to reward the following students with a Milkshake and treat at breaktime today. They have been embodying our TRACK values and were nominated by teachers for this reward. Each week a different Year Group will get nominated.

Freya DLB, Chanelle D-C, Tyler D, St Sebastian E, Riley F, Herbie HL, Maddison L, Edward M, Charlotte M, Kele N

Well done to all!

Year 9 Options Evening

It was great to see so many students with their parents and carers at last night's Options Evening. Lots of conversations about next steps and making big decisions. If you require any further support with the options process please contact your child's tutor in the first instance and we will be only too happy to assist.



Half Term Forest School at Glastonbury Abbey



15th February for ages 8-10 years

16th February for ages 11-14 years

10am-2pm

£10 per session per child

**For more information and to book your
place visit**

www.glastonburyabbey.com

Glastonbury Abbey is a registered charity - Charity Number: 129265 - Company Number: 687392



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Bookings open on Monday 4th March 2024



Happy Healthy Holidays is back for Easter!

This programme offers a range of exciting activity clubs
in the school holidays for children who are eligible for
benefits-related free school meals across Somerset

Find and book FREE local activities by visiting:
www.sasp.co.uk/happy-healthy-holidays or
scan the QR code!



To book,
get your code
from your
school!



✉ hfh@sasp.co.uk ☎ 07843 816168 / 01823 653992 (Open 9am - 1pm)

huish
TIGERS
Basketball

FEBRUARY HALF TERM CAMP

MONDAY 12TH - TUESDAY 13TH FEB
9AM-4PM

AGED 8-13

£20 PER DAY
£35 BOTH DAYS

@ RICHARD HUISH COLLEGE
TA1 3DZ

#TIGERSFAMILY



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KINDNESS

Pride of Somerset Youth Awards 2024.

Nominations are Now Open for the Pride of Somerset Youth Awards 2024. The Pride of Somerset Youth Awards (POSYA) honours remarkable achievements of young individuals throughout the county who have made their families, friends, or community proud over the last twelve months.

Founded by the Rotary Club of Taunton, and now in their 17th year, the awards celebrate the often unsung heroes among our Somerset young people. They are dedicated to recognising inspirational efforts, accomplishments, unwavering determination and selfless actions.

The award categories range from Charity / Volunteer Hero and the Young Person of the Year Award to the Sandy Padgett and Sporting Achievement Awards. Each aim to spotlight any young person in the county who has demonstrated outstanding generosity, courage, talent, and dedication.

All nominations come from Somerset's public, with the winners selected by a panel of judges comprised of local business leaders, public figures, and dedicated champions of various Somerset communities.

An award ceremony will take place on Thursday 16 May 2024, 6.30pm-9pm at The McMillan Theatre, Bridgwater.

Do you know of a young individual who deserves recognition? All nominees must be under the age of 21. The last date to submit nominations is Friday 8 March 2024.

You can get the latest updates on the awards by following Pride of Somerset Youth Awards 2024 on Facebook, Instagram, and LinkedIn.

About the Awards

The Pride of Somerset Youth Awards 2024 is proud to work with a collection of fantastic partners that make this possible. With 10 awards categories in total, each sponsor has selected an award that they are passionate about and can advocate for.

- Art & Culture Award | Sponsored by the Rotary Club of Taunton
- Care Award | Sponsored by the Somerset County Gazette
- Championing Positive Mental Health Award | Sponsored by Bounce Forward
- Charity / Volunteer Hero | Sponsored by Young Somerset
- Community Hero | Sponsored by Bridgwater United Community Sports Trust
- Environmental Award | Sponsored by This is Gravity
- Outstanding Courage Award | Sponsored by Somerset Larder
- Sandy Padgett Award | Sponsored by Avon & Somerset Police
- Sporting Achievement Award | Sponsored by Passion of Somerset
- Young Person of Year Award | Sponsored by Bridgwater & Taunton College



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Tesco Blue Token Appeal

At Tesco you can vote for St Dunstan's Drama and Music departments to receive up to £1,500 in funding. This is part of their blue token scheme.

At the checkout please ask for some blue tokens (or pick them up at the self-checkout) and pop them in the collection box to vote for St Dunstan's!

Thank you for your support.

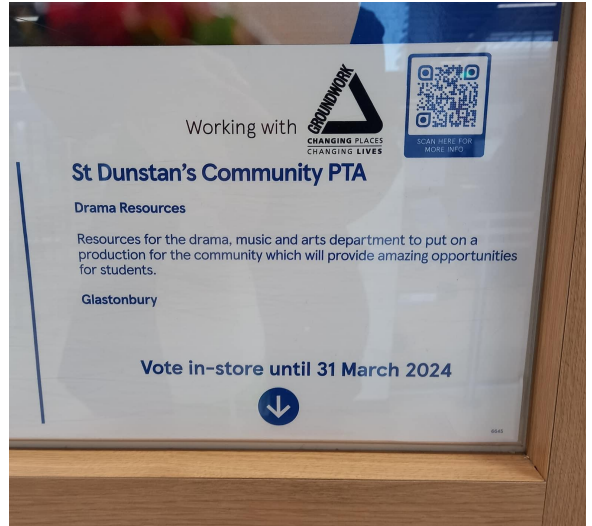


Tesco Blue Token Appeal


For the next month please support St Dunstan's Music and Drama Department when you shop at Tesco.

As you pay pick up a blue token and pop it in the box for St Dunstan's on your way out!

Your support is greatly appreciated and the money will go to fund a summer production and for long term resources for the arts!



Working with **GROUNDWORK**
CHANGING PLACES
CHANGING LIVES



SCAN HERE FOR MORE INFO


St Dunstan's Community PTA

Drama Resources

Resources for the drama, music and arts department to put on a production for the community which will provide amazing opportunities for students.

Glastonbury

Vote in-store until 31 March 2024



CAMPS, COURSES & ACTIVITIES

Providing brilliant opportunities for children aged 1 - 17 years old.

ADVENTURE | SPORTS
CREATIVE | CHILDCARE


CHILDCARE VOUCHERS ACCEPTED


20+ OPTIONS AVAILABLE



SCAN HERE TO DISCOVER MORE

BOOK NOW!

 www.millfieldenterprises.com

 +44 (0)1458 444320

 **WHERE ARE WE?**

Millfield Senior School (Street Campus) BA16 0YD

Millfield Prep School (Glastonbury Campus) BA6 8LD



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Be Kind Awards - Opportunity to nominate

The Be Kind awards is a set of awards to celebrate kindness amongst schools and young people.

There are 7 award categories but categories 2, 4, 6 and 7 are relevant to us as a school

Secondary Star School

This can cover the whole school or a specific year group. Nominations must detail how kindness has been promoted and if possible the impact it has had on the pupils, the outside community and/or the staff

John Caudwell Community Kindness

This is for Individual pupils or groups of students in all year groups. The act of kindness must have been shown to the community, outside of school. Nominations must be able to demonstrate how their kindness has impacted the community

Star Pupil

This is for individual pupils from all year groups. The act of kindness must have been shown within a school environment. Nominations must be able to demonstrate how their kindness has impacted others

Star Teacher

This is to nominate a teacher that has gone above and beyond to demonstrate kindness. The act of kindness must have been carried out at school or for pupils outside of school. Nominations must be able to demonstrate how their kindness has impacted others

Nominations will be open from Monday 3rd July 2023 until Friday 12th April 2024.

The link to the Be Kind Awards website is [here](#) which has more information and how you can submit nominations.



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Students logging on to their Talaxy accounts from home

If any of you are struggling to access your child's Talaxy account at home, please find some instructions below. There are two routes to use:

Route 1 - *useful for all their school work*

- Students must make sure when they log onto the computer, they are signed in on their **school email account**.
- They should then go to the following **link**

<https://sites.google.com/stdunstansschool.com/stdunstansstudentgateway/home>

- Once there, press the **Talaxy link button**.
- Then click '**Log In**' located at the top right
- Then click '**Google**' icon at the bottom right where it asks for login details.
- *You do not have to sign in here if you are logged on with school email already, just click the google button and it will take you straight through*

Route 2 - *Talaxy only*

- Students should go to the following **link** below.

<https://stdunstans.talaxy.app>

- Click '**Log In**' located at the top right.
- The student will need to use their **school email account** to log on if they are not logged on to the computer already on their school account.



TRUTH



RESILIENCE



AMBITION

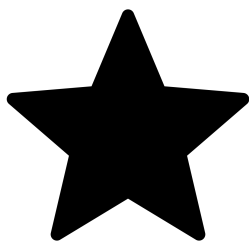


COMMUNITY



KINDNESS

ATTENDANCE MATTERS



100%
Attendance

Be in to win - 100% attendance will be rewarded with TRACK Stars and chance to win Amazon vouchers

95%+
Attendance

82% of students achieve 5 GCSEs grade 5+

92-93%
Attendance

77% of students achieve 5 GCSEs grade 5+

Below 90%
Attendance

53% of students achieve 5 GCSEs grade 5+

96%
Attendance

43% of students achieve 5 GCSEs grade 5+

Absences add up

This is the target equalling at most 8 days off per year

Missing 2 days per month means you miss 10% of school

