



## Class Trips

Class 2 had a fun and informative day out at the American Museum and Gardens in Bath this week.

They learnt plenty about bones, fossils and dinosaurs during their visit, and they impressed their hostess Vicky with their knowledge and their manners. She was delighted by the children offering to hold doors open for her and for them thanking her for looking after them for the day! Great work Class 2!



Year 6 were also out and about this week. They visited the Lifeskills Centre in Bristol and undertook a series of activities designed to both raise awareness of potential dangers, and how to deal with them.

The children were able to experience how to dial in a call to emergency services, ensure they are aware of being short-changed, and many issues around safety within the home and out and about in the community.



Mr Dix & Mr Turull

## Farrington Forum Santa Dash

The Forum have decided to support Wiltshire Air Ambulance this year and are holding a sponsored Santa Dash to raise funds. There should be a sponsorship form in your child's bag today with all the details.



## Diary Dates

New dates and amendments in blue

### November 2022

- Tue 22nd Small Schools' Football Tournament at Norton Hill (3:45pm)
- Wed 23rd Open Morning 9:30-11:30am
- Weds 30th Christmas Arts Day (No EcoWild)

### December 2022

- Thu 1st High Littleton Carol Service 4:15pm (Class 3 and 4 children who have volunteered)
- Fri 2nd** [Farrington Forum Santa's Dash](#)
- Mon 5th Class 1 Trip to Avon Valley Railway (am)  
Year 5 to Clifton Cathedral (pm)  
No Young Voices Club due to Y5 Trip
- Tue 6th Small Schools' Swimming Gala (1:30pm - 3:30pm)
- Wed 7th Class 3 Trip to Aerospace Museum
- Mon 12th Carols by Candlelight in school 6pm  
[Farrington Forum's Cake Sale](#)
- Tue 13th Nativity - Classes 1 and 2 (2:00pm)
- Wed 14th Christmas Dinner and Jumper Day
- Thu 15th Nativity - Classes 1 and 2 (6:00pm)
- Fri 16th Christmas Church Service 9:15am (St John's Church)  
Last day of Term 2

***The children return to school on Wednesday  
4th January***

### **Next Week's Clubs**

No Young Voices on Monday as Mr Dix has a meeting after school.



**Notices**

- **Car Park** - We are once again looking at various ways to get the potholes filled in the car park. In the meantime, although you are of course welcome to carry on using it, it may be advisable to park by the Memorial Hall.
- **Children in Need** - Wearing something Spotty to school today raised £96.28 for this worthy cause. Thank you to all who contributed.
- **Dinners - Message from the Catering Team** - As it becomes increasingly difficult to source some food items it may be necessary to make changes to the menus, often at short notice. When you are booking meals for your child please review the week ahead to ensure that there are no gaps in your child's meal choices.
- **Library Service** - Please see the following [link](#) relating to all that is happening in our local libraries. See below about the Lego & Secory Space
- **Open Morning** - for prospective parents has been set for Wednesday 23rd November from 9:30am to 11:30am. If you have a child who will be starting school next year, or know someone who does, please share the date and ask them to contact the office to register.
- **St. John's Church** - Please see [here](#) the link to the weekly church events.
- **Village Hall** - Message from the committee. Please do not walk your dogs on the field at any time please.



**We've launched our new free sensory space at Bath Central Library!**

The room is open to all to use but we particularly want to welcome families and small groups of children and young adults with sensory needs.

Book a session: [https://bit.ly/Sensory\\_Space\\_Bath\\_Library](https://bit.ly/Sensory_Space_Bath_Library)

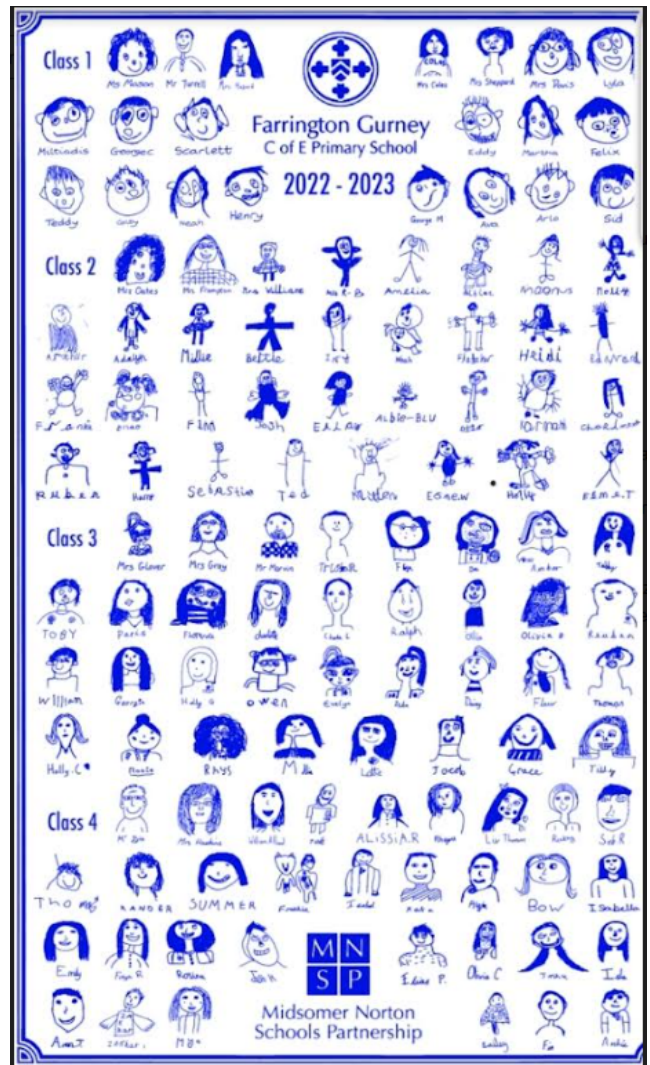
Or, scan the QR code to find out more



**Friends of Farrington Gurney School**

We are really excited to have a school tea towel this year! It looks amazing with all the children's art work. There is also an option to purchase a coaster with your child's self-portrait. Order forms will be sent out this week. These make great Christmas presents for relatives and are also a lovely keepsake for the children. There is a tight deadline of Friday 25<sup>th</sup> November for all orders and payments so we get them in time for Christmas.

The next PTA meeting will be held on 30th November at the Farrington Inn at 8pm. Everyone welcome, please come along and share ideas / thoughts. No need to commit any specific amount of time!





## Thought of the Week

**'Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."' (Mark 6:31)**

Isn't it interesting that the most high-tech generation in history is also the most medicated generation? The Bible predicted this. God told Daniel, that's right the one from the lion's den, that in the future *'many shall run to and fro, and knowledge will increase'*. (Daniel 12:4).

That's us! One psychiatrist and speaker, Dr Edward Hallowell states that we have developed something called pseudo-attention deficit disorder. *'Our brains are trained to constantly flit around the universe of messages and information seeking brief hits of excitement. Grazing ceaselessly, we never dig too deeply before moving on to the next distraction...and it ratchets up our stress levels in ways we are only starting to understand.'*

When was the last time you enjoyed some uninterrupted downtime without feeling guilty and unproductive? Do you even take time to reflect and recharge.

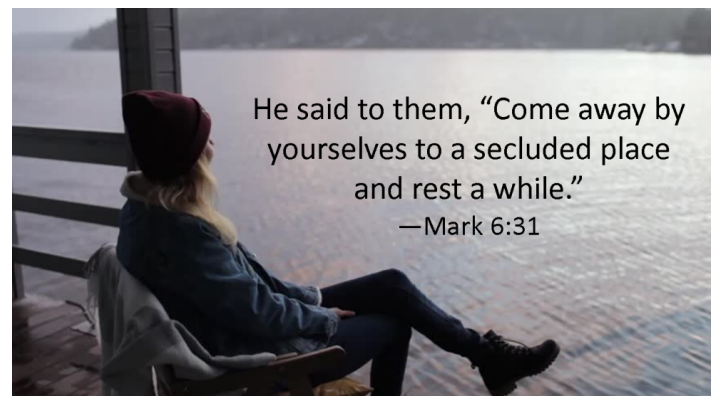
To avoid burnout, we need to be aware of a few things.

- 1) Recognise the signs - If you tweet and text people all day, but still feel unconnected, technology may be dominating your life.
- 2) Do something about it - Make yourself unavailable for short periods of time and see what happens. The world won't come to an end, honest!

- 3) Realise you have a choice - People who think they should be available twenty-four hours a day exaggerate their own importance, or the control others have over them (remember last week - you can't earn your worth and value).
- 4) Establish boundaries - Rein in the emails and text messages. Do you really need all those FYIs about the same thing?
- 5) Tell people - unless it's truly urgent, you only answer emails at designated times throughout the day.
- 6) Set a schedule and stick to it - After a few minutes of surfing the internet, ask yourself, 'Should I be doing this now?'

Jesus said, *"Come with me by yourselves to a quiet place and get some rest"*. Why? Because when you don't come apart, you fall apart!

*(adapted from UCB Word For Today - Written by Bob & Debby Gass)*



For more information, take a look at this article from the Readers Digest from 2008 - <https://www.city-data.com/forum/science-technology/3046736-not-being-overwhelmed-technology-helpful.html>