

# Purple Pages



Weekly Newsletter: 8th May 2026

Our School Christian Vision: 'Working together to build a firm foundation for learning and caring.'  
*Rooted in Matthew 7:24 – 25: "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."*



## CHRISTIAN VALUE OF THE TERM: FRIENDSHIP



### Message from the Headteacher

This week at St John's has been full of exciting opportunities and celebrations across the school. Today, we marked the 100th birthday of Sir David Attenborough with a special assembly led by our House Captains. The children then enjoyed a range of nature-themed activities on the field, followed by a wonderful St John's picnic together. It was a lovely way to celebrate Sir David's lifelong dedication to the natural world and to encourage our children to continue appreciating and caring for the environment.

Year 1 also enjoyed a visit to the Writhlington Orchid Project, where they learnt more about plant life and the importance of conservation. The children were fascinated by the incredible variety of orchids and thoroughly enjoyed this hands-on learning experience.

We have also had a busy week of sporting events. On Wednesday, a group of Year 4 children took part in games alongside pupils from other local schools, showing excellent teamwork and enthusiasm throughout. Yesterday, our football team played a friendly match against Shoscombe, and won.

Next week is SATs week for our Year 6 children. We are incredibly proud of all the hard work they have put in this year and wish them every success. We know they will approach the week with confidence and resilience, and we look forward to celebrating their efforts. Don't forget SATs breakfast for Year 6 children will be in the hall Monday - Thursday at 8am.

Have a lovely weekend.

Mrs West-Gaul

### Dates For Your Diary

#### May

11th - 14th KS2 SATs Week  
19th Year 3 Trip to Stonehenge  
22nd PTA Non-uniform Day.  
Last Day of Term

#### June

1st Children Return to school  
1st - 5th Year 6 Residential (Mendip Activity Centre)  
17th Sports Day  
23rd Open Morning for Prospective Reception 2027 Starters. 9.30am

**CELEBRATING SIR DAVID ATTENBOROUGH'S 100<sup>TH</sup> BIRTHDAY WITH STJOHN'S PHOTOGRAPHY COMPETITION**

CAPTURE THE BEAUTY OF THE NATURAL WORLD THROUGH YOUR LENS

**ENTRIES IN BY 15/05/2026**

PLEASE HAND THEM IN, OR EMAIL THEM DIRECTLY, TO THE SCHOOL OFFICE

The poster features a background image of a mountain landscape. It includes a 'REC' icon in the top left, an 'FHD' icon in the bottom left, and a progress bar below it. Three small inset images show a person looking through a camera lens, a field of tall grass, and a rocky coastline.

# Awards and Achievements

Well done to all our pupils who have achieved an award.



	Star of the Week	Star Reader	PE Achievements of the Week
<b>Acorns</b>	Alanna Codie-Leigh	Florence Penelope	-
<b>Ash</b>	Ariella	Evie	Fraser (Caring and Kind), Leo (Terrific Teamwork) and Dougie (Amazing Ability)
<b>Birch</b>	Eron	Isabella	Freya (Really Resilient), Jeffery (Calm and Confident) Rebecca (Excellent Effort)
<b>Chestnut</b>	Taylor	Tommy	Emilia (Calm and Confident), Taylor (Playing Fair) and Tommy (Excellent Effort)
<b>Elm</b>	Stanley	Betsy	Oscar (Fantastic Focus) Sofia (Playing Fair) Stanley (Caring and Kind)
<b>Hazel</b>	Casey	Ted	Frankie and Harrison (Excellent Effort) Ayda (Really Resilient)
<b>Holly</b>	Harry	Toby	Alfie and Sofia (Excellent Effort)
<b>Maple</b>	Jake	Emilee	Lola, Kara (Fantastic Focus) Matilda (Really Resilient)
<b>Oak</b>	Sophia S	Nancy	Emily (Caring and Kind) Albie (Amazing Ability)
<b>Pine</b>	Bethany	Flynn	-
<b>Rowan</b>	Indigo Bella	Charlie	-
<b>Sycamore</b>	Sycamore Class	Sophie	-
<b>Willow</b>	Willow Class	Willow Class	-

Top Doodle Class

**BIRCH**



# General Notices

## School Dinner Bookings

Please remember to ensure your bookings are in place for school dinners for the following week. It is worth double-checking that you are booking the correct week as the system can sometimes jump a week ahead.

Please note, that whilst a child will never go hungry and will always be provided with food it is likely that there will be no unallocated meals available from the main menu and this would be a sandwich. A charge for the meal will also then be allocated to your account.

*All are welcome to join us at  
our next*

## *Family Service*



*Pentecost*

*10am Sunday 24<sup>th</sup> May*

*St John the Baptist Church,  
Midsomer Norton*

## DID YOU KNOW ... ?

If your child requires prescribed medication administered at school by staff, we ask that you complete a medical request form to leave with the medication at the school office. Please ensure you also include an appropriate spoon/syringe as required.

It is much quicker for you to print and complete the form at home so you can ensure all the details are correct.

Forms are available on the school website - click [HERE](#) to view.

# SUPPORTING PDA AT HOME

Pathological Demand Avoidance/  
Persistent Drive for Autonomy



## WHEN DEMANDS FEEL LIKE DANGER

PDA is not about a child being oppositional or badly behaved. It is a nervous system response where everyday demands can trigger a strong need to protect autonomy. Simple requests like getting dressed, answering a question, or coming to the table can feel overwhelming. At home this may look like avoidance, delay, humour, excuses, or big emotions.

When parents understand this as stress, not stubbornness, they can respond with empathy and flexibility rather than escalating pressure.

## SAFETY BEFORE EXPECTATIONS

Children with PDA do best when they feel emotionally safe and not controlled. Connection reduces threat. A warm tone, shared laughter, and a sense of “we’re in this together” can lower anxiety. Indirect language, invitations, and collaborative problem-solving often work better than direct instructions. This is not permissive parenting; it is brain-based support. When a child feels safe, their nervous system can engage, think, and cooperate far more successfully.

## REDUCING THE DEMAND LOAD

Demand builds quickly for children with PDA, including hidden demands like transitions, too many questions, social pressures, or even praise that feels evaluative.

Home needs to be a recovery space. Spreading tasks out, dropping non-essential demands, and allowing decompression time after school protects regulation. Low-demand time is not a reward; it is a regulation strategy.

When demand load is balanced, children cope for longer and experience fewer meltdowns.

## CO-REGULATION COMES FIRST

Emotional regulation develops through relationships. A child cannot regulate when their nervous system is in fight, flight, or freeze. Your calm presence matters more than perfect words. Slow your voice, soften your body language, and reduce talking during distress.

Sit nearby without pressure, acknowledge feelings, and allow time. A regulated adult nervous system helps a child’s system settle. Co-regulation is not a crutch; it is how regulation skills are built.

## TEACHING REGULATION SKILLS GENTLY

Regulation skills are best taught when a child is calm, not in the heat of the moment.

Try breathing with a visual, rhythmic rocking, stretching, sensory play, music, or quiet retreat spaces. Frame these as shared experiments, not instructions.

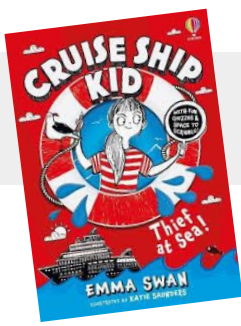
Modelling your own calming strategies out loud normalises regulation.

Over time, children internalise what they experience with you. Skills grow through safety, repetition, and gentle practice.

## PROGRESS OVER COMPLIANCE

Success for a child with PDA is not instant obedience but growing trust, flexibility, and emotional safety.

Some days will go well and others will not. Notice small steps, repair after ruptures, and keep the relationship central. Your child is not trying to be difficult; they are trying to feel safe in a world that often feels demanding. With the right support at home, their confidence and coping can grow.



# Reading in Year Two



What an exciting morning we have had!

The actor and author Emma Swan visited us today to talk about her series of books called 'Cruise Ship Kid'.

We had an amazing time learning all about her childhood and how she grew up living on cruise ships. That inspired her current writing of the Cruise Ship Kids series of books. Emma's books are based on her diaries that she wrote as a child. She has inspired and encouraged us all to keep writing and reading and never give up on our dreams.



We laughed, sang and acted as part of her talk and had a fabulous time!



09:00  
-15:30



Years  
R-6

# MAY HALF TERM SPORTS CAMPS

**St John's C of E Primary School**  
Redfield Road, BA3 2JN



**Tues 26th May**  
**Musical Theatre**  
OR  
**Football**



**Thurs 28th May**  
**Street Dance**  
OR

**BOOK NOW!**

**Striking & Fielding Games**  
(Cricket, Rounders, Danish Longball etc.)



SCAN HERE



**Fri 29th May**  
**Nerf, Dodgeball,**  
**Archery & Football**

[www.ignite-sport.co.uk](http://www.ignite-sport.co.uk)



# ignite sport

## after school sports clubs term 5

### St John's C of E Primary School

Best Seller!



**Years R - 3**  
Football  
Monday

NEW!



**All Years**  
Gymnastics  
Monday



**Years 1 - 6**  
Nerf, Dodgeball  
& Archery  
Tuesday

NEW!



**Years 2 - 6**  
Summer Sports  
Wednesday

**BOOK  
ONLINE  
HERE!**



## why join...?

- **Inclusive for all Abilities** – activities are adapted so every child can join in and shine!
- **Safe, Supervised, and Structured** – every session is led by qualified coaches with years of experience!
- **Smiles every Session** – children leave buzzing with energy and stories to tell!
- **Fun Guaranteed** – fun, games based sessions with plenty of action!



For more information  
**check our website**

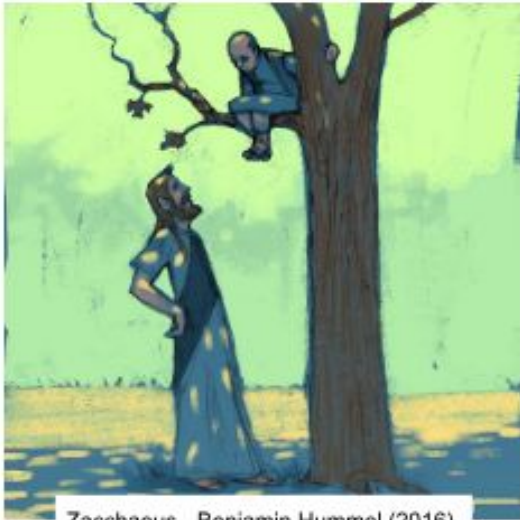
[www.ignite-sport.co.uk](http://www.ignite-sport.co.uk)



# Thought of the Week

## Thought of the Week

**'Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost.'** (Luke 19: 9-10)



Zacchaeus - Benjamin Hummel (2016)

Most of us will know the story of Zacchaeus, the man who climbed a tree so he could see Jesus. You may even know the song 'Zacchaeus was a very little man'. (<https://www.youtube.com/watch?v=liAe6GNKtec>) But what was it that made Zacchaeus do this?

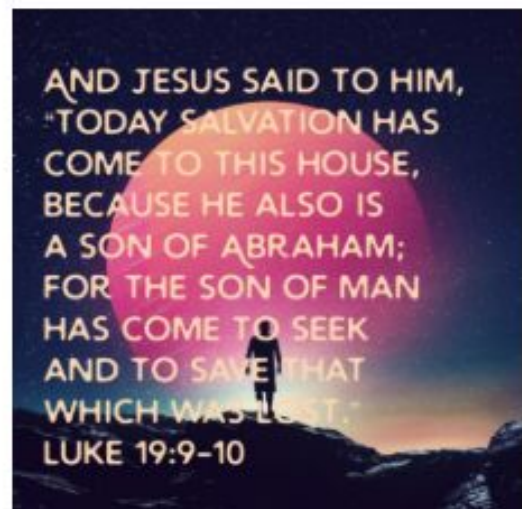
Zacchaeus was a tax collector. At that time, the Romans were ruling over Judea, and they employed Jews as tax collectors to pay for the upkeep of the Roman army in Palestine. Most people lived simple lives and the new taxes put a real strain on them. Not only this, but many of the tax collectors, including Zacchaeus, also cheated people out of more money when they collected, which enabled them to become very wealthy. This meant that tax collectors were often hated by the other Jews.

So although he had more than enough, Zacchaeus didn't have any friends. More than this, Zacchaeus recognised that his money and his possessions were not enough for him. He was desperate to see Jesus. He had probably heard all about him. In the previous chapter, Jesus had restored the sight of a blind man, so maybe Zacchaeus wanted to see Jesus perform a miracle. Or was there more?

Most of us crave acceptance. It's inherent in us to want to belong. Often people will go to great lengths to feel they belong to something - a family, a workplace, a club or even a gang. Like us, Zacchaeus wanted acceptance. Maybe he originally thought that wealth would provide what he needed for his life, but if so, it definitely wasn't enough. Something was still missing from his life. Could Jesus be who or what he needed?

And how does Jesus treat Zacchaeus? This was a man who had been stealing from other people, many of whom couldn't afford to have any more money taken from them. He was also hated by everyone else that knew him. Surely he wasn't worth talking to - he definitely didn't deserve Jesus' time.

Jesus stops, looks up and tells Zacchaeus that he is coming to stay at his house. Regardless of how he had lived his life and regardless of what everyone else thought, Jesus spent time with Zacchaeus. He reminds the crowds that he is a son of Abraham, which for the Jews at the time meant he was still included. Even after making wrong choices in his life, Jesus recognised Zacchaeus' need and changed his whole life around. The tax collector sold half his possessions to give to the poor and paid back four times the amount to anyone he had cheated.



So are we as willing to accept others like Jesus did, even if they do seem like outsiders? Are we even aware of our own need for acceptance? What does this mean for us?

# PTA News

## Save the Date for the Summer Fete!

**Friday 3rd July 2026 - 3pm to 6pm on the School Field.**

St John's PTA is delighted to confirm the return of the Summer Fete. We aim to put on a fun-filled afternoon to raise vital funds for the school.

The Summer Fete is a big event with potential, raising £4800 last year. We can't do this without the support of our school community. Please help where you can. Every contribution is appreciated.

Sign up here : [volunteersignup.org/78WRI](https://volunteersignup.org/78WRI)

We'd love to bring all the usuals: BBQ, Bar, Football Tournament, Inflatables, Games, and Stalls. We need your help to fill the slots so we can plan. Without your support, plans will have to be scaled back. Please support us and fill a slot. Every little helps!

We want to continue with the Football Tournament and need 2/3 willing adults to run it on the day. Our previous parent helper has moved on to secondary school. We need someone to step forward to keep this tradition going. The children love the tournament. Can you help us? PTA will plan it, so it'll just be on the day management needed.

Thank you for your continued support!

St John's PTA



# Community Notices

## Free Dental Check-Ups for Children



### Ensuring healthy smiles for every child

We believe in the importance of accessible healthcare. Every child should have access to high quality, essential dental care, no matter their circumstances.

Early dental care is critical in shaping a child's long-term health, and regular check-ups – ideally every 6 months – are key to preventing issues (such as tooth decay and cavities) and creating positive habits that last a lifetime.

We recognise that not all children have access to essential dental care, which is why we're hosting **Little Smiles Week**. As part of this initiative, we'll be offering 100 free check-up appointments for children on **26th - 29th May** at **Halton House Dental Clinic**.

#### On the day, you can expect:

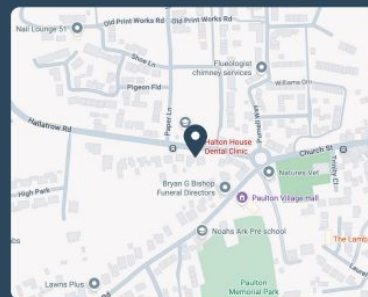
- **FREE dental check-ups** for children
- **FREE gifts & resources** for every child
- **Helpful oral health advice** to parents and guardians - to help to understand how to support your child's dental health at home.



By focusing on prevention and education, our Little Smiles Week on **26th - 29th May** at our practice is designed to support and equip local families with the knowledge and resources needed to help children maintain healthy smiles for life.

Those early dental visits with a friendly-faced dentist will help children to become familiar with dental care, reducing anxiety in future visits and making it easier to maintain regular check-ups into adulthood.

Use the QR code provided to register your interest. Or contact us by emailing: [reception.haltonhouse@colosseumdental.co.uk](mailto:reception.haltonhouse@colosseumdental.co.uk) providing your name and a contact phone number, quoting **"LSW"** in the email.



#### Address

Halton House  
Dental Clinic,  
Hallatrow Road,  
Paulton, Bristol,  
BS39 7LH

#### Email

[reception.haltonhouse@colosseumdental.co.uk](mailto:reception.haltonhouse@colosseumdental.co.uk)



Free!

## SASS and WEMA

### Family Music and Singing Session



Guillem

Come along and join us for singing, playing and exploring musical instruments in a fun creative session for the whole family!

\*You can book or just turn up!



Heather

#### Venue:

**Midsomer Norton Library**  
The Hollies, High Street,  
Midsomer Norton, BA3 2DP

\*Free nearby parking available in Sainsbury's, The Hollies or South Road Car Park.



#### Date and Time:

**Thursday 28<sup>th</sup> May 2026**  
10:30am - 11:30am

\*This is half term for lots of schools.

This session is for all autistic young people and their families in B&NES.

All are welcome: whether you are waiting for diagnosis, or self-identify as autistic, no formal diagnosis is needed.

Parents and carers will also have the opportunity to meet with members of the SASS team for general advice and support during the session.



To book a **free** place, contact:  
[sass@fossewayschool.com](mailto:sass@fossewayschool.com)  
01761 412198

Families can arrive early and enjoy visiting the library, including access to the Sensory Space.

Please scan the QR code below to familiarise yourself with Midsomer Norton Library before your visit with an introduction to the space and services.

