

A group of children wearing helmets and life jackets are standing in a shallow, rocky sea cave. The water is clear and reflects the sunlight, creating a shimmering effect. The cave walls are dark and rugged, and the sky above is blue with scattered white clouds.

**WINTER  
2024**

# **Court Fields School NEWS**

## **Christmas Concert**

Students impress  
with a festive  
performance

## **Miles for Mind**

Over £4,000 raised for  
Mind Charity with  
fundraising activities!

## **Subject Updates**

Our faculties update  
on what children have  
been learning



# WELCOME!

Dear Court Fields School Community,

As we wrap up another vibrant Autumn Term, I am delighted to welcome you to the Winter 2024 edition of our school magazine. This term has been filled with remarkable achievements and memorable experiences that truly showcase the spirit of our school.

In this edition, you will find highlights from our diverse curriculum, which continues to inspire and challenge our students. We also celebrate the numerous events, trips, and visits that have enriched our students' learning and personal growth. From exciting field trips to engaging school events, each activity has contributed to making this term unforgettable.

I am incredibly proud of our students and staff for their dedication and enthusiasm. Their hard work and commitment are evident in every page of this magazine. I hope you enjoy reading about our adventures and accomplishments as much as we enjoyed experiencing them.

Best wishes for a very Merry Christmas and a wonderful 2025.

Polly Matthews, Headteacher, Court Fields School





# 3G PITCH GRAND OPENING



We are so excited that our brand new 3G Pitch is now open and ready for business. Court Fields School alumnus Edward Ling, GB Olympic Medalist at Rio 2016, cut the ribbon at a ceremony in September, ready for the first students to use the pitch for demonstrations of rugby and football skills. This is such a fantastic facility for the school and wider Wellington Community, with lots of bookings already in place for the coming months.





# STAFF ADVENT CALENDAR

DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7



DAY 8



DAY 9



DAY 10



DAY 11



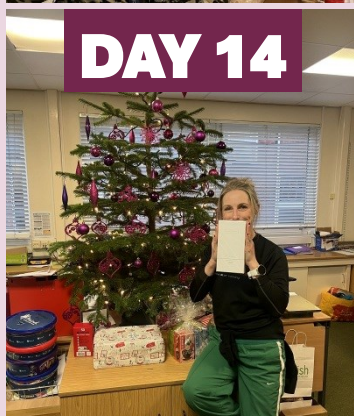
DAY 12



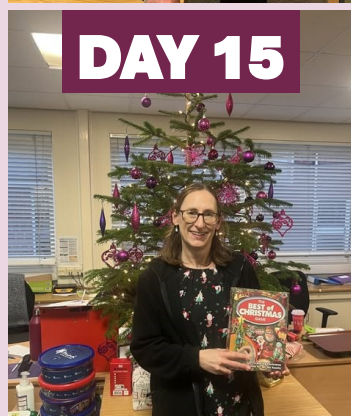
DAY 13



DAY 14



DAY 15



DAY 16







# PRIZES

**DAY 1** - Voucher for Il Basilico Restaurant

**DAY 2** - Badger Ale donated by The Worlds End Pub

**DAY 3** - A free Christmas Tree from Milverton Sawmill

**DAY 4** - £10 voucher for Tim Potter Butchers

**DAY 5** - Socks and Christmas decoration donated by a parent

**DAY 6** - A festive plant from Bloomin' Lovely Flower Shop

**DAY 7** - Thermal Coffee Cup from Blackdown Dental

**DAY 8** - £5 Voucher for Ruxston's

**DAY 9** - Vouchers for The World's End Pub

**DAY 10** - Treat box from SB Bakes

**Day 11** - Free Staff hoodie from Workwear Online

**DAY 12** - A bottle of red wine donated by a parent

**DAY 13** - A tea bundle donated by a member of staff

**DAY 14** - a White Company gift donated by Charity Hunt

**DAY 15** - Christmas game donated by

**DAY 16** - Christmas wreath made and donated by Ms Dudal

**DAY 17** - A £50 discount voucher for Jet Wash 4 U

**DAY 18** - A candle gift set donated by another staff member

**DAY 19** - £20 voucher for Show Spice, Wellington

**DAY 20** - Tub of Celebrations donated by Budgens

**DAY 21** - A tea bundle donated by a member of staff

**DAY 22** - A family game donated by a parent

**DAY 23** - A tin of Quality Street donated by Budgens

**DAY 24** - Vouchers from The World's End Pub



# CHRISTMAS CONCERT!

On Tuesday 10th December, Court Fields School was alive with festive cheer as we hosted our annual Christmas Concert. It was an unforgettable evening that truly captured the magic of the season and showcased the incredible talents of our students.

The concert was a delightful mix of music, dance, readings, and community spirit. From heartfelt solo performances of carols and modern holiday songs to beautifully harmonised duets and small group numbers, every act left the audience riveted. The Glee Club brought their usual energy and joy to the stage, spreading smiles with their infectious enthusiasm with some particularly challenging arrangements.

Our dance group, *Luv Seasons*, added an extra layer of excitement with their vibrant and well-choreographed routine, bringing a dynamic visual element to the evening. Their performances were a perfect complement to the musical acts, adding to the festive atmosphere.

Our Debate Club offered thoughtful readings that added depth and reflection to the night, setting a perfect tone for the holiday season. Meanwhile, the musicians and bands wowed everyone with their versatility, seamlessly transitioning from soulful melodies to upbeat rock and pop pieces.

The evening concluded with energetic and lively performances by the bands *Sour Candy* and *Slowburne* that had everyone singing, clapping along and sharing in the festive spirit. It was the perfect ending to a night filled with music, joy, and community.

A heartfelt thank you to all the students, staff, and families who made this concert possible, including the Wellington Arts Association. Your dedication and hard work were on full display, and we couldn't be prouder.

Wishing you all a very merry Christmas and a joyful holiday season from everyone at Court Fields School!









# DUKE OF EDINBURGH



A small group of students recently completed their Duke of Edinburgh (DofE) Bronze Expedition on Exmoor, with 2 days full of challenges, teamwork, and personal growth. The expedition, a core part of the Duke of Edinburgh Award, encourages youth to step out of their comfort zones by undertaking an overnight journey with little more than essential supplies, a map, and a positive attitude.



The group of Year 11 students, gathered early on day one, equipped with backpacks, tents, and all the gear needed for a self-sufficient expedition. They received a final briefing from their instructor before setting off using their planned plotted routes. The two-day trek would take them through varied terrain, testing their navigation skills, stamina, and teamwork along the way.



The teams checked in at designated checkpoints along the route, marking their progress and giving them a sense of accomplishment and relief with each step.

The end of day one involved students pitching their tents and cooking meals on portable stoves.

Day two started with breakfast before packing everything up ready to do the final leg of their journey. By mid-afternoon, they had completed their expedition route and were welcomed with cheers from staff for their accomplishment.

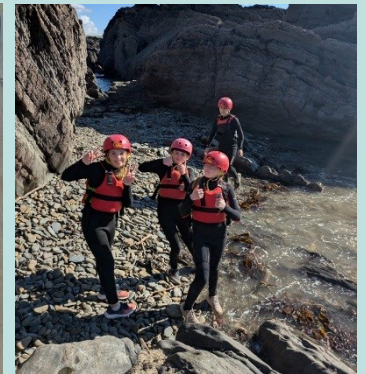
Congratulations to the DofE participants for their outstanding effort and success on this adventure. They worked tirelessly as a team - helping everyone, not just their own team, to succeed. Thanks also to the staff who volunteered their time to enable the expedition to take place.





# YEAR 7 RESIDENTIAL

We had a wonderful time with our new Year 7 cohort at the Ultimate Adventure Centre in October.  
So many fun activities and lots of memories and friendships made!





# ST IVES

Last month, Court Fields School took 15 eager Key Stage 4 students off for a long weekend down to the stunning Cornish coastal town of St. Ives. As the UK's number one spot for artists and photographers, they soaked up the atmosphere and immersed themselves in everything the town could offer. Plus, it wouldn't be a trip to Cornwall without a chilly dip in the North Atlantic with the fabulous St. Ives Surf School.

The trip started on Friday 25<sup>th</sup> October, with a visit to the incredible Eden Project. Once there, students spent time exploring both the Rainforest and Mediterranean biomes, taking photos and drawing sketches of everything they saw. From there the group travelled south to St. Ives, arriving at Cohort St. Ives Youth Hostel. They were greeted by lovely staff who showed them to their rooms before a dinner of pizza, everybody's favourite!

On day two, students headed to Porthmeor beach to join the Surf School for a 2 hour lesson. Everyone got involved despite the water being freezing! Nevertheless, the sun was shining, the sky was a beautiful blue and, after some initial balancing difficulties, everyone managed to stand up at least once, including Art teachers Mrs Binmore and Miss West. Stars of the morning had to go to Eniola for her amazing perseverance and Kim and Flo for their skills, as they ended up out back catching some rather large waves, alongside the pro's.

After warming up with hot chocolate and coffee, the artists in the group joined Rowena Temples, local artist, back down on the beach for some mark-making workshops. The work the students developed was awesome and so lovely to watch them engaging with the professional. Meanwhile, the photographers in the group explored the harbour and the caves, where they were photographing all sorts of viewpoints. After lunch students enjoyed a walking art histo-





ry tour of the town and were immersed in the world of Barabra Hepworth and her strong connections to the town, during the war era. The evening was spent working on sketch-books, beginning to create a record of the work that will support the children in their unit one.

Sunday morning saw the group taking a three-hour walking photography tour with local professional photographer Chris Webber, who timed it perfectly to photograph St. Ives' resident seal, who popped his head up to say hello. Chris then took the lead and got students thinking about how they record what they see, allowing them to learn new tricks on iPhones, as well as giving the photography students a chance to really explore shutter speed and aperture. Following this they spent some brief time at the Barabra Hepworth Museum, before a story telling ghost walk tour of the darker side of St. Ives. Tour guide Shanty arrived fully dressed up with crook and lantern to lead the tour through smugglers dens and graveyards, where students heard old folk lore and some disturbing accounts of nighttime ghost activity.

The final morning took them to Tate St. Ives, a haven for both traditional and contemporary art, and perfectly situated in the heart of the beautiful arts town. Whilst there, students were toured and workshopped by Greg Humphries who really engaged the students in their drawing and understanding of abstract art, as well as putting themselves in the images.

The final morning took them to Tate St. Ives, a haven for both traditional and contemporary art, and perfectly situated in the heart of the beautiful arts town. Whilst there, students were toured and workshopped by Greg Humphries who really engaged the students in their drawing and understanding of abstract art, as well as putting themselves in the images.





# Remembrance Day



We held our Remembrance Day ceremony and 2-minute silence at 12 noon on 11th November, joined by the Mayor of Wellington, Cllr Janet Lloyd, and officials from the Wellington branch of the Royal British Legion. Head Girl, Olivia D, laid a poppy wreath to finish the service.

Photos courtesy of [aroundwellington.co.uk](http://aroundwellington.co.uk)



"On behalf of the Royal British Legion I would like to say a big thank you to you all and the children for raising a fantastic £100.00 for the Poppy Appeal. It is very much appreciated especially at this time where everyone is finding donations to things like the Poppy Appeal are difficult. However, every penny raised will go towards looking after our Service personnel and Veterans who are struggling to make ends meet."

Thank you once again for your efforts.  
Wishing you all a very Happy Christmas.

Kevin D Connor  
Wellington Branch  
Royal British Legion





# Visit from Trinity College, University of Cambridge

University League Tables 2025 have awarded the prestigious top-ranking spot to University of Cambridge. With a dedicated outreach team, Court Fields School were able to arrange a visit by the University this week and facilitate a busy schedule offering many students, from across the school, the opportunity to discover what it's like to study at Oxbridge.

The day started with a morning assembly with Year 10, followed by a workshop with the schools Inspire programme students. There was then an opportunity for students from Key Stage 3 to participate and small group sessions.

From the annual Cambridge vs Oxford Boat Race, to the number of Nobel prize winning Alumni, the students heard all about the opportunities on offer at Cambridge and the dedication needed to their educational journey and extra curricula activities, needed to support an application.

On leaving, the comment from the Outreach Officer in the school's visitors booked read; "Amazing students, it's been brilliant to hear their questions and concerns and see their enthusiasm!"

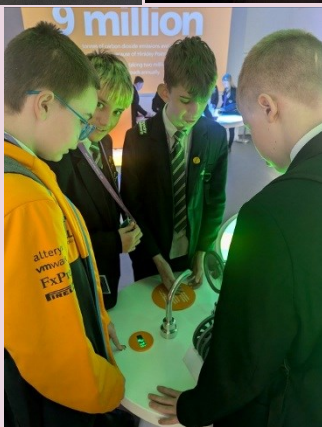
Court Fields looks forward to making this an annual event in the Careers Curriculum calendar.





# Hinkley Point C Trip

On the 28th November, some of our Year 9 students had the incredible opportunity to visit Hinkley Point C, one of the largest construction projects in Europe and a vital part of the UK's energy future. The trip was both educational and inspiring, as students participated in an engaging workshop that explored the science and engineering behind nuclear energy. At the visitor centre, they delved into interactive exhibits that explained the process of electricity generation and the importance of sustainable energy sources. The highlight of the day was a guided coach tour around the site, where students saw the massive scale of construction and the cutting-edge technology being used to build this state-of-the-art power station. The trip not only enriched their understanding of electricity, a topic they've been studying in class, but also sparked curiosity about careers in science and engineering.







# Somerset Sustainable Futures Event



On the 26th November, a small group of nine enthusiastic young scientists from Years 7 to 9 had the privilege of attending the Somerset Sustainable Futures launch event, showcasing the school's commitment to supporting females in STEM. Joining other schools at this inspiring event, the students explored exhibition stalls featuring local businesses and services, gaining insight into innovative solutions for a sustainable future. They listened intently to a powerful keynote speech by James, a member of the Youth Parliament, who shared his perspectives on global warming and climate change. Demonstrating their curiosity and critical thinking, the students asked James some incredibly insightful questions about the actions we can take to make a difference. The experience was both educational and motivational, and the students were thrilled to receive goody bags, adding a fun touch to an inspiring day. This event was a fantastic opportunity to empower young women in science and to nurture their passion for creating a sustainable future.





# FUNDRAISING

## Reminiscence Learning

We would like to say a huge thank you to everyone who took part in our non-uniform day in October, and helped us raise an incredible £825 for the amazing Reminiscence Learning! We have been sent these kind words (right) and again we would like to thank everyone for their generosity.



"Reminiscence Learning are absolutely gobsmacked to receive such an incredibly generous total from Court Fields staff and students - this will allow for fundamental enhancements to our local community services, giving us chance to continue our face to face carers support and signposting groups, book a wide variety of musical entertainment at our community sessions and supplement the ongoing costs of our art therapy, creative outdoors programme and our sporting reminiscence sessions, to name but a few.

We cherish the links we have with our local schools and businesses, working alongside all age groups to make Wellington a fully dementia inclusive town. In line with the Court Fields School values of 'Achieve, Belong, Participate' we will use this £825 donation to progress and grow the supportive community that Wellington offers its residents living with dementia. We cannot thank the staff and pupils at Court Fields School enough for their amazing efforts."



## Children in Need

We raised a huge £904.91 with our in-school fundraising and non-uniform day this year, which we are very proud of.



**Save the Children.**

## Christmas Jumper Day

Thank you for all the donations for Save the Children. We raised a total of £783.15 from our non-uniform day, which is brilliant! Check out these pictures of our English Department and Front office staff getting in the Christmas spirit!





# Miles for Mind 2024



The PE Team just wanted to say a massive thank you to the whole Court Fields community for their support in making this year's CF Interhouse Miles 4 Mind X-Country such a huge success.

Some exceptional fancy dress costumes, cross-country times and thousands of pounds raised for such a worthwhile cause.

The total currently raised was £4,095.15, which is fantastic!

Thanks all, Mr C and The PE Team

**Winning Tutor Group = 7B1 (Mrs Brown and Miss Rendall)**

**Highest Fundraiser Girl-  
Jessica Maben (7D1) £285**

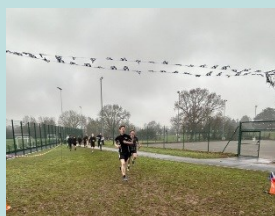
**Highest Fundraiser Boy-  
Charlie Creagh (9D2) £350**

**House Results (X-Country and Fund-  
raising Combined)**

**1st- Monument (2620 Points)**

**2nd- Duke (2222 Points)**

**3rd- Blackdown (1880 Points)**



As well as our [#Miles4Mind](#) run, we had many other events going on to boost our fundraising for the Mind charity! From cake sales and tom-bolas, to I'm a Celeb-style Bush Tucker Trials, everyone got involved.

We held a Staff Decorated Cake Competition, judged by Mrs Matthews. Our winner was Mr Redwood with his amazing profiteroles! All entries were then donated to the cake sale!





# ENRICHMENT

## CHESS CLUB

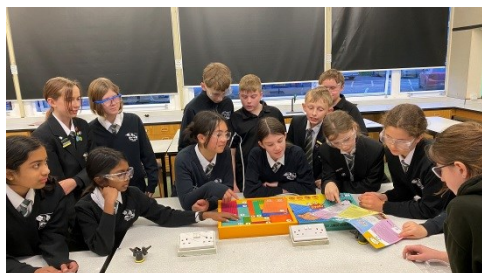


Students in our Wednesday chess club have been having a great time in our new surroundings. We are now in C9 and C10 for our weekly club. Hot chocolates are now twice each half term as we are closer to the kettles! As always, we welcome new members, everyone from complete beginners to experts. There will be an optional competition starting in January for anyone wishing to take part.

We are now in C9 and C10 for our weekly club. Hot chocolates are now twice each half term as we are closer to the kettles! As always, we welcome new members, everyone from complete beginners to experts. There will be an optional competition starting in January for anyone wishing to take part.

Merry Christmas and a Happy New Year from us all in Chess Club!

## STEM CLUB



STEM club members were excited to include activities from our STEM advent calendar in December. Each week they opened a new box and got to try a new investigation!

## ART CLUB



## DEBATE CLUB

This term, the club has focused on preparing for the Youth Speaks Competition, set to take place in Taunton this January. Members have been honing their skills by writing and practicing debates. In early December, we held an internal practice round to determine which students will represent the school at the competition.

With the festive season approaching, Christmas has also been a key theme. Several club members are contributing to the school's Christmas concert by delivering articles they have written themselves.

We're proud of the dedication shown by our students and look forward to their continued success!

## MFL CLUB

The Modern Foreign Languages Club has continued to thrive, with lots of students from across Y7-10 getting involved. Activities have included studying some basic Welsh, Finnish and Romanian, quizzes and games about different world languages, and a look at "40 Interesting Facts about Languages".



40 Interesting Facts about Languages".

## GLEE CLUB



During every break, we host the EAL Hub, a welcoming space for students from diverse backgrounds. Here, they can play games, ask questions, share experiences, and simply relax in a supportive and friendly environment.



Every Friday lunch, we open a safe space for students from the LGBTQ+ community and allies to come and have their lunch. They can ask questions, play games or just be themselves.

**LGBTQ+**

Once a term, we welcome a member of 2BU for more fun activities and discussions.







**PE** Another fantastic feast of sport and PE at Court Fields this term. Our successful sports teams have been "pitting their wits" against different schools from around the county in a variety of sports. Our trampolinists did exceptionally well at the recent regional champs, with lots qualifying for the Southern Finals. Our rugby teams have done superbly well, with our Year 10 team winning the Area Finals this year. In addition to this, students have had clubs and fixtures in a range of other sports including; badminton, hockey, x-country.

The highlight of the term has to be the Court Fields Inter-house Miles for Mind X-Country 2024. Not only were students outstanding in their effort and performance representing their house, the amount of money raised for mental health charity Mind has gone over £3900, with still some money left to count!!!

We are really looking forward to next term and lots more sporting opportunities for our students!

Keep up the good work Team CF!

Mr Conway and The PE Team

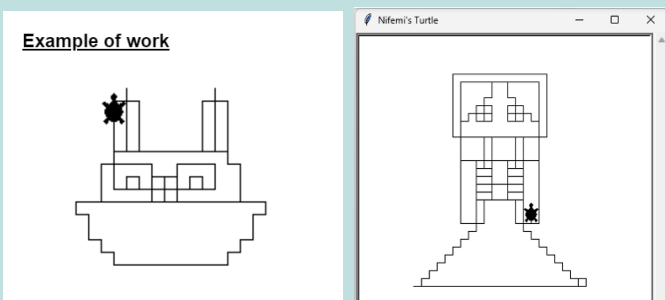
# COMPUTING

Computing lessons this term have included a variety of activities including E-Safety, computational thinking and scratch coding, python coding and cybersecurity as KS3. Students have also competed in the annual Bebras challenge, where their computational thinking skills are tested against competitors from across the world. Well done to Nathan Hartley, Harry O'Hara, Aaron Weng, Ryan Manning and Henry Alder for leading in each of the year groups - certificates are on their way.

We have also launched a video games club, currently running for KS3 on a Wednesday lunchtime with a KS4 club planned to start after Christmas. Students can currently play Mario kart, Wii games or go online to play a variety of games. We will be adding to our games catalogue over the next few months so if you have suggestions let us know!



Yr 7 E-Safety - Rasleigh R and Imogen M



Example of work

Yr 8 Python - Oluwanifemi A and Dilemnaz A



Video games club

## HOW TO BE SAFE

Cyber Bullying - Tell a parent/trusted adult/legal guardian and they can deal with it from then on.  
Sharing Photos - Get a parent/trusted adult/legal guardian to check if the video/photo you are posting/sending to a friend is ok to do so.  
Social Media - Make sure you are that age and get a parent to check your messages often to make sure you are staying safe.



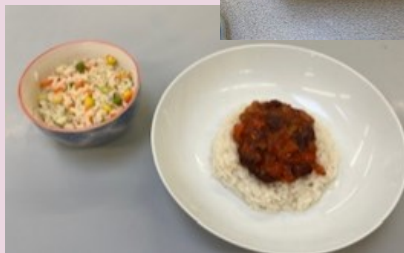


# FOOD TECHNOLOGY

This term our students have been getting creative in the kitchen.

Year 7 have been covering basic skills, health and safety which have developed week by week. They have cooked a range of dishes including their first group project of cheese straws which went down a storm. Year 8 have been enhancing their skills cooking every week, they will be finishing this rotation with sweet treats of fruit crumble and shortbread ready for Christmas. Year 9 have been working on their NHS projects for this rotation. They choose 2 dishes for a specific condition, which they then prepare and present.

Year 10 have been looking at Macro and Micronutrients and have been preparing food related to the topic. A variety of high-quality dishes have been produced from healthy soups with brioche rolls to mini roast dinners with own accompaniments. Year 11 have been very busy with focus on coursework and PPE's.



# TECHNOLOGY

It has been a busy term in Technology, students have covered a wide range of topics and outcomes.

Year 7 have been constructing bug hotels and pewter keyrings. Year 8 have rotated through technology and have worked on a variety of projects such as the sweet dispenser project, night light project and our 3D printing project. Students are certainly enjoying the 3D printing projects and they upskill and develop more complex designs to print. Year 9 have focussed on design strategies whilst also working towards the completion of the upcycled light project.

Our year ten's have really shown what they are capable of and have developed some complex work towards their first product design project. Definitely some of the most complex work that we have seen whilst using our new laser cutter.



(Above) Colour Changing Light  
- Oscar G Year 8

(Right) Harvey M and Ethan B  
- Year 10 project.





# ENGLISH

The English department has had another very busy start to the year! Here is an update of what we've been working on...



## Sparx Reader:

This term, we have launched Sparx Reader with Years 7-9 and students are now competing to top the leaderboard in their class, year group and whole school. After an initial assessment, students have chosen their first books for homework reading and have been accruing points by answering questions on the texts they have read. The most efficient way for students to do this is by reading the texts carefully as they are awarded bonus points for their accuracy when answering questions. Students have made a great start – keep up the good work!

## Key Stage 3 Curriculum:

Our new **Year 7** students started their Courtfields English journey with a unit on rhetoric – the art of persuasion – exploring the techniques used in famous speeches and producing some very persuasive speeches of their own.

They have now moved on to their first Shakespeare unit: 'The Tempest' and have been exploring Prospero's relationships with other characters in the play.



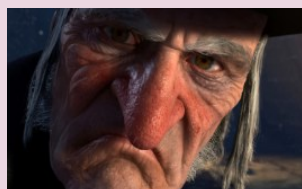
After starting the year with a study of Shakespeare's 'Much Ado About Nothing', **Year 8** students have now moved on to study 'Dystopian Fiction' and have been reading a variety of extracts from novels within this genre, as well as producing their own dystopian settings and narratives.

Focusing on the skill of comparison, students in **Year 9** began the year with an exploration of Victorian Literature, focusing on how writers evoke strong feelings of injustice in their readers. Extracts from a range of texts by Charles Dickens were compared with a selection of poetry, exploring how writers of different text types convey similar meaning.



Following on from this, students have been developing their understanding of narrative structures through a short story unit. Students have been asked to read and analyse a range of short stories, as well as produce their own narratives.

## Key Stage 4 curriculum:



**Year 10** students have made an excellent start to both their GCSE English Language paper 1 and English Literature course, exploring the characters and themes in 'A Christmas Carol' in detail. The main focus is how Dickens presents Scrooge's journey from misanthropic miser to philanthropic reformed Christian, representing Dickens' hope for Victorian society.

**Year 11** have been working hard preparing for their first set of PPEs. They have studied 'An Inspector Calls', gaining an insight into Priestley's social message for the post-war audience as well as revising Macbeth's key themes and ideas. They have also been introduced to the Language paper 2 – contemporary texts.



## Enrichment:

On December 11th 50 Year 10 and 11 students had the opportunity to watch a live performance of 'A Christmas Carol' at Exmouth Pavilions. Watching live performances of set texts really helps students to understand plot, key ideas and character development.



# MATHS

It has been an incredibly busy term within the Maths department!

We have really enjoyed meeting our new Year 7s, who have made a fantastic start on their secondary Maths journey, with some great work on rounding and measurement. They have been working on converting between different metric measurements, so please get them active in the kitchen over the Christmas period so they can put into practice their skills at converting between measurements of mass, or get them involved in wrapping presents, so they can convert between mm and cm.

Year 8 and 9 have been doing lots of work on fractions and ratio and the Year 10 pupils studying the higher GCSE course have learnt all about surds and quadratics. Our Year 11s have worked incredibly hard in preparing for their first PPEs and many know the lyrics to the Circle Song and the Trigonometry Song, as favoured by Mrs Smith

Congratulations to Jasmine P (Year 8), Orla P (Year 9) and Jakub M (Year 10) who have all reached the top 3 spots on the Sparx Maths XP leaderboard for homework undertaken since September.

To the right there are three Christmas maths puzzles for you to try to solve over the festive period. Answers are at the bottom of this page – no sneak peaking!



## Answers:

- 1) When Buddy is 110, Hermey will be 97
- 2) There are 14 total squares (15 if you count the square at the centre of the bow on the wreath)




















## HOLIDAY MATH RIDDLE!

Buddy and Hermey were both born on Christmas Eve. When Buddy was 6 years old, Hermey was half his age. If Buddy turns 100 years old this Christmas Eve, how old is Hermey going to be?













In each of these puzzles each Christmas icon represents a different DIGIT from 0 to 9. Use the clues in each question to find which DIGIT each Christmas icon represents.

1 CLUES

 +  =  + 	 +  = 
 +  =  + 	 x  =  + 
 x  =  + 	

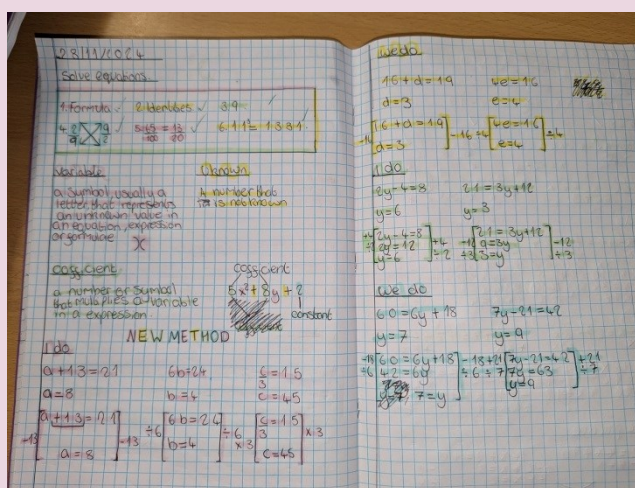
ANSWERS

 = <input type="text"/>	 = <input type="text"/>	 = <input type="text"/>	 = <input type="text"/>	 = <input type="text"/>
 = <input type="text"/>	 = <input type="text"/>	 = <input type="text"/>	 = <input type="text"/>	 = <input type="text"/>

## HOLIDAY MATH RIDDLE!

How many total squares are in the diagram?

(Hint: Some squares are overlapping!)




## ANSWERS

 = 5	 = 3	 = 2	 = 1	 = 8
 = 6	 = 9	 = 4	 = 0	 = 7




# PSCHE




## TOP TIPS FOR POSITIVE WELLBEING


Taking breaks from technology. It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally technology is linked to a lack of movement.




Spend time outside in nature. Nature is healing, going to your local park or green space and taking a walk is a great way to de-stress.




Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills.



Eat fresh fruit and vegetables daily. Food helps to build and nourish your body, it provides energy and helps you when you're not feeling well. Aim for at least 5 portions daily.



Achieve | Belong | Participate




## TAKE TIME TO REFLECT


Who have you said thank you to this week?

How can you make this world a better place?

How do you relax? What helps you to relax?

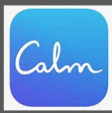


Achieve | Belong | Participate



## Sleep

### A GOOD NIGHT'S SLEEP



**Top tips:**

- Don't look at any screens just before bed (try to read instead or write down anything that is on your mind from your day)
  - Lie in at the weekends
- Try to stick to a routine – 9:30/10pm every night – the routine will make it easier to fall asleep and improve your quality of sleep
  - Get some fresh air or exercise in the afternoon as it will help you to sleep better (a walk/ cycling for 20-40 mins/ playing sport is great)
- Struggling to fall asleep? Download free apps like calm and listen to a sleep story or sleep music

Achieve | Belong | Participate

The **Year 7s** have had a great start to PSHE since September. They have engaged really well with the lessons and had lots of discussions with their groups. They have been focusing on transition to Secondary School and all that comes with that. The groups showed their leadership skills at the start of November by coming up with ideas to raise money for Children in Need. There were some brilliant ideas with 4 groups running events on Friday 15<sup>th</sup> November, including bake sales and a beat the teacher keeper in the Sports Hall. They have more of a focus on healthy friendships this half-term in the lead up to Christmas.

**Year 8s** started looking at healthy friendships in September and are now focusing on their own mental health and self-esteem. They are looking at how to stay more positive including engaging in positive influences if they are online. We have also introduced some journalling to the start of their PSHE sessions where they write down reflections such as 3 things they're grateful for, or 3 things they do to unwind. This has been a good way to start the PSHE sessions each Wednesday morning.

**Year 9s** started looking at mental health in September and October with a focus on body image and social media before the October half-term. Since coming back from the October break, they have been focusing more on healthy relationships and will be looking at understanding boundaries and consent in the lead up to Christmas.

**Year 10** started by looking at their transition to Key Stage 4, stresses that come with GCSEs and how to cope with stress and anxiety and when things become too difficult. They have started to look at understanding Citizenship this half-term and what the benefits and responsibilities are of being a citizen in the UK.

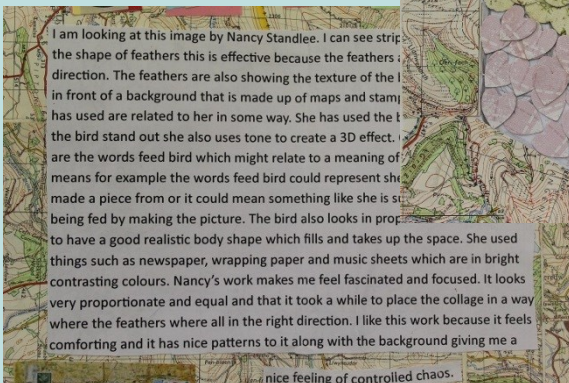
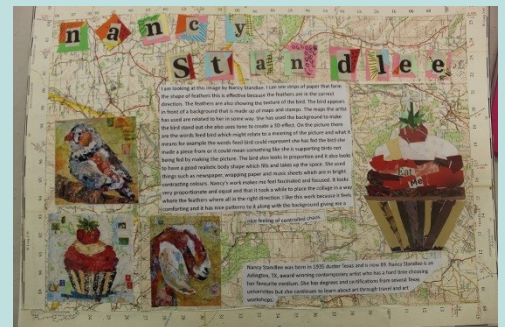
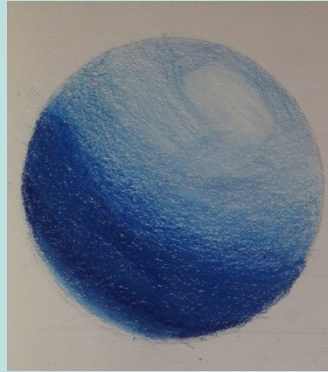
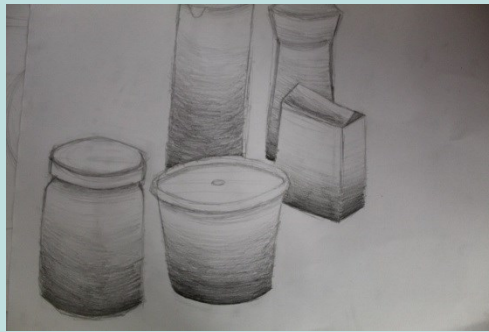
PSHE in **Year 11** has so far looked at coping strategies for stress in the lead up to their exams including a meditation with breathing work. We have also looked at sexual harassment in the workplace and the effects of porn, and we will be looking into harmful sexual behaviours as well as STIs and pregnancy in the next couple of months.

The topics that we cover can sometimes be sensitive and we will always try to give students some warning if there is going to be a discussion that could cause stress for certain individuals. If you have any questions about any of the content we cover in PSHE or want to discuss any of the topics further then please feel free to get in touch with me via email at [gthomas@courtfields.bep.ac](mailto:gthomas@courtfields.bep.ac)



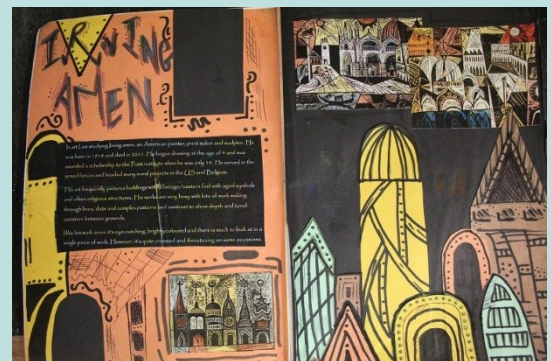
# ART

**Year 7** have been learning the basics of sketching and applying tonal variation to improve their drawing skills. It has all been about practicing and finding the right media for them. We have explored the properties of pencils/ coloured pencils and the pen as drawing mediums and have looked at Van Gogh's famous 'Starry Night'.



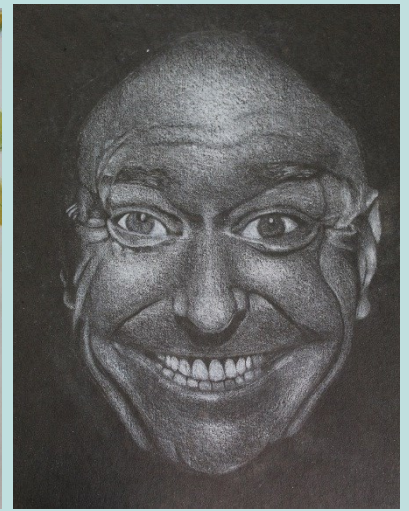
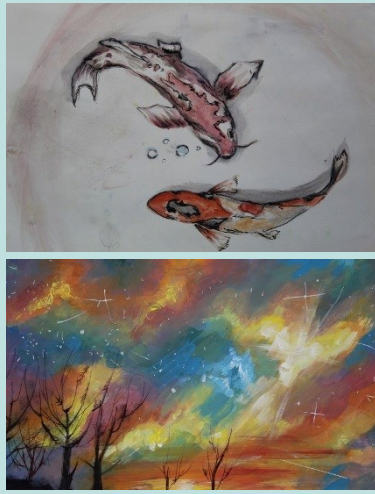
personal collage response to her work. This work is still in progress and is due to be completed by the end of this term. WE are delighted with what we have seen so far.

**Year 9** have been preparing their extended projects on architecture to try to achieve Arts Award Bronze at the end of the year. The work is based on print maker Irving Amen and explores the use of shape/ line/ colour and contrast.

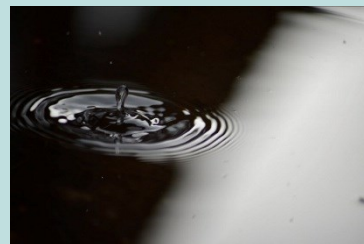
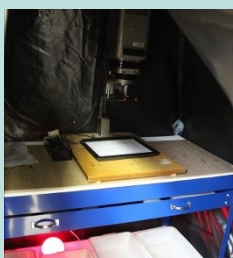
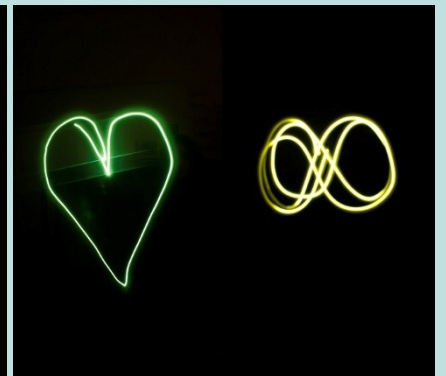
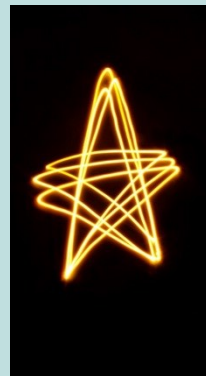




**Year 10** artists have been working their way through the teacher-led workshops developing their skills/ knowledge and understanding about the different mediums they can work with and what their qualities are. We are delighted with the quality of work coming through.



**Year 10 photographers** have been learning all sorts of new skills including controlling shutter speed and aperture, ISO and white balance, and an annual favourite of light chasing and fast shutter speed workshops. The end of November saw us going off to BTC, Bridgewater, to spend the day with Stene Welsh in the photography studio, and then onto the darkroom to process film and develop one print to enter the national Ilford film photographer of the year competition. As a direct result of this competition last year we were awarded a grant in the form of equipment from Ilford, and we are now the very proud owners of a pop-up dark room, which has been fully utilised by Harvey B over the past few weeks.



**Year 11** are just starting their PPE which, for Art, will see them complete their personal response to the theme of 'Everyday' and secure 60% of their overall GCSE grade. Although we cannot share the finished pieces yet we can show a snippet of the superb quality of the work being produced this year.





# SCIENCE

This term has been an exciting one for the Science Department, with students across all year groups diving into a wide range of fascinating topics. **Year 7** have been laying the foundations of scientific understanding, exploring the fundamental concepts of particles, cells, and forces. Through hands-on experiments, they've learned how matter changes state, examined the microscopic structures of cells, and investigated the forces that govern movement and interaction in the world around us. Their enthusiasm and curiosity have been evident in every lesson.

**Year 8** have tackled a diverse set of topics, expanding their scientific knowledge and practical skills. They explored the structure and function of body systems such as the respiratory and circulatory systems, performed experiments to separate mixtures using techniques like filtration and chromatography, and delved into the intriguing world of waves, investigating the behaviors of light and sound. Meanwhile, **Year 9** students have been building on their prior knowledge with more advanced topics, including chemical reactions, where they studied combustion and neutralization; body systems, focusing on the digestive system and homeostasis; and electricity, where they developed and tested circuits to understand current and voltage.

As students progress through school, their studies become even more rigorous and focused.

**Year 10** have embraced the challenges of the new AQA GCSE scheme, studying cell biology, disease, atomic structure, bonding, energy, and motion, all of which link theoretical science to real-world applications. Meanwhile, **Year 11** have been demonstrating their determination and resilience as they prepared for and completed their first round of Pre-Public Examinations (PPEs). Their hard work across biology, chemistry, and physics has been inspiring, and they are well on their way to achieving great success.

With another productive term behind us, we look forward to what's to come, including more hands-on learning opportunities, exciting projects, and even trips to deepen students' engagement with science. The journey of discovery continues, and we can't wait to see what the next term will bring!

## Science Competition



Years 7, 8 and 9 were invited to demonstrate their creative thinking and show their understanding this term, by making models about cells (Year 7 and 8) and the digestive system (Year 9). The standard has been outstanding with exceptional demonstrations of their understanding and application of knowledge.

The team spent a long time discussing the entries as all were brilliant, but the final winners were:  
Lois R (Picture 1) Autumn P (Picture 2) Frankie P (Picture 3) Ellie P (Picture 4).



# HISTORY

**Year 7** started off with an introduction to Historical Skills and have since moved on to develop their enquiry skills on 'How did the Tollund Man die?'.

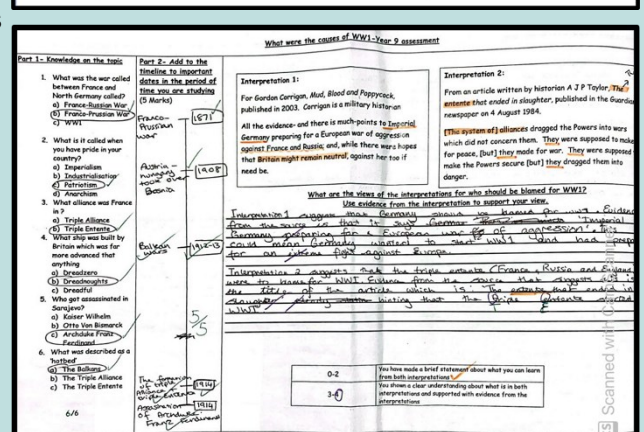
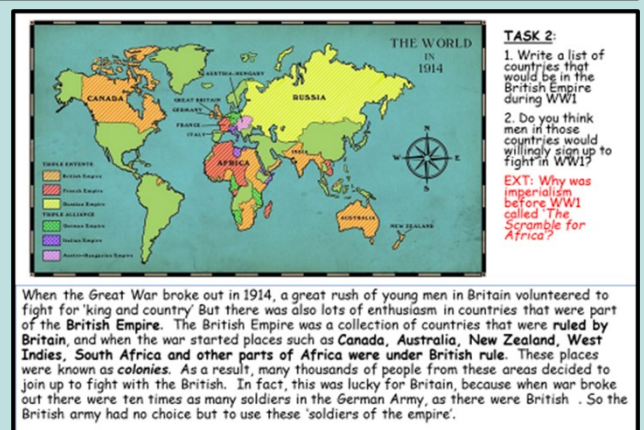
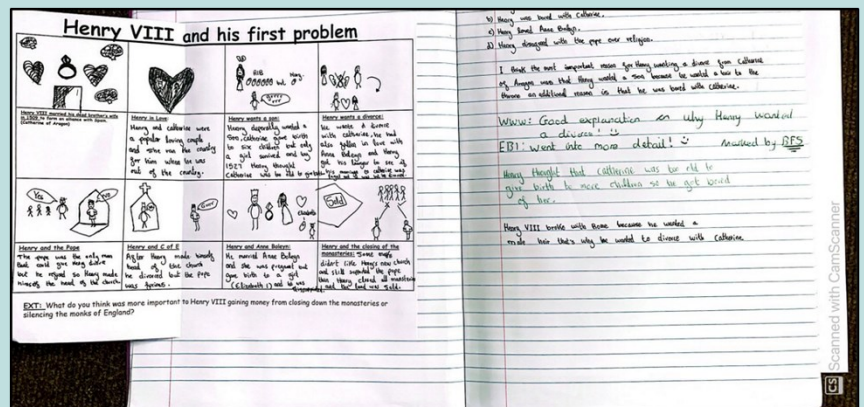
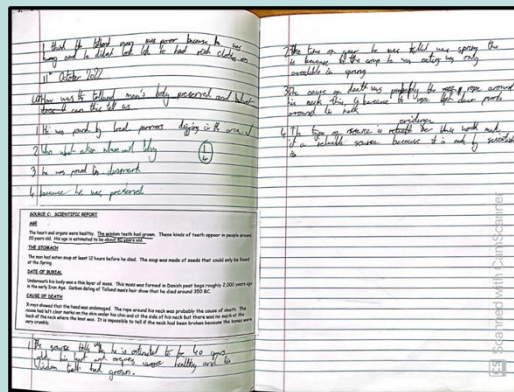
Students look at a range of sources, their content, their origin and their nature to decide how valid they are in helping them answer the question. Student are also introduced to the concept of 'significance' and why the Tollund man is so unique in how he was preserved.

Students have since moved onto the settlers and migrants that came to England during the Dark Ages, to forge a comparison to the following topic on The Battle of Hastings and the impact that William I had on England.

**Year 8** started their academic year with a new topic, where they learnt about the causes and consequences of the Renaissance, and how this sparked the Reformation that enabled Henry VIII to break with Rome, form his own church and re-marry. Students within each lesson analysed the issue of religion and how this led to the Tudor 'religious roller-coaster' which stemmed from the changes in Europe, and Henry VIII's desire for a male heir.

Students are now learning about how far Elizabeth dealt with her problems, looking at Spain, marriage, colonisation and Mary Queen of Scots.

**Year 9** began their academic year by looking at the 'Causes of WW1', looking at the MAIN issues (militarism, alliances, imperialism and nationalism) beginning with the rise of German nationalism from winning the Franco-Prussian war and Serbia rising out of the Balkans Wars, as a challenge to Austria-Hungary. These complicated political issues really put into context why the Assassination of Archduke Franz Ferdinand happened and students could compare, analyse and evaluate the most significant cause/s of WW1 in the short and long term. Students are looking at historians' interpretations of the past in both their lessons and assessments, to draw links towards how historians form opinions and why they differ. In the second part of the term, students are learning about the impact and changes that WW1 brought to those in the 20<sup>th</sup> century; looking at topics such as medicine, military technology, the Home front, soldiers of the empire and women.





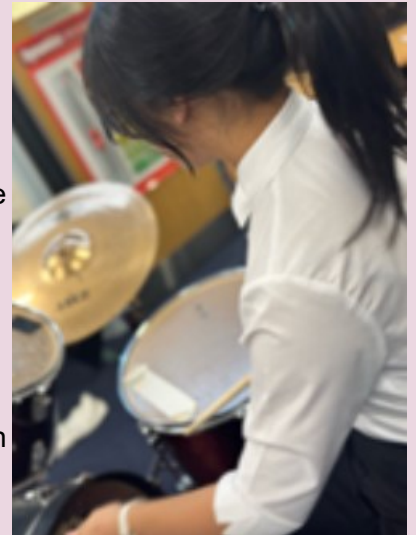
# MUSIC

Our music students are enjoying a very busy run-in to the holiday period with preparation for our annual Christmas Concert and the first Battle of the Bands competition. It is wonderful to have so many musicians wanting to express their performances to well-support audiences. Their support for each other and community spirit has been well observed with acts of support and encouragement for each other in the Christmas Concert.

With around 50 students involved in each of our end-of-year productions, we are feeling our music and performance community grow. We have been impressed with our students' resilience as they have worked and rehearsed tirelessly to create fantastic performances for our supporters to enjoy.

With 11 bands competing for such awards as 2024 Champions, Best KS3 band, Best Audience Participation, Best Band Image, Best Individual Performer, and Most Outrageous Rock Band Ending, there is plenty of opportunity for our performers to impress our team of four judges. We are expecting to have a fantastic evening of fun with performances from our very own staff band 'Paper Jam', giving renditions of Wake Me Up When September Ends and Fall Out Boy's, 'Centuries'. We hope to see you there!

We would like to take the opportunity to thank you for all of your support and wish you a merry Christmas from us all in the Music Department.



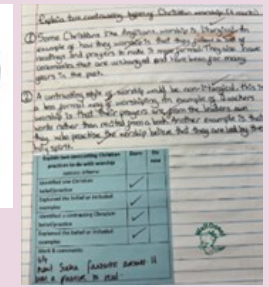
Above - Slowburne practicing hard in an effort to become the first Court Fields Battle of the Bands champions in 2024.





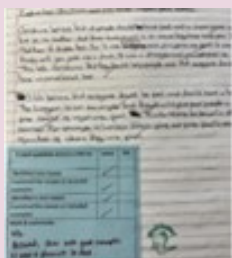
# WORLD VIEWS

**Year 7** have started World Views with a bang! Their philosophical and debating skills have been impressive. We have had many enjoyable lessons exploring what makes the identity of not only ourselves but also our local community. Our recent discussions around the Church and asking, 'Is it still important for Wellington today', was lively and resulted in a unanimous decision that it is still important due to all the support, guidance, groups and celebrations it holds for the local community.

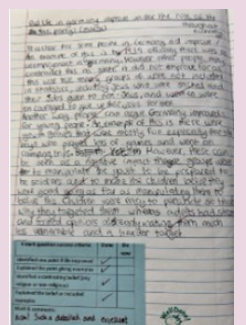


## Year 8

In a growing economic crisis here in GB and across the globe, Year 8 have been learning about poverty. We started by understanding the global goals and the United Nations Convention of the Rights of the Child. We have explored the use of food banks, free school meals, Open Doors, and the YMCA. Year 8 have been exploring absolute poverty and discussing how single-story impacts charity work globally.



In **Year 9** students have been retrieving knowledge about Judaism from primary school and we have been building upon this prior knowledge. They have learnt about the Shema prayer and the importance of the Jewish covenant. They have investigated the discrimination of the Jews throughout history and understood what was the causing factor. They have then moved onto understanding the plight of the Jews throughout the Holocaust and Hitler's final solution to the Jewish problem. Finally ending in the philosophical question around how can Jews still believe in God after the Holocaust?



philosophical question around how can Jews still believe in God after the Holocaust?



In core World Views lessons in **Year 10** students have been focusing upon medical ethics. As we advance in medicine, we must begin to consider the ethics behind the choices we make. During the course, students have been considering various issues such as abortion, euthanasia, animal testing, fertility treatment, surrogacy, and genetic engineering. Students have enjoyed evaluating current issues, which have appeared in the news and evaluated the response of government and religion.



## Year 11

It has been exciting to introduce Religious Studies to Court Fields School this year. Currently the two GCSE option groups are studying Buddhism. As we explore this philosophical approach to life, we have considered what led Prince Siddhartha to reject his wealthy life and peruse a life as an ascetic. We have explored the how living a balanced life can lead to inner peace and happiness. Currently we are considering how karma could have a positive impact upon global ethics.





# LANGUAGES DAY 26<sup>TH</sup> SEPTEMBER

How much do you know about different languages?  
Try out this quiz to find out!

---

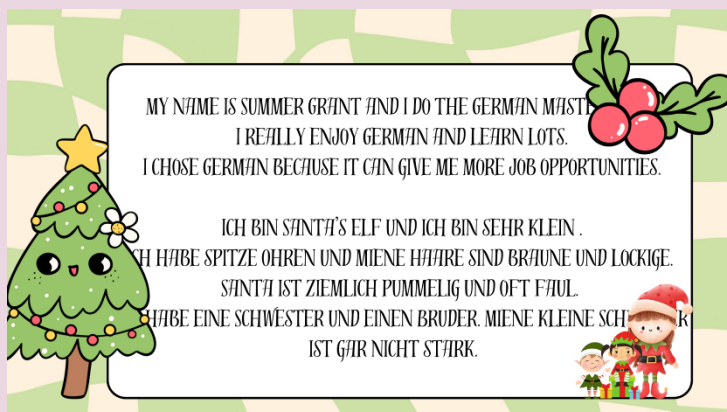



14. In which of these African countries is PORTUGUESE an official language?

a) Senegal  
b) Angola  
c) Egypt  
d) Namibia



Students in **Year 10** have begun their GCSE courses, while **Year 11** students have been revising hard for their recent PPEs.




Hallo, Ich heiße Reiniel.

I am participating in Frau Dudal's German class because German is a lovely language and a fun fact, German is the second most spoken language in Europe. German helps you get a better employment by 3%. Frau Dudal is a very kind and passionate teacher and she is helpful in all languages that she teaches as she also teaches me French!

Ich bin dreizehn Jahre alt und mein Geburtstag ist am fünfundzwanzigsten September. Ich bin sehr schön und freundlich. (I am very beautiful and friendly!)






## GERMANY

120000 WOMEN BECAUSE GERMANY IS A BEAUTIFUL COUNTRY  
 BECAUSE OF THE FACT. GERMANY IS ALSO KNOWN FOR THEIR  
 ABOUT 75% 120000 WOMEN. GERMANY IS ALSO THE SECOND  
 MOST SPOKEN LANGUAGE IN EUROPE BECAUSE YOU HAVE A  
 BETTER CHANCE OF BEING EMPLOYED IF YOU CAN SPEAK AND  
 UNDERSTAND GERMAN.

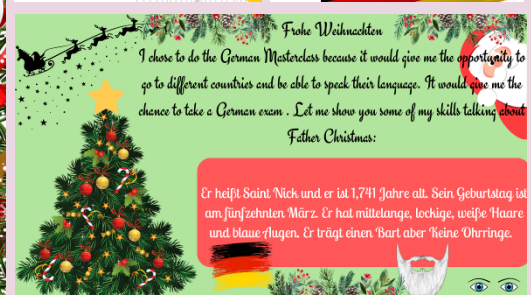
ABOUT ME : ICH HEISSE NIFEMI, ICH BIN  
 DREIZEHN JAHRE ALT, ICH HABE LANGE BRAUNE  
 HAARE UND BRAUNE AUGEN.



## German

Hallo, Ich heiße Evel Ich bin dreizehn Jahre  
 alt. Ich wohne in einem großen Haus am  
 Stadtrand. Mein Geburtsort ist am  
 neunundzwanzigsten Dezember.

I am participating in madame Duda!s German  
 masterclass because I can get an extra GCSE  
 unit can lead to a lot more job opportunities  
 in the future. Also, German is a really nice  
 language and is very widely spoken around  
 Europe.





# GEOGRAPHY

**Year 7** started off with an introduction to the continent of Africa. Students have shown a fantastic awareness of the world around them and have developed an understanding of some of Africa's human and physical features, as well as their ecosystems. In addition to this, our Year 7 students have started to develop their awareness of global issues and showed fantastic maturity and consideration for those that are less fortunate when looking at the issue of famine and drought in parts of Africa. A big well done to Year 7! As we look ahead, our Year 7s will now begin to look at landscapes and the impact of climate change.

**Year 8** started their academic year with the topic of settlement, within this they have learnt about the different types of settlement and have linked this to the presence of services and the threshold population. In addition to this, they all explored the challenges faced in settlements around the world, such as the megacity of Mumbai. They have now started their enquiries in Wellington and shown resilience and bravery when speaking to the public for their questionnaires – now its time to find out their results!

**Year 9** began their academic year by looked at the tectonic hazards. In this topic, they explored the earth's tectonic plates and looked at how their movement can cause a range of hazards such as earthquakes, volcanic eruptions and tsunamis. Students have been developing their case study knowledge looking at real world examples of each hazard, such as the Lombok earthquake of 2019, and the infamous Indian Ocean tsunami of 2004. We have been really impressed with our Year 9s and the attitude they have shown towards this, they have been considerate the shown empathy when studying this and have shown maturity when considering the effects and responses to each event. As they move towards Christmas, Year 9 are going to start looking at population – this will include looking at the reasons for population increase and the challenges this poses.

**Year 10** have had a wonderful start to the year and have worked hard to adapt to the demands of GCSE Geography. They started the year exploring urban environments including the opportunities and challenges in megacities, before illustrating this with their case study of Rio de Janeiro. They then had some time to focus much closer to home, with the regeneration of Bristol and the opportunities it brings to the south west. Ending this half term, students have started to focus on weather hazards including global atmospheric circulation and the impacts of Typhoon Haiyan. They will shortly begin to the look at the causes and mitigation of climate change as they head into the new year.

**Year 11** have had a busy start to the year in Geography, looking at the living world and exploring the major world biomes, as well as the threats and management taken to sustain them. This has included the impacts of deforestation and increasing levels of desertification. They have then moved on to consider resource management, looking at how we can sustain the water, food and energy resources on the planet. All students have shown a good attitude to their geography PPE and have done their 6 week revision plan to help them prepare and support them in experiencing success in the lead up to their final exams.





# LEARNING SUPPORT

A very Merry Christmas from the whole Learning Support Team!







**Head of Year  
Mr Seaton**

# YEAR 7 UPDATE

So the end of the Autumn term is fast approaching and I can't quite believe how quickly it has gone. I have been very proud on how the Year 7 students have settled into life at Court Fields School. Walking around the Year 7 tutorials and classes, the work ethic of the whole cohort is evident and looking forward to all the opportunities secondary

school can provide our students. We have already made some fond memories from nearly the whole year group participating in the Year 7 residential, which in turn was a great way to make new friends and enjoy new activities. It has also been good to see the amount of students participating in extra curricular clubs, from the school production and bug club, to some students representing the school in sporting fixtures, which already shows a great belonging to the school. I wish you all a happy holiday and I am looking forward to what 2025 will bring us.



# YEAR 8 UPDATE

As Head of Year 8 I am incredibly pleased with the students approach to all aspects of their learning at the start of the academic year. It's been a real pleasure to give out so many class chart award certificates. Many students have now collected their gold award and higher!! This is a real testament to how hard they are working each and every day. It was also great to see a wide variety of students collecting subject awards in our recent awards assembly. This highlights how difficult it is for staff to nominate just one winner.

We have had a large number of students represent the school at a variety of sports including Rugby, Badminton, Hockey and Football. There have been some early successes, showing that this year group also have significant talent on the field as well as off it. Glee club continues to be as popular as ever giving students a real opportunity to express themselves on the stage.

Our students have also taken part in a wide range of enrichment opportunities and House Cup competitions such as the MFL European day of languages, and the STEM Science challenge. Chess is very popular with the Year 8 students and it appears we have some very talented players.

The recent Miles for Mind event saw the whole year group take part together and raise a substantial amount of money for a worthwhile cause. Whether your child ran competitively, jogged around in a dinosaur costume or just walked the course with friends, this was truly an all-inclusive event and demonstrates the strength of our community spirit. Well done to all.

May I wish you all a most enjoyable Christmas break.



**Head of Year  
Mr Nicholls**





# YEAR 9 UPDATE



**Head of Year  
Mr Williams**

It has been both refreshing and impressive, to observe the students in my year group returning from the summer break with such enthusiasm. Tackling lessons with increased resilience and determination to succeed, participating in all aspects of the school's enrichment programme. Our students have taken on a multitude of exciting leadership opportunities to challenge themselves and build experiences. Many in preferred past times, such as Junior Sports Leaders or as ambassadors representing the school. Students have taken on a challenge internally with the school community, entertaining and welcoming visitors or as a part of groups travelling to other educational institutions. Several of the year group have signed up to play a part or be involved in the school show and Christmas concert.



**Head of Year  
Mr Reed**

# YEAR 10 UPDATE

Year 10 have made an excellent start to their Keys Stage 4 journey, settling into their option subjects and setting a high standard of behaviour across the school. It has been a pleasure to see the year group thrive and grow together. We wish you a Merry Christmas and look forward to a successful 2025.







**Head of Year  
Mr Rooke**

# YEAR 11 UPDATE

After a very busy and full on first term at Court Fields, I wanted to start off by saying a massive thank you and well done to you all - Year 11. You have navigated your way through a difficult and important start to your year. You have most recently completed your first set of PPEs, and be-

gan your applications for the next part of your lives after Court Fields. You have impressed your teachers with your efforts and attitudes towards your learning. Please enjoy your Christmas break and come back rejuvenated, ready for the new term. Stay safe and enjoy your time off.



## BEHAVIOUR & REWARDS



**693 students have received their Bronze award - 150 House Points**

**338 students have received their Silver award - 250**

**94 students have received their Gold award - 350**

**8 have received Emerald - 500**

**1 student has reached Sapphire - 650**



**Our end of term celebration assemblies have been taking place this week:**

**344 individual subject awards presented across the school**

**School's attendance continues to be above the national and county levels, although we would like to see this improve even further:**

**Gold - 100% - 174 students**

**Silver - 98% - 158 students**

**Bronze - 95% - 145 students**

**We also have a group of students recognised for their incredible effort in improving their attendance over the last term, these 23 students improved by an average of 18.5%. This will have a huge impact on their success in school.**

**Finally we wanted to say a huge thankyou to all of our Year 11 Prefects who have done such a fantastic job over the last 15 weeks. On Friday we will be taking to the cinema for a rewards trip.**



# WELLBEING & SAFEGUARDING

## Anti-Bullying Week

Throughout this term we have ensured tutor time, PSHE and lessons support students with their wellbeing and mental health. We continue to be impressed with how well our students have adapted to the challenges faced following the pandemic. We have promoted positive mental health that includes advice and guidance on how to look after ourselves. On the further pages in this magazine there are some great resources and places to get tips and strategies to support daily self-care. We are fortunate to have many people wanting to work with us over the next year to continue to promote and develop our curriculum. Anti-Bullying week saw students take part in a range of activities and really promoted #BeKind and the theme 'Choose Respect'. The focus was on peer support and everyone in our community supporting to stop bullying. We continue to work with Stand Against Violence and they will return later in the year to deliver assemblies and workshops.

## Safeguarding our Students

We continued to promote safety during the pastoral programme as part of the Court Fields Experience, which included knife crime, road safety and harmful sexual behaviour. Our students engaged really well in these sessions and next term we will be launching a self-referral form for students to seek support, should they need it. We are linking with the Mental Health in Schools Team to promote access to external school support as well as internal support.

Our students are fantastic at speaking to us if they ever feel worried or upset for any reason. In the event any student does not feel they are able to talk directly to us during the school day, they can use Tootoot. We monitor any concerns and pick them up quickly to resolve and support. We will be hosting enrichment day in January covering a range of safeguarding information.

## Tootoot

Following on from student feedback we launched an online platform Tootoot. This is an anonymous reporting app that students can report unkindness or any worries. Students have been emailed log in details to their school email. If they need further information they can speak to their tutor. Please encourage your child to use this platform if they share information at home and haven't shared at school. We monitor the system Monday to Friday 8am until 6pm. This is not a parent platform and not for emergency use. We are looking into ways to support parent reporting in 2025.



### Mental Health & Wellbeing Help for Young People & Families

**Mindline Somerset**  
Emotional support helpline  
Coronavirus  
01823 276 892  
Open 24 hours a day, 7 days a week

Open 24 hours a day, seven-days a week, Mindline is open to people of all ages who need urgent mental health support. The helpline is the first port of call for mental health help – it is operated by people in your local area who will know how best to support you.

**ChatHealth**  
Parents of children 0-4:  
Confidential help from the  
Health Visiting Team. Just send  
a text 07480 635514  
Parents of children 5-19 years: looking for confidential help and advice? Just send a text to  
your School Nurse Team. Text 07480 635515  
Young People 11-19 years: Discreet and quick, it only takes one text to start making a  
difference. You'll get confidential advice from a local School Nurse. You don't have to give  
your name if you don't want to. Text 07480 635516

ChatHealth is a mobile health service for parents and  
young people in Somerset making it easier to get  
health and wellbeing advice.  
Monday-Friday 9am - 5pm.

**Young Somerset's Wellbeing Service** - Free wellbeing support for  
young people experiencing low level mental health needs. Find out  
more here: [www.youngsomerset.org.uk/wellbeing-support](http://www.youngsomerset.org.uk/wellbeing-support)

**Somerset Big Tent** brings together local organisations that offer support to  
children and families [Somerset Big Tent](http://www.somersetbigtent.org.uk)

Take a look at our previous hubs for parents and young people covering a range  
of topics from anxiety to stress to online safety: [Virtual Hubs Archive](#) -  
[Somerset Big Tent](#)

**Kooth** - Safe and anonymous online support for young people until  
10pm - friendly counsellors, self-help and community support.  
[kooth.com](http://kooth.com)

Having good mental health helps us relax more, achieve more and enjoy our  
lives more. We have expert advice and practical tips to help you look after  
your mental health and wellbeing. [Every Mind Matters](#) - NHS  
([www.nhs.uk](http://www.nhs.uk))

**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

Suicide is the biggest killer of under 35's in the UK  
[Home](#) | [Papyrus UK](#) | [Suicide Prevention Charity \(papyrus-uk.org\)](#)

**Somerset Child and Adolescent Mental Health Service (CAMHS) webpages**

We offer a variety of teams and services for young people aged  
0-18 years old who are struggling with their mental health.  
[Somerset CAMHS - CAMHS - Somerset NHS Foundation  
Trust \(somersetft.nhs.uk\)](#)

### NHS Mental Health Apps

**distrACT app - NHS (www.nhs.uk)**

The distrACT app gives you easy, quick and discreet access  
to information and advice about [self-harm](#) and [suicidal  
thoughts](#).  
The content has been created by doctors and experts in  
self-harming and suicide prevention.

**Calm Harm app - NHS (www.nhs.uk)**

Calm Harm is an app designed to help people resist or manage  
the urge to self-harm. It's private and password protected.

**Bluelee app - NHS (www.nhs.uk)**

Bluelee is an evidenced-based app to help young people manage their  
emotions and reduce urges to [self-harm](#).  
It includes a mood diary, a toolbox of evidence-based techniques to  
reduce distress and automatic routing to emergency numbers if urges to  
harm continue.

- For further Health & Wellbeing tips, advice & information including self-help support  
for parents and carers go to the Public Health website: [www.cypsomersethealth.org](http://www.cypsomersethealth.org)
- For further information & support for young people go to:  
[www.youngsomerset.org.uk/coronavirus-support-for-young-people](http://www.youngsomerset.org.uk/coronavirus-support-for-young-people)





**Mrs Westwood**  
Lead Designated  
Safeguarding  
Officer

**Mr Canham**



**Mrs McCarthy**

**Mr Whelan**



Deputy Designated  
Safeguarding Officers

# Safeguarding Team



**Mrs Hartnell**  
Safeguarding  
Officer



Safeguarding Officers



**Mrs K Little**  
Safeguarding  
Governor

**Mrs Matthews**  
SLT Designated  
Safeguarding Officer





## **Our Big Exercise Promise**

**We have a plan to get fit together! From January 2025, we'll be rolling out Our Big Exercise Promise across the Trust. Every member of our Trust community; students, staff, parents/carers, governors and other family members can join in. The plan is that as schools and families we walk, run, cycle, or otherwise exercise to help raise even more money for our chosen charity - [mind.org.uk](https://mind.org.uk), plus children will be able to earn points for their school House.**

**Stay tuned for more details in January.**



***Have a wonderful Christmas!***

***We look forward to seeing you in  
the New Year!***