

Trinity School Newsletter 10 of the Autumn Term – Friday 17 November 2023  
Tel: 01373 461949 Email: [office@trinityfirstfrome.co.uk](mailto:office@trinityfirstfrome.co.uk) Visit: [www.trinityfirstfrome.co.uk](http://www.trinityfirstfrome.co.uk)

## HEADS UPDATE from Amanda Seager

This week we have had lots of opportunities to think about others, although perhaps not busy parents trying to keep up with the different days we have celebrated....sorry, next week is more normal!

Monday was Odd Socks Day, when the children were invited to wear odd socks (I know, plenty of children need no such invitation!) in recognition of our understanding that we are all different, but all equally important. This week is also anti-bullying week, and so wearing our odd socks was a great way to start the week. The children all had a lesson during the day with the theme of diversity and kindness. Also, as a reminder of the power of words, they listened to the new song by Andy and the Odd Socks called 'Make a Noise'. It is important for us to teach the children that not all difference is visible, and that we shouldn't always have to change who we are to feel we can fit in.

On Tuesday it was World Diabetes Day, and we were really pleased to be joined by three students from Frome College, and a member of Frome College staff, who came to talk to the children about type 1 diabetes and what it is like to live with the condition. This is especially important to us as we have welcomed a child into Reception this year with type 1 diabetes, and we wanted to make sure all of our children are aware of the condition so that we can make sure that we all know what school is like for him, and what we should be aware of in order to allow him to be as much a part of our school community as everyone else. You will find information kindly shared by his mum later in the newsletter, which explains more about diabetes and what signs to look out for. Thanks to the wonders of modern technology, the staff are able to track and monitor how this little boy is using a mobile phone. For safeguarding reasons, staff do not routinely use a mobile phone when they are in the company of the children, and some of the older children had noticed the phone being used in the reception classes so it was good to be able to give them a clear explanation of why this one is both legitimate and necessary. From a wider safeguarding perspective, it was really positive that the children had noticed, questioned and reported the use of a phone in their presence!

And finally, today we are joining in with Children in Need, raising money to fund and support a wide range of projects across the country that help children and young people experiencing difficult times. A huge thank you to FOTFS for the lovely coffee morning this morning, and thank you to everyone for joining in with the theme as there is so much bright yellow all around the school today! Thank you also for your donations, which enable us to support this very worthwhile cause.

## DIARY DATES

### Term Dates 2023/2024



### November

- Fri 17<sup>th</sup> 7.30pm FOTFS Quiz Night (School Hall)
- Fri 24<sup>th</sup> EYFS Hot Chocolate Sale
- Tue 28<sup>th</sup> Bag2School Collection

### December

- Sun 10<sup>th</sup> FOTFS Christmas Fair
- Mon 11<sup>th</sup> 9.30: Y2 Christmas Performance
- Tue 12<sup>th</sup> 9.30: Y1 Christmas Performance  
2.30: R Christmas Performance  
6.30: Y3 Christmas Performance
- Wed 13<sup>th</sup> 6.30: Y4 Christmas at Trinity Church
- Fri 15<sup>th</sup> End of Term 2

### January 2024

- Wed 17<sup>th</sup> Maple Share my Work
- Wed 24<sup>th</sup> Oak Share my Work
- Tue 16<sup>th</sup> Jasmine Share my Work
- Tue 23<sup>rd</sup> Poppy Share my Work
- Mon 15<sup>th</sup> Holly Share my Work
- Mon 22<sup>nd</sup> Bramble Share my Work
- Thur 18<sup>th</sup> Pine Share my Work
- Thur 25<sup>th</sup> Gorse Share my Work
- Fri 26<sup>th</sup> FOTFS School Discos

## School News



Friday 17th November

@ School hall,

Doors open at 7 for quiz to start at 7:30

£30 per table, team maximum 6 people.

Tickets include entrance to quiz and a cheese board



To book scan the QR code  
or email [tsafrome@yahoo.com](mailto:tsafrome@yahoo.com)

Children in Need  
Friday 17<sup>th</sup> November 2023  
Donation Link is still open:



[CLICK HERE](#)

### Coffee Morning

Thank you to everyone who supported the coffee morning. We raised £120.10, which will be split between Children in Need and FOTFS.

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## World Diabetes Day

From one of our Trinity parents:



The 14th of November is World Diabetes Day - and an opportunity to raise awareness of the condition and what to look out for. Our son is in reception, and was diagnosed with Type 1 diabetes when he was 17 months old.

**Type 1 diabetes** is a condition where the body does not make enough insulin and therefore causes blood sugar levels to become too high.

**Type 2 diabetes** is a condition where the insulin made by the pancreas doesn't do what it is supposed to or there isn't enough to keep your blood glucose levels from rising. It generally develops over time and is usually life-style related.

Scientists think Type 1 diabetes is caused by genes and environmental factors such as viruses that might trigger the disease. For our son, we think his diabetes was triggered by a nasty cough he caught just after turning one. He started showing signs he wasn't well, and it was thanks to the GP connecting up some of the symptoms that we became aware he might be diabetic.

Things to look out for are known as 'the 4 T's':

**Thirst,**                      **Toilet,** (needing to urinate more often),  
**Thinness,**                **Tiredness,**

We also noticed our little boy had started to develop **Thrush** - which is a secondary sign of diabetes. The GP picked up on all these symptoms and alerted us just in time.

Type 1 diabetes is managed with insulin at mealtimes and throughout the day to keep blood glucose from getting too high, and additional glucose, in the form of a sweet or glucose drink, if blood glucose levels are falling too low. Type 1 diabetes doesn't mean you are restricted to low sugar foods or prevented from doing any activities - you just need to adjust the amounts of insulin given, and keep a close eye on your blood glucose level.

The team at Trinity have been fantastic at getting to grips with the technology and process for managing our son's diabetes with him. We are really grateful for the time and care put in, particularly by Mrs Ramsay, Mrs Fry and his class teachers - thank you!

## Hot Chocolate Sale

Sunshine and Rainbow will be selling hot chocolate on Friday 24th November after school in the playground.

£1 per cup!



## Regular Notices and Reminders

### Christmas Performance Dates

We are not charging for our Nativities/Christmas performances, but we will have a donation pot at each performance. Funds collected will go towards the production of the performances and future performances, which includes the props and performance rights license that we need to purchase. Thank you for your continued support.

**R: Sunshine and Rainbow**  
Tuesday 12<sup>th</sup> 2:30pm  
~  
**Y1: Maple and Oak**  
Tuesday 12<sup>th</sup> 9:30am  
~  
**Y2: Jasmine and Poppy**  
Monday 11<sup>th</sup> 9:30am  
~  
**Y3: Holly and Bramble**  
Tuesday 12<sup>th</sup> 6:30pm  
~  
**Y4: Pine and Gorse**  
Wednesday 13<sup>th</sup> 6:30pm  
at Trinity church

## Swimming - Year 3

Just a reminder for Year 3 (Holly and Bramble) parents that payment for Term 2 (Nov-Dec) is now due and available to pay for through [ParentPay](#). Any problems or questions, please contact the office. Thank you.



**WELCOME**  
to the library

### Trinity School

Open to families  
3.15pm-4.00pm  
Monday &  
Wednesday



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## Winter Break Holiday Camp

Bath Rugby Foundation are proud to be delivering Winter Break Out at Trinity First School from Tuesday 19<sup>th</sup> December - Friday 22<sup>nd</sup> December .

Winter Break Out is a festive holiday camp which includes a range of multiple sports, festive arts and craft activities and interactive games and activities for your children to enjoy. Please note that this isn't a rugby skills camp! This takes place 10am-2pm across the 4 days and spaces can be booked via the Bath Rugby Foundation website: [Winter Holiday Camp | Bath Rugby Community Foundation \(bathrugbyfoundation.com\)](http://Winter Holiday Camp | Bath Rugby Community Foundation (bathrugbyfoundation.com)). Bath Rugby Foundation look forward to celebrating the festive season with you!

There will also be some funded spaces available for families on limited incomes but we don't yet have the details. Any family wishing to take up one of those should get in touch with the school office to register their interest.



## Share my Work

Please find below the **January** dates for Share My Work. This will be a 20-minute session for you to come into school at 8:45 on the allotted day for your child's class to look at their work with them.



- Maple: Wednesday 17<sup>th</sup> January
- Oak: Wednesday 24<sup>th</sup> January
- Jasmine: Tuesday 16<sup>th</sup> January
- Poppy: Tuesday 23<sup>rd</sup> January
- Holly: Monday 15<sup>th</sup> January
- Bramble: Monday 22<sup>nd</sup> January
- Pine: Thursday 18<sup>th</sup> January
- Gorse: Thursday 25<sup>th</sup> January

## Friends of Trinity First School

### CALENDAR OF EVENTS 23/24

TRINITY FIRST SCHOOL

NOV BAG2SCHOOL COLLECTION

28

QUIZ NIGHT NOV 17  
7.30 PM

DEC CHRISTMAS FAIR  
10 12 - 2PM



SCHOOL DISCO - RECEPTION JAN 26  
5.15 - 6 PM

JAN SCHOOL DISCO - YR 3&4  
26 6.15 - 7.30 PM

SCHOOL DISCO - YR 1&2 FEB 2  
5.30 - 6.45 PM

MAR EASTER FUN DAY

COLOUR RUN MAY

JUN SUMMER FAIR  
29



## School Lunch Menus

Don't forget to order meals for w/c 27<sup>th</sup> Nov by midnight on Monday 20<sup>th</sup> Nov. You can find the menus [here](#). If you miss the deadline, you will need to provide a packed lunch for your child.

## Lunchboxes

Just a reminder that we are a no nut school due to some children with severe allergies. This includes no peanut butter, Nutella or any other chocolate spreads that may also contain nuts.



To help parents provide a healthy and balanced lunchbox, please click [here](#) to see the guides on our website, which you may find useful. Thank you.

## Old Newspapers

If you have any old newspapers at home, please can you bring them into school to be used as recyclable liners for our lunchtime food waste bin! Thank you.



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## Christmas Fair



We have some fabulous raffle prizes from local businesses already for our raffle to be drawn after our Christmas Fair. **But** your help would be appreciated! If you or your family are employed by a business, please could you ask them for a prize? Or if you have your own business or are self employed, please could you donate a prize, hamper or voucher?

If you're able to help, please send an email to [tsafrome@yahoo.com](mailto:tsafrome@yahoo.com) to confirm. Prizes can be dropped at the school office or we can collect, whichever is easiest! Thank you for your help!  
**(Raffle tickets will be coming home soon!)**

## Christmas Shop



If you have missed the initial deadline for ordering Christmas items **the shop will open** on Friday 17th November at 00:01 am until midnight on Friday 24th November. If you have any concerns with missing or incorrect items in your order please email [tsafrome@yahoo.com](mailto:tsafrome@yahoo.com). Please do not contact the school office. Thank you!

**Collection**  
28th  
November

**Friends of Trinity First School**  
BAG 2 SCHOOL

We accept the following 'good quality' items for 50-100p:

- Men's, Ladies and Children's clothing
- Paired shoes (except for or casual sandal shoes)
- Handbags
- Hats
- Bags
- Scarves and ties
- Jewellery
- Lingerie
- Socks
- Belts
- Soft toys
- Household linen
- Household curtains
- Household towels
- Household bedding (bed sheets, pillow cases and duvet covers)

**We DO NOT accept:**

- Duvets and blankets
- Pillows and cushions
- Carpets, rugs and mats (including bath, shower and toilet mats)
- Soiled, stained, ripped or wet clothing
- School uniforms with and without tags
- Corporate clothing and workwear
- Textile off cuts, yarns or threaded material

**Things to know:**

**Before 9am on Thursday**

**Bag drop near to bins by hall**

**Allow extra time**

**DO NOT use the car park**

## Bag2School

If you've been having a clear out over half term our next bag2school drop is on Thursday 28<sup>th</sup> November. Bags will have to be delivered to school (near to the large bins adjacent to the hall). The school car park must NOT be used for drop offs.

**Happy Sorting!**

## Local Events

### Fair Frome Community Support

For more details online, please click [here](#)

**Baby Basics Bank**

**Essential items:**  
nappies, formula, baby food, baby bath items

**Essential furniture and equipment:**  
Prams, push chairs, cot beds, strollers, feeding items, highchairs, baths, washing items, strollers

The Baby Basics Bank is for referred clients. Referrals are available from local support agencies including:

Frome Health Visitors 3300 233 0118  
Frome Job Centre 0900 985 6885  
Frome Citizens Advice 0800 270 4642  
Frome Health Connections 01373 462882

**Food at Five**

Monday - Key Centre, The Mount  
Wednesday - Frome Cricket Club  
Thursday - Trinity Church Hall

Hot freshly cooked meals served at home, dessert, tea, coffee available

Come and sit down in the sun  
Free to anyone on benefits or low income  
Suggested £2 donation for others  
All welcome! Just turn up!

Registration available  
Telephone also available

**Fair Frome Food Bank**

For more details online, please click [here](#)

**Food at Five**

Monday - Trinity Church  
Wednesday - Trinity Church  
Thursday - Trinity Church

**Healthy Weight**

For more details online, please click [here](#)

**Fair Frome Community Pantry**

Tuesdays - 2pm - 4.30pm  
Where: Elcott Building, Frome Town Hall

The Fair Frome Community Pantry is a members only pantry. Members have access to food items and supplies at a lower cost. This membership is just £5 and costs £2 an £5 per week.

To register as a member visit:  
[www.fairfrome.org.uk](http://www.fairfrome.org.uk)

If you are struggling to fill the form out please contact us on 01753 462882 or email [pantry@fairfrome.org](mailto:pantry@fairfrome.org)

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**December 2023**

**WISE UP WORKSHOPS**  
Empowering Parent Carers to succeed

### Helping your child with sleep difficulties

We are pleased to share our WISE WORKSHOPS for November. These are open to all parent carers in Somerset who have a child with additional needs and/or a disability. A child who does not sleep well can affect the whole family. Disabled children and those with certain [medical conditions](#) are more likely to experience problems with sleeping.

This session will discuss some of the common issues and strategies that can be used to support your child or young person. There will be an opportunity to discuss your personal challenges around sleep and come up with an action plan.

The workshop will have 2 main parts.  
Part 1 will provide information and ideas of things you can try (strategies).  
Part 2 will give you time to discuss your own circumstances and form a plan of what you can try to help.

Dates and locations		
1st December	Minehead	13.30 - 14.30
5th December	Taunton	13.00 - 13.30
7th December	Taunton	13.00 - 13.30
8th December	South Petherton	13.00 - 13.30
11th December	Glastonbury	12.30 - 14.30
12th December	Weymouth	13.00 - 13.30

These workshops are free to attend to book your place please go to: <https://somalparentcarerforum.org.uk> or call 01458 295284



**Eco Festive Crafts**

**FREE ENTRY**

FROM FAMILIES FOR THE FUTURE

- Decoration-making
- Cakes and Snacks
- Toy & Book Swap
- Eco-gift ideas
- Gift-crafting
- Raffle

The Bennett Centre, Vicarage St, Frome  
Sunday 3rd December  
11:30am - 2pm

The Band of  
**HM ROYAL MARINES**

**DATE:** TUESDAY 21<sup>st</sup> NOVEMBER 2023  
**TIME:** 19:00<sup>hrs</sup>  
**VENUE:** THE CASTLE SCHOOL, TAUNTON  
**TICKETS:** £10  
Visit Ticket Source to Purchase

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**why... Santa Dash**  
see frome girls

4k fun run in aid of We Hear You.



**Sun 10th December**  
**11am to 1pm**  
**Old Showfield, Frome**

[bit.ly/frome-santa-dash-23](https://bit.ly/frome-santa-dash-23)





We Hear You (WHY)  
Registered charity no. 1156001

frome musical theatre company

Present

## SNOW WHITE and the Seven Dwarfs



**Dec 28th 2023 - Jan 3rd 2024**

Evening performances: 7pm Dec 28th, Jan 2nd & 3rd  
Matinee performances: 2pm Dec 28th & Jan 1st  
Matinee performances: 4pm Dec 29th & Dec 31st  
Morning performances: 11am Dec 29th & Dec 31st  
*(31st relaxed performance)*

TICKET PRICES:  
Adults £15, U16/OAP £13  
Family ticket £50  
*(Children, no more than 2 adults)*  
Group booking £12 (10+)



www.fromemtc.co.uk

**Frome Memorial Theatre**  
**01373 462795**  
BOX OFFICE: Mon to Sat, 9.30am – 1.00pm  
[www.fromememorialtheatre.org.uk](http://www.fromememorialtheatre.org.uk)

## NINJA PARENTING FOR BIG KIDS

Is your 8-16 year-old oppositional, on screens, anxious, hard-to-reach, not co-operative or refusing to engage?

Longing to bring your older child back into the fold?  
To have meaningful conversations and spend quality time together?  
Want to feel like you are winning at this rather than despondent, exhausted and burned-out?



### 6-WEEK COURSE IN FROME

A GAME-CHANGING TRAINING FOR PARENTS OF TWEENS & TEENS  
with Roma Norriss, Helena Mooney & Lizzie Dekkers  
Mondays 13th Nov - 18th Dec @ 9.30am-12pm  
- £475 / £300 bursary / £750 couples

### TEEN TALKS + Q&A

HOW TO MOTIVATE YOUR TEEN:  
A LIBERATING RESET FOR BURNED-OUT PARENTS  
*Henry Dunlop*

LETTING GO AND HOLDING ON:  
WHY THEY NEED TO FIGHT US AND HOW TO SURVIVE  
*Roma Norriss*

Thu 2nd November @ 7-9.30pm  
CHEESE & GRAIN, Frome  
- £2 advance / £10 on door

FOOD AVAILABLE

RomaNorriss.com Roma Norriss Roma@RomaNorriss.com