



Glenfall News

...a newsletter to inform the school community about the day to day life of our school.

Friday 27th October 2023



A word from the head.....

Despite it being an eight week half term, time really seems to have flown by! It has been a very busy term for everyone and so many exciting things have taken place across the school. The last two weeks have been particularly busy with lots of events in and outside the school.



The Harvest Celebration we had a couple of weeks ago was a huge success with many parents coming into the school to see the children perform a range of songs, poems and dramas. The FrOGS coffee morning held on this day was a great addition and we hope you enjoyed the opportunity to share a coffee and a pastry with friends. The open classrooms after the Harvest Celebration was a fabulous opportunity for the children to share their work with you and we hope that you valued this



time in the classrooms. The food donations which you all made exceeded previous years donations and the Cheltenham Open Door project was hugely appreciative of your generosity.

On Thursday we had a Halloween Cake Sale at the school and raised **£230** for FrOGS. A massive thank you to all makers, bakers and buyers of cakes for making this such a huge success.



I hope that you found this weeks parents meetings useful and that you managed to get a bit of an insight into how your children are getting on at school. The next parents meetings are not until February, so please contact your child's class teacher if you have concerns about your child's learning. It is much better to address things as they arise rather than wait as the problem can hopefully be resolved sooner rather than later

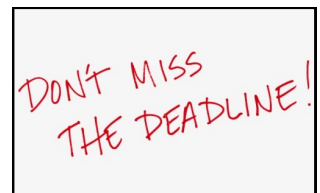
Y5 & 6 had the amazing opportunity to observe a heart dissection carried out by Mr Butler from Balcarras School. This was a fantastic experience and the children got so much from the session. Most of the children found it fascinating and many were brave enough to handle the hearts and look closely at the structures inside.



Keeping on the theme of hearts, we marked the Heart Foundation's Restart-a-Heart Day by educating both parents and pupils on how to carry out heart compressions in case of cardiac arrest. Alan from Zone Safety Training came into the school to work with the children and also to give the parents an opportunity to administer chest compressions to a resuscitation dummy. There was also time to find out how to use a defibrillator.

Y6 Secondary School Transfer Deadline - 31st October 2023

The deadline for making your choices for secondary school transfer is 31st October. Please make your application online.



Have a great half-term and we'll see you back in school on 6th November

Mr Mitchell



Phil's Memory Marathon

Sooo...I have some news! My good friend and colleague Cat Whyte and I have been offered places in the 2024 London Marathon, to raise money for the Stroke Association in Philip Woodman 's name.

Neither of us are runners and we are very much at the beginning of our training! We would massively appreciate any and all donations to keep us motivated!

Phil would clearly think we were mad, but I like to think he'd be a bit proud too

Thanks everyone!

Polly Woodman

In 2019, my husband Phil suffered a catastrophic stroke following heart surgery. This devastated his life and that of those who loved him, leaving him unable to speak and partially paralysed. He spent 5 months in hospital and in time and with a lot of hard work, he learned to walk again and managed to regain some of his speech. Phil was unable to work or drive although he was desperate to do both, and this motivated him to work hard at his recovery. We knew he would never be back to where he was before the stroke but for over 3 years he pushed himself to keep getting better. It was a challenging time for us all but we were all incredibly proud of Phil and the support of those around him helped to push him further, and he made a much better recovery than anyone had predicted given the amount of damage caused to his brain.

Then in January 2023 he became ill. It transpired he had suffered another stroke - a spontaneous bleed this time damaging much of the healthy brain tissue he had left. And this time there was no chance of recovery and Phil died just 3 weeks after his 51st birthday.

His death was a tragedy. He leaves behind 3 children, a grandson, parents, sisters, in laws, nephews, nieces, cousins, aunties and uncles and countless friends who have all been devastated by his passing. And I have lost my husband, becoming widowed at just 37 years old.

I am honoured to be running the marathon in Phil's name. I am not a runner, and neither is Cat! But we're going to give it a good go! We massively appreciate the support shown by everyone we have told so far and hope to raise lots of money for a cause so close to my heart.

Donate here via this link  [Phil's Memory Marathon](#)



Cheltenham Town LFC Youth Recruiting U8 Girls

Does your Daughter enjoy playing football, has she been inspired by the Womens World Cup? We are looking for girls in Year 3 (September) to join our U8s team. Come join our ever evolving club & be the next generation!

Training Tuesday Evenings 5pm - 6pm
All Saints Academy, Blaisdon Way, GL51 0WH
Match Days - Sunday mornings

To register your Daughter's interest please contact:
Donna Beaver - ctldadiesyouth@gmail.com

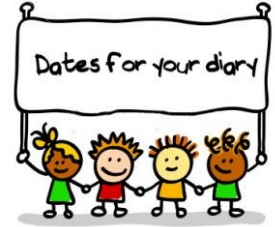


October

- 27th October - School closes for Half Term
- 31st October - Deadline for secondary school applications

November

- 6th November - Term starts
- 7th November - Deadline for Teams4u Shoebox Appeal
- 8th November - Reception intake 2024 – Tour of school at 9:15
- 15th November - 2023 Intake – Open Afternoon 1:45pm
- 16th November - Individual school photographs
- 17th November - Children in Need Day
- 20th November - Book Fair in school this week
- 24th November - INSET Day
- 27th November - INSET Day
- 30th November - Rags2Riches Collection



December

- 7th December - KS2 Christmas Music Evening at Holy Apostles 6:30 – 7:30
- 9th December - FrOGS Christmas Fair
- 12th December - Everyman Pantomime – Mother Goose 10:00am
- 18th December - KS1 Nativity at 2pm
- 19th December - KS1 Nativity at 2pm
- 21st December - Whole School Christmas Lunch
- 22nd December - School closes for Christmas at 2pm

January

- 8th January - Term starts

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2023
moneysavingcentral.co.uk/kids-eat-free

MORRISONS
Spend £4.49 and get one free kids meal all day, every day.

MIS CAFES
Spend £5 & get one free kids meal Mon - Fri during the Oct Half term (various dates)

SAINSBURY'S CAFES
Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA
Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.

BEFEATER & BREWERS PAYRE
Two children under 16 can get a free breakfast every day with one paying adult

THE REAL GREEK
Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TRAVELodge & PREMIER INN
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS
Kids Eat Free When 'Stripes Rewards' Members purchase any adult meal (via App)

PRETO
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI
From Monday 16th October - Friday 27th 2023 kids eat free with every £10 adult spend

GORDON RAMSEY RESTAURANTS
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

BILLS
2 kids eat FREE Monday - Friday from Monday 23rd October - Friday 3rd November 2023

BELLA ITALIA
Children eat for £1 with any adult main. The offer is valid 4 - 6pm Mon to Thurs.

WHITBREAD INNS
Two kids under 16 eat for FREE with every adult breakfast purchased

TABLE TABLE
Two children under 16 can get a free breakfast every day with one paying adult

PAUSA CAFE @ DUNELM
Kids get £1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

IKEA
Kids get a meal from 95p daily from 11am

HUNGRY HORSE
Kids eat for £1 on Mondays

FUTURE INNS
Under 5s eat for free with any adult meal.

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Cheltenham Town Community Trust
www.ctfcpc.com
 01242 518630

CHELtenham TOWN FOOTBALL CLUB

OCTOBER HALF TERM 2023

FOOTBALL & GOAL KEEPING COURSES

AGES 5 - 12 | BOYS & GIRLS | 9AM TO 3PM
 ALL ABILITIES WELCOME (BEGINNERS TO ADVANCED)

GIRLS ONLY HOLIDAY COURSES AVAILABLE

COURSES HELD AT
 • CLEEVE SPORTS CENTRE
 • ST JAMES C OF E PRIMARY SCHOOL
 • BISHOPS CLEEVE FOOTBALL CLUB

£14 PER DAY

FOR MORE INFORMATION AND TO BOOK ON TO A COURSE, PLEASE GO TO: [HTTPS://OFFICIAL.SOCCERSCHOOLS.CO.UK/CHELtenhamTOWNFC/](https://official.soccerschools.co.uk/cheltenhamtownfc/)

Mini Robness Sessions

Has your Daughter been inspired by the Womens World Cup? From September 5th 2023 we will be running fun football sessions for girls aged 5-7 (Reception - Year 2) Tuesday Evenings 5pm - 6pm All Saints Academy, Blaisdon Way, GL51 0WH To register your Daughter's interest please contact Donna Beaver - ctladiesyouth@gmail.com

INSPIRING A NEW GENERATION

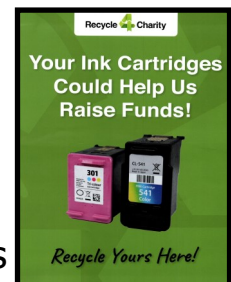
Battery Recycling

We now have a battery recycling point at the school. You are welcome to bring your old batteries to school to be recycled. You will find the battery recycling point in the entrance hall opposite the office.



Printer Ink Cartridge Recycling

We are now able to recycle your old printer ink cartridges. Please deposit your cartridges into the box in the Reception area, next to the battery recycling. By donating your empty cartridges for recycling you will help to raise funds for the school as well as helping to save the planet.





A few things.....

NUT AWARE SCHOOL;

Due to some of our pupils suffering with potentially life threatening nut allergies, we are a **NUT AWARE SCHOOL**

Please **do not** send your child into school with nuts or nut based products for their lunch or snacks.

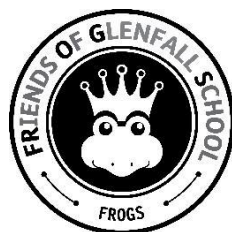


Teams4U.COM – Shoebox Appeal – Christmas 2022

Last year we supported Teams4U and we had a successful collection of 76 filled shoeboxes. Therefore, we are going to continue with this charity and support them in filling a shoebox for a child at Christmas. This would make a perfect half term activity. Please return your filled shoeboxes by 7th November. Please see the letter and leaflet which you will have received this week for further details.



FrOGS Dates



- 30th November : Rags 2 Riches Collection
- 1st December : Non-Uniform Day - Donations for tombola in lieu of uniform
- 9th December : Quiz & Chips
- : Christmas Fair

Remembrance Poppies

Poppies will be available in school after half term. Please send your child into school with a donation if you would like them to have a poppy. Poppies will be available at break times and after school each day.



Apply online for

FREE SCHOOL MEALS

Check to see if your child is eligible using the confidential online portal available on our website www.gloucestershire.gov.uk/freeschoolmeals

You can secure a tasty free meal for your child and save yourself up to £437 per year.

Plus your child's school receives extra funding for each eligible child registered.

Gloucestershire COUNTY COUNCIL

If you receive a qualifying benefit, your child's school is entitled to extra funding.

So even if you don't want your child to take a free meal, you should still apply to make sure that their school receives all the government funding to which it is entitled - helping them provide your child with the best education and support.

Children in Reception, Year 1 and Year 2 already receiving an Universal Infant Free School Meal arranged by their school will still have to apply to enable their school to get any extra funding.

If you do not have access to a computer or the internet, speak to your child's school.

For further information, including a list of qualifying benefits, visit our website or speak to your child's school today.

Travel Assistance and Free School Meals Team
Access to Learning
Gloucestershire County Council, Shire Hall,
Westgate Street, Gloucester, GL1 2TP.

Gloucestershire COUNTY COUNCIL

Glenfall Preschool

Places available for 2, 3 and 4 year olds

"Staff are kind and welcoming" "Children are happy... and are keen to go in and play at preschool!"

"Staff provide good support for children with special educational needs "

email: glenfallpreschool@gmail.com

Keep us up to date

If you have moved house, changed telephone numbers or set up a new email account please let the office know so that we can accurately maintain our records to ensure that we can contact you in case of an emergency and communicate with you effectively.

Your most up to date email and phone number is the most important.





Digital therapy enabling children to self manage their worries



Student wellbeing is central to the ethos of our school. We are therefore delighted to share with you a new NHS Gloucestershire funded service designed to support young people aged 7-12 (years 3-7) who are experiencing fears or worries; Lumi Nova.

What is Lumi Nova?

Lumi Nova: Tales of courage is an intergalactic adventure game where players step into the shoes of a newly recruited Luminaut and start an exciting adventure through space - travelling to different planets, meeting new characters, solving puzzles and attempting challenges. Lumi Nova support young people to fight fears & manage worries. Whilst exploring planets, customising characters and earning treasure your child breaks their fears and worries down into manageable steps, learning life-long skills and building resilience.

Lumi Nova is designed for 7 - 12 year olds (school years 3 - 7) who are having difficulties with fears and worries related to social situations, separation or phobias, but may also be helpful for young people outside this age range.

Designed by BFB Labs, Lumi Nova was developed with NHS clinicians and leading academics. It is based upon Cognitive Behavioural Therapy and Exposure Therapy which are proven to be effective. Lumi Nova is recommended by NICE (National Institute for Health & Care Excellence) and adheres to strict standards of clinical safety.

How to Access Lumi Nova:

To use Lumi Nova you must first register to get a game key by visiting luminova.app/glos and completing a short registration form. You will then receive an SMS message that will guide you through getting started.

You will be directed to download Lumi Nova. Lumi Nova is free to download from the Apple and Google Play Stores and is compatible with iPhones, iPads and most Android smartphones and tablets.

Where can I find out more about Lumi Nova?

More information about Lumi Nova including FAQs and case studies can be found at luminova.app/glos
If you have any questions please reach out to the lumi nova team: luminova@bfb-labs.com