



COUNTESS
GYTHA
PRIMARY
SCHOOL

Diary Dates

10th July 2026



Dear Parents and Guardians,



Welcome to the final edition of this year's Diary Dates! With 7 school days until the end of the term, our final publication will be the Summer Newsletter on Friday 17th July. Please note, annual school reports are due to be sent home on Thursday 16th July. If any families require a second copy, please do email or speak to the school office.

Thank you to all of the families who joined us at our summer fair on Saturday – a lovely day enjoyed by all! The total funds raised will be announced in the newsletter next week but with the opportunity to sponge Mr Gordon (and Mrs Sherry!) – it is likely to be a big one!



Before we jump into this week's news – please note that Monday 13th July will be the final swimming session for all children in Merlin Class and a reminder that enrichment clubs have now finished for the term (After-School Care is still open!). A new offer of clubs will be shared shortly with families to select from next term.

Please can all children bring a named (marker pen is fine!) carrier bag or similar to school on Friday 17th July, in order to take home this year's work and books. Naming bags is particularly important in KS1, as we will be enjoying the disco after school on Friday

Kicking off the four school trips this week, Year 5 visited Ansford Academy for a taster of life at secondary school. It was an exciting occasion, with children able to meet form tutors and delve into specialist subjects like chemistry



The book clubs visit
Yeovil Library



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and drama in anticipation for making their secondary application choices next year.

Later in the week, the Year 5s, alongside the Year 4s, enjoyed an exciting virtual STEM 'escape room' based on the London Underground. Working as a team, we solved a range of challenging problems to



help us escape while learning about the important work of firefighters and the principles of structural engineering. It was an engaging, educational and enjoyable experience for everyone.

On Tuesday, keen readers from Mr Gordon's and Mr Gallagher's book clubs visited Yeovil Library to share their final book club of the year, as well as borrow some new reads for the summer! The group also enjoyed a visit to Waterstones and of course, the obligatory trip ice cream on such a hot day!



Speaking of reading, this year's Summer Reading Challenge has launched in libraries across Somerset – Reading to the Beat! Please see the flyer below or visit your local library for more details – as ever, we would love to hear of those who participate or complete the challenge when we return in September!



READ to the BEAT
Summer Reading Challenge

Joining together, the Year 4 and Year 5 pupils had an amazing trip to We The Curious in Bristol! There were so many exciting, hands-on exhibits to explore and interact with, and everyone loved discovering something new. The Earth, Sun and Moon workshop was fantastic and helped to bring our learning to life, reinforcing everything we have been learning about how day and night occur, the planets in our Solar System and the phases of the Moon. The classes finished their visit with an unforgettable trip to the planetarium, where we enjoyed an incredible 3D journey through the Solar System, surrounded by planets, stars, and moons – an



awesome way not only to finish the trip but our topic on space too!

Merlin Class had a wonderful time at Puxton Park on Thursday.

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Reception
visit
Puxton
Park

The children thoroughly enjoyed a bumpy tractor ride to visit the cow barn, followed by the chance to get up close and meet some of the guinea pigs and rabbits. Throughout the visit, the children saw a wide variety of animals, but the meerkats were definitely the class favourites!

Finally, I would like to take this opportunity to raise our Summer Parent Survey once again. [Simply by clicking here](#), it will take you to our twice annual survey giving families an opportunity to respond to questions designed to help us monitor and improve the quality of our service towards education. Don't forget, a full copy of the Personal and

Social Health Education programme is still available to view for every year

group, as well as the policy and a sample of resources is [available on the school website here](#) and parents can either email their thoughts and feedback to the [school office email](#) or speak to Mr Gordon on the school gate.



Due to the weather please apply sun cream to your child at home before leaving for school. An appropriate sun hat would be useful in order to provide the best protection when your child is outside.

Please make sure sun hats and water bottles are labelled with your child's name.

Y4 and Y5 visit
We the Curious



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I would like you to join me in congratulating the following children who were recognised this week by their teachers for excellent hard work and dedication:

Congratulations Rylee, you are Merlin's Star of the Week – for showing great care to others – always checking in to make sure that they are okay – what lovely news, Rylee – well done! Sophie is Merlin's Worker of the Week, for her speedy addition with the aid of a number line – a great skill to master in preparation for Year 1!

Pendragon – Congratulations Charlotte, you are the Star of the Week – for fantastic focus and effort in all of your KS1 assessments – a super strong end to your year Charlotte!

Pendragon's Worker of the Week goes to Dylan, for his excellent effort in maths, showing determination when solving money related word problems – very impressive, Dylan!

King Arthur – This week, we are celebrating Maisie as Miss Bridge's Star of the Week – for consistently showing kindness and a willingness to help others, as well as always being a positive member of the class – high praise indeed, Maisie! King Arthur's Worker of the Week is Bradley, for his excellent effort across all assessments this week – a great way to end your first year with us, Bradley!

Excalibur – Lincoln is the Star of the Week in Excalibur, for sharing his amazing knowledge about the planets, particularly our moon phases and his engagement at the workshops on the class trip to We the Curious – superb knowledge, Lincoln! Excalibur's Worker of the Week is awarded to Layla, for fulfilling all of the success criteria in her biography, writing about the astronaut, Valentina Tereshkova – great to hear, Layla!

Lancelot – Mr Gallagher's Star of the Week is Albie – for showing such confidence, articulation and joy to our visitors on Thursday – they (and we!) were very impressed! The Worker of the Week for Lancelot is Nevaeh, for excellent behaviour in music and helping to problem solve with all groups – thank you, Nev! 9

A special mention to our craft and art entry winners from the summer fair this year – congratulations to all of you!

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DATES FOR YOUR DIARY

	FRIDAY TUCKSHOP Every Friday morning breaktime - 20p	
Week commencing 13 th July	No enrichment clubs this week.	
Monday 13 th July	Merlin Class Swimming Session #6	
Tuesday 14 th July	First performance of 'The Magical Flying Machine' 1.30pm – 3pm	
Wednesday 15 th July	Sports Day – Parents welcome from 9.15am – please note change of time as sent in the email this week.	
Wednesday 15 th July	Second performance of 'The Magical Flying Machine' 6–7.30pm	
Thursday 16 th July	Year 6 walk to South Cadbury	
Friday 17 th July		Mr Gordon's Tea Party (Change of Date)
Friday 17 th July	PTFA Summer Disco See poster below for details.	
Monday 20 th July	Leavers' Assembly 2pm – 2.45pm	
Tuesday 21 st July	Last school day of Summer Term	
Wednesday 22 nd July	Inset Day – Closed to pupils.	
Summer Holidays		
Thursday 3rd September	Inset Day – School closed to pupils	
Friday 4th September	Inset Day – School closed to pupils	
Monday 7th September	Autumn Term 1 	

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Payment Reminders

Swimming

Please can we remind those that have not paid yet for a contribution

KICKING FOR KEGGS
CHARITY
FOOTBALL
MATCH!

SATURDAY
22nd AUGUST

AT WESTLAND'S FC
EVENT STARTS 11:30AM
KICK OFF 1:00PM

HUGE RAFFLE
AUCTION
STALLS
MUSIC
REFRESHMENTS
FOOD & ICE CREAM VANS
CASH AND CARDS ACCEPTED

KIDS ACTIVITIES
INCLUDING:
PENALTY SHOOT OUT
BOUNCY CASTLE

BIG THANKS TO
WESTLAND SPORTS
FOOTBALL CLUB
1939

ALVINGTON DEVELOPMENT CENTRE, ALVINGTON LANE, YEOVIL, BA22 8UX - PARKING ADVISED ON ARRIVAL



ALL MONIES RAISED GOING TO
BRAIN TUMOUR RESEARCH
YOU CAN ALSO DONATE ONLINE USING THIS QR CODE ➔

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Countess Gytha Primary School
Summer Parent Survey 2026



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For budding artists in Years 3-6!

Art club is a space for keen artists to explore their creativity in art and craft. On offer will be some structured classes and at other times free exploratory sessions with opportunities to collaborate. We will enjoy using a wide range of media from drawing, collage, 3d, mixed media, ink and paint and air-drying clay etc.

Monday 3.30pm-4.30pm

£12 per session to be paid ½ termly or termly. All materials included.

Class size max 16. Over 8 students, I would be looking for a parent volunteer who would get their child into art club for free!



Contact Helena Jacobsen, (current Art teacher at Countess Gytha) if you have any questions and to secure your spot by August 1st.

hbbjacobsen@gmail.com or tel: 07342383403 or email school.

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National
Year of
Reading
2026



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Delivered in partnership with libraries
summerreadingchallenge.org.uk

Illustrations © Harry Woodgate 2026. Read to the Beat © The Reading Agency 2026, registered charity number 1085443 England and Wales.

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July/August/Sept 2026



Somersex
Council

Somersex School Nurse Team Newsletter

Welcome to the Somersex School Nurse Team newsletter!

The school nurse team is made up of Specialist Community Public Health Nurses, and Assistant Practitioners. We specialise in promoting the health and wellbeing of children and young people aged 5–19 years and cover primary and secondary schools across Somersex.

This newsletter will be delivered termly, and is intended to keep you up-to-date on all the things we are doing as a service, and will include topics and links relevant to physical and mental health.

We hope you find this newsletter helpful but please do feedback anything you would like to be added.

[Somersex children & young people : Health & Wellbeing : Phn School Nursing](#)



Feedback QR code

Starting Reception

Your child's journey to school starts at home

We understand that all children develop at their own pace, and that we're all learning from birth. When it's time to start school, some children will need more help than others.

There's lots you can do at home to build your child's confidence and independence, helping them feel emotionally and practically prepared to start school.



For more information on how to help your child get ready for reception, and for information on supporting children with additional needs, scan the QR code or visit <https://startingreception.co.uk>

Click on the link below for

FUN ACTIVITY IDEAS..

...to help your child get ready for school!

[Starting-Reception_Activity-ideas-for-parents.pdf](#)



Are you concerned your child is not yet toilet trained for school?

If so, please see resource below for lots of helpful tips!

The Potty Training Guide



The Potty Training Guide - Starting Reception

Prior to starting school support can be found from your Health Visitor Team:

Contact the Health Visitor team via their
CHAT Health text line - 07480 635514

Helpful Tips for Bedtime

Advice for parents and carers from The Sleep Charity



A bedtime routine is important in getting a good night's sleep. A routine helps to support a child's body clock and aid relaxation. Feeling relaxed is important to ensure a child is ready for both parent and child. If your child is experiencing difficulties sleeping it can make you both feel anxious. Youngsters often pick up on stress levels around them so it is important to create a relaxing and calm environment as bedtime approaches.

Here are some helpful tips to create a relaxing bedtime routine for your child:

- A bedtime routine is important for all ages and a regular routine will help children relax and get ready for bed. Try to start the routine at the same time every night as it helps to support your child's body clock, meaning they are likely to need off more quickly.
- Set aside time earlier during the day to allow your child to share any worries with you. It can be helpful to share how their day has been and what is planned for the next day. Make sure to give them your full attention.
- Dim the lights in the hour before bed to encourage the production of melatonin, this will help to promote that 'sleepy' feeling.
- Looking at screens can make it harder to fall asleep. So turn off an hour before bedtime, this includes television, laptops, tablets and mobile phones. Screen activities can be mentally stimulating and may also inhibit the production of melatonin, the sleep hormone that helps us to feel drowsy.
- Bedtime role playing can help children mentally prepare for bedtime. Try letting your child put their clothes or other toys to bed, building them in and saying 'Goodnight'.
- Younger children may enjoy a bedtime box. Filled with a selection of activities to carry out during the routine. Hand eye co-ordination activities such as jigsaw, colouring and threading are great for providing repetition such as Elmer colouring sheets. Older children may prefer to read, play a board game or take part in a craft activity.
- A bath/half an hour before bed can help to promote sleep, the decrease in body temperature after a bath can help your child to nod off more easily.
- Massage can help some children to unwind as can indulgence or simple breathing exercises. Imagine breathing in a beautiful white light and blowing out any worries or troubles each time they exhale. Breathing techniques are also useful for parents to carry out and are a great excuse to enjoy together.
- There's no better way to wind the day than snuggled up in bed with a bedtime story - and it's never too early to start reading to your child. Make it part of their bedtime from being very young. It helps develop listening, comprehension and vocabulary skills. It's also a great way to spend time with your child before bed.
- Children have predictability so don't be afraid to have one or two books that you use frequently at bedtime - they love the repetition.
- Why not consider making up a story about one of your child's favourite book characters? You can even get your child to make up a story too - it's great for the imagination! If you've read *Elmer and the Bedtime Story* you can have a go at making up stories to go with the story mentioned by the jungle animals in 'The Story of the Wandering Bear'.
- Don't forget to end the day on a positive note by sharing 5 great things that have happened during the day.

For more info on sleep issues visit...

Home - The Sleep Charity



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**Somerset
Council**

ChatHealth

Parent advice & support

Healthy lifestyles

School transitioning

Emotional health

**SomerSet
Council**

**is your child
5-19 and are you
looking for confidential
help and support?**

A safe and easy way to contact
your School Nursing Team

Just send a text
07480 635 515

Disclaimer: This is not an emergency service. It operates Monday to Friday 9am - 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of a safeguarding issue the School Nurse has a duty of care to act on this and may disclose the content.

Improving
LIVES

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Get Set for Secondary School

Own Your Independence

Start showing your independence in the lead-up to secondary school by packing your own school bag, laying the table for breakfast or putting dirty clothes in the laundry basket. Being able to rely on yourself is a great skill to have when it comes to starting a new school.

Get Talking

If you're not sure about anything, just ask. The teachers at your new school are all there to help you settle in. Talk to your parents or carers if you are worried or anxious about anything. They've been in your shoes before and will be able to offer support and advice.

Stay Positive

Embrace the change. Think about all the opportunities ahead of you - new subjects, new teachers, learning new sports and making new friends. Teachers won't expect you to get every answer right in class but they will be impressed with a positive, can-do attitude.

Be Organised

Use your new school's website to research the school layout, what lockers are available and whether swipe cards are needed in the canteen. Once you have your new timetable, print a copy for home. Get any books or equipment you might need ready the night before to save rushing in the morning.

Practise

Before term starts, plan the route you're going to take to get to school. Carry out some practice runs, especially during the times when you would normally be travelling to and from school. Arrange to meet a friend at the entrance on the first day so you can walk in together.

Look After Yourself

Eat healthily and get plenty of sleep. Look after your physical and mental health. Find time to relax after school by doing things you enjoy - take a walk in the park, meet up with a friend, listen to some music. Being able to 'switch off' may make you feel more relaxed and energised the next day as a result.

Be a Good Friend

Be kind and helpful to others, even if you don't know them that well. Showing kindness and support to someone else might help boost their confidence as well as make you feel good too. Showing empathy and understanding is a great way to start building up positive friendships.

Be Yourself

There is no one else in the world like you. Don't try to be someone you are not. People will like you for who you are. Believe in yourself - you've got this!

SCREEN SMART

www.SocialWorkToolbox.com

GUIDE YOUR CHILD. PROTECT THEIR FUTURE.

WHY IT MATTERS

Too much screen time can affect sleep, focus, mood, creativity, and real-life connections.

RECOMMENDED LIMITS (GUIDELINES)

Under 2 years: Avoid screens (except video calls)

2 to 5 years: Max 1 hour/day of quality content

6+ years: Consistent limits with balance

SET HEALTHY HABITS

- Create screen-free zones (meals, bedrooms)
- Watch and use content together
- Set time limits and stick to them
- Encourage outdoor play, books & hobbies

SIGNS OF TOO MUCH SCREEN TIME

- IRRITABLE OR MOODY
- TRouble SLEEPING
- POOR FOCUS OR LOSS OF INTEREST
- DIFFICULTY STOPPING OR MELTDOWNS
- WITHDRAWN FROM FAMILY & FRIENDS

TIPS THAT WORK

- BE CONSISTENT** Kids thrive on routine and clear boundaries.
- LEAD BY EXAMPLE** Limit your own screen time. They copy what they see.
- OFFER BETTER CHOICES** Give engaging alternatives like play, art, or stories.
- TALK & LISTEN** Understand their world. Build trust and understanding.
- PRaise GOOD CHOICES** Encourage balance and understand progress.

SCREEN TIME CHECKLIST

- Do we have screen-free zones and times?
- Is the content age-appropriate and meaningful?
- Are we balancing screens with real life?
- Do we talk about what they watch or play?
- Are we leading by example?

WHAT KIDS NEED MOST

- BE HEARD
- BE PRESENT
- CONNECTION
- GUIDANCE
- TRUST
- LOVE
- BE ACTIVE
- BE YOU

SCREENS ARE TOOLS. YOU ARE YOUR CHILD'S GUIDE. CHOOSE BALANCE. CHOOSE CONNECTION.

YOU'VE GOT THIS! Small steps. Big impact.

Somerset School Nurse Team Contact Details:

Email: schoolnurseduty@somerset.gov.uk

Tel: 0300 790 9854

Did you know constipation can be a common cause of bedwetting?

Constipation can go unnoticed except for the bedwetting, so **ALWAYS** check the bowel out first.

A full bowel can put pressure on the bladder which can then cause bedwetting.

Your child should be passing at least 4 soft stools a week, anything less could indicate constipation and need treatment.

POO CHECKER

What's your poo telling you?

TYPE 1
Small hard lumps like rabbit droppings. The sign of severe constipation.

TYPE 2
Sausage shaped, but hard and lumpy. The sign of constipation.

TYPE 3
Sausage shaped, but hard, with cracks on the surface. The sign of constipation.

TYPE 4
A soft, smooth sausage - THE IDEAL POO!

TYPE 5
Separate soft blobs. Also be fine if the child is well and other poos can be accounted for e.g. increased intake of fibre or taking laxatives.

TYPE 6
A mushy stool. Also be fine if the child is well and other poos can be accounted for e.g. increased intake of fibre or taking laxatives.

TYPE 7
A liquid stool. This would be diarrhoea or overflow.

Advice for children with constipation -

ERIC



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SOCCER & MULTI SPORT SUMMER CAMP



DATE **3-4TH
AUG**

**9:00am-
3:00pm**

**Boys & Girls
6-14 Years Old**

Camp Venue

**Ansford Village Hall &
Field**

Registration Link - <https://officialsoccerschools.co.uk/yeoviltown/>

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KILVE COURT SUMMER ACTIVITY DAYS!!

Looking for some fun things
to do this summer?

Look no further!!!

Kilve Court have Children's
Summer activity days
running throughout August!!

Ages 7 -14



VISIT

SSEOUTDOORS.CO.UK

TO FIND OUT MORE!

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LITTLE CITY SOMERSET LAUNCH DATES

Saturday 11th July
The Victoria Club, Street
09:30am or 11:15am

SUNDAY 12TH JULY
St. Thomas Church, Wells
09:30am or 11:15am



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