

DECEMBER 2020



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WELCOME

We've finally made it to the end of the year! We're sure we're not the only ones who are looking forward to a fresh start in 2021.

While Christmas and New Year might look a little different this year, there are lots of ways we can make it a special occasion. This issue looks a little different too, but it's still full of fun things to do together over the holidays, suggestions for resolutions and advice on staying healthy this winter and more!

So, without further ado, have a lovely Christmas and New Year, however you celebrate, and we'll see you in 2021.



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Forgotten Christmas

While many of our usual festive activities have been around for centuries, there are some that have been forgotten, like these!

Green Santa - Santa's suit used to be green!

These days you only ever see him in red, but back in the day it was all about the green suit.

Shoe the Mare

This game dates back to the time of Queen Elizabeth I, basically after dinner you have to follow a barefooted family member around the house and try to catch them.

Questionable hot drinks

You might be happy with a cup of tea, but in Victorian times the drink of the day was a Smoking Bishop – which was a hot mug of port, red wine, cloves and oranges.

Burning a Yule Log

These days a Yule Log is a chocolate cake, but originally, the family would select a log to burn and no one in the house could do anything until it had turned to ashes!

12 days of mince pies

While we eat mince pies for a lot longer, in the Middle Ages, the tradition was to eat one mince pie every day from Christmas Day up to January the 6th.





5-22
DECEMBER



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2020

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Christmas at the Palace



5th-22nd December 2020

Plans are well underway at The Bishop's Palace in Wells to bring some festive cheer to the area with their 'Christmas at the Palace' event.

Taking place from 5th – 22nd December 2020, the decorations will include a Christmas Traditions Window, decorations throughout the Palace, an Eco Christmas art exhibition created by children of life-sized Christmas trees, Father & Mother Christmas's North Pole HQ, and a few stunning surprises too.

The Gardens will also be dressing up for Christmas, with outdoor illuminations on a large scale, and Christmas trees and decorations.

There will also be a Christmas-themed family trail which will take visitors through the Palace & Gardens, leading to a traditional nativity scene. There will be special late openings until 6:30pm on 5th, 10th, 11th, 12th, 17th, 18th and 19th December to allow visitors to enjoy the lights.

Entrance to Christmas at the Palace is included in standard admission.



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Santa has over 75 million homes waiting for a visit, but remember - he can only leave presents for children who are sound asleep!

You can follow Santa's momentous journey thanks to the Santa trackers below.

www.santatracker.google.com
www.noradsanta.org



Christmas Family Films

There are few things better to do at this time of year than settling down together on the sofa, covered in blankets with some festive sweets and throwing on a Christmas film.

Whether you're into modern animations or the classics, here are some of the best films to watch at this time of year.

Home Alone (1980)

Home Alone 2 (1982)

Starring: Macaulay Culkin, Joe Pesci, Daniel Stern

Plot: Kevin is left home alone over Christmas and foils the Sticky Bandit's attempts to break in. In the second one, he ends up stuck in a hotel in New York over the holidays and bumps into Donald Trump.

Jack Frost (1998)

Starring: Michael Keaton, Kelly Preston

Plot: A dad is reincarnated as a snow man and spends one last Christmas with his son.

Elf

(2003)

Starring: Will Ferrell, Zooey Deschanel

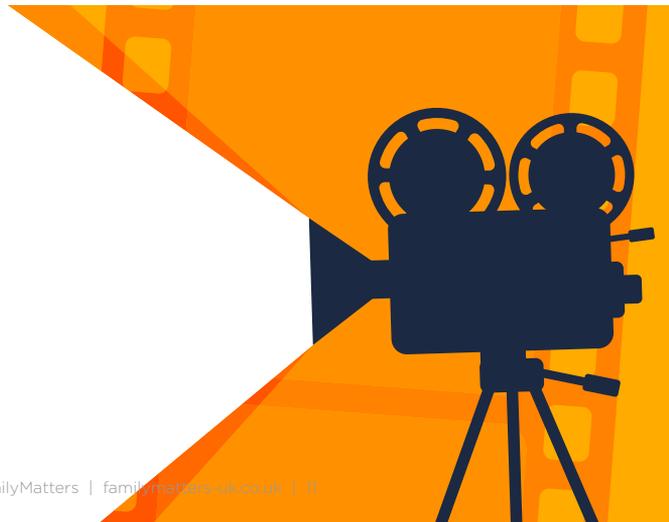
Plot: Buddy is raised as an elf, but is now on a mission to find his real father.

Arthur Christmas

(2011)

Starring: James McAvoy, Hugh Laurie, Bill Nighy, Jim Broadbent

Plot: Santa misses a child during his deliveries and enlists the help of his son Arthur to make it right.





The Nightmare Before Christmas (1993)

Starring: Catherine O'Hara, William Hickey
Plot: Jack Skellington, the pumpkin king of Halloween Town finds Christmas Town and tries to create his own version.

The Santa Clause (1994)

Starring: Tim Allen
Plot: A dad is transported to the North Pole to stand in for Santa after he is involved in an accident.

The Snowman

(1982)

Starring: Raymond Briggs
Plot: A snowman comes to life and takes a young boy on an adventure.

Miracle on 34th Street

(1947)

Starring: Maureen O'Hara, John Payne
Plot: Kris Kringle steps in to replace Santa at Macy's and starts telling people he is the real Father Christmas.

Frozen

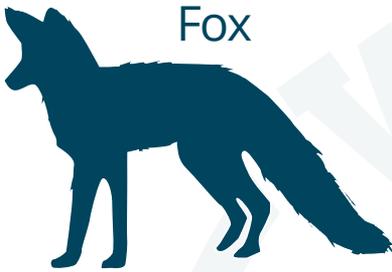
(2013)

Starring: Kirsten Bell, Idina Menzel, Jonathan Groff
Plot: Elsa becomes queen and sets off an eternal winter leaving her sister Anna and her friends to save the day.

WINTER GUIDE WILDLIFE

What animals can you spot in your garden and in parks in winter time?

Why not check off the animals on this list when you see them and then send us a photo of the page so we can all enjoy the wildlife together?



Fox



Owl



Woodpecker



Robin



Starling



Grey squirrel

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New Year, New You

The start of a new year is always a great time to make a change, whether that's learning a new skill, upping your fitness or taking some time to focus on you.

After this difficult year, you deserve a bit of TLC, so why not book yourself in for some pampering at a

local spa? It's a great way to support a local business and allow yourself to recharge.

Why not make 2021 a year to remember (for all the right reasons!) by finally committing to that new hobby or fitness regime you've been talking about since last January.

Tell us about your New Year's resolutions, you can find us on Twitter and Facebook @ukfamilymatters

BEAT WINTER ILLNESS

Get through the winter months



Eat well

While we might be tempted to fill up on tasty festive treats, it is important that we try to keep a healthy, balanced diet to help us ward off any illnesses.

Keep moving

It's tempting to just veg out, but make sure to keep active over the winter months, even if it is just walking laps around the living room – it'll help with circulation and keeping you warm!



BEAT WINTER ILLNESS

Get through the winter months

Wash your hands regularly

Of course, we're being told to do that all the time right now, but it is a simple and effective way of helping keep germs at bay.



Make sure you're warm

We're all watching the pennies right now, but try to keep your home at a steady and comfortable temperature. It's recommended you keep your home at around 18 degrees.



The Galleries shopping centre sits at the heart of Broadmead, Bristol's fantastic Shopping Quarter. With a convenient car park, and easy access from the bus & train stations, it's the perfect place in Bristol to enjoy an afternoon's family fun or a shopping trip to pick up all of your essentials. The Galleries has everything you need, combining the best of retail, food, entertainment and community together all under one roof

It's a hub of your favourite national brands, a mix of quirky independents (with the occasional exciting pop-up shop to discover!), plus a food court bursting with both choice and flavour....and the shopping centre is even home one of the city's most popular soft plays – Jungle Mania! Whilst you're visiting make sure you stop by Shipley's Bingo and play a game or two - or maybe it's a wedding appointment at Wed2Be that you're more into? For more information, visit www.galleriesbristol.co.uk.

Shop at
the galleries
this Xmas



An alternative **NEW YEAR'S EVE**



Don't worry; there are actually plenty of alternative ways that you can see in the new year – clubbing is seriously overrated, after all.

Make a Memory Box for the year you are leaving behind. Sit down and make a memory box. Think of it as a mini time capsule that snapshots one single year.



Skype Your Bestie

If your best friend is located miles from you and isn't able to spend the start of the new year with you, consider Skyping them instead.



Camp Under the Stars

What could be more exciting than seeing in the start of a new year under the stars by an open campfire?



Your child's mental health

From missing months of school to being kept separate from family and friends, 2020 has really taken a toll on all of our mental health.

While parents have the chance to give their mental health a boost by switching off the news, venting to some friends on Zoom or indulging in a hobby, it isn't so easy for kids to express how they are feeling.

Here are some tips to help you nurture your child's mental health and help them feel more settled and comfortable.





Schedule in family time together.

Limit screen time for everyone – parents included.

Make play and exercise a requirement for everyone to help get them moving.

Respond in a calm and level headed manner if you notice they seem withdrawn.

Believe them when they open up to you.

Recognise and reward positive behaviour.

Be there for them, even if they aren't interested in talking.

Show them affection.



Be open and truthful with them.

Set and respect boundaries.

Make sure they are eating nutritious meals and sleeping well.

Suggest ways they can express themselves through journaling or painting.

Surround them with positive role models.

Consistency is key.

Teach them how to stay safe online and in real life and that they should trust their gut.

Be patient.

CHRISTMAS

at Millfield

FESTIVE FUN DAY (AGES 5-12)

Monday 21st December

FOOTBALL (AGES 5-14)

Monday 21st - Tuesday 22nd December



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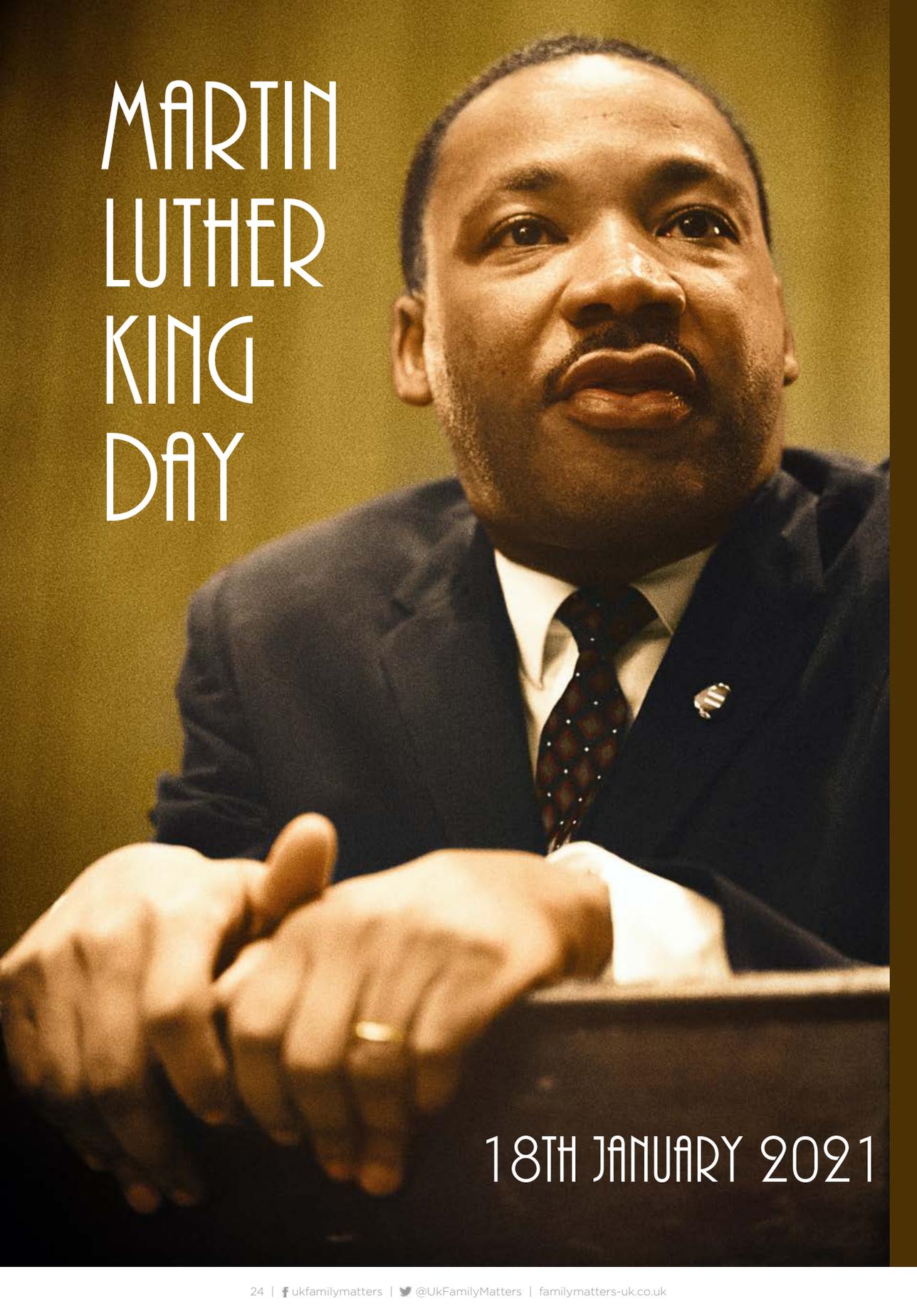
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MARTIN
LUTHER
KING
DAY

18TH JANUARY 2021

MARTIN LUTHER KING DAY

is celebrated on the third Monday in January, a day that is dedicated to celebrating civil rights, particularly in America. In America it is a Federal Holiday, meaning that it is treated much like our bank holidays.

WHO WAS MARTIN LUTHER KING?

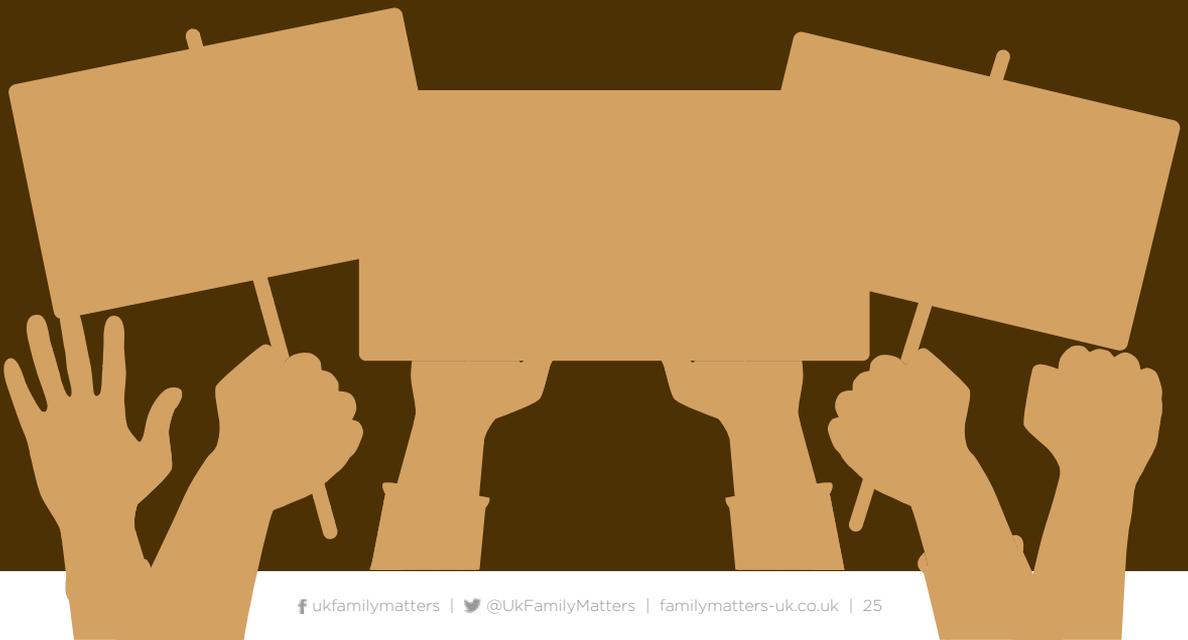
Martin Luther King was an influential figure who helped shape the civil rights movement in America.

WHAT DID HE DO?

On 28th August 1963, he marched to Washington DC and delivered a seventeen minute speech with the iconic phrase "*I have a dream*" in front of hundreds of people.

The speech inspired millions and helped bring in the 1964 Civil Rights Act.

The Act ended the separation of people based on their race in public places and



stopped companies from not hiring people based on their race, gender or beliefs. Before 1964, black people and other ethnic minorities were treated as second to white people. They had to sit separately in public, some cafes and cinemas wouldn't let them in and there were separate hospitals for black people and white people. You could even be arrested for not giving up seats on the bus to white people!

Martin Luther King was one of the leading activists who helped stop this and bring more equality to America.

He was awarded the Nobel Peace Prize in 1964 but was assassinated in 1968.

WHY CELEBRATE?

It is important to learn from history so we can create a better future for everyone. This Martin Luther King Day why not learn more about the civil rights movement and see how you can make life at school and home better for everyone, no matter what their race, gender, orientation or religion?



News and Reviews

A MONTH OF REFLECTION AT WESTBURY LEIGH

The children at Westbury Leigh showed great respect and created prayers, poems, poppies and pieces of artwork to show their gratitude for all those who have died in service. As a whole school, in class bubbles, they watched Winston Churchill's victory speech before reflecting during the 2 minutes silence.

Isabella and Charli from Year 6 said: "Even though it was a victory speech it made us realise what that time was really like! And what everyone had gone through."

The school also embraced Children in Need and was full to the brim with Pudsey

Bears, painted faces, spotty clothing and lots of glitter and smiles. The children joined in with the final stages of the Joe Wicks 24-work out challenge too! Children and staff donated money to wear something 'spotty' for the day and know this will be put to good use in supporting children where needed.



APPLE JUICE AT DITCHEAT

Recently the children in Maple and Cherry class gathered the fallen apples around the grounds of the school and made their own apple juice.

Paul from The Newt brought in an apple crusher and apple press for the children to make their own apple juice. The children were extremely excited when they saw the apple juice and even more excited to drink it!



WESTBURY JUNIOR SCHOOL HARVEST FESTIVAL

Despite not being able to have a whole-school Harvest festival service, Westbury Junior School managed to celebrate this term's school value of 'Generosity' in a special way. Each year group had an assembly where the children and head teacher, Richard Hatt, shared readings and donated food for those in need. The tables of various goods will be taken to the Westbury Community Project to be distributed by the Westbury Food Bank.



REMEMBRANCE 2020 WREATH

Children from the Reception Class at Evercreech Church of England Primary School made an amazing wreath for Remembrance 2020.



ASHCOTT CHILDREN CHALLENGE THEMSELVES

Children from Years 5 and 6 at Ashcott Primary School took part in a range of exciting activities at Mill on the Brue to challenge them physically, encourage team work and to boost their self-confidence to reach new heights!

Several of the children said that their favourite activity

was the assault course because, for many, this was the first time they had had a go at something like that. The children also enjoyed the 'zip wire', which descends across the valley. Many children conquered their fears – having a go on the climbing wall or crate stack, helping to overcome their fear of heights!

The staff who accompanied the children were all very proud of them for their excellent attitude and bravery – well done! Thanks goes to Teaching Assistants Mrs Atton and Miss Murray for supporting the children, and in particular, class teacher Miss Stevens for organising such a fun outdoor visit!





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PSJ PRIMARY JOINS IN WITH HELLO YELLOW

The whole of Peasedown St John Primary School turned bright yellow in support of Young Minds' #HelloYellow campaign which took place in October.

The children all the way from nursery to year six wore yellow and raised £324 for the campaign. In the end, everyone agreed that the best dressed prize had to go Year 5 teacher, Miss Slater, who delighted her class by coming in dressed as a peeled banana!

Mrs Dando, Deputy Head, said: "We have done lots of work to help our children return to school happily and confidently after lockdown and their mental health is at the forefront of everything we do."

ST JOHN'S CELEBRATE MATHS WEEK ENGLAND



The children at St John's School in Glastonbury, participated in a range of activities recently in celebration of Maths Week England.

Many of the activities were very physically active and involved lots of outdoor learning – which was great fun!

From multiplication scavenger hunts in the paddocks, to keep fit number bond exercise sessions... from action rhymes teaching mathematical vocabulary, to Yohaku puzzles, walking mazes and tessellations – the children all enjoyed a very busy and varied week of maths activities.

SHOSCOMBE CELEBRATES BLACK HISTORY MONTH

Shoscombe Church School celebrated Black History Month in October to commemorate and celebrate the contribution that black people have made to society.

Ruth Noal, headteacher, said: “The children have been learning about Black History, this has involved looking at the Slave Trade, Windrush, the American and Civil Rights Movement and Migrants to Huddersfield in history.

“During art lessons, we have also been studying African masks, their influence on Picasso and the Cubist movement.

“Understanding the invaluable contribution that people from a wide range of backgrounds, be they racial, religious or cultural make to our communities is really important. It’s a huge part of our children’s learning at Shoscombe Church School.”

WELLOW SCHOOL GIVES PUPILS A VOICE

St Julian’s School, Wellow, appoints Pupil Voice Teams each year giving children the opportunity to help contribute to the decision making.

Headteacher, Ruth Noall, said: “For many years, we’ve encouraged our pupils to get involved with the decisions that impact their day to day experiences in the classroom.”

Congratulations to the following pupils who have been elected for the 2020/21 academic year.

Pupil Voice: Madeleine, Emilia, Sennen, Jack, Enya, Cerys, Cody and Lily. Ethos and Equality Team: Jemuma, Charlie, Jacob, Rachael, Amariah, Eden, Amaya, Fran, Flora, Elsie, Rufus M, Freddie K and Tacita.

Wellbeing Team: Eloise, Thandie, Emilia C, Charlotte, George W, Jessie, Tilly B, Kasey and Tom T.

WESTBURY LEIGH PRIMARY'S NEW PUPIL LEADERSHIP TEAM

"Pupil voice is key to shaping the school, community and wider world and it is a big part of the way we work as a school," explained Mrs Grimsey, Headteacher, "Y6 children take on important leadership roles within school and help to drive and improve the way we work and support our younger children as well as acting as ambassadors. We aim to inspire children to challenge, discuss and debate issues which are important to them."

Isabella, new Head Girl, said: "I have looked up to the other Heads and Deputies and thought I could do a really good job like them. I like helping and supporting others and being Head Girl has given me a huge confidence boost."

Harvey, new Head Boy, said: "I hope it will improve my leadership skills and it will take me out of my comfort zone. It's really important to be listening to others at the moment and make sure they're ok!"



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