



BELIEVE | ACHIEVE | SUCCEED

In our hands we hold the future

I can do all this through Him who gives me strength. Philippians 4:13

Address: Church Lane, Hutton, BS24 9SN
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6th March 2026

ISSUE 22



Year R – Luca T
Year 1 – Oliver GB
Year 2 – Richie-Jon
Year 3 – Class
Year 4 – Class
Year 5 – Charlotte
Year 6 – Olivia

Mental Health Support Team (MHST)



Hi, I'm Karen!
Your school's Education Mental Health Practitioner



The MHST is a partnership between the NHS and Off The Record (OTR). We are an early intervention service that focuses on prevention and supporting young people's mental health. I attend Hutton Primary School on a **Thursday afternoon**. I work with young people and their families to deliver Low-Intensity Cognitive Behaviour Therapy (CBT) over a course of 6 to 8 sessions and can offer 1:1 or group work. I also support the Whole School Approach to mental health and wellbeing, creating and engaging in activities that increase awareness and reduce stigma.

If your child is struggling with their mental health and you may be interested in having support from the MHST, please contact your child's class teacher or Alayna Smith.



Mendip Days

This week our Y3 and 4 classes enjoyed days out at Mendip Activity Centre, they took part in Caving, Tobogganing, Low ropes and Mission impossible. The Y3 class were so excited to see 4 sleeping bats in the cave!



Come and Join us on
Saturday 14th March
Hutton Church 3.45-6pm
to celebrate Mothering Sunday



All are welcome
to come and
join us for an
afternoon of
joy and
friendship

For more details contact
Mary Potter 01934 812788



Mental Health Support Team

Mental Health Support Teams (MHSTs) were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.

The MHST are now delivering online sessions which are free to sign up to. Please scan the QR code below to register for our next webinar.

NEW

Online Parent/Carer Sessions

An Introduction to Anxiety

NEW

To sign up, please
complete a registration
form here:



MHST Online Session



What is it? This session covers:

- What anxiety is, when it is useful, when it becomes unhelpful, and what keeps anxiety going.
- Our body's response to anxiety focusing on our thoughts, feelings, physical sensations and behaviours.
- Providing strategies for managing and overcoming anxiety

Who is it for? Helpful for parents and carers whose children may be struggling with mild anxiety.

When are they? Sessions will be run at 12pm-1pm every Wednesday, Thursday and Friday.

New topics and dates will be released regularly.

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. To find out where we work, check out our webpage:

www.otrbristol.org.uk/what-we-do/mhst/



Polite reminders and useful information:

- Children are parent's responsibility from the time they are handed over at the end of the day.
- Please ensure you park safely and respectfully when dropping off or picking up children.
- Please make sure all clothing and coats are named, so they can be returned easily.
- **Following NSPCC guidance: All KS1 pupils must be collected by an adult (18 years or older)**
- **KS2 pupils can be picked up by anyone 16 or older.**
- Please remember that Hutton School has a no nuts policy
- Hutton Primary is a 'Healthy School' and we encourage parents to provide a healthy packed lunch with no chocolate. We insist that children bring water not squash in their water bottles.
- All children in Reception year 1 and Year 2 are entitled to a free school meal as part of the Universal Free School Meal campaign.
- If you claim qualifying benefits, you child may be entitled to Free School Meals. Please follow the link to see if you are entitled. <https://www.n-somerset.gov.uk/my-services/schools-learning/local-schools/free-school-meals>
- HOOHPS Breakfast club is available daily from 7.45am and must be pre booked on <https://app.parentpay.com/>
- HOOHPS After school club is available daily from 3.20pm to 4.30pm or 6pm and must be pre-booked on <https://app.parentpay.com/>
- **Coffee Mornings** Our free coffee mornings run every Friday from 8:45am in the meeting room. It is a great way to meet new parents and have a chat, we hope to see you there!
- **Safeguarding** If you have any Safeguarding concerns, please email: safeguarding@huttonceprimaryschool.co.uk

Parent Diary and Term Dates 2026

Term 4 – Monday 23 February – Friday 3 April

9th March – Reports to parents

31st March – Easter Lunch

Friday 3 April – GOOD FRIDAY

Class Dojo

Polite reminder that Class Dojo is to be used for positive messages and interactions with parents, if you have any concerns or questions, please email the office on office@hutton.kmat.co.uk



Parking and Speed limit– please can you not park along the main road by the school by the zig zag lines, it is causing lots of problems with traffic and general crossing over to and from school. Please can you also adhere to the 20mph speed limit, many parents and children walk to school along the main road and it's becoming dangerous when cars are speeding and weaving in and out of cars and we want everyone to feel safe on their journey to and from school. Thank you for your understanding.



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Phone: 01934 812852

Please follow this [link](#) for Ms Barwell's vlog

Ms Barwell – Executive Head

Ms Bembridge – Head of School

