

# Weekly School News Roundup

**Withycombe Raleigh  
C of E Primary  
School**



22<sup>nd</sup> November 2024

Mrs Emma Jones, Headteacher  
Withycombe Village Road  
Exmouth, Devon, EX8 3BA

Please ring us on: (01395) 263397  
email: [admin@wrpschool.org](mailto:admin@wrpschool.org)  
website: [wrpschool.org](http://wrpschool.org)

## News from your Headteacher

We are at that point in the year where everyone seems to be struggling with some kind of illness or other. We wish everyone who is poorly at the moment a speedy recovery! Almost all babies, toddlers and children are likely, at some point, to get the most common childhood illnesses like chickenpox, colds, sore throats and ear infections. When children are ill, parents often struggle to know if their child is well enough to attend school. The attached link provides guidance to help you decide if your child is well enough for school or not.

<https://assets.publishing.service.gov.uk/media/626669cb8fa8f523b7221b98/UKHSA-should-I-keep-my-child-off-school-guidance-A3-poster.pdf>

You can also use the HANDi paediatric app – developed by NHS organisations in Devon, the HANDi Paediatric app is available to download for free to your device and is a great way to get expert advice. It has been developed by paediatric consultants and will give you access to GP and clinical guidelines for the most common childhood health care concerns. Click on the following link for further information:  
<https://devonccg.nhs.uk/health-services/children-and-young-people/handi-app>

Children who have had diarrhoea and/or vomiting must remain absent until they are 48 hours clear of symptoms, in line with Public Health England guidelines for schools.

We thought it might be useful to provide you with some useful links that we hope you find helps with some of the common ailments:

- Chickenpox - <https://www.nhs.uk/conditions/chickenpox/>
- Head lice and nits - <https://www.nhs.uk/conditions/head-lice-and-nits/>
- Hand, foot and mouth disease - <https://www.nhs.uk/conditions/hand-foot-mouth-disease/>
- Impetigo - <https://www.nhs.uk/conditions/impetigo/>
- Measles - <https://www.nhs.uk/conditions/measles/>
- Mumps - <https://www.nhs.uk/conditions/mumps/>
- Ringworm - <https://www.nhs.uk/conditions/ringworm/>
- Scarlet Fever - <https://www.nhs.uk/conditions/scarlet-fever/>
- Slapped Cheek - <https://www.nhs.uk/conditions/slapped-cheek-syndrome/>
- Threadworms - <https://www.nhs.uk/conditions/threadworms/>

Illness	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after the last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high fever (temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19)
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotic
Measles	4 days after the last fever episode
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

**No**  
but make sure you let their school or nursery know about...

Head, foot and mouth  
Head lice  
Threadworms

Advice and guidance  
Learn more, search for

**Not sure what to do when your child is unwell?**  
Download the free HANDi Paediatric app and get expert advice, support and guidance for common childhood illnesses.

Search "HANDi Paediatric"

NHS Northern, Eastern and Western Devon Clinical Commissioning Group

Continued...



Growing

Happy

Caring

Hearts

and

Minds



# Weekly School News Roundup



## Collective Worship

On Monday, we focused on our vision, values and this term we have introduced our 3 new Withycombe School Rules. These rules are easy to remember and simple to understand. The children have responded well to them.

Our rules are: Be Ready, Be Respectful, Be Safe

We held a competition in school for Children's artwork to help us remember these rules, and that has now been used to create some colourful posters to display in our corridors.

Have a lovely weekend, Mrs. E Jones

Look at the fabulous **Jazzy Jars** you all donated for the Christmas Fair! **Thank you!** Here are the competition **winner**s (blind judged independently by the admin staff!)



Avocet Class  
Year 5 Winner



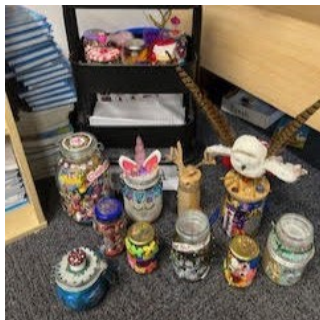
Barn Owl Class - "A big Shout Out" for an amazing jar



Barn Owl - Year 1 Winner



Bumble Bee Class - "A big Shout Out" for amazing jars



Beech Class "A big Shout Out" for amazing jars



Dolphin Class  
Year 2 Winner



Ladybird Class  
EYES Winner



Maple Class  
Year 4 Winner



Osprey Class  
Year 6 Winner



Rabbit Class - "A Big Shout Out" for so many jars



Sandpiper Class - "A Big Shout Out" for so many jars



Willow Class - Year 3 Winner

# Weekly School News Roundup

## Wellbeing: Managing Worry

Worry is normal and natural - we all do it! There are times when a bit of worry is helpful; it can focus our minds on important things and motivate us, such as when we are about to do a test or run a race.

Worry can also be unhelpful; particularly if we are having negative or unhelpful thinking patterns, where we find it harder to see things in a more balanced or positive way. Worry can also be unhelpful if it is taking up too much of our thinking time, where thoughts go round and round in our heads or keep coming back to mind.

**The good news is that we can learn ways to take control of our worrying!**

Here are some ideas:

### 1. Sort your worries

It can help to try to sort worries into categories. This then helps us to think more clearly about ways to manage them.

Ask yourself (or your child):

- Is my worry real, or not real?
- Is my worry mine, or someone else's?
- Is my worry in my control, or not in my control?
- Can I do something about this worry – yes, or no?

If yes....

- What can I do? How do I do it? When will I do this?
- Make a plan, then distract yourself by thinking about something else.

In school we read 'The Huge Bag of Worries' by Virginia Ironside which is all about sorting worries. You can also find a link to a video of the story on our school website wellbeing page.



### 2. Challenge negative thoughts

Try to notice if a worry thought is helpful to you or not. When we recognise an unhelpful or negative thought, we can then try to challenge it. Ask yourself:

- Am I putting myself down with this thought?
- Am I just noticing the bad stuff?
- Am I ignoring anything that's going well?
- Am I blowing things up out of proportion?
- What would I say to a friend if they had this thought?

### 3. Reframe unhelpful thoughts

Once we have sorted and challenged our worries, we can practice reframing them. This is about trying to replace unhelpful thoughts with more balanced and helpful ones for us.

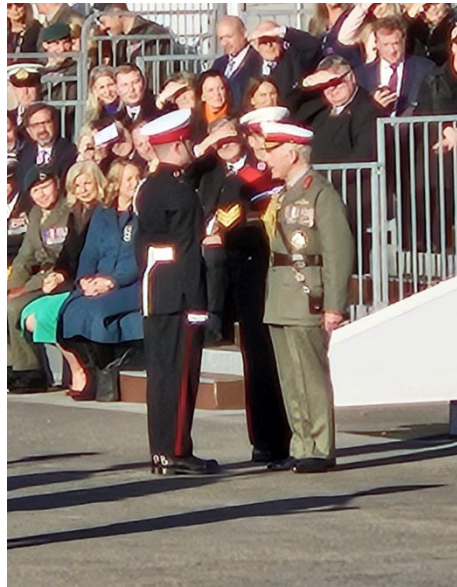
**The NHS Every Mind Matters website calls this process of changing negative thinking 'Catch it-Check it-Change it'!**



Here is a link to a video which explains it in more detail:  
<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/reframing-unhelpful-thoughts/>

Mrs L Jones  
Wellbeing TA

# Weekly School News Roundup



## A special Royal visit to Exmouth.

King Charles III returned to the Royal Marines base in Devon where he completed his helicopter training 50 years ago. The King went to the Commando Training Centre in Lymington to meet recruits.

[above] Ben and his family were at the recent King's visit to Exmouth. They also met 100 year old Norman Ashford, a D-Day Veteran who was a coxswain on a landing craft at Gold Beach who had also met with the King on the day.

[left] Jack and his family met the King last Friday with Daddy's work in the Military. What an exciting memory to make!  
*(he was understandably a little bit confused that The King didn't have his crown on!)*

## East Devon Final Champions!

On Friday 15th November, 7 of our Year 3-4 girls took part in the East Devon cross county finals, held at Bicton College.

It was a very busy event with over 300 runners and our fantastic team came in **1st place**.

What an achievement!  
Congratulations Edie, Hattie, Tallulah, Emmie-Jane, Enid, Reese and Evelyn!



# Weekly School News Roundup



Bella in Dragonflies was awarded a School Values badge for **courage**. Bella's mum got very poorly at home. Quick-thinking Bella used her mum's phone to call her dad to come home and get help! Wow - Amazing Bella!



Luca from seals class is very proud as he has been awarded his green **Blue Peter badge**, for beach cleaning and helping to sort the rubbish that was found.



Eliza in Willow Class took part in the Devon teams gymnastics competition last Sunday. She came 3rd place overall and her team came **1st** winning **GOLD** making them the Devon U7 team champions. She is very excited for her next competition.



Integrity | Excellence | One Team | Respect

**We've been asked to share this with our parents  
Fully Funded (FREE) NCFE | CACHE Courses available  
in Levels 1, 2 & 3 starting on 2nd December!**

This is a six-week intensive course, with online live webinars with Aspire Education's friendly tutors, starting at 9:30am and finishing at 2pm (with lunch break) from Monday to Friday.

All you need is access to the internet and a laptop or tablet. These courses are fully funded by the ESFA (Education Skills Funding Agency).

If you are earning less than £23,500 per year or claiming benefits (including Universal Credit, JSA, ESA, PIP, Income Support, Housing Benefits, carers allowance or any type of Tax Credit including Child Tax Credit) you are eligible for a funded place. \*Please see more details about our eligibility on our website. Sessions will be available with employment engagement officers after completion.

**STUDY SMART**  
Free Online Courses

aspire Education | ncf. | cache | Education & Skills Funding Agency

**Fully Funded School Support Course**

**Available in Levels 1, 2 & 3**

\*Please go to our website for more detailed information.

**6 Week Course Mon - Fri**  
Daily sessions  
1st session 9:30 - 11:30am  
2nd session 12:30 - 2pm

**www.studysmartuk.online**

Take advantage of this opportunity while it's still available.  
For more information please go to:  
**[www.studysmartuk.online](http://www.studysmartuk.online)**

# Weekly School News Roundup



PTFA  
WITHYCOMBE

WITHYCOMBE RALEIGH PRIMARY

## CHRISTMAS FAIR

6TH DEC | 4.30-6.30

LICENCED BAR - STALLS  
FATHER CHRISTMAS - HOT FOOD  
GAMES - GIFT ROOM  
FESTIVE LIVE MUSIC - CAROLS

TOKENS ON SALE FROM 22ND NOV (PARENTPAY)

YEAR 6 LEAVERS BOOK  
FUNDRAISING  
**Cake sale\***

After the nativity performances and after school on

**A CASH ONLY EVENT**

10th & 12th December - Year 3 playground

\* Some cakes may contain traces of nuts

All proceeds will help to subsidise this much loved book of memories for every child in the current Year 6.

Thank you.

### Cake donations required

Year 6 Parents: Please send in your children with their cake creations or cake donations on 10 December. Thanks.



## WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each  
If you can't make the date ask for the link to the recording, available for 48 hours afterwards  
Book online at [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)  
go to the PARENT page

<b>FREE - Decreasing Depression</b> <b>FREE - Anxiety Explained</b>	25 NOV 20 JAN
What is ACT?	26 NOV, 21 JAN
Understanding Addictive Behaviour	28 NOV
Supporting a Child with ADHD	5 DEC, 2 JAN
Understanding Anger	16 DEC, 13 JAN
Facing Defiance	17 DEC, 14 JAN
Supporting Healthy Screen Use	19 DEC, 16 JAN
Anxiety-Based School Avoidance	7 JAN
AUTISM: Improving Communication	9 JAN
Raising Self-Esteem	27 JAN
Supporting Healthy Sleep	28 JAN
Improving Family Communication	4 FEB
Introduction to OCD	18 FEB

[facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)    [info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)



PRIMARY SPORTS & EDUCATION

BEACON PRIMARY SCHOOL  
**ULTIMATE ACTIVITY CAMP**

SCAN TO BOOK!

5-14 YEARS OLD

SILENT DISCO, LASER TAG, NERF GUN BATTLES, FOOTBALL, INFLATABLES, GLOW IN THE DARK DODGEBALL, CHRISTMAS THEMED ARTS & CRAFTS, AND MORE!

Cost: STANDARD: £20.00 EXTENDED: £25.00

Times: STANDARD: 8.45AM-3.30PM EXTENDED: 8.00AM-5.30PM

**Beacon Primary School**  
1 Beacon Place, Exmouth, Devon, EX8 2SR

**Christmas Camps**  
Monday 23rd of December  
Monday 30th of December  
Thursday 2nd of January  
Friday 3rd of January

**Booking Link**  
<https://www.primary-sports.co.uk/events/2024/12/23/the-beacon-primary-school-christmas-holiday-camps-2024>

**More Information:** [marcus@primary-sports.co.uk](mailto:marcus@primary-sports.co.uk) / 07976979202

Ofsted Registered