

Weekly School News Roundup

**Withycombe Raleigh
C of E Primary
School**

8th November 2024



Mrs Emma Jones, Headteacher
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News from your Headteacher

This week has definitely felt more wintery, especially with the nights drawing in. During the school day, we always try to get children outside at break times if at all possible, as long as it's not too wet. Please ensure your child brings a coat to school each day so they can enjoy some much-needed time outside. As we head into the winter months, we would also advise that you send children with a hat and gloves (named please) to wear at breaktimes too.

Our playground has enjoyed an upgrade over half term thanks to our Sport Funding Grant and also the Tesco Stronger Starts Community Grant which we were awarded earlier in the year. We have had some wonderful 'fixed' goal posts and basketball hoops added to the Y3 playground which will enhance playtimes and PE lessons. We have had several new playground markings added too - all these new additions encourage active and cooperative play. They have already proven to be very popular with the children.

This part of the term is always a very busy one with lots going on. Please check the newsletter for upcoming events and ensure that you look at our website (including the calendar on our Home Connect page) and Facebook page too. I would like to draw your attention especially to the Christmas events approaching including Nativities, Christmas lunch and the Christmas Fair. Nativity performances are during the afternoon starting at 2pm. Each performance will be in the school hall and space will be limited. If you bring little children, we're sorry but there is no space for pushchairs in the hall. If you have any queries regarding Christmas events, please speak to your child's class teacher in the first instance.



Collective Worship

This week our focus in Collective Worship has been Remembrance. We have spoken about the reasons why we commemorate Remembrance and the significance of the poppy. On Monday, we will all participate in a two minutes silence at 11am to show our respect for those soldiers who lost their lives.

Crib Service

As you know we have a close relationship with our local Church, St John the Evangelist. Each year they invite children from our school to participate in the Crib Service and they have asked us to share that the Crib Service/Nativity will be on 24th December at 4pm, with the rehearsal on Saturday 21st at 2pm for children who would like to take part.

Contact us

Please remember that there are many ways you can contact school staff if you have any queries. You can email your child's class teacher directly using the class email account. Alternatively, you can email admin@wrpschool.org or enquiries@wrpschool.org or call us on 01395 263397. The class email addresses are listed below for your information. Please be aware that teachers do not have the opportunity to check emails during the school day and therefore if you have an urgent message for staff within the school day, please ring our office or email as indicated.

Have a lovely weekend,
Mrs. E Jones



Growing

Happy

Caring

Hearts

and

Minds



Weekly School News Roundup

Safeguarding – Firework Safety

Although bonfire night was earlier this week, some families may be going to firework parties this weekend, so further to our Facebook post on Monday we'd like to share this additional safety guidance. The advice regarding firework safety from the Fire Service can be summarised as 'think twice about using fireworks - at home at all'.

Organised events are arguably a more enjoyable option and considered to be much safer, although not without risk. If you do decide to have fireworks at home, please plan carefully and follow the Firework Code.

The Firework Code

DOs

- ✓ Only buy fireworks from registered and licenced retailers
- ✓ Keep fireworks in a closed box
- ✓ Follow the instructions on each firework
- ✓ Light them at arm's length, using a taper
- ✓ Stand well back
- ✓ Light sparklers one at a time and wear gloves
- ✓ Keep pets indoors

DON'Ts

- ✗ Don't drink alcohol if setting off fireworks
- ✗ Never go near a firework that has been lit - even if it hasn't gone off it could still explode
- ✗ Never put fireworks in your pocket, or throw them
- ✗ Never give sparklers to a child under five
- ✗ Don't let fireworks off after 11pm

Always supervise children around fireworks

Misusing fireworks leads to minor and serious injuries - there are over 10,000 injuries in the UK every year, most commonly for children these injuries are burns caused by sparklers.

Did you know that sparklers burn at about 2000°C?

When using sparklers, please follow these safety tips:

- Never give sparklers to children under the age of 5
- Show children how to use sparklers safely (holding them at arm's length) and supervise them at all times
- Always wear gloves when handling sparklers
- Never hold a baby or child if you have a sparkler in your hand
- Put finished sparklers into a bucket of water as soon as they have burnt out as they can stay hot for a long time
- Avoid dressing children in loose or flowing clothes for bonfire/firework parties - they may catch alight
- Teach children not to wave sparklers near anyone else or run while holding them.

Whether you're having a firework party at home or visiting a display, we hope that by remembering the **firework code** it will make it a fun and safe time for everyone!

Mr Smith
Designated Safeguarding Lead

The infographic is titled "10 Top Tips for Parents and Educators TEACHING CHILDREN FIRE SAFETY". It features a central illustration of a family (a man, a woman, and two children) celebrating Bonfire Night with sparklers. The infographic is divided into 10 numbered sections, each with a title and a brief description of the tip. The tips are: 1. BONFIRE NIGHT AWARENESS, 2. SUPERVISE FIREWORK USE, 3. SPARKLER SAFETY, 4. ORGANISED DISPLAYS ARE SAFER, 5. KEEP FIREWORKS AWAY FROM THE HOME, 6. BONFIRE SAFETY, 7. 'STOP, DROP AND ROLL', 8. SECURE CANDLES AND OPEN FLAMES, 9. EDUCATE ABOUT FIREWORKS HAZARDS, and 10. FIRST AID FOR BURNS. At the bottom, there is a "Meet Our Expert" section featuring a photo of a man and the text "Wake Up Wednesday" and "The National College". Social media handles for @wake_up_weds and #wakeupwednesday are also provided.

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Wellbeing : this week was International Stress Awareness Week



What is Stress?

Stress is the body's reaction to feeling overwhelmed or under pressure.

When we are stressed, our body releases a hormone called adrenaline (often called the "fight or flight" hormone), which usually gives us a boost or motivates us to act quickly. But too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious, irritable, and affect self-esteem.

How to identify stress...

The symptoms of stress can be physical, psychological or emotional.

- Physical signs may include tiredness, headaches or stomach pains.
- Psychologically we may find it very difficult to concentrate or be prone to negative thinking.
- Emotionally we may feel irritable, tearful and over-sensitive.

There are many ways to help manage stress and the effects of it on our bodies.

Here are some ideas:

- Distraction techniques such as mindfulness, music or being with nature.
- Positive self talk – think of 3 things each day you are thankful for or something you are proud of.
- Reach out and talk to someone – a friend, colleague or a helpline – there are many to choose from.
- Manage overwhelming tasks by breaking them down into smaller steps.
- Be more active to help burn off nervous energy.
- Plan ahead for upcoming stressful events to help you feel more in control.

Create your own MIND PLAN:

Experiencing long-term or severe stress can lead to feeling physical, mental and emotional exhaustion. Adults may describe this as "burnout". However when we, as adults, feel more able to manage our own stress levels, we will then be more effective at helping our children when they feel stressed.

The NHS website 'Every Mind Matters' has a link to help adults develop their own MIND PLAN: a personal action plan to help manage anxiety and stress, improve sleep and feel more in control. Find out more by clicking the link below:
<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

Mrs L Jones, Wellbeing TA



Weekly School News Roundup



Thank you so much to everyone who donated filled and wrapped shoe boxes for the Blythswood Christmas appeal. They look fantastic, and we know they will be well received.



Stronger Starts

We're so pleased with the new playground markings, goal posts and netball/basketball posts we've had installed in the Year 3 playground. This investment was thanks to our school Sport Funding Grant and also the Tesco Stronger Starts Community Grant we received earlier this year. Thank you to everyone who used their blue 'coin' to vote for us!



Thank you so much for these generous donations from our Amazon wish list! The children are really pleased with their new gifts and have written thank you cards – using their lovely new coloured pens!



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IT WOULDN'T BE THE CHRISTMAS FAIR WITHOUT...

JAZZY JARS!

- Use a clean, empty jar (any size)
- Decorate the jar and lid
- Fill with wrapped sweets, small toys - whatever you think the children would like!

The best jazzy jar wins a prize for the class!

Hand your jars into school after half term!

EXMOUTH WINTER FESTIVAL

SAT 30TH NOV 2024

POLAR MAGIC

3PM - 7.30PM
THE STRAND

LIGHTS SWITCH ON, LANTERN PARADE, WALKABOUT PERFORMERS, & CHOIRS

Exmouth Town Council
SUPPORT LOCAL SHOPPING

Spotacular Mufti Day

Friday 15th November

Children are invited to come to school in their own clothes - with an optional spotty theme!

Pudsey headbands, T-shirts, or other Pudsey merchandise welcome, but not essential.

Voluntary donations can be made via your ParentPay account.

Withycombe Raleigh C of E Primary School

Growing Happy Caring Hearts and Minds

EXMOUTH WINTER FESTIVAL

Join us in The Strand from 3pm on Saturday 30th November, as The Strand is lit up with walkabout performers, choirs, the lantern parade and the lights switch on.

LET'S CREATE A BIT OF WINTER MAGIC!

Performances in the Strand
Comper Mandi Cox

- 3.00pm East Devon Rock Choir
- 3.50pm Talent Box
- 4.20pm Centre Stage
- 5.00pm La La Choirs
- 5.40pm Lantern Parade Arrives
- 6.10pm Exmouth Youth Theatre
- 6.45pm The Little Big Horns
- 7.00pm Christmas Tree Lights Switch On

Walkabout Entertainment From
Floki the polar bear
Blizzard the penguin
Thawed stilt walkers

Lantern Parade
Watch the Lantern Parade!
The Little Big Horns will lead the parade from Holy Trinity Church, through the Magnolia Centre and round into the Strand.

Paraders assemble at Holy Trinity at 5pm to depart at 5.10
All welcome to join the parade.
Make your own lantern, or join one of the sessions at Open Door.

Christmas Tree Festival
Holy Trinity Church will be hosting a Christmas Tree Festival from Monday 25th to Wednesday 27th November.

Visit from 5-7pm daily to enjoy trees decorated by Exmouth primary schools.

Christmas 2024 Events



School Panto!	Thurs 21 st November
Christingle Services	Tues 26 th November
PTFA Christmas Fair	Fri 6 th December 4:30pm
Year 2 Nativity	Tues 10 th December 2:15pm
Year 1 Nativity	Wed 11 th December 2:15pm
EYFS Nativity	Thurs 12 th December 2:15pm
Christmas Lunch	Wednesday 18 th December
Xmas Jumper Day	



Our festive design this year incorporates
the new school rules
Be Ready, Be Respectful, Be Safe.