

# Weekly School News Roundup

**Withycombe Raleigh  
C of E Primary  
School**



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4th October 2024



## News from your Headteacher

This week our Year 6 children visited Beam House for their two-night residential visit. This trip is always a very popular one and an experience which the children remember many years after they have left our school. Residential visits are a very important part of the enrichment activities we offer our children and it is a great opportunity for staff to get to know children in a different, more relaxed environment - and for children to bond with their peers.

Children experienced a wide range of activities during their 3 days away including: archery, a challenge course, fencing and climbing. The trip would not be able to go ahead without the enthusiasm and dedication of the team who accompany the children. Many thanks to this year's staff team who ensured all the children had a fabulous time - I hope that you all have a restful weekend and are able to catch up on your sleep! There's a photo gallery on our website and we've included a few highlights later in this newsletter.



### Harvest Donations

A massive thank you to you all for your generous harvest gifts last week. Exmouth Food Bank were delighted with the food they collected from us and were so grateful that we have helped them to supply food to families in need here in Exmouth. Thank you to some of our Year 6 House Captains who collected the donations from classrooms and loaded them into the car.

### Photographs

You should have received proofs of your children's school photographs on Tuesday - we hope that you were pleased with them. We felt that the quality of the photos with Fraser Portraits was excellent, and the option of two poses to choose from was an added bonus. We believe the cost of purchasing prints is also more cost effective than previous years.

This is the first time we have used Fraser Portraits so if you have any feedback regarding the photographs, feel free to let us know your thoughts. Orders should be made **before Monday 14th October** in order that prints can be delivered to school free of charge to you. Orders received after this date will incur a delivery charge.

*Continued...*



Growing

Happy

Caring

Hearts

and

Minds



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## Parents' Evenings

From Tuesday 8th October you will be able to book an appointment to meet your child's class teacher during the week beginning 21st October. Bookings are made online and appointments are then face-to-face in school.

You will receive an email with a booking link and we ask that parents and carers book appointments as soon as you are able so that you can aim to secure your preferred time. Please make a note of your appointment as we are unable to send out reminders.



## Thursday 10th October is World Mental Health Day.

This year's theme is about prioritising mental health in the workplace.

For many parents and carers, in addition to our paid work, the very important *work* we do is in running a home and managing family needs. By looking after our own mental health, we will feel more able to help meet our children's mental wellbeing needs.

This year the Mental Health Foundation suggests scheduling some 'tea & talk' time on the 10<sup>th</sup> October to talk about how you're feeling. Maybe pick up the phone for a chat or arrange to meet a friend, family member or work colleague?



## Collective Worship

This week in Collective Worship we have continued to reflect on our school vision and values.

Our school **vision** is: 'Growing Happy, Caring Hearts and Minds'

Our school **'GRACE' values** are Generosity, Respect, Agape, Courage, Empathy

Wishing you all a lovely weekend

Mrs. E Jones

## Sports & Achievements



Emily in Dragonfly class has successfully completed her stage 1 learn to swim.



Well done to all the children who took part in the Exmouth Schools Cross Country Competition on Wednesday. A special well done to the Y6 children who choose to compete, having only just got back from residential feeling VERY tired! Mrs Jones was too excited and forgot to take photos of the races but did manage to capture our 3 medal winners • **Emelia Curtis – 1<sup>st</sup> place! Y5/6 girls** • **Max Bainbridge – 3<sup>rd</sup> Y5/6 boys** • **Connor Wright – 3<sup>rd</sup> Y5/6 Boys**

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## Wellbeing Update

### Talking about Mental Health with your Child

Talking with your child about their mental health isn't always easy, particularly if you see your child is having a difficult time. As parents, we may worry about how to best start a conversation, about finding the right words, or about saying the wrong thing.



The Anna Freud National Centre for Children and Families promotes that:

*'You're never too young to talk mental health!'*

### Here are some tips for talking with your child:

1. Make conversation about mental health a normal part of life. Anywhere can be a good place - in the car, walking the dog or doing an activity together.
2. Give your full attention and actively listen to your child.
3. Check your body posture - is it relaxed? Maybe come down to your child's level.
4. Take it seriously. Don't downplay what is said or just reassure that everything is fine.
5. Ask open questions to help extend conversation. *'How are you doing today?'*
6. If feelings arise, stay calm.
7. Empathise with your child's feelings rather than trying to offer solutions. Be patient.
8. We are all different. Respect that your child's view or feelings toward their problems will be different to ours.
9. Look for clues about feelings - tone of voice, body language and feed it back. *'It looks like you are feeling..., that must be hard for you'*
10. Try these useful 'Conversation Starters':

#### General Starters:

- What was the best bit of your day?
- What was the worst bit of your day?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?

#### Starters, if your child is having a hard time:

- Do you want to talk about what's going on?
- Is there anything you need from me? Space, time to talk, time to do something fun?
- What was the biggest problem you had today? What helped?
- How can I support you through this?

#### Follow up conversation encouragers:

- I love you, nothing can ever change that
- You can talk to me, I'm here for you
- If you need to talk to someone else, that's okay too
- If you talk to me about what is worrying you, I will do my best to help
- We're going to get through this together
- Even if I don't understand, please know that I want to.

Young Minds have a page dedicated to how best to talk to your child about mental health. Take a look!  
<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health>

Mrs L Jones, Wellbeing TA

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## Safeguarding:

This week is just a reminder of the competition we have in school for the Be Ready, Be Respectful, Be Safe rules. Children are becoming familiar with these rules in school already, and we're looking forward to seeing the artwork they come up with to represent them.

A reminder, too that we have lots of safeguarding resources on our website, and we upload parent guides on key topics which you can refer to at any time.



## Competition

Open to all children at WRPSchool  
We challenge you to come up with some designs to reflect our 3 rules:

Be Ready	Be Respectful	Be Safe
<ul style="list-style-type: none"> <li>Be on time</li> <li>Listen and look</li> <li>Have what you need</li> </ul>	<ul style="list-style-type: none"> <li>Look after each other</li> <li>Look after our school</li> <li>Use appropriate language and tone</li> <li>Be role models</li> </ul>	<ul style="list-style-type: none"> <li>No rough play or fighting</li> <li>Stay safe online</li> <li>Share worries with adults</li> <li>Walk in corridors</li> </ul>

**Task: draw a simple picture (or 'icon') that represents 1 or all of the rules.**

Submit your entry on a piece of A4 paper to your class teacher by the closing date.

The winner/s will have your artwork used for posters and other displays around the school, and will be used on our website. *They may be adapted slightly for practical use.*

As well as having the pride of your designs being used in school, there will be a prize for winner/s.

Here are some examples/ideas to get you thinking:



### Competition Tips:

- Remember, the 3 rules are: Be Ready, Be Respectful, Be Safe.
- Designs can include the words, or just pictures/icons and the words can be added later.
- Think about how they will look on signs around the school.
- The three pictures need to work together, and also separately.
- Please write your name and class on the back in pencil, ensuring that it doesn't show through and spoil the design!
- If you want to take part and don't have paper/colouring pens at home, please ask your teacher if you can borrow some at break/lunch time.

**Competition closes on Monday 14<sup>th</sup> October 2024**

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## Year 6 residential at Beam House

More photos at: <https://www.wrpschool.org/year-6>





In partnership with the school's PTFA,  
we're hosting a new amazon **Wishlist**

Many schools now have **Wish** lists for those **extra** supplies that help to enrich children's learning and play throughout the school, including break and lunch times.

In addition to the fantastic fundraising by the PTFA, it was suggested that we were missing a trick here at WRPSchool by not providing this **additional** opportunity for people to **support** us!

Teachers and TAs have suggested items they would **Wish** for to benefit the children they work with, with prices starting at just £3.49!



If **you Wish** to donate, you can find the WRPSchool list here: <https://amzn.eu/8gwQ28s>

We'll put a link on the website Home Connect page too:  
<https://www.wrpschool.org/homeconnect-2024>

THE PTFA  
BRINGS YOU

# DISCO NIGHT!

Friday  
18  
October

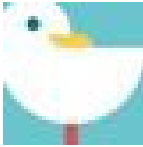


EYFS & KS1: 5.30PM-6.15PM  
£2.50 ENTRY INCLUDES  
DRINK & CRISPS

KS2: 6.30PM-7.30PM  
£3.00 ENTRY INCLUDES DRINK,  
CRISPS & SWEETS

LIMITED SPACES - BOOKINGS AND  
PAYMENT TO BE MADE ON PARENTPAY

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Want to make a difference in your community? Pop along to the Seachange open day next week and discover how you can get involved.

3 East Budleigh Road, Budleigh Salterton  
Tel 01395 446896, website: [seachangedevon.org](http://seachangedevon.org)

**Volunteering  
Open Day**

**TUES 8TH  
OCT 2 - 4pm**

SeaConnections logo and COMMUNITY SEACHANGE logo.

**LD ACTIVE  
PRESENTS**

**HALLOWEEN  
DODGEBALL**

**WEDNESDAY 30TH OCTOBER**

16:30 KS1  
17:30 KS2

BOYS & GIRLS  
WRPS  
MUSIC  
FANCY DRESS  
PRIZES

**EXMOUTH TOWN YOUTH U12 GIRLS ROYALS  
FUN FOOTBALL FOR GIRLS YR6&7**

We are looking for girls from school years 6 and 7 to join our squad for the remainder of the season before we enter the 25/26 Devon Girls League. Training is on Friday evenings.

Experienced & Qualified Coaches  
Facilities at Warren View & Maer Lane  
A great club with youth football from u6-u18

Register / Info  
[exmouthtownyouth@gmail.com](mailto:exmouthtownyouth@gmail.com)  
[exmouthtownyouthcic@gmail.com](mailto:exmouthtownyouthcic@gmail.com)

**SportyStars**

**HOLIDAY  
CAMP**

ST PETER'S PREP SCHOOL

**OCTOBER HALF TERM  
28/10 - 01/11**

UNRIVALED ACTIVITIES & ADVENTURE

Available to all local children aged 3 - 12

Some half term activities for the family:



The Trick or Trot Trail at the Donkey Sanctuary, Sidmouth



Pumpkin Festival at Pennywell Farm! Buckfastleigh, Devon



Halloween Spook-Fest Crealy Theme Park, Exeter



Halloween Half-Term Fun Monday 28th October to Friday 1st November