

Weekly School News Roundup

**Withycombe Raleigh
C of E Primary School**



Mrs Emma Jones, Headteacher
Withycombe Village Road
Exmouth, Devon, EX8 3BA
Please ring us on: (01395) 263397
email: admin@wrpschool.org
website: wrpschool.org

Date: 6th September 2024

News from your Headteacher

It was lovely to welcome everyone back to school this week. Staff were busy over the summer getting classrooms ready for the children's return and we have lots of exciting learning planned. We hope that the children are looking forward to getting back into the school routine. We are delighted to welcome some new children, including our new Foundation children and their families to our school. We hope that their time at Withycombe Raleigh will be very happy.

We would like to remind you that in the morning **gates open at 8:40am** when teachers will meet children on the playground. **Gates will close at 8:45**. Home time for all children is at 3:10pm. If you are collecting more than one child, please don't worry, staff will wait with children on the playground until you arrive.

A reminder of the entrances you should use:

- Dragonflies and Ladybirds - Driveway Gates
- Bumblebees and Year 1 - Foundation Gate
- Years 2 and 3 - Kitchen Gate (to the right of the main reception)
- Years 4, 5 and 6 - School Lane Gate

We are a large and busy school with lots of events and activities going on most of the time. Please ensure that your contact details are kept up to date to ensure you receive all the notifications from school. We send the majority of our communications via text and email and our website and Facebook page are also regularly updated with information.

This newsletter is sent out each Friday to our whole school community and as well as giving you all a 'round up' of the week, it also contains upcoming dates for your diaries.

You should have received some correspondence from your child's class teacher explaining the routines for each week including arrangements for PE kit, reading books and Wild Tribe. Along with this, you will receive a topic web which will give you a brief outline of what the children will be learning this term. We hope you find this information useful.

We would like to invite parents to 'meet the teacher' and visit their classrooms on Thursday 12th September 3:10-3:30. This will be an informal, drop-in event to give parents the opportunity to see their child's classroom, and to say hello to their teacher.



Collective Worship

This week in Collective Worship we have reflected on our school vision and values.

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

To help us to achieve our vision we have our Grace values, which are: Generosity, Respect, Agape, Courage and Empathy

Have a lovely weekend, Mrs. E Jones



Growing

Happy

Caring

Hearts

and

Minds

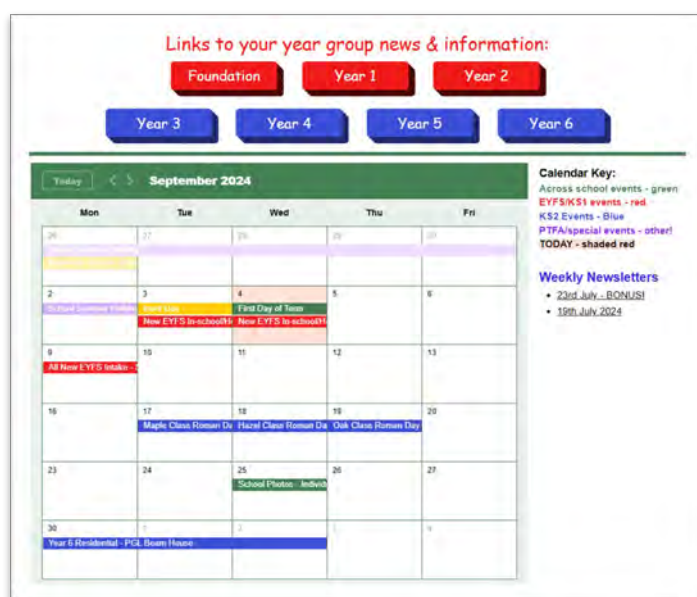


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Keeping you informed

We know it can be hard to keep track of everything, so we do our best to let you know about what's happening in school in several ways. The admin team will phone you if there is an accident, emergency, or unexpected school closure (eg a leak, or severe weather) so **please ensure that we have the correct contact details for you.** We also send out emails and texts about things you need to know.

We have an official Facebook page where we share events/mufti days and other reminders. The school website is constantly being updated – the Home Connect page is a good place to start. You'll find a calendar, links to the weekly newsletters, and links to your year group pages for topic webs and letters. There are also links to other popular pages like School Clubs, PTFA page - and more!



Contacting us

For **reporting absences** please telephone 01395 263397 and leave a message with your child's full name, class and a brief explanation of why your child is absent.

Please only use the 'contact us' form on the school website for non urgent queries or information.

You can **email your child's class teacher** using the class email accounts:

bumblebees@wrpschool.org, ladybirds@wrpschool.org, dragonfly@wrpschool.org
rabbit@wrpschool.org, hedgehog@wrpschool.org, barnowl@wrpschool.org
dolphins@wrpschool.org, seals@wrpschool.org, otters@wrpschool.org
sycamore@wrpschool.org, beech@wrpschool.org, willow@wrpschool.org
hazel@wrpschool.org, oak@wrpschool.org, maple@wrpschool.org
lapwing@wrpschool.org, sandpiper@wrpschool.org, avocet@wrpschool.org
kestrel@wrpschool.org, kingfisher@wrpschool.org, osprey@wrpschool.org

Please be aware that teachers don't have the opportunity to check emails during the school day while they are in class, so **if you have an urgent message** please ring our office number and our staff will assist you.

Parents usually set up class WhatsApp accounts so families can link with each other. Please note that teachers/admin staff are not usually in these groups so replies are not official. If there's any confusion about an event or issue someone from the group should contact us so we can help to clarify it for you.

• Tel: 01395 263397 • email: admin@wrpschool.org, • wrpschool.org • facebook: OfficialWRPSchool •

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Wellbeing Update

Return-to-School Anxiety and how to Start the Day in a Calm Way!

It is normal for children to feel anxious about returning to school after the long summer break. Many parents will also find the rush of the morning before school hectic and sometimes stressful. Our children may feel this stress too, particularly when having a busy morning routine again.

Some children may feel anxious about attending school and not want to leave their parents/carers. For some children this is called separation anxiety. So, how can we start the day in a calm way and reduce our child's anxiety?

It starts with the night before! Review your child's bedtime routine. Is it as calm as it could be? Predictable activities help - tea, talking time, bath, story, bed.

Plan ahead. Prepare as much as possible the night before eg. get uniform ready, pack lunch done, breakfast laid out for the morning - anything to reduce the busyness of the morning.

Create a visual timetable or checklist. Children function best with a predictable routine. Create a checklist together with your child about what needs to happen next - get dressed, have breakfast, brush teeth, toilet, get bag ready, put shoes on, out the door. Using pictures can help young children.

Reward reluctant or anxious children when they are fully ready to leave the house. Keep rewards simple, cheap and short – a 5-minute cartoon or read a short story to them.

Be positive yourself. Talk about all the good things that your child enjoys at school, no matter how small. Keep conversation light, short and upbeat. If your child sees that you are ok with their anxiety, they may feel more confident. Look happy and smiley yourself!

Manage anxious talk. Children may want to talk about school worries in the morning, but doing this may only increase their anxiety. Encourage them to talk about their worries the day before. Create a Talking/Worry Time for your child each day after school. Choose a time when they are not hungry or tired, perhaps after tea. Keep the time short - 15 minutes at most. Use paper and pens if your child likes writing or drawing. Tell them this is a time to chat about anything but also to talk about any worries for the next day.

Distract, Distract, Distract! On your journey to school, help distract your child's worry thoughts. Play I-spy, use songs or rhymes, use your senses (tell me 5 things you see, hear, smell, touch), use exercise if you walk (do 5 hops, 4 jumps, 3 skips etc).

Use transition objects. Give something to your child to help them know you are thinking of them when they separate from you to go into school - something they can keep safely in their bag just to know it is there. A picture of you, a piece of soft material that you have both cuddled or a little note to say you love them. If your child has packed lunch you could put a different note in their box each day saying something lovely about them.

Create a quick and positive good-bye ritual together with your child. 'One kiss, one hug, one fist pump', do a 'high-five' etc. Remind your child that you will see them very soon and if you have something to look forward to after school, remind them of that. Prolonging the good-bye will only serve to increase anxiety. Keep it short and sweet.

Stories can help – We recommend 'The Invisible String' by Patrice Karst. You can find this story read for free on YouTube. It looks at how a child is always connected with their parent/carer, even if they are not together.

Mrs L Jones, Wellbeing TA

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Sports & Achievements!

If your child has received an award or accomplished an achievement outside of school that you'd like to share, please email a photo and brief description to admin@wrpschool.org, and we'll aim to include it in our weekly newsletter.

Exmouth Library encourages children to take part in free events, and this summer they set up a reading challenge.

Tilda from Hazel Class and Jessie from Hedgehog Class completed the Library's Summer Reading Challenge over the Summer holidays.



Twins Parker and Sonny also took part in the Summer Reading Challenge with Exmouth Library.

It was fantastic!

All the green leaves on the wall are other Withycombe pupils who took part, so well done to all of you!

THE READING AGENCY Summer Reading Challenge

Marvellous Makers

Alban from Dolphin class hiked all the way up Mount Snowdon over the course of nearly 9 hours. He was very glad there was a cafe at the top!



Harley from Hedgehog Class has passed Stage 2 in swimming, and also achieved her 10m Rainbow Distance award!



Jacob from sycamore class raised £120 for young lives vs cancer charity by completing 1+ mile a day for the summer holidays by scooting, riding his bike, walking and bouncing on the trampoline!



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Ella has been busy this summer with her training and racing. She was able to secure British No.2 at the British Championships in Derby, which is fantastic as it shows hard work pays off. We are now off to Belgium to race in the final rounds of the European Cup in Ravels where Ella is hoping to take the win!



Imogen was awarded her ultra marathon milestone for running 50 junior parkruns. That is the equivalent of 100kms / 62 miles! Following this milestone success, Imogen volunteered as a marshal which she found extremely rewarding and fun!

LET'S PLAY COCKLES MINI RUGBY



EXMOUTH RUGBY FOR U5 & U6

STARTS ON SUNDAY 1ST SEPTEMBER 2024 FROM 10.00 AM

JOIN IN FOR A FREE TASTER SESSION

FOR DETAILS PLEASE CONTACT **MATTHEW HANNAH**

☎ 07545 161078 | ✉ Mattjh1984@gmail.com



THE ROYAL AVENUE, EXMOUTH. EX8 1DG
LINK TO EXMOUTH RUGBY
WWW.EXMOUTHRUGBY.CO.UK



#COCKLES

NEW PLAYERS WELCOME

- ✓ COCKLES MINI'S RUGBY SQUAD
- ✓ Children, boys & girls school year foundation & year 1.
- ✓ No experience required.
- ✓ ACTIVE & FUN Development.
- ✓ Learn Something New.
- ✓ Supportive coaching.
- ✓ Meet new people.
- ✓ Family friendly club.

PLAY OUR GAME



EXMOUTH RUGBY U8S

TRY A SESSION

PLEASE CONTACT **DAVE HARRIS | LEAD COACH**
EMAIL | davejharris@hotmail.com



LINK TO EXMOUTH RUGBY
WWW.EXMOUTHRUGBY.CO.UK

NEW PLAYERS WELCOME

- Boys & Girls
- Fun tag rugby sessions
- Learn new skills
- Meet new people
- Family friendly club
- NO EXPERIENCE NECESSARY



#COCKLES



Who are Children and Family Health Devon (CFHD)?

We are a group of professionals including psychologists, psychiatrists, occupational therapists, speech and language therapists, physiotherapists, nurses, administrative support and many other professions.

What do CFHD do?

CFHD provides integrated, specialist care and treatment across physical and mental health for children, young people and their families in Devon and Torbay.

Who can get help?

Anyone aged under 18 who lives in Devon (excluding Plymouth) and Torbay can get specialist care from CFHD.

Find out more

