

# Weekly School News Roundup

**Withycombe Raleigh  
C of E Primary School**

**Date:** 3<sup>rd</sup> May 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

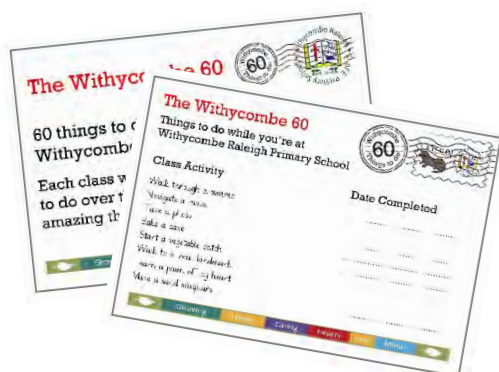
When I look back at previous newsletters from this time of year I'm usually reminding everyone about the importance of bringing a sun hat and applying sun cream, but not this year! I hope the weather improves for us all this weekend, especially as it's bank holiday Monday!

In this week's newsletter I would like to address some more of the queries raised from the recent Parent Survey, and hopefully clarify some of our systems and approaches. In the survey, a small number of respondents felt that they were unaware of how we support the [children's wider personal development](#). I feel proud of the many ways in which we help to support our children in this, and hope a brief overview of some of the things we do will help to clarify this.

The ways in which we support children's wider personal development were celebrated in our Ofsted report last year: *Pupils' wider development is a strength of the school. Leaders have a firm commitment to developing pupils to be ready for life in modern Britain. Pupils learn about other cultures, faiths and backgrounds well. Pupils learn about respect and understand that everyone should be treated equally. Pupils take on responsibilities with pride, including being a reading buddy for a younger pupil and being part of the ethos council. Parents value the variety of clubs, visits and trips which enrich the curriculum further. Leaders make sure there is something for everyone, whether this is 'wild tribe' or going sailing.* (OFSTED March 2023)

One of crucial things we use to support children's personal development are our Vision and Values, which I shared more about in the newsletter last week. These values, along with the topics taught in class - Relationships and Sex Education, and Health Education (RSHE), Computing, PE, and Religious Education - help us to support children to become responsible and respectful people, ready to become actively involved in society as young adults.

Here at Withycombe, we're pleased with the many ways in which we provide children with a rich and varied curriculum, with a focus on providing 'extra-curricular' activities to enhance their learning. Children have the opportunity to take part in trips and visits to exciting places or experience themed days in school each year.



We also have in place our **Withycombe 60**; 60 brilliant things to do while at our school. Each year group has a list of interesting activities to work towards, with each class having their own 'postcard' to write down when they complete their activities.

We believe every child should experience these activities during their time in school and we feel they enable children to develop a whole host of personal skills including developing confidence, cooperation, and communication skills, helping them prepare for becoming actively involved in life outside of school.

You can find out more about this scheme on our dedicated web page: <https://www.wrpschool.org/withycombe-60>

*Continued...*



Growing

Happy

Caring

Hearts

and

Minds



# Weekly School News Roundup

We're passionate about helping children to learn how to be both physically and mentally healthy. Our '10 a day' for **mental health** is central to our support of children's personal development. If you'd like a reminder about this we have all the information on our dedicated Wellbeing web page: <https://www.wrpschool.org/wellbeing-2024>.

We encourage children to have active breaktimes and lunchtimes, with our **outdoor gym** equipment being a great addition towards enabling this. We also provide a wide range of after-school sporting clubs, including the opportunity for our KS2 children to try sailing, windsurfing and paddle-boarding. We use our **WildTribe** area regularly to enable children to learn outdoors, giving them the chance to develop skills such as resilience, cooperation and confidence. We hope you enjoy seeing the photos we share of the children enjoying these activities in our weekly newsletters!

Finally, all our staff understand the importance of supporting children's wider personal development alongside their academic progress and they are supported by our dedicated Wellbeing TA in this. If you have any queries regarding any of the above, please feel free to contact your child's class teacher in the first instance.

---

## Key Dates for your Diary:

- |                              |  |
|------------------------------|--|
| • <b>Bank Holiday Monday</b> | <b>Monday 6th May</b>  |
| • Year 4 Exe Estuary Trip    | Oak/Maple 7 <sup>th</sup> May, Hazel 8 <sup>th</sup> May                                   |
| • SATs                       | w/c 13th May   |
| • <b>ParkRun</b>             | <b>Sunday 19<sup>th</sup> May: join Mrs Jones at Phear Park for a Witherly contingent!</b> |
| • <b>Half Term</b>           | <b>w/c 27th May : return to school <u>Tues 4th June</u></b>                                |
| • Y6 Transition Day          | Tuesday 11th June  |
| • <b>Sports Day</b>          | <b>Thursday 20th June</b>  |
| • Y6 Production (Pavilion)   | Tuesday 25th June  |
| • Y2 Escot Trip              | Friday 5 <sup>th</sup> July  |
| • <b>PTFA Witherlyfest</b>   | <b>Friday 12<sup>th</sup> July</b>   |
| • Y6 Leavers' Service        | Tuesday 23rd July  |
| • <b>End of term!</b>        | <b>Tuesday 23rd July</b>   |

For our current term dates please find a link on our website Home Page: <https://www.wrpschool.org/>



## Collective Worship:

This term, we are warming up for the Summer Olympics by going back in time and revisiting some Olympic and Paralympic Games from the past. This week we have focused on the Olympic Value of 'Determination'.

We talked about how athletes have to be determined, and persevere with their training to ensure they are ready to compete. We thought about things in our lives where we may have to persevere and be determined.

Have a lovely bank holiday weekend,  
Mrs. E Jones

---

## Contact us:

You can email your child's teacher using the class email account which you can find on the school website under your Year Group page (via Home Connect page). Remember that teachers don't have an opportunity to check their emails during the school day as they're busy teaching, so if you have an urgent message please contact the school office. Tel: 01395 263397, email: [admin@wrpschool.org](mailto:admin@wrpschool.org)

- [wrpschool.org](http://wrpschool.org) • **facebook: OfficialWRPSchool** • **Twitter/X: Official@wrpschool** •
-

# Weekly School News Roundup

## Wellbeing Update

### Managing the Stress of Tests!

In school, Year 6 children will have been preparing for SATS, but many children may take other kinds of 'tests' throughout the year eg. music, drama or sport. All of these things can naturally cause children to feel nervous.

So, what can you do to support your child in the run up to tests?

- Keep usual routines and activities going if possible and avoid adding new challenges or experiences that might overwhelm.
- Ensure your child goes to bed at a reasonable time and gets a good night's sleep. Remember, Year 6 children need around 10 hours sleep a night!
- Are things a rush in the morning? Try setting the alarm a little earlier, so you've got more time.
- Encourage your child to eat well, ideally with lots of fruit and vegetables and healthy snacks, and to keep hydrated with water.
- Have a break from screens, particularly the hour before they go to bed.
- Get some fresh air! Going for a short walk with your child can help lift moods.
- Exercise helps to de-stress. Your child could even just have a kick about outside or a dance around the kitchen.
- Plan a reward for the end of the week. But if your child is tired and just wants to relax with their favourite film or TV programme, then that's fine too.




### *Feeling nervous? That's completely normal!*

Practice calm breathing techniques with your child that they could use at the start of, or during a test. We've added a breathe-along guide to our Home Connect page and we'll add it to our official Facebook page so children can practice calming techniques.

We have provided Year 6 with a leaflet board which covers several different wellbeing topics such as friendship, stress, worry and how to improve sleep. All children from Year 6 can have access to any leaflet from this board.

Louise Jones, Wellbeing TA

### *...breathing exercises...*

Deep calm	Slow breaths	Square breathing
		
Breathe in for 4 seconds	Breathe in slowly while you count 1, 2, 3, 4	Breathe in as you count 1, 2, 3, 4
Hold for 7 seconds		Hold as you count 1, 2, 3, 4
Breathe out for 8 seconds	Breathe out slowly while you count 4, 3, 2, 1	Breathe out as you count 1, 2, 3, 4
Repeat 4 times	Repeat 4 times	Hold as you count 1, 2, 3, 4
		Keep your counting even and trace your finger along the 4 edges of a box of tissues or a dice if that helps you to keep focus
		Repeat 3 times

*Taking slow, deep breaths can help you feel calmer and more relaxed. You can try just one of these exercises or as many as you like. You might need to repeat an exercise a few times until you feel it working. Try to take deep breaths where you can feel your chest rising. When you breathe out it might feel like you're slowly letting the air out of a balloon. You can close your eyes, look at something in the distance or not focus on anything at all.*

# Weekly School News Roundup

**Year 6** have started exploring **micro:bit computers**, tiny computers that we can program to spell words or show basic pictures. They can also play tunes!



## Year 5 visit to The Eden Project

On Thursday Year 5 had a fantastic day at the Eden project. Once there, the children enjoyed learning about Fair Trade, consolidating their learning from last term. They also explored the Rainforest and Mediterranean biomes, learning about the incredible plants that grow there and how they play a vital part in everyday life. What a super day!



# Weekly School News Roundup

## Sports and Achievements

If you have any news about sports or other achievements from outside of school that you'd like to share, please email a photo and brief explanation to [admin@wrpschool.org](mailto:admin@wrpschool.org). We aim to include everything we receive by Wednesday afternoon in that week's newsletter, and anything after that may be included the following week.



Last Wednesday our Year 5-6 girls football team competed at another East Devon competition at Kings School, Ottery.

The girls played fantastic football, making it to the finals and therefore qualifying for yet another Devon finals at the end of May! Well done Amelia, Amelie, Flora, Eliza, Hannah, Poppy, Rae, Tilly and Pearl.

On Thursday some of our Year 2 children were invited to a Multi Sport session at Exmouth Tennis Centre. [photos below left]

Whilst there, the children joined up with others from the learning community to participate in some brilliant and challenging physical activities!

The activities at the Multi Sports Session on Thursday ranged from Limbo, to relay races, parachute games, French skipping and more!  
Well done children!

Maisie from Rabbit class picked up her 10m swimming certificate this week!



# Weekly School News Roundup

## Our Wider Community

We use this page to share information about community and charity events which may be of interest to our families.

Come along to Withycombe Rugby Club - everyone is welcome! **All money raised will go to Devon Air Ambulance.** Rugby from 13:30 • Inflatable darts & prizes from L&F Multi Sports • BBQ • Bar • Raffle • Ice cream van • Live music POINT BLANK from 19:00



### BEN TC MEMORIAL GAME

SATURDAY 11 MAY • KICK OFF: 13:30  
@ RALEIGH PARK

WITHYCOMBE INVITATIONAL vs THE LOCAL LEGENDS

**BAR OPEN**

**RAFFLE**  
CASH ONLY PLEASE

LIVE MUSIC FROM POINT BLANK FROM 7PM

**POINT BLANK**  
ROCK COVERED BAND

**BBQ**

**ICE CREAM VAN**

**FOOTBALL DART BOARD**  
After the game

**AUCTION**

FUNDRAISING FOR DEVON AIR AMBULANCE  
Devon Air Ambulance



All proceeds from this 200 years celebration concert will go to the amazing RNLI!

Box Office 01395 222477, or book online:  
<https://www.exmouthpavilion.co.uk/whats-on/200-years-of-the-rnli-concert/?instanceid=274550>

LYMPSTONE BAND      EXMOUTH SHANTY MEN



THURSDAY MAY 16TH 19:30  
EXMOUTH PAVILION

A JOINT CONCERT TO CELEBRATE  
**200 YEARS OF THE**  
RNLI

## 3RD EXMOUTH SCOUTS SUMMER FETE

18th May

Marpool Hill Scout Headquarters Exmouth

11AM - 2PM

Garden Plant Sale

BBQ

Raffle with Fabulous Prizes!

GAMES  
Splat the rat  
Tin Can Alley  
Hook a Duck  
Hoopla

PLUS MUCH MORE!

Made with PosterMyWall.com

Hospiscare  
Caring in the heart of Devon

## HOSPISCARE FAMILY FUN DAYS

SUNDAY 26TH & MONDAY 27TH MAY

Open 10:30- 2:30pm

HELD AT OTTERTOTS & AMAZING GRAZING  
EX8 5DX

TOBOMOLAS, CAKE STALLS AND LOADS MORE FUN ACTIVITIES

DELICIOUS FOOD AND DRINKS SERVED FROM AMAZING GRAZING

can you find the animals on our wodland trail

SEE OUR ANIMALS

FACE PAINTING

INFLATABLE OBSTACLE COURSE

COME AND MEET ME

ENTRY £2 PER CAR  
PLEASE BRING CASH FOR THE STALLS AND ENTRY

ALL PROCEEDS FROM THE EVENT WILL BE GOING TO HOSPISCARE

COME AND MEET ME



# Weekly School News Roundup

Budleigh Town Hall  
**May Day Market**  
Bank Holiday Monday 6th May 10.30-2.30



Frugal & Thrifty pre loved clothing for the family

Local Crafters & Makers, Art & handmade Unique gifts

Did you know Exmouth has a brilliant **'Library Of Things'** where you can borrow tools or equipment you might only need once? They also have camping and picnic equipment if you wanted an inexpensive little break.

**1. Sign up and pay for your membership**  
at [exmouthlibraryofthings.org](http://exmouthlibraryofthings.org)

**2. Tell us**  
that you have paid and we will let you know when we have activated your account

**3. Log into our website**  
search to find the things you want to borrow

**4. Select the start and end dates for your reservation**  
then click on the cart

**5. Ensure you submit your reservation**  
you will receive an email confirming your reservation and your collection date & time

**HOW TO BORROW  
FROM EXMOUTH  
LIBRARY OF THINGS**



[www.exmouthlibraryofthings.org](http://www.exmouthlibraryofthings.org)

Beach clean events take place at both Exmouth and Budleigh Salterton beaches.

Do you take part? Will you make an Environmental Pledge? Let us know and you may receive a School Values award!

A colorful poster for a beach clean event. It features two people, one in a blue shirt and red pants, and another in a blue shirt and dark pants, both holding bags. The text includes 'PLASTIC FREE EXMOUTH', 'SURFERS AGAINST SEWAGE', 'WORKING WITH SIDESHORE', 'SUNDAYS 8:30AM', 'BRING YOUR OWN GLOVES AND BAG!', 'BEACH CLEAN', 'START AT EACH END OF THE BEACH', and 'DISCOUNTS FOR PARTICIPANTS AT HANGTIME, ZERO, TWO DRIFTERS'. A disclaimer at the bottom reads 'Disclaimer: you participate at your own risk'.

On **Sunday 5th May Plastic Free Exmouth** will have the brilliant Jo Earlam joining them for a book reading. They will also be giving everyone the opportunity to make an environmental pledge to reduce their 'footprint' on planet Earth. You can find them at Sideshore Community, 9.30am on Sunday 5<sup>th</sup> May.

