

# Weekly School News Roundup

**Withycombe Raleigh  
C of E Primary  
School**

18th October 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

I can't quite believe that there is just one week left of school until half term; the past six weeks have flown by! I hope that your children have enjoyed the term so far, although I am sure they are all looking forward to a week off school, too. We have had a rise in absences this week with lots of nasty bugs being shared around children and staff. Please help us to keep the spread of infections to a minimum by keeping children at home for 48 hours after an episode of sickness or diarrhoea. It's fine to send your child to school with a minor cough or common cold, but if they have a fever, keep them off school until the fever goes. If you are unsure about if your child should attend school or not, the NHS have some useful guidelines at this link: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

## Appointments and absences

If your child is absent from school due to illness or for an appointment off site, please inform the office via email, a phone call or face to face. Some parents are only alerting the class teacher which means our admin team are sometimes not made aware of an absence and will then need to call/text to chase up the reason for the absence, creating an unnecessary workload. Feel free to alert the class teacher in addition to the office of course.

**Late! Late! Late! Late!**



**Remember!**

**You should be in school at 8:40am**

***"We're only a few minutes late,  
does it really matter?"***

Being late for school means you're less prepared for the day ahead with the rest of your class, and you miss out on important learning time:

- 5 minutes late every day = 3 days of learning missed a year
- 15 minutes late every day = 2 weeks of learning missed a year
- even at 95% attendance = over 50 lessons missed a year
- attendance of only 75% = you'd miss 288 lessons!

**Registration is at 8:50am**

Legally all children must be given a mark of some kind when the register is being taken. Children who have not arrived in class by the time the register is closed are marked as absent with a 'U', which counts as an **unauthorised absence**.

*Regular and punctual attendance is essential to support your child to fulfil their potential and enable them to learn, make and manage friendships, and develop new skills. If you need help or support managing attendance, please speak to Mrs Jones or Mr Smith.*



Withycombe Raleigh C of E Primary School, Exmouth, EX8 3BA | DON'T BE LATE! 2024

## Lateness

A reminder that **our school day begins at 8:40am** with learning starting as soon as the children are in the classroom.

We have noticed that we have several children arriving late for school every day. If your child is just 5 minutes late each day, they will be missing 25 minutes of crucial learning each week, 5 hours of learning a term. This missed learning could have a significant impact on your child's academic progress across the year.

If there are barriers to you getting your child to school on time, please speak to myself or Mr Smith about this. We are keen to support families in any way we can to improve children's attendance and give them the very best chances to achieve in school.



## Collective Worship

This week we have focused on the value of Empathy. On Friday morning our collective worship was led by children in Year 4 who performed an amazing rap!

Have a lovely weekend  
Mrs. E Jones



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## Wellbeing : Friendships

It is common for children to have up and down times with friendships but if you find you are regularly concerned, please speak to your child's teacher. However, there is much a parent/carer can do to help their child with developing social skills and forming healthy friendships.



The children's mental health charity 'Place2Be', has 5 top tips to help parents support children with friendship:

### 1. Work together on friendship skills.

Talk to your child about what makes a good friend. Practice friendship skills such as listening, sharing, compromising, and negotiating. Use examples in everyday life and from TV and books. Encourage friendships beyond school, eg clubs or play dates.

### 2. Help build confidence

Give lots of opportunities to connect and communicate with you, particularly for shy children. Practising with you will give them more confidence to connect with others. Have one-to-one play-dates to give your child a chance to practise social skills and deepen friendships without being in a crowd. If you base play-dates around activities your child enjoys, this can help them overcome the initial struggle to engage.

### 3. Model healthy, positive relationships

Happy relationships between parents and significant adults lead to better mental health for all involved. Children thrive emotionally when they see, and are involved in, warm and caring relationships where they are respected and valued. By modelling positive relationships of your own, you can help your child to see what positive, healthy and meaningful relationships should look like, and to recognise when friendships aren't positive.

### 4. Normalise friendships

Reassure them that it's natural for friends to sometimes fall out. Children's friendships often change and can look different depending on your child's age and stage of development. While having friends at school is important, it is normal for your child to have difficulties with their friendships at times. Let your child know that being friends doesn't always mean agreeing or getting along with others all the time.

### 5. Talk the talk

Sometimes children can find it difficult to know what they can say when talking with their peers. You can help by practising what they can say to make a new friend or to join in with play. This could be to ask a question or to invite a child to play with them. By asking questions children can find common interests and form connections with others.

### Here are some ideas!

- *Would you like to play Tag or something else during break?*
- *What's your favourite thing you do at weekends?*
- *I'm looking for a new book to read, what's your best yet?*
- *That looks good! Can I join?*

Mrs L Jones, Wellbeing TA



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## #EatYourPumpkin!

### The Horror of Halloween Food Waste!

### What you should know if you're having a Pumpkin for Halloween!

Over 10 million pumpkins are grown in the UK every year, and about 42% of people will be buying a pumpkin just for Halloween. In the UK, a scary 18,000 tonnes of perfectly edible pumpkins end up in the bin each year!

Think of all the land and energy used to grow and transport our pumpkins, just for them to end up in the bin. It's a frightening thought!

Pumpkins are a vegetable powerhouse! They're nutritious, delicious, and can be cooked lots of ways. If you're planning to buy a pumpkin, here are some top tips to get your money's worth and reduce waste at the same time:

Scoop out the flesh and use it to make delicious pumpkin soup, pie, wedges or pasta sauce • remove the seeds and roast them for a superfood snack, or use in muesli, smoothies or bread baking for a vitamin and mineral boost • replace the carrot in your favourite carrot cake recipe with pumpkin and add some spice for autumnal cupcakes!

#### Pumpkin Soup Ingredients:

- ½ litre liquid vegetable stock
- 1 medium potato, peeled & diced
- 500g peeled pumpkin, diced
- ½ chopped onion

#### If you like you can add:

- 1 garlic clove, 1 tsp ground cumin
- ½ teaspoon ground nutmeg
- A swirl of sour cream on top

#### Instructions:

1. Add all ingredients to a large pot or soup maker and bring to a boil. Reduce to a simmer over medium heat and cook until vegetables are tender.
2. If using a pot, take off heat and blend with a stick blender until smooth.
3. Serve with fresh chopped parsley, or a dollop of sour cream on top – or a sprinkle of your toasted pumpkin seeds!

### Top tips:

- If you decorate the outside of your pumpkin instead of carving it, it will stay fresher for your recipe!
- When selecting your pumpkin, did you know that smaller ones usually taste better?
- Every pumpkin eaten is a step towards tackling the 7.1 million tonnes of food thrown away every year.

## Please do not leave your pumpkin out 'for the wildlife to eat'!



Hedgehogs can get serious stomach upsets from eating pumpkin, then they get dehydrated and lose weight. At this time of year they need to put on as much weight as possible to get through the winter, so it's really bad for them to eat the pumpkins that have been left out.

Instead, smash your leftovers into small pieces and add them to your garden compost bin, or your food waste caddy so they can be collected on recycling day and used to generate energy and fertiliser for agriculture.

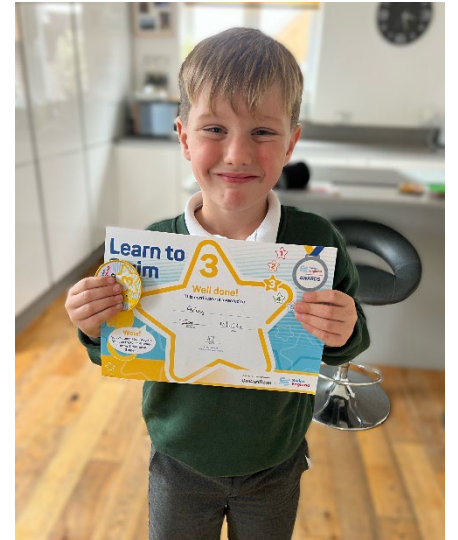
# Sports & Achievements!



Olivia from sycamore class was awarded her marathon wristband at the parkrun last Sunday!



Billy moved up a stage at swimming to stage 2 last week and did his first session in the big pool.



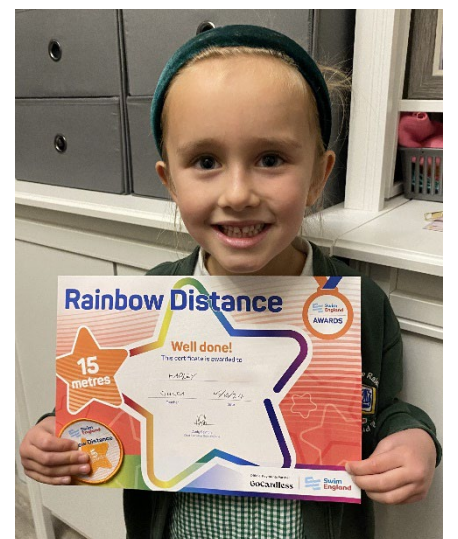
Arby passed his stage 3 swimming this week and is now moving to stage 4!



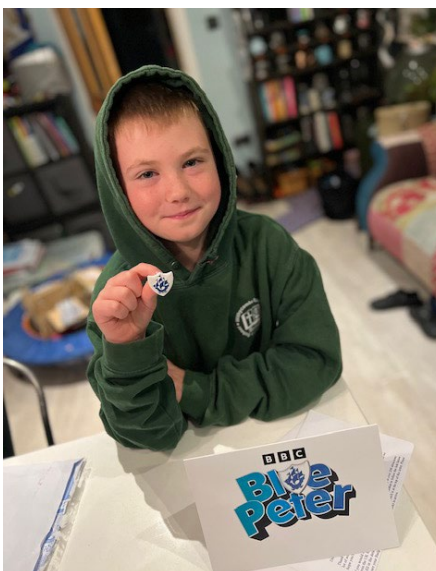
Poppy earned her stage 1 swimming badge and will now move up to the next stage.



After moving up to level 3 5 weeks ago, Ava has now got to level 4 and completed her 15m badge!



Harley from Hedgehogs has achieved her 15m Rainbow Distance award. Great job Harley!



Left: Luca from Seals class has been awarded his Blue Peter badge for sending in his beautiful picture of a bird in a tree. Well done Luca!

Right: Thank you very much to the kind family who purchased these 5 amazing liquid motion timers from our Wishlist! We hope to provide one for every classroom's 'Calming Caddy' to help children learn different ways to regulate. The children love them!

*Teachers write a thank you card when they receive a donation, but in this case the package arrived with no sender's name so we're shouting out our **BIG** thank you here instead!*



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**PTFA WITHYCOMBE**

## MUFTI DAY!

Suggested donation: £1  
(on ParentPay)

**THURSDAY  
24TH OCTOBER**

**FACE**  
Family Advice - Coping, Understanding, Resilience

## OCT/NOV TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each  
If you can't make the date or time all paid for talks are recorded and available for 48 hours afterwards  
Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

FREE SESSIONS	
Introduction to Facing Defiance Decreasing Depression	24 OCT 25 NOV
Anxiety Explained	17 OCT
Understanding Anger	21 OCT
Autism: Improving Communication	28 OCT
Introduction to OCD	29 OCT
Improving Family Communication	4 NOV
Anxiety-Based School Avoidance	12 NOV
Anxiety Explained	14 NOV
Understanding Anger	18 NOV
Drug Awareness for Parents	19 NOV
Supporting Healthy Screen Use	21 NOV
What is ACT?	26 NOV
Understanding Addictive Behaviour	28 NOV

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

**ESTEEM TEAM**

## SUPPORTING NEURODIVERGENT CHILDREN & YOUNG PEOPLE WITH ANXIETY

**WHERE & WHEN?**

**MONDAY 21ST OCT  
1 – 3 PM**  
The Gordon Messenger Centre  
Lymptone, EX8 5AR

OR

**MONDAY 21ST OCT  
6.30 – 8.30 PM**  
Esteem Team Base,  
Bastin Hall, Elm Grove,  
Exmouth, EX8 1DJ

To book:  
[carasteem@gmail.com](mailto:carasteem@gmail.com)

**Witches and Workshops**

Thelma Hulbert Gallery

**Saturday 26 October**  
Drop in 11-3  
Halloween Party

This Halloween, we're celebrating everything witchy to coordinate with our exhibition: The Witchcraft Series.

Witchy workshops / apple pressing in the coven's courtyard / face painting / crusty cookies and witches brew / spooky music mix / fancy dress competition.

Free admission, donations welcome.

Thelma Hulbert Gallery, Elmfield House,  
Dowell Street, Honiton, EX14 1LX  
01404 45006  
[thelmahulbert.com](http://thelmahulbert.com)    @ f



## Price list, Autumn 2024 Book Fair, Withycombe Raleigh Primary School

Age	Title	Price
6+	169-Storey Treehouse, The	£7.99
2+	Acorn Pack x 4	£9.99
2+	Adopt a Unicorn with FREE Unicorn Plush	£6.99
6+	Adventures of Captain Underpants, The: 25th Anniversary Edition	£8.99
8+	Alan Gratz Pack x 3	£9.99
2+	Amazing Me, Amazing You	£7.99
6+	Astrochimp	£8.99
6+	Bad Guys, The: Episode 17 & 18	£6.99
2+	Baddies Early Reader, The	£4.99
6+	Beasts of Knobbly Bottom, The: Attack of the Vampire Sheep	£5.99
6+	Beasts of Knobbly Bottom, The: Rise of the Zombie Pigs	£6.99
2+	Bluey: Bad Mood	£7.99
8+	Blunders, The (Hardback)	£8.99
8+	Blunders, The (Paperback) <b>Available from 7th November</b>	£7.99
8+	Boy Called Christmas, A	£4.99
6+	Breakfast Club Adventures, The: The Headless Ghost	£7.99
6+	Breakfast Club Adventures, The: The Treasure Hunt Monster	£7.99
8+	Bubble Tea Notebook	£8.99
2+	Bun on the Run	£6.99
6+	Bunny vs Monkey: The Impossible Pig	£9.99
2+	Burglar Bill	£4.99
6+	Butterfly Lion, The	£3.99
6+	Car Diary: High Speed	£6.99
6+	Car Diary: Super Speed	£7.99
6+	Cat Kid Comic Club: Collaborations	£8.99
6+	Cat Kid Comic Club: Influencers	£8.99
6+	Cat Kid Comic Club: Perspectives	£8.99
6+	Cat on the Run: Cucumber Madness	£5.99
6+	Charlie and the Chocolate Factory	£3.99
6+	Christmasaurus, The	£4.99
6+	Clarity Jones and the Magical Detective Agency	£3.99
2+	Clean Up!	£4.99
8+	Cobweb	£7.99
2+	Dad's Bum is SO Smelly	£6.99
8+	Day I Fell Down the Toilet, The	£7.99
6+	Deadly Creatures	£6.99
6+	Deluxe Minecraft Builder's Guide	£8.99
2+	Destiny Ink: Sleepover Surprise	£6.99
6+	Diary of a Big Bad Wolf	£4.99
6+	Diary of a Minecraft Wolf: Underwater Heist	£5.99
6+	Diary of a Roblox Pro Pack x 4	£9.99
8+	Diary of a Wimpy Kid	£3.99
8+	Diary of a Wimpy Kid: Diper Overload	£7.99
8+	Diary of a Wimpy Kid: Hot Mess <b>Available from 22nd October</b>	£8.99
8+	Diary of a Wimpy Kid: No Brainer	£8.99
2+	Dig Your Own Dino Activity Kit	£5.99

2+	Dinosaur Who Came to Dinner, The	£6.99
2+	Dog Man: 20 Thousand Fleas Under the Sea (Hardback)	£9.99
2+	Dog Man: 20 Thousand Fleas Under the Sea (Paperback)	£8.99
2+	Dog Man: A Tale of Two Kitties	£6.99
2+	Dog Man: For Whom the Ball Rolls	£8.99
6+	Dog Man: The Scarlet Shedder	£9.99
8+	Dork Diaries	£2.99
8+	Dork Diaries: I Love Paris!	£7.99
8+	Dork Diaries: Sister Showdown	£7.99
8+	Dragon Diary with Lock	£8.99
2+	Dragon Games Pack x 3	£6.99
2+	Dragons Love Underpants	£7.99
6+	Enchanted Pony Academy Pack x 4	£9.99
8+	Escape Room: The Haunted Castle	£9.99
2+	Excuse Me, Are You a T-Rex?	£4.99
8+	Follow Your Star (with FREE Necklace)	£8.99
8+	Football Legends 2025	£9.99
6+	Football Legends Pack x 4	£9.99
2+	Forever Fairies Pack x 2	£4.99
6+	Future Hero: Escape from the Clay City	£2.99
6+	Future Hero: Mission to the Shadow Sea	£2.99
6+	Future Hero: Race to Fire Mountain	£2.99
2+	Gecko and the Echo, The	£4.99
8+	Girl Who Lost a Leopard, The	£4.99
8+	Goosebumps Graphic Novel: The Haunted Mask	£7.99
8+	Goosebumps Pack x 4	£9.99
6+	Great Crisp Robbery, The	£7.99
8+	Great Reindeer Rescue, The <b>Available from 4th November</b>	£7.99
6+	Harry Potter Spell and Potion Book	£9.99
8+	Hercules: A Hero's Journey (on a School Trip)	£7.99
6+	Hidden Geodes	£9.99
8+	Hidden Treasures Activity Book	£7.99
2+	I Love Magical Unicorns! Activity Book	£5.99
2+	Isadora Moon and the New Girl	£6.99
2+	Jonty Gentoo	£7.99
2+	Julia Donaldson and Axel Scheffler Early Readers Pack x 4	£9.99
8+	Katy's Pony Pack x 3	£9.99
2+	Kwame's Magic Quest: Rise of the Green Flame	£4.99
2+	LEGO® CITY™: Ready to Work!	£8.99
6+	LEGO® Ninjago®: Imperium Warrior	£8.99
8+	Letter With the Golden Stamp, The	£7.99
8+	Level Up 2025	£9.99
2+	Lighthouse Keeper's Mystery, The	£5.99
2+	Love Puppies Pack x 4	£9.99
6+	Luna Wolf: Animal Wizard	£4.99
6+	Magic Faraway Tree, The: A New Adventure	£7.99
6+	Marvel Miles Morales: Stranger Tides	£8.99
6+	Marvel Rocket & Groot: Tales of Terror	£6.99
2+	Marvel Rocket and Groot: We Are Groot	£5.99
2+	Mia's Brave Move	£4.99

8+	Minecraft: The Haven Trials	£7.99
6+	Mini Maestro: Ultimate Practical Jokes	£6.99
8+	Monster Hunter's Handbook, The	£6.99
6+	My Big Fat Smelly Poo Diary	£8.99
2+	My Bum is SO Spooky	£6.99
2+	My Bum's On the Run	£6.99
6+	Nina Peanut is Amazing	£7.99
8+	Nina Peanut: Mega Mystery Solver	£7.99
8+	North and the Only One	£7.99
2+	Not Another Unicorn Book!	£6.99
6+	Owl Who Was Afraid of the Dark, The	£4.99
2+	Pets Rule Pack x 4	£6.99
6+	Plush Tie-Dye Fox Journal	£8.99
6+	Pocket Dog, The	£5.99
6+	Pokémon Chapter Books x 4	£9.99
2+	Pokemon Phonics Boxed Set	£8.99
6+	Pokémon Super Duper Extra Deluxe Essential Handbook	£10.99
2+	Pokémon Young Readers: Fuecoco the Berry Thief	£5.99
8+	Refuse to Lose Gamer Diary	£7.99
8+	Rock On! Extreme Rocks	£7.99
8+	Rocks and Minerals	£9.99
6+	RSPCA Cute Animals Pack x 4	£7.99
8+	Scholastic Classics Pack x 4	£9.99
8+	School for Wicked Witches, The	£7.99
2+	Scratch Art: Super Cute Pets	£5.99
2+	Sharks in Slime	£6.99
8+	Skandar and the Unicorn Thief	£3.99
2+	Snow Thief, The	£7.99
8+	Spaceboy	£7.99
2+	Speak Up!	£5.99
2+	Spiderman Ultimate Sticker Book	£5.99
6+	Spy Ninjas Graphic Novel: Boss Battle	£6.99
2+	Stinky Wonky Donkey	£4.99
8+	Super Sleuth <b>Available from 24th October</b>	£8.99
2+	Super School Kids: Baby Alien Rescue	£5.99
2+	Supertato: Two Terrific Adventures	£7.99
2+	There's No Such Thing as Ghosts	£6.99
2+	This is Me!	£7.99
6+	Tom Gates: Book of Everything	£7.99
8+	Tom Gates: Five Star Stories	£7.99
8+	Tom Gates: Ha! Ha! Hilarious!	£7.99
8+	Tom Gates: Happy to Help	£7.99
6+	Twits, The	£3.99
6+	Unicorn Academy: Ivy and Flame	£4.99
2+	Unicorn and the Rainbow Poop	£7.99
8+	Unlikely Rise Harry Sponge, The	£7.99
8+	Virtually Christmas	£7.99
8+	Voices: Hardit Singh Malik	£3.99
6+	Volcanic Rocks	£9.99
2+	When Jelly Had a Wobble	£2.99
8+	When the Sky Falls	£4.99
6+	Who Would Win? Extreme Animal Rumble	£5.99
2+	Why Not?	£7.99
2+	Wigglesbottom Primary: The Pirate Cat	£6.99
6+	World's Worst Teachers, The	£7.99



## How to order and pay online

Go to this web address:

[bookfairs.scholastic.co.uk/pay/1325273](http://bookfairs.scholastic.co.uk/pay/1325273)

Follow the instructions online and once your payment is complete, **fill in and return this slip to Mrs Board-Medley.** She will then be able to match up your order to your payment and get your new books to you.

Child's Name:

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Class:

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Book Titles Ordered:

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Amount paid:

£ .....

**Your payment reference:**

.....

Please note all books are subject to availability. Scholastic Book Fairs cannot guarantee that every book on this list will be available at our Book Fair.

Thank you very much for supporting our school book fair! Ordering from us includes delivery, and raises funds to keep our enviable school libraries stocked up for the children for years to come.