

Weekly School News Roundup

Withycombe Raleigh C of E Primary School

Date: 26th Sept 2025



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News from your Headteacher

On Tuesday this week we were joined by Fraser Portraits who photographed all of our children individually and with their siblings. This was an epic task and took the whole day but it ran smoothly with everyone photographed well before 3pm. We hope that families are pleased with the photographs taken. They always make such lovely Christmas presents for Grandparents and other family members!



Next week we will visit the church to celebrate Harvest. Due to space in the church, this event is only open to children and school staff. Each year we ask families to donate items for the Exmouth Foodbank.

If you are kind enough to be donating this year, the Foodbank would be grateful to receive the following priority items:

- Tins of soup
- Tinned tomatoes
- Tinned baked beans and spaghetti
- Tinned meat meals eg as stews, meatballs or curry
- Tinned cold meats eg as ham, chicken, corned beef
- Tinned tuna
- Tinned fruit, rice pudding or custard.

Our donations make a big difference to families here in Exmouth, including many from our own school community. Please bring your harvest donations to your classroom on Thursday morning. We will arrange for the foodbank to collect them on Friday.

You can donate to the Foodbank at any time. Many of the supermarkets have baskets for you to make donations, too.

If you're struggling financially yourself and would like some support from the Foodbank please let us know as we can refer families. Alternatively, you can make contact with them directly. You can find out more about the Foodbank on their website: <https://exmouthfoodbank.org.uk/>



Family Fund

During the pandemic and following requests from several parents we set up the *Withycombe Family Fund*. This was initially set up to support families who had been affected financially due to the pandemic. Many of the families we have since supported were not entitled to support such as universal credit, but were struggling to make ends meet.

The Family Fund has helped many of our school's families and has funded things like vouchers to buy food at Christmas, school shoes, and subsidised trips and residential visits – these are just a few of the ways our school community has helped others. Although the pandemic is 'over' we still have families who are struggling financially, if sometimes only due to short-term issues, and especially with the cost of living increasing so dramatically.

Families are still invited to donate to the fund via your Parent Pay account - even a small amount is helpful. Every penny donated goes directly to our families who need some extra help, and this is of course is hugely appreciated. If you are a family who is struggling financially, or if you are aware of a family who would benefit from some financial support, please make contact via the school admin email. Any referrals are dealt with in the strictest of confidence.

Have a lovely weekend, Mrs. E Jones



Growing

Happy

Caring

Hearts

and

Minds



Weekly School News Roundup

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 about 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 parent 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>

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This week **Year 3** used toilet rolls to build a giant timeline and explore just how long ago the Stone Age began and ended. Along the way, we plotted key historical events such as Neil Armstrong's moon landing, Ancient Egypt, and the eruption of Mount Vesuvius. We discovered it would take 16 toilet rolls to reach the start of the Stone Age!



Our children continue to enjoy being outside and appreciating the variety in the lunch time play provision being offered. Please support us by providing welly boots to stay in school and ensuring that your child has a suitable water-proof coat to wear during the lunch hour – winter is coming. **Any donations of spare / out-grown wellies or waterproofs would also be gratefully received.**

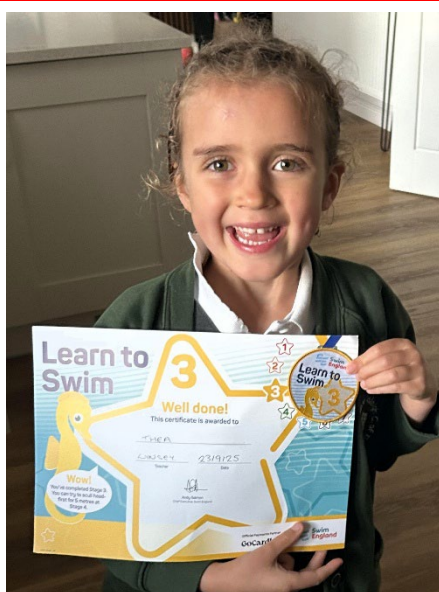
Please also let us know if you have any toys (cars, dinosaurs, dolls, Lego etc) that you would be willing to donate. We are also on the lookout for ride-on vehicles, bikes, trikes and unwanted (empty!) pushchairs. Please contact us on opal@wrpschool.org Thank you for your support and donations so far!

The OPAL Team

Sports & Achievements



Harley from Barn Owl class has been awarded his ultra marathon band for completing 50 junior parkruns! WOW way to go Harley!



Thea has just passed her Stage 3 swimming, and has now started her stage 4!



Imogen from Sycamore Class was awarded her 25 metre swimming certificate last week.

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Supporting our School

The **PTFA** and our **School Governors** make an enormous difference to the school – and both are looking for more volunteers! We've welcomed new families across the school recently, and now that the new school year is well under way some of you might like to consider ways in which you can get involved.

Whether you have lots of spare time, or just a little – there's a place for you in our wider school community.

The **PTFA** raise vital funds and support the purchasing of equipment and contribute towards the cost of trips and events for our school. Here are some examples: Chromebooks £564, Leaver's Yearbooks for Year 6 £600, Trips and visits £200 per class, First Aid kits £587.50 and Sports Day lollies £117.45!

Some upcoming PTFA event dates to look forward to:

- Autumn Disco: Friday 17th October
- Bags2 school, Tuesday 11th November

And a big one – the Christmas Fayre is currently pencilled in for Friday 5th Decembe.

If you can help in any capacity please do get in touch! The PTFA are a friendly group and would love to have you!



The PTFA are also really proud to have contributed to this brilliant brand new shed for OPAL play! All the fabulous new toys and activities needed somewhere safe to be stored away, and it's great to hear that it's having such a positive impact. The PTFA intend to continue our partnership with the initiative – even funding a second boom box so Mr Smith and the MTAs can listen to something besides the soundtrack to K-POP Demon Hunters!

School Governors

There are also some vacancies to join the Board of Governors, so if you would like to join them in their core roles of:

- ✓ Ensuring clarity of vision, ethos and strategic direction;
 - ✓ Holding the headteacher to account for the educational performance of the school and its pupils, and the performance management of staff; and
 - ✓ Overseeing the financial performance of the school and making sure its money is well spent
- then please do get in touch! You can email us via Clerk@wrpschool.org
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PREMRUGBY

Exmouth Rugby Club

Community CHIEFS



DATE: MON 29 SEP - 15 DEC
TIME: 18:00 - 19:00
AGE: U12 - U18 GIRLS

Player Appearance Taz Bricknell

CATCH

You are invited to our parent carer social and peer support sessions

When?
Wednesdays (term time)
9.30 - 11.30 am

Where?
Scott Drive Church,
39 Scott Drive,
Exmouth,
EX8 3LF
(Car parking at the back)

Who is it for?
Any parents and carers of children who have (or may have) SEND including mental health difficulties are welcome.

Do I need to book?
No need to book!

We'd love to see you!

ESTEEM TEAM

Evening CATCH

Our next evening CATCH will be at our
Esteem Team Base
Elm Grove, Exmouth

7th OCT
6.30-8.30PM

EXMOUTH
TENNIS & FITNESS

KS1 Free Tennis Taster!

Friday 3rd October
15:30 - 17:00

FREE TEA & COFFEE FOR PARENTS

Come and join us to develop your...

- Racket Skills
- Agility, Balance & Co-ordination
- Rally Skills
- And Play...

Lots of Tennis Games!

YOUNGER SIBLINGS WELCOME WITH PARENT PARTICIPATION!

Rackets provided
Appropriate footwear required
Free parking on site

Please visit our website or come in and meet the team who would love to show you what we can offer.

led

TO BOOK YOUR SPACE PLEASE CONTACT
TENNIS@LEDLEISURE.CO.UK / 01395 223355

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LD ACTIVE



HOLIDAY CAMP

*Outdoor
Activities*

ACTIVITIES

- Inflatables
- Football
- Dodgeball
- Basketball
- Nature adventure
- Arts & Crafts
- Board games

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