# Withycombe Raleigh C of E Primary School

Date: 7<sup>th</sup> November 2025



Mrs Emma Jones, Headteacher Withycombe Village Road Exmouth, Devon, EX8 3BA

Please ring us on: (01395) 263397 email: admin@wrpschool.org website: wrpschool.org

#### **News from your Headteacher**

This week has definitely felt more wintery, especially with the nights drawing in. During the school day, we always try to get children outside at break and lunchtime. Please ensure your child brings a coat to school each day so they can enjoy some much-needed time outside. As we head into the winter months, we would also advise that you send children with a hat and gloves (named please) to wear at breaktimes too. We would like to extend our OPAL Lunchtimes to the field but children will need to wear wellies to access this space. If you haven't done so already, please send in some wellies to keep in school for over the winter months. Any spare or grown-out-of wellies or waterproof coats would also be gratefully received.

This part of the term is always a very busy one with lots going on. Please check the newsletter for upcoming events and ensure that you look at our website including the school calendar and Facebook page. I would like to draw your attention to the Christmas events approaching including: Nativities, Christmas lunch and the PTFA Christmas Fair – see posters at the end of this newsletter! Nativity dates are on the Home Connect Page calendar - performances are during the afternoon, starting at 2pm. Each performance will be in the school hall and space will be limited. If you bring little children, we are sorry but there is no space for pushchairs in the hall. If you have any queries regarding Christmas events, please speak to your child's class teacher in the first instance.

#### **Poppies**

We are selling poppies in school for Remembrance Day. For poppies we accept any donation, however small. We will commemorate Remembrance Day on Tuesday at 11am.

Getting your child to school on time <i>really matters!</i>		
If in a school year your child is late every day by minutes	Your child would have lost approximately days of school	Or they would have missed approximately lessons lost
5	3 days	16
10	5 days	32
15	8 days	48
20	11 days	63
30	16 days	95 lessons!

We've noticed that we have several children arriving late for school every day. A reminder that our **school day begins at 8:40am** with the register taken and learning starting as soon as the children are in the classroom. 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(s) and as a result, impact on their future opportunities and prospects.

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.



Hearts

Please help your children to **Be Ready** - it's one of our school rules!







I hope you enjoy your weekend. Mrs. E Jones







As an inclusive school you may have noticed that our children encounter some British Sign Language as part of their learning, beginning each assembly with a greeting in BSL. We were pleased to welcome Fred Wellbeloved into school to teach Oak Class some British Sign Language this week. The children were ready and respectful and picked it up really quickly.

#### **Sports & Achievements**



Reggie in Rabbit Class got player of the session at multisports with LD Active this week!



Emily in Barn Owl Class is pleased to have achieved her 25m swimming badge!



Alasdair was very happy to get his marathon wristband for completing 21 junior park runs on Sunday.

## **Safeguarding**

## **Anti Bullying Week**

Our school will be recognising Anti-Bullying Week, which begins on Monday 10th November. This year's theme is "Power for Good". The theme reminds us that even the smallest act of kindness has the power to make a big difference to someone's day. Every act of inclusion, a friendly word at play time or a helpful offer can spread positivity and help our school to stay a happy and safe place for everyone.

Throughout the week children will be learning about what bullying is, how to recognise it, and what to do if they ever see it happening. We will be talking about the importance of speaking up, supporting each other and welcoming differences. Our classes will take part in discussions, role-play activities, listening to 'Andy and the Odd Socks', and enjoying creative tasks that help us understand how our actions affect others.

On Monday, we will start the week with **Odd Socks Day** where everyone is invited to wear their most colourful, fun or mismatched socks! This is a celebration of what makes us all unique and equally important. Odd Socks Day reminds us that being different is something to be proud of.

I would like to take this opportunity to remind our whole school community that we do not tolerate bullying in any form. Any incidents of unkind, hurtful or repeated negative behaviour will always be taken seriously and acted upon. Our school is committed to ensuring that every child feels safe, respected and able to learn in a positive environment.

We encourage families to chat at home about kindness and looking out for others. You might ask questions like:

- What does 'being a good friend' look like?
- How can we help someone who feels left out?
- What kind actions can we show every day?

Together we can use our 'power for good' to stand up and take a strong, courageous stance against bullying. Our school thrives on our 'GRACE' values and our 3 rules (be ready, be respectful and be safe) which underpin our expectations for all of our children and the wider school community – not just this week, but every week of the year. <a href="https://anti-bullyingalliance.org.uk/anti-bullying-week-2025/anti-bullying-week-2025">https://anti-bullyingalliance.org.uk/anti-bullying-week-2025/anti-bullying-week-2025</a>



Please wear your odd socks on Monday!

# International Stress Awareness Week 3<sup>rd</sup> - 7<sup>th</sup> November

#### What is Stress?

Stress is the body's reaction to feeling overwhelmed or under pressure.

When we are stressed, our body releases a hormone called adrenaline (often called the "fight or flight" hormone), which usually gives us a boost or motivates us to act quickly.

But too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious, irritable, and affect self-esteem.



#### How to identify stress...

#### The symptoms of stress can be physical, psychological or emotional.

- Physical signs may include tiredness, headaches or stomach pains.
- Psychologically we may find it very difficult to concentrate or be prone to negative thinking.
- Emotionally we may feel irritable, tearful and over-sensitive.

# There are many ways to help manage stress and the effects of it on our bodies. Here are some ideas:

- Distraction techniques such as mindfulness, music or being with nature.
- Positive self talk think of 3 things each day you are thankful for or something you are proud of.
- Reach out and talk to someone a friend, colleague or a helpline there are many to choose from.
- Manage overwhelming tasks by breaking them down into smaller steps.
- Be more active to help burn off nervous energy.
- Plan ahead for upcoming stressful events to help you feel more in control.

#### **Create your own MIND PLAN:**

Experiencing long-term or severe stress can lead to feeling physical, mental and emotional exhaustion.

Adults may describe this as "burnout". However, when we, as adults, feel more able to manage our own stress levels, we will then be more effective at helping our children when they feel stressed.

The NHS website 'Every Mind Matters' has a link to help adults develop their own MIND PLAN: a personal action plan to help manage anxiety and stress, improve sleep and feel more in control. Find out more by clicking the link below: https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/

# OPAL COMMUNITY BUILD DAY!





Saturday 22nd November 2025 1-4PM

# Sign up for projects including:

- building a mud kitchen
- building a play shop
  - building a water play channelling stand (for guttering)
- creating sandpits and digging pits
- building music wall from pallets



#### BAG2SCHOOL

#### FREE FUNDRAISING FOR SCHOOLS

In partnership with your school or organisation



#### Withycombe Raleigh CofE Primary School



Bag2School is a company that specialises in the reuse and recycling of good quality second- hand clothing and we have arranged to make a collection from your school. All the bags will be weighed and you will be paid for the total weight collected. Remember - the more you collect the greater the benefit to your school.



Please use your own bags, there is no limit.

When the clothes have been removed from the bag the plastic will be packed and sent for recycling.

#### We are collecting good quality items for RE-USE:

Men's, ladies, children's & babies' clothes, paired shoes, handbags, belts & accessories. Please see our website for the full list of what we can and cannot accept.

(No uniforms, workwear, pillows, duvets, or pieces of fabric please)

The more we weigh the more we pay! Extra bags are welcome - there is no limit

Please return your Bag2School on:

Tuesday 11th November 2025 by 9am







www.bag2school.com helpdesk@bag2school.com





Christmas Fair planning meeting!

Date: Wednesday 12th November

Time: 7.15pm

Location: Farmhouse pub

Please come along to the next PTFA meeting where we'll be finalising details for our Christmas Fair! Any help that can be given towards this event (however small) would be massively appreciated. Please sign up to volunteer on the day using this link: https://volunteersignup.org/EBTMJ

Details of each role required are on the link. Your support will make the event extra special—thank you for getting involved!









