

Weekly School News Roundup

**Withycombe Raleigh
C of E Primary School**

Date: 2/09/2022



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

We are looking forward to welcoming you all back on Monday. Staff have been busy over the summer getting classrooms ready for the children's return. We have lots of exciting learning planned and hope that the children are looking forward to getting back into the school routine.

We would like to remind you that we have now removed the staggered starts to the school day: with all gates opening at 8:40am, when teachers will meet children on the playground. 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 each year group should use:

Dragonflies and Ladybirds - Driveway Gates

Bumblebees and Year 1 - Foundation Gate

Years 2 and 3 - Kitchen Gate

Years 4, 5 and 6 - School Lane Gate

On Monday, children should come to school in uniform; this can be either winter or summer uniform. We will switch to our winter uniform on Monday 19th September in time for individual photographs on Tuesday 20th September. By next Friday, you should have received a letter from your child's teacher explaining the routines for each week including arrangements for PE kit, reading books and Nature School. 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.

Contact us

Please remember that there are many ways you can contact school staff if you have any queries. You can email your child's class teacher directly using the class email account; alternatively, you can email admin@wrpschool.org or enquiries@wrpschool.org or call us on 01395 263397. The class email addresses are listed below for your information.

Please be aware that teachers do not have the opportunity to check emails during the school day and therefore if you have an urgent message for staff within the school day, please ring our office or email as indicated.

Have a lovely weekend and see you all on Monday!

Mrs. E Jones

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Class Email Addresses

dragonfly@wrpschool.org

bumblebees@wrpschool.org

ladybirds@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

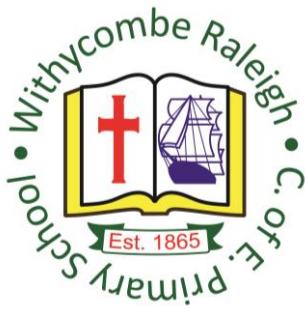
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Upcoming Events

Tuesday 20th September

Tempest Photographer in school to take individual and sibling photographs.

Tuesday 18th October 3:30-6

Parents' Evening

Thursday 20th October 3:40-6:30

Parents' Evening

24th-28th October

Half Term

Term dates can be found at: <https://www.wrpschool.org/parents>

Top Tips for Wellbeing - Starting the Day in a Calm Way.

Many parents find the rush of the morning before school hectic and sometimes stressful. Our children may feel this stress too - having a busy morning routine after a long summer break. 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?

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

Create a visual timetable or checklist. Children function best with a predictable routine so create a checklist - with your child - about what needs to happen next: get dressed, have breakfast, brush teeth, get bag ready, put shoes on, out the door. It is beneficial to use pictures of these actions for young children.

Reward reluctant or anxious children when they are fully ready to leave the house. Keeps rewards simple, cheap and short e.g. 5 minutes of a short cartoon or read a short story to them.

Be positive. 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.

Manage anxious talk. Children may want to talk about their worries around school in the morning, but 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.

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Distract, Distract, Distract! However you travel 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 (do 5 hops, jumps, skips).

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. Use a transition object (as above), give 3 kisses, 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 serve to increase anxiety. Keep it short and sweet.

Sports & Achievements

We love to hear about your children's sporting and other achievements. If you have anything to share, please email enquiries@wrpschool.org with your news and a photo if possible. We will endeavour to include as many of your photos as possible each week.



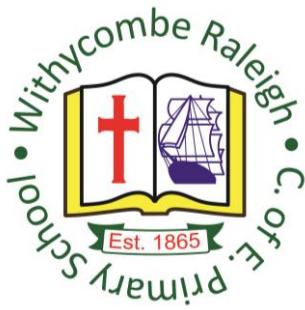
Bodhi and Kiefer both earned their yellow stripe belt at martial arts before the summer holidays!



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During the summer holiday, 19 children from Withycombe attended the Commonwealth Games in Birmingham to watch 2 netball matches.

They were able to watch Scotland vs Barbados and Trinidad and Tobago vs Malawi. It was an amazing experience!