

# Weekly School News Roundup

**Withycombe Raleigh  
C of E Primary School**



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)

**Date:** 19<sup>th</sup> April 2024

## News from your Headteacher

Welcome back! I hope you all had a lovely Easter holiday and that your children are looking forward to the term ahead. Staff at Withycombe Primary School always try to make the learning that children need to do exciting and engaging with lots of experiences that we hope children will remember for a very long time. There are lots of events in the diary for the term already and we use Groupcall and ParentPay to communicate with you about these, so please make sure we have up-to-date contact details for you.

As we enter the Summer Term *and hopefully warmer weather*, children may opt to wear summer dresses or shorts as per our uniform expectations. Please remember that on days when children have PE lessons they should wear the appropriate PE kit (black shorts or jogging bottoms/school T-shirt) and either a school jumper or school hoodie. Several children are wearing 'non-uniform' items on these days which are not permitted. We would appreciate your support with this request. Please ensure children have a sun hat and water bottle in school each day.

It has been great to receive so many messages about children's achievements. What a lot of different sports and activities our children do. Please take a look at the photos towards the end of the newsletter of children with their amazing awards.

At Withycombe Raleigh C of E Primary School we recognise the importance of children's physical and mental health, and we promote opportunities for children to develop these whenever possible. Our School Vision 'Growing Happy, Caring Hearts and Minds' highlights this desire. We have built into our busy days lots of chances for children to be active, and to have the opportunity to talk about worries and emotions. The addition of the outdoor gym equipment also supports children having active break times. All classes have the opportunity to use the Wild Tribe Area and we have invested in lots of resources to support learning in this area. It is a great space to encourage children to be active and enjoy learning outdoors.

In Exmouth there are lots of sports clubs and opportunities for children to take part in physical activity. We are very lucky that we are one of only a few places to have both a Saturday Parkrun and a Sunday Junior Parkrun. The Junior Parkrun takes place in Phear Park each week. It is a 2k event specifically for under 14s, run on Sunday morning at 9am. This takes the form of two- and a-bit loops around the Park.

**As a school we are really keen to support this wonderful scheme and we thought it would be fun to have a big *Withycombe contingent* at one of the upcoming runs. On 19<sup>th</sup> May we would like to invite as many of our families as possible to join some school staff at the 9am Parkrun. It will hopefully be a lovely, sunny morning and we can enjoy a short run together before enjoying the rest of our weekend! We hope that some of the children may be inspired to make the Sunday run a regular part of their weekends.**

**We look forward to seeing you at Phear Park Sunday 19th May at 8.40am!**

Of course if you want to give Parkrun a try before then, it takes place every Sunday (weather permitting). There's more about the Parkrun on the next pages.

*Continued...*



Growing

Happy

Caring

Hearts

and

Minds



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## Collective Worship:

We gather as a community for collective worship that is inspiring, invitational and inclusive, reflecting the fact that we are a part of a diverse school family and the wider church community. 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. We will share inspirational stories which reflect the six Olympic values of Determination, Excellence, Inspiration, Courage, Friendship and Equality and use them to help us to think about what we can learn from them.

Have a lovely weekend,  
Mrs. E Jones

## Key Dates for your Diary:

- |                              |   |
|------------------------------|---|
| • Y5 Eden Project Trip       | Thursday 25th April   |
| • <b>Bank Holiday Monday</b> | <b>6th May</b>  |
| • SATs w/c                   | 13th May  |
| • Pentecost Services         | 16th May (children only)                                    |
| • <b>Half Term</b>           | <b>w/c 27th May : return to school <u>Tues 4th June</u></b> |
| • Y6 Transition Day          | 11th June   |
| • <b>Sports Day</b>          | <b>20th June</b>  |
| • Y6 Production (Pavilion)   | 25th June   |
| • Y6 Leavers' Service        | 23rd July   |
| • <b>End of term!</b>        | <b>23rd July</b>  |

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



We've added up all the active travelling you did last term and you've now collectively covered about 7,600 miles, travelling for around 2,380 hours in total!

This means we're just **over half way** on our Progress Tracker map for The Longest Walk challenge! Congratulations to **Tom (Sycamore Class)** who came first in the Spring term phase and was given a certificate, badge and an Easter egg!

Runners up **Barney (Lapwing)** and **Enid (Beech)** also received certificates and badges and a special award also goes to **Charlotte (Ladybird Class)** who went on the biggest number of walks – that's really great participation Charlotte, well done!

We only have around 14 weeks left of this term (including half term) to travel the rest of the way! Remember - if we achieve the overall target ALL children will receive a surprise **MYSTERY DAY** in school!



## 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. 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)

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## Exmouth Phear Park Junior Parkrun



### What is Parkrun?

Parkrun is a free, weekly community running event run all over the world. It takes the form of a 5k timed run every Saturday morning starting at 9am. Exmouth has a very established Parkrun where the course is along Exmouth seafront, starting and finishing outside the Pavilion.

We've been running a **Junior Phear Park Parkrun** for over a year now. It's a 2k event specifically for under 14s on Sunday mornings at 9am. This takes the form of two and a bit loops around the Park. Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. There's a volunteer called the Tailwalker who will always be the last participant to cross the finish line. Everyone is welcome to come along whether you walk, jog, run, volunteer or spectate.

***You do not need to be an athlete to take part.***

If your children fancy giving it a go all you need to do is to register them with Parkrun: <https://www.parkrun.org.uk/> and selecting the option to register. This only takes a few minutes and once complete you will be issued with a barcode. Print this off and bring it with you so that your child's time can be recorded once they finish. Then come along to Phear Park to meet us at the start, which is just above the skate park at about 8.40am where a briefing and warm up is held, before the official start at 9am.

Parents or friends are welcome to accompany your child. Having crossed the finish line you're given a place token (don't take this home - we need it the next week!). Visit one of the scanners along with your personal barcode and your time will be recorded, then you're free to do whatever else you have planned for the day. Shortly after completion of the event the results are published on the Parkrun and can also be emailed and texted to you, if you opt in.

If you're an adult and your child doesn't want you to accompany them around the course, don't worry. We have a number of marshals at strategic points around the park to ensure that the children know the route and can also deal with any issues if they arise.

And of course all the Marshalls, Timekeepers, Scanners, those giving out the Finish Tokens, Warm Up leader and even the Run Director are all volunteers, for which the event wouldn't happen at all. If you don't need to accompany your child round the course, you could volunteer and help us out instead! Ideally you also need to register yourself with Parkrun. Once you have done that speak to the Run Director at the next event to find out what to do next!



***Join Mrs Jones and some of the other school staff at Phear Park  
8:40am on 19<sup>th</sup> May for a Wither Parkrun contingent!***

<https://www.parkrun.org.uk/phearpark-juniors/>  
<http://www.facebook.com/phearparkjuniorparkrun>  
email [phearparkjuniors@parkrun.com](mailto:phearparkjuniors@parkrun.com)

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## Safeguarding Modern Slavery

Modern slavery is often a hidden crime, which includes slavery, servitude, forced and compulsory labour and human trafficking. The common factors are that a victim is used or exploited for someone else's gain (often financial), without respect for their human rights. The perpetrators seeking to take advantage of them could be private individuals, running small businesses, or part of a wider organised crime network.

This website provides more information and insight: <https://www.antislavery.org/slavery-today/modern-slavery/>  
As does <https://saferdevon.co.uk/modern-slavery/>

The UK's Home Office data 2021 indicates that over 12,000 victims were identified, an increase of 20% on the previous year. 75% of the UK Nationals identified as potential victims were children, with boys more likely to be referred for criminal exploitation and girls, sexual exploitation. In 2021, 2,053 county line referrals were flagged: an increase of 23% and again the majority of these (76%) were for male children.



It is worth noting that children who have been trafficked may not see themselves as victims. They may find it hard to understand that what's happening is abuse – especially if they've been groomed.

They may think they played a part in their abuse or that they're guilty of breaking the law. Child victims and vulnerable adults are not able to give informed consent and therefore exploitation, even without any element of coercion, could constitute modern slavery.

## What should you do if you suspect modern slavery?

**If there is an immediate risk of harm: Phone 999 without delay**

If you suspect modern slavery and there is not an immediate risk of harm, you can:

- Report to the police on 101
- Report to the Police online: <https://www.devon-cornwall.police.uk/ro/report/ocr/af/how-to-report-a-crime/>
- Contact the Modern Slavery Helpline on 08000 121 700
- Complete their online referral form: <https://www.modernslaveryhelpline.org/report>

Please speak to a member of our school's safeguarding team if you would like any further advice on this issue.

Mr Smith

Designated Safeguarding Lead

### From Safer Devon website:

Modern slavery and human trafficking is happening in Devon.

Hotspots include the tourism and hospitality industries, nail bars, construction sites and car washes. Hotels and holiday lets (caravans) may be used to house people whilst they are being exploited. As a hidden crime, our knowledge of modern slavery happening locally is still developing.

Signs that a vulnerable child or adult is being exploited could include:

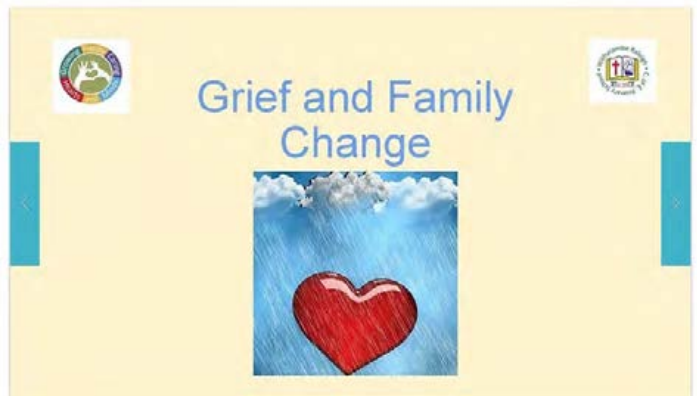
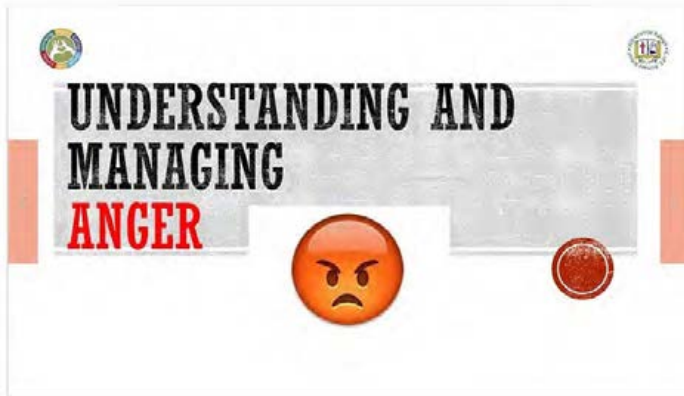
- Appearing to be under the control of someone else and reluctant to communicate with other people
- Having few personal belongings, wearing the same clothes or wearing clothes
- Appearing frightened, withdrawn, showing signs of being abused

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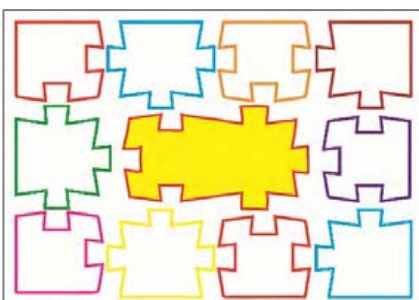
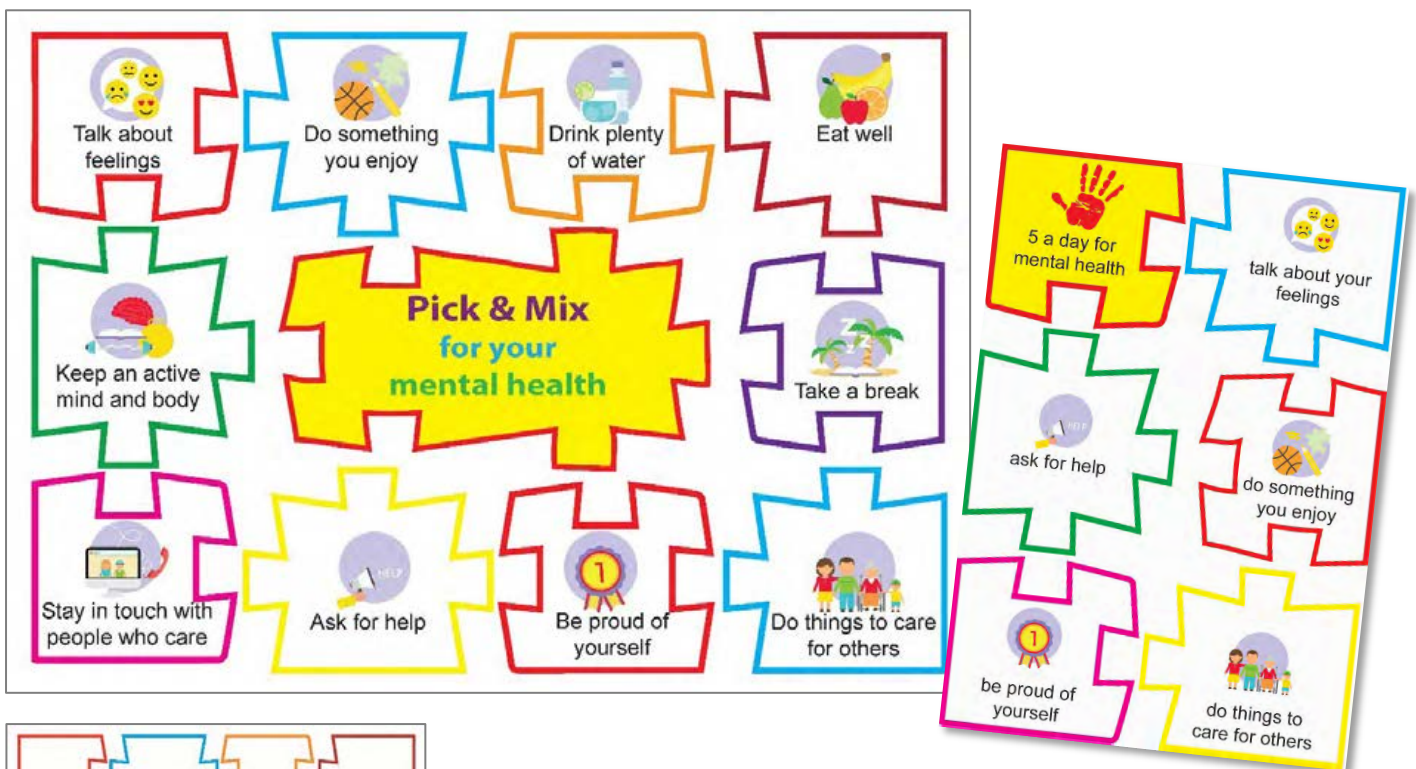
## Wellbeing Update

At the start of each term we like to remind parents and carers to visit our Wellbeing Page on the school website. <https://www.wrpschool.org/wellbeing-2024>. In particular, you may find it helpful to look at our article '[starting the day in a calm way](#)' if your child is anxious about returning to school after the Easter break.

You will also find some helpful videos on managing anxiety, and PowerPoint presentations on how to help your child cope with anger or grief.



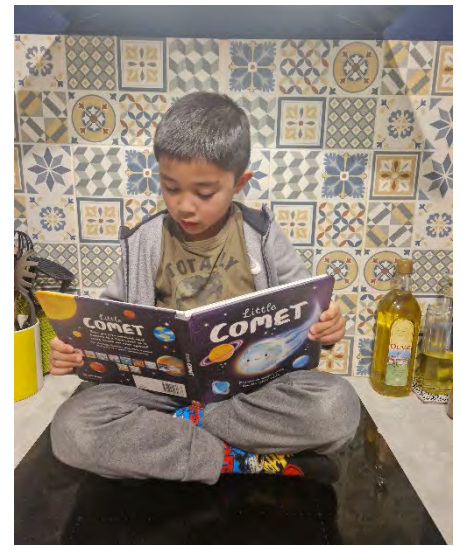
In school we promote '**Pick & Mix**' 10 good choices we can all make – parents, carers, and children – to help our own mental health. Here they are!



We also have a simplified version of the Pick & Mix puzzle pieces for our younger children, and we have blank versions of both puzzle templates for children to fill in their own set of 'mental health' ideas. You can find all of this on the wellbeing page of the school website.

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For World Book Day (and our overall book-themed week) we asked children to send in photos of themselves reading in unusual places! Here are just a few of the fabulous photos we received!



Congratulations to Maisie, who completed the Exmouth Library Secret Book Quest by reading 50 books! Maisie aimed to finish the Book Quest by the end of year 1 but she's done it already!

Maisie loves the Dr Seuss books, and she's already started on her next 50 books to reach 100! What an amazing achievement, well done Maisie!



Tilda and Jessie received a letter from the King! They wrote to wish him well with his illness and treatment, and they received a lovely reply over the Easter break.

*Well done! Writing letters is great literacy practice too!*



Did you know we have 'Comic Corner' in the key stage 2 library?

Children can create their own comics and Mrs Board-Medley will put a barcode on them so they can be checked out, just like all the other books and comics we have available!



**Jamie Smart** @jamiemart · 22h  
What a flipping brilliant idea.

**official** @WRPSchools · 22h  
Hello @jamiemart  
We wanted to share that our primary school has a special comic corner in one of our libraries. Children can design their own comics and we barcode them so they can be checked out, just like all the other books and comics we have available...

**Indyclone77** liked a post you were mentioned in  
Oh I love it!

**John Patrick Green** @joringreenart · 15h  
Replying to @WRPSchools and @jamiemart  
Love this!

**Sioned-Mair Richards** @efrogwaig · 15h  
Replying to @Indyclone77, @WRPSchools and @jamiemart  
Oh I love it!

**Gemma Goggin** @TheGoggin · 17h  
This is amazing.

**Jamie Smart** @jamiemart · 22h  
Replying to @WRPSchools  
Ohhhhh this is such a brilliant idea! Well done all of you!

**Top Jamie Smart titles for you**

- Bunny in Monkey: The Impossible Pig
- Mia and Duffy: Hunt for the Mystery Island
- Loonies Hunt: If You Get It
- Bunny in Monkey: The Hottest Hoopster

**Dan Whitehead** @DanWritehead · 18h  
Replying to @WRPSchools and @jamiemart  
Absolutely love this.

*Jamie Smart is a comic writer and illustrator, famous for the Bunny and Monkey series among others. He, and lots of other people (around 10,000!) including Dan Whitehead (IGF nominated writer of books, comics, TV & games!) agreed that Mrs Board-Medley's Comic Corner is a brilliant idea!*

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## 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 will be included the following week.

Blossom from Hedgehog Class achieved her **ultra marathon wristband** at Junior Parkrun over the Easter holidays. To reach the ultra marathon wristband you need to run 50 junior park runs! This is 100km, or 62 miles. Blossom ran this before her 6th birthday and has a new personal best time of 11:17!



Joe from Oak Class was awarded **Player of the Match!** for his team **West Hill Wasps!**



Billy raised more than £2,000 for the charity Scope by having his long hair cut for the first time in his life! Well done Billy, we know this was a cause close to your heart. We think your new haircut looks brilliant too!



### WOW!!!

Ella competed in rounds 3 and 4 of the **BMX European Cup in Belgium**, which was her 1st race outside of the UK. Ella rode incredibly well in some tough conditions and managed to get placed 2nd and 3rd.

This weekend Ella heads to Gravesend, Kent for the **National Series!**

Good luck Ella – do let us know how you get on!



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**Saturday 6 July 2024**

- A Family friendly day of inspirational live music and activities for children, young people & families
- Performances by young musicians from across Devon and Torbay
- Enjoy interactive music workshops and try a range of musical instruments

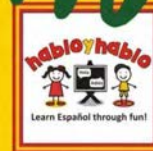
## THE MIX



There will be interactive music workshops for children and young people taking place throughout the day: Refreshments will be available to buy, or please feel free to bring along a picnic! **FREE parking will be available on site. Admission is FREE.** Advance booking is recommended via: <https://www.ticketsource.co.uk/devonandtorbay-mixfestival2024>



# HOLA!



I AM DOING A 4 WEEK TRIAL SESSION FOR EYFS CHILDREN, MONDAY 3:10PM TO 4:15PM £16 INTERESTED? CONTACT [HABLOYHABLO@GMAIL.COM](mailto:HABLOYHABLO@GMAIL.COM)

**NHS**  
Providing NHS services

**kooth | Qwell**



## Free, safe and anonymous mental wellbeing support for both young people and adults.

Your local NHS is providing free counselling, community support and self-help tools for young people on [kooth.com](https://www.kooth.com) and adults through [qwell.io](https://www.qwell.io). Both sites are completely anonymous and you can sign up without any sort of referral.



**Kooth.com**  
Free support for young people



**Qwell.io**  
Free support for adults

## What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### WHAT ARE THE RISKS?

#### HIGH CAFFEINE CONTENT

Many energy drinks contain high levels of caffeine, which may increase a person's heart rate and blood pressure. Excessive caffeine consumption can also lead to increased anxiety, insomnia, and other health issues. For children and adolescents, caffeine intake can be particularly harmful as it can interfere with their normal development.

#### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and other ingredients found in energy drinks can put extra stress on the cardiovascular system. Parents and educators should be aware of warning signs like chest pain, dizziness, and irregular heart rate or fainting spells. If any of these symptoms occur, it's important to seek medical attention immediately.

#### IMPACT ON MENTAL HEALTH

The stimulant effects of caffeine and sugar in energy drinks can contribute to anxiety, irritability, and mood swings. Additionally, the crash that often follows the initial energy boost can lead to feelings of fatigue and difficulty concentrating, which may affect a person's academic performance.

#### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult to fall asleep, leading to insufficient rest and daytime fatigue. Consistent sleep disruption can negatively impact a person's overall health and academic performance.

#### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and the use of alcohol and other substances. The stimulating effects of energy drinks may lead to increased risk-taking behavior and substance use, which can have serious consequences for a person's health and safety.

#### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to dependency, making it difficult to stop drinking them. This can result in withdrawal symptoms like headaches, irritability, and fatigue. Parents and educators should be aware of these signs and encourage moderation.

### Advice for Parents & Educators

#### LIMIT CONSUMPTION

It's vital to educate young people about the potential risks linked to energy drinks, encouraging the consumption of water and other healthy beverages instead. Parents and educators should monitor the amount of energy drinks consumed and encourage moderation.

#### PROMOTE HEALTHIER HABITS

Parents can help with this by encouraging a healthy diet and regular exercise. Encouraging young people to stay hydrated with water and to get enough sleep can also help reduce their reliance on energy drinks.

#### MEET OUR EXPERT

Dr Jason O'Rourke, Headteacher of Wappingborough Academy, champions food education and sustainability... and the school holds the Well Being Award for its commitment to the community.

#### ADVOCATE FOR REGULATION

If it's something you're particularly passionate about, you could work with local health professionals and politicians to advocate for regulations on energy drinks, such as limiting caffeine levels or restricting their sale to older age groups.

#### SET A POSITIVE EXAMPLE

Adults can model healthy behaviors by limiting their own energy drink consumption and promoting the benefits of balanced diets and adequate hydration. Encouraging young people to make informed choices about their health is a key role for parents and educators.