## 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 website: wrpschool.org

## Date: 24/11/23

### News from your Headteacher

We hope you enjoyed reading the 'tweaked-look' newsletter last week. Many thanks to our Communications Officer Miss Smart for working her magic on this communication. I love to look back at the newsletters we've sent and be reminded of all the great things we've done as a school.

We are a very busy school, and this week has been no exception. On Monday over 500 children received their flu vaccination nasal spray, quite a feat to get so many children treated in one morning – thank you to Mrs Burrows for her efforts in managing this. If your child missed their vaccination due to ill health or absence, you should receive a notification from the Public Health Team with details of clinics in the local area, so you can book another appointment.

On Thursday the whole school enjoyed a performance of Aladdin! The Panto is one of the highlights of our school year and the children thoroughly enjoy the experience. We're extremely grateful to the PTFA for fully funding the Panto again this year. The money to pay for this wonderful show comes from the various PTFA fundraising events throughout the year.

With that in mind, we're still looking for volunteers to help out at the Christmas Fair on 8th December. If you are able to volunteer to help out, even if it just for an hour, please do so via this link: volunteersignup.org/7CYY8

The Christmas preparations are well under way with EYFS and Key Stage One classes rehearsing the songs and words ready for their Nativity performances on 5th December (Year 2), 6th December (Year 1) and 7th December (EYFS). The performances will be in the school hall with doors opening at 1:45 for a 2pm show time. Space is extremely limited. If you have young children, please be aware that we cannot accommodate pushchairs/buggies into the hall, there just is no space to safely allow these. We do allow you to take photographs but ask that you only photograph your own child and that you do not share any photos on social media. We have several children whose families do not wish their children's image to be shared online.

Please check our 'festive calendar' for details of other whole school events leading up to Christmas. Classes will also be arranging some class-based celebrations, details will come via each year group directly.

### 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 - a reminder that you'll find these on your year group page on the school website, via <a href="https://www.wrpschool.org/homeconnect">https://www.wrpschool.org/homeconnect</a>

Alternatively, you can email admin@wrpschool.org, or call us on 01395 263397.

Please be aware that teachers don't 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! Mrs Jones





### **Safeguarding : Domestic Abuse**

Domestic Abuse (DA) can take many different forms, including physical / sexual violence, emotional or psychological abuse, financial / economic abuse, and harassment, stalking & digital abuse. It can involve a range of behaviours, such as intimidation, isolation, manipulation, coercion, and threats. This can be by people in a relationship, including other family members and carers.

In the UK, 1 in 5 adults will experience Domestic Abuse during their lifetime - approximately 1 in 4 women and 1 in 6-7 men.

Living in a home where DA happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour, and this can last into adulthood.

It is important to recognise that DA is never the fault of the victim or children and to remember that help and support are available for anyone experiencing it.

# Immediate concerns : If you're worried about the immediate safety of yourself, your children or another person you should dial 999, to inform the police.

Our school is linked to a police initiative called 'Operation Encompass' – an immediate and discrete communication pathway that recognises the children's situation following an incident of DA. School Safeguarding Leads are informed following an incident (usually the next day) and can support children in school – we may also be invited to a MARAC (a multi-agency risk assessment conference) in supporting families further.

Where you can act protectively – If you are in a position to act protectively and can keep yourself and children safe from the perpetrator of DA, then you should look to seek out support in order to keep the family safe going forward. Our school Safeguarding Leads are able to help you to find support via the 'Early Help' process and we can also provide a safe office space to have a conversation or make phone calls in order to seek out the right help.



#### https://www.fearfree.org.uk/what-we-do/domestic-abuse/

Fear Free is one organisation in Devon that is able to offer Early Help. This organisation can offer support to victims of DA, helping them to stay safe and recover. The advisors who work for this service tailor help to individual needs, including: discussing options, providing adult counselling and the therapeutic support that children may well need. It's possible to self-refer to this service, or you can ask school to do so for you.

If you would like to ask anything about this area of safeguarding, please contact the school to discuss further with a member of our safeguarding team – we are here to support.

Mr Smith Designated Safeguarding Lead

At Withycombe Raleigh Primary School we take our safeguarding duties very seriously. If you have any concerns about a child please let us know. Our Designated Safeguarding Lead is the Deputy Headteacher Mr Mike Smith.

### Wellbeing : Resilience

#### What is resilience?

Human resilience is the capacity to cope well with times of adversity or hardship (and even be strengthened by them). It is the ability to bounce back from difficult times to a fulfilling life while retaining a positive sense of self. It is our 'bounce-back ability'.

In the last 2 newsletters we have written about how to help improve **self-esteem**. Having a positive view of ourselves helps build **resilience**.

#### This may help you and your child think about other ways to be resilient!

<b>B</b> is for Bad times.	Bad times won't stay forever. Remember that bad times do go away. Stay hopeful.
O is for Others.	Other people can help you. Think about who you can talk to when you are feeling sad or worried. Don't feel you have to keep it to yourself.
U is for Unhelpful thinking.	Unhelpful thinking will make you more upset. Think again. Try to have positive and helpful thoughts.
<b>N</b> is for Nobody is perfect.	We all can learn from the mistakes we might make. Making mistakes can help us to solve problems. Don't be sad about them.
<b>C</b> is for Concentration.	Concentrate on things that make you laugh. Focus on happy times not sad. Think about things that you enjoy.
E is for Everybody.	Everybody feels sad sometimes. Feeling sad is a normal feeling but we can do things to help us BOUNCE BACK when we feel down. Don't give up!

#### **Collective Worship**



In Collective Worship we have continued to find out about the life of Moses.

This week we focused on the '10 Commandments' and what these mean. We looked at the rules we have in our lives and why rules are necessary to keep everyone safe and happy.



### **Sports & Achievements**

If you have any good news to share about sports or other achievements, please email a photo and brief explanation to <u>admin@wrpschool.org</u>. We'll include as many as we can!



Congratulations to our Cross County Team who participated in the East Devon Finals on 9th November at Bicton College. The course was tough with a horrible, long hill near the start. All of the children tried their very best and showed great team spirit and resilience. A special mention to:

Callum (First place Y5/6 Boys), Emelia (First place Y3/4 Girls) and Connor (Second place Y3/4 boys)

Elijah asked if he could do a cake sale for Children in Need. He wrote a shopping list and designed his Pudsey Bear cakes on paper. Together his family baked and decorated them. Elijah then set up this bake sale outside his house, and raised an incredible £25.30!

Elíjah brought the money he raised into school to send off to Pudsey!





This week, EYFS have been looking at seasonal changes from Autumn to winter. We used the text Percy the Park Keeper's One Snowy Night.

We had a lovely week of ice experiments, we wrote to garden centres to ask for animal feeders or homes, linked the story message to our school vales 'GRACE', thought about how we can help animals this winter and spotting the signs of winter around us. We loved creating Percy, winter scenes, hedgehogs, digging animals out of ice in the water tray and writing in 'snow' outside!

So much learning and so much creativity!









Thursday 7 December, 3 - 6pm. Gifts & Garlands Family crafts session

- Create a mini wreath to take home.
- Enjoy mince pies, cookies and apple juice.
- 10% discount on gifts and decorations in the exhibition and shop.

#### Free drop in, donations welcome.

Thelma Hulbert Gallery, Dowell St, Honiton EX14 1LX, <u>thelmahulbert.com</u>

JOIN US FOR BUDLEIGH LATE NIGHT CHRISTMAS SHOPPING we want to say a big THANK YOU to all our lovely customers over the past year.

> FESTIVE NIBBLES AND DRINKS, PLUS PLENTY OF CHRISTMAS CHEER!

#### FRI 8 DEC from 6pm

@shopbudleigh | #shopbudleigh

### **St John the Evangelist Service** 22<sup>nd</sup> December The Strand, Exmouth





Bicton College Christmas Craft Fair Sunday 10th December 2023 10am-4pm East Budleigh EX9 7BY

Sellers tables available £20



#### **St John's Nativity : Crib Service, 24th December at 4pm** Any child who would like a specific part should come into church on the 9th December at either 11am or 3pm. Mary, Joseph, Angels, Inn keepers, Kings, Herod and Herod's advisors, and a lead shepherd. All children who come dressed as shepherds or Angels will be included. Some of our Year 5 or 6 children might like to do the prayers. Blessings, Judy