

Weekly School News Roundup

**Withycombe Raleigh
C of E Primary School**

Date: 9th February 2024



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News from your Headteacher



This week in school we have celebrated Children's Mental Health Week with this year's theme being 'My Voice Matters'. We talked in assembly about the different ways in which we can use our voice (talking, drawing, writing, singing, sign language, actions) and the different things we can use our voice to draw attention to. The aim of the week is to encourage children to speak up about things that may be worrying them or to speak out about issues they feel strongly about.

It was good to see that some girls in Year 4 decided to use their voice to raise awareness of climate change by making some banners to share with school during their lunchtimes.

Parents' Evenings

I hope that you all managed to meet with your child's class teacher this week and that you found the appointment useful and informative. In the Summer Term, teachers will write an annual report which will detail your child's progress and attainment.

The report will also highlight some areas that children may need to develop or target. In the meantime, if you do have any queries regarding your child's learning, please do not hesitate to contact your child's class teacher via the class email account to arrange a meeting.



Collective Worship

This week focused on the school value **EMPATHY**. Children are able to explain what empathy is. The story from the Bible we use to explain what empathy means is 'The Good Samaritan'.

Have a lovely half term! Mrs. E Jones

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 they don't have an opportunity to check their emails during the school day while they're teaching, so if you have an urgent message please contact the school office.

Telephone: 01395 263397, email: admin@wrpschool.org.

Website: www.wrpschool.org • Facebook: [OfficialWRPSchool](https://www.facebook.com/OfficialWRPSchool)



Growing

Happy

Caring

Hearts

and

Minds



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Our School Ethos Council have also been using their voice this week to raise awareness of bullying. Our Ethos Council are made up of elected representatives from each class and the group meet regularly with Mr Scudder our RSE Lead.

The children have created some guidelines to share with the rest of the children in school, which explains exactly what bullying is and what children can do to prevent it happening at Withycombe Raleigh. The guidelines have been made into a pocket-sized card for each child to keep as a reminder.

The Ethos Council launched these guidelines in this morning's assembly. Again, using their voice to help others.

Safeguarding Update

I have included some further thoughts about bullying this week to support the Anti-bullying messages shared by the School Ethos Council and Mr Scudder at Friday's assembly. All parents can act to help to try and eliminate bullying from their children's lives:

- Simple acts such as talking each day will help to build trust and a supportive relationship with children – using open-ended questions e.g. 'Who did you spend time with today?' in order to take an active interest.
- Being a good example / role model for kindness and leadership. Every time adults speak to another person (adult or child) in a 'mean', belittling or abusive way is arguably teaching your child that bullying is ok.
- Create healthy anti-bullying habits and household rules (thinking always about the imbalance of power associated with talking / interacting with children).
- Working and collaborating with school to address issues; both if you are concerned that your child is being bullied or is in fact showing bullying behaviour towards others (in this case, having honest conversations and making commitments about how to act could be a good starting point).
- Ensure you are taking measures to prevent cyber-bullying (parent controls, taking an interest in their activities online and discussing / modelling appropriate behaviour)

In supporting our school's commitment and desire to stamp out bullying (at school, home and in the community) please consider sharing some of the following discussion points with your child / children:

- What is bullying? How do you define it?
- Everyone deserves to feel safe at school. Does anyone deserve to be bullied?
- How do you think other pupils who are bullied feel?
- Bullying is unacceptable. What positive things could you do if you felt that someone was bullying you? What positive things could you do if you felt that someone else was being bullied?
- At what point does conflict between pupils become bullying?
- What can parents do to help stop bullying?
- Have you ever tried to help someone who was being bullied at school?
- What adults do you trust at school to get help with bullying?
- Have you or your friends left other children out on purpose? Do you think that was bullying? Why or why not?

Mike Smith
Designated Safeguarding Lead

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Wellbeing Update

A Wellbeing Boost for Half Term!

'Children who are more active and who have better health and wellbeing are likely to achieve better educational attainment – in essence, there is an association between wellbeing, academic attainment and physical activity'.

That's according to the The Royal College of Paediatrics and Children's Health. There are many, simple ways families can help improve all aspects of health and wellbeing, so children feel rejuvenated and ready for the next half-term.

Here are some ideas to start you off:

Eat meals together

Regular, shared mealtimes, 'provide a sense of rhythm and regularity in lives. They offer a sense of containment and familiarity, and can evoke deep feelings of contentment and security'. (Mental Health Foundation).



Try some Dinner Table Conversation Games

- Would you rather? eg. Would you rather be able to fly, or be invisible?
- Thorn & Rose game: Name something that happened today that you didn't like (thorn), and something that happened that you enjoyed (rose).
- Weather report: Describe your day as if it was the weather - sunny, showery, a hurricane.



Get Active as a Family

Aside from the many physical health benefits, 'regular physical activity can boost our self-esteem, mood and sleep quality, making us less prone to stress.' (Great Ormond Street Children's Hospital).

Being active doesn't have to mean endless work-outs or hill-climbs!
Try a kitchen disco on a wet day, or ask your children to set up a fun circuit training programme for the family.

Get Outdoors

Connecting with nature and the beauty of our surroundings can empower our mental wellbeing and give a sense of calm. Being with nature is a mindful activity; it allows us to be in the very present moment.



Try these mindful ideas by encouraging your children to use their senses:

- Cloud spotting - What shapes can you see?
- Bird Song - How many different bird songs can you hear?
(there's a free app which listens to your surroundings with you and helps to identify the birds nearby if you'd like to look into this a bit more)
- Sound of the Sea - Shut your eyes, listen and breathe.
- Rainbow colours – Spot things that are the colours of the rainbow?

Have a great half term!
Mrs L Jones, Wellbeing TA



PS: Remember to log your active hours over half term against our School's Longest Walk Challenge too!

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Year 3 students enjoyed their tennis lesson with Ms. Louis, showcasing enthusiasm, teamwork, and skill development on the court.



Lapwing class read their versions of "The Tear Thief" to Otter class. Otter Class really enjoyed the stories and asked to read a book back to the Lapwing children.



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This week Hedgehog Class went outside to look at how a number line works up to the number 20. We discussed spaces, dividers and how to find the middle point. We used our understanding of more and less than to find the other numbers. We had a go at making our own giant number lines on the playground!



Otter Class were rewarded for their hard work this half term with a delicious chocolate fountain!! They could choose to make their skewer from a selection of ingredients including banana, strawberries and marshmallows, before visiting the chocolate fountain for a very tasty treat!



Congratulations to Mrs Parker,
her husband Scott and big sister Olive
on the safe arrival of Baby Ottie.
We can't wait to meet her!

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Sports, and Other 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.

Right: Niamh came third overall for her age category in her first ever Club Championships and achieved her Exmouth Swimming and Lifesaving award!

Rose from Willow Class has moved up to Grade 4 in swimming. Great work Rose!



Evelyn from Sycamore class is now a member of the marathon club, after completing 21 junior park runs!



Arthur in Avocet Class got his **blue belt** in MMA last night, one more belt before panel grading!



On Friday, Enid from Beech class won the Cunningham Cup for her brilliant swimming efforts.



Jacob in Dolphin Class got his 15 metres swimming award.




Natalia from Kingfisher's class passed her **orange belt** grading on Martial Arts.



Poppy in Seal Class achieved her Stage 3 swimming certificate and is now in Stage 4




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Recreational Gymnastics

All Primary School Children
Welcome Years 1-6




Starts 20th of February
Term Time Sessions

Tuesdays
3:30pm - 4pm
Years 1 & 2
4:15pm - 5pm
Years 3 & 4
5:15pm - 6pm
Years 5 & 6

Block Booking
5 week term £25
6 week term £30

To book or find out more contact:


Roxanne Brown
Roxanne.Brown@icloud.com
07595 913 540

British Gymnastics
Trained Instructor



Thelma Hulbert Gallery

Half Term Workshop • 14th February

Learn new techniques to create an animation.

Draw and contribute to a film which inspires others to be climate-positive. Have a go at mono printing, then turn it into an animation. Working with animator and film maker Isgard Wild, discover useful animation techniques using live-action footage. Your sequence will become part of a longer film which we will share on our website.

11 - 12.30: book a slot (link below) £3 per person
1 - 3: drop in session

<https://www.thelmahulbert.com/?q=whats-on/events/half-term-workshop-code-red-animation-0>



Free Infant Massage Course

One to One or in a small group...

The IAIM baby massage course draws from both the Indian and Swedish massage traditions, as well as incorporating principles from yoga and reflexology.

Hello! My name is Anna and I am training with the International Association for Infant Massage (IAIM) to become an infant massage instructor for my job in the NHS. Part of the practical training involves me offering a free 5 session course to mothers / parents and their baby (age 0 - 12 months).

The sessions will last roughly an hour and will be held locally in Exmouth.
I can either come and teach it 1:1 in your home or look at booking a room depending on the interests.

If you have or are expecting a baby and are interested please contact me on 07715387225 or annaslade@hotmail.co.uk and I will share some more information with you. If you want to find out more about IAIM please visit the following website: www.iaim.org.uk

Thank you.



Bereavement Walk & Talk

Every 2nd Friday of the month

Come along to a 'Bereavement Walk & Talk'
A support group aimed at everyone experiencing bereavement or grief and looking to chat through the difficult times.

We start with a walk at 2pm from LED Exmouth, we'll walk for 45 minutes to an hour and then from 3pm have coffee at The Wings Bar, Exmouth. (Tea & coffee will be provided for you by Otter Valley Funerals) Maybe you just want to join for the coffee? That's absolutely fine.

Bereavement affects everyone differently, no two losses are the same but if you are:

- Looking to meet other people socially and just chat
- Finding it difficult following the loss of a loved one
- Want practical help such as how to deal with admin and estates
- Are facing death soon and want to know how to plan ahead
- Want signposting to other specialist services and free counselling

Then please come along and join us.

This event is being hosted by Otter Valley Funerals and the Tri-Hards Community Fitness Project.

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Half Term Fun ~ Challenges and Competitions

Comic Creators Competition	Are you a budding artist who loves comics? We'd love you to create a comic of your own! Enter by 4 th March. Winners will be selected on WBD. There will be PRIZES for the best creation in KS1 and KS2. You could create one beautifully illustrated comic page, or make a whole mini comic if you're bursting with ideas! Winning comics will be given a barcode for the school library, so they can be checked out just like the other comics and books we have in school!
Sponsored Read	See PTFA Facebook page for more information
Most Unusual Reading Place Photo Competition	Mrs Board-Medley has set a challenge to take a photo of you reading a book or comic in the MOST unusual, or special place. Are you going on holiday over half term? Maybe you'll read on the plane, or by the pool, or in a caravan? Will you read on a swing, or sitting under a tree? Take a photo to show us! There will be PRIZES! You can send your photo to admin@wrpschool.org (please write 'Reading Photo Competition' in the subject line)
Guess the Mystery Book Quiz	The winner of the Guess The Book competition will be announced on World Book Day. There will be a PRIZE! Mrs Board-Medley has an ongoing challenge in the Key Stage 2 library where she adds clues about a mystery book one at a time. Children post their guesses in the competition box and the winner gets the PRIZE of a mystery book!
Zig Zag poster design competition	Create an eye-catching drawing, painting or collage to feature on a new sign to be displayed outside of school, to remind drivers about the rules of zig-zag lines. There are PRIZES to be won!.
The Best Book Review	We'd love you to write a review of your favourite book, or any book you have read recently (even if you didn't like it!). The best review, which should help readers to decide whether they might enjoy the book (or not) without any spoilers, will get a book-related PRIZE! Enter by 4 th March. Winner will be selected on 7 th March to celebrate WBD!



There's even more to come too!

The School Book Fair will be open to families in the KS2 library from 5th – 8th March

World Book Day is on 7th March*

Red Nose Day is on 15th March*

**Don't worry - with so much for you all to remember we'll send out more information and reminders!*