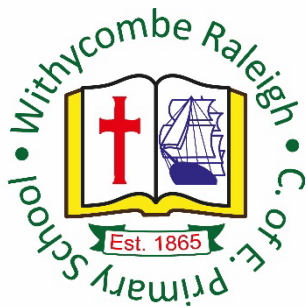


Weekly School News Roundup

**Withycombe Raleigh
C of E Primary School**

Date: 28th Nov 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

There have been lots of excited children this week as December is just around the corner! Please keep a close eye on communications from school over the next few weeks including: emails, updates on the school website, Facebook and the school newsletter. We really don't want any families to miss out on any of the opportunities for festive fun!

The week beginning 8th December is a busy one with Nativities on Tuesday (Y2), Wednesday (Y1) and Thursday (EYFS). Doors will open at 2pm with each performance starting at 2.15pm. We will be using the rear doors of the hall as the entrance so please queue by the 'Kitchen Gate' for access to the hall. As space is limited, a reminder that pushchairs will not be permitted into the hall.

Friday 5th December is our **Christmas Fair**, always a very popular event! The PTFA committee have worked very hard to get things organised for the event and I know it is going to be a fantastic evening. We are still in need of volunteers to help run stalls - and help to clear up afterwards! If you can offer a little bit of time to volunteer, please sign up. <https://volunteersignup.org/EBTMJ>

Please remember that PTFA events are 'cashless' events so we advise families to purchase tokens beforehand. Your child should have also brought home some raffle tickets for families to purchase or sell. As always, there are some great prizes to win. Please return ticket stubs, cash and unused tickets to the box outside the office before 5th December. The raffle will be drawn at the end of the fair.

OPAL Community Build day

On Saturday 22nd November we hosted our 'Community Build' afternoon to create some exciting play opportunities for children to use during our OPAL lunchtimes. Many thanks to the staff who gave up their Saturday afternoon to brave the rain and wind to create some fantastic additions to our environment.

A special thank you to Emily and Lea Burroughs (Parents of Bodhi Y4) and Dave Meredith (Husband of Mrs Meredith) who also gave up their valuable time to support us! It was great to have them there and their practical and creative skills were much appreciated.

It is amazing what can be achieved in an afternoon: 1 digging pit, 1 tyre course, 2 mud kitchens and a musical wall! There are some photos over the page. We are continually on the lookout for additions to our OPAL play stock. Please let us know (opal@wrpschool.org) if you have anything that you are able to kindly donate:

Lengths of guttering / plastic plumbing
Thick rope
Toy cars (and roads / tracks),
Dinosaurs, animals or dolls

Push chairs
Bikes or trikes
Dressing up clothes
Welly boots, waterproof trousers / coats

Have a lovely weekend,
Mrs Jones



Growing

Happy

Caring

Hearts

and

Minds



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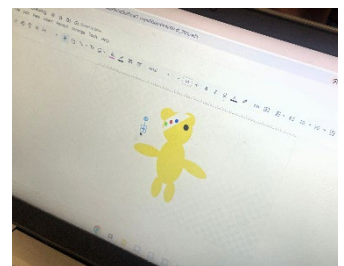
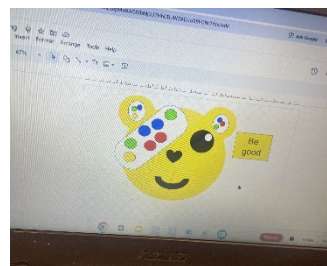
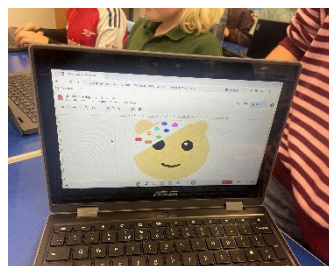
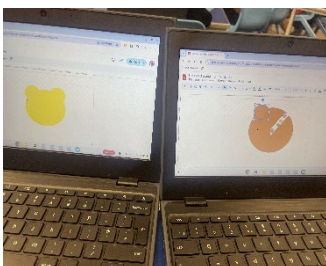


In RE, Year 1 learned all about Advent, and what the 4 candles on the wreath symbolise. We then decorated a candle and cut out a leaf before some of the children assembled the wreaths.

The four Advent candles have their own meanings:

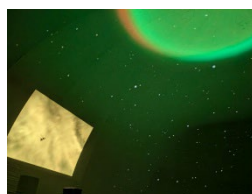
- Hope:* Traditionally purple, it symbolizes hope and is lit on the first Sunday of Advent.
- Peace:* Also purple, it represents peace and is lit on the second Sunday.
- Joy:* This candle is typically rose-colored and symbolizes joy, lit on the third Sunday.
- Love:* The final purple candle represents love and is lit on the fourth Sunday of Advent.

Year 5 have been using **Vector drawings** in computing. Vectors are a form of computer graphics where images are created from geometric shapes such as points, lines, curves and polygons. Vector graphics are fully scalable, making them different to bitmap/raster graphics, and are often used in engineering, architecture, surveying, 3D rendering, and typography. We were inspired by Children in Need so we used our skills to recreate Pudsey!



Year 5 Journey Through Space!

This week Year 5 enjoyed a journey through space in the fantastic space dome. The children spent 80 minutes inside the dome, learning all about the Solar System with Simon and the Space Odyssey team!



Inside the dome is an engaging immersive experience.

It was fantastic!

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Wellbeing - Managing Worry

Worry is normal and natural - we all do it! There are times when a bit of worry is helpful; it can focus our minds on important things and motivate us, such as when we are about to do a test or run a race.

Worry can also be unhelpful; particularly if we are having negative or unhelpful thinking patterns, and where we find it harder to see things in a more balanced or positive way. Worry can also become unhelpful if it is taking up too much of our thinking time, when worry thoughts go round and round in our heads or keep coming back to mind.

The good news is that we can learn ways to take control of our worrying! **Try this 3-step process:**

1. Sort your worries

Sorting our worries into categories can help us think more clearly of ways to manage them.

Ask yourself (or your child) these questions:

- Is my worry real or not real?
- Is my worry mine or someone else's?
- Is my worry within my control or not?
- Can I do something about this worry - yes or no?

If yes....

- What can I do? How do I do it? When will I do this?
- Make a plan, then distract yourself by thinking about something else.

2. Challenge negative thoughts

If a thought is unhelpful or negative, try to challenge it.

Ask yourself:

- Am I putting myself down with this thought?
- Am I just noticing the bad stuff?
- Am I ignoring anything that's going well?
- Am I blowing things up out of proportion?
- What would I say to a friend if they had this thought?

3. Reframe unhelpful thoughts

Once we have sorted and challenged our worry thoughts, we can practice reframing them. This is about trying to replace unhelpful thoughts with more balanced and helpful ones for us.

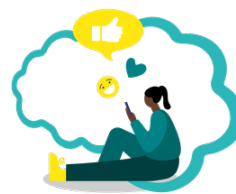
The NHS Every Mind Matters website calls this process of changing negative thinking:



Catch it



Check it



Change it

Here is a link to a video which explains this in more detail: <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/reframing-unhelpful-thoughts/>

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School Sports Stars

A huge congratulations to some of our Year 6 boys who **WON the Exeter City Utilia Plate** title on Monday at Cliff Hill Training Center. A superb team effort! Well done Stanley, Harrold, Alex, Fin, Zak, Casper, Archie, Alfie and Leighton!



On Friday some of our super Year 2 children came to a **Multi Sports Festival** held in a rather chilly tennis center!

There the children took part in lots of different activities - hula hooping, yoga, gymnastics, dancing and running, working with lots of different children from other schools.

Well done Elsie, Nyla, James, Polly, Bertie, Ella and Jessie!

Weekly School News Roundup

Sports & Achievements



Ellyse was so happy to be awarded the 'Player of the week' trophy at football this week - well done Ellyse!



[Left]

A huge congratulations to Elspeth! Along with several other Year 5 pupils last year, Elspeth took part in a creative writing competition. Her entry was selected as one of just five winners from over 15,300 submissions — an outstanding achievement. She even received a fantastic goody bag as part of her prize! Here's what their independent judge Mark Grist had to say about her entry:

Elspeth, this is such a clever and imaginative piece. I love how you take a simple idea - a monster who eats words - and turn it into something so funny and inventive. The rhythm and pacing are spot on, and each word Horatio eats brings a playful surprise. It's witty, original, and full of life. Brilliant work!

SUPERKIND

YOUNG CHANGE-MAKER OF THE YEAR COMPETITION

Are you aged 4-18 and making the world a better place?
Could your story inspire tens of thousands of other young people?

SuperKind's Change-Maker of Year Competition is looking for the UK's most amazing young change-makers.

Submissions can be made in text, a video, or something visual.

Scan the QR code or visit
WWW.SUPERKIND.ORG/YOUNG-CHANGE-MAKER
for more information.

Entries close on December 19th 2025.

WHAT'S ON?
SATURDAY DEC 6TH

9.30 - 12.30PM EXMOUTH LIBRARY, EXETER ROAD
Swap your Christmas jumper for a 'new' one! Make pom-poms, paper tinsel and wrapping paper with Plastic Free Exmouth.

10 - 3PM SALVATION ARMY HALL, SHEPPARDS ROW
Christmas baking - sweet and savoury! Cookery book and utensils swap. Got your bikes ready to sparkle this winter? Make baubles with Wild East Devon and pine cone decorations with A La Ronde. Free refreshments - everyone is welcome.

10 - 3PM GLENORCHY HALL, EXETER ROAD
Craft wreaths from leftover fabric, lanterns from jam jars and pen pots from tins! Join the crafting fun for free - all ages & expertise.

10 - 3PM EXMOUTH MUSEUM, SHEPPARDS ROW
Bring your dog and make decorations with their paw prints. Look out for Devon Loves Dogs outside the Museum & don't forget your furry friend!

12 - 5PM DICKENS AT THE MUSEUM, SHEPPARDS ROW
With two galleries open, a raffle and heritage games, look out for David Copperfield and friends throughout the day. Victorian dress optional!

11 - 3PM MUSIC WITH THE TOWN BAND & LOCAL MUSICIANS
Join us in and around Sheppards Row for some festive tunes!

11 - 3PM THE EXMOUTH ARMS, EXETER ROAD
Can you taste the difference between plant-based and non plant-based?! Challenge your taste buds in this tasty mince pie competition.

Glenorchy United Reformed Church Libraries Unlimited Exmouth Museum THE SALVATION ARMY Exmouth Town Council