

Weekly School News Roundup

Withycombe Raleigh C of E Primary School



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News from your Headteacher

As many of you are aware, a very important part of the learning we provide to children is the opportunity to experience learning first hand through visitors and experiences in school, or out on trips whenever possible. This week, Year 6 visited Tiverton Museum as part of their History topic about World War Two. They participated in workshops including learning about rationing and Make Do and Mend. The children had an amazing day, but we were especially delighted that one of the staff from the museum commented on how 'brilliantly behaved' the children were. Well Done Year 6! We've shared some photos later in the newsletter.

Uniform: a reminder

It's our policy that all children wear school uniform when attending school and when participating in school organised events outside normal school hours. We ask children to wear their polo shirts tucked into their skirts, shorts or trousers and to take pride in their personal appearance. Some items of uniform can be bought from our school uniform suppliers (currently Proserve and Shipshape), whilst others are easily available at very competitive prices at local shops, including supermarkets.

Uniform Essentials	Uniform for PE	Jewellery and hair accessories
Bottle green sweatshirt or cardigan with our school logo embroidered. Black school shoes with heels and toes covered all year – please no sandals, canvas shoes or trainers. White short-sleeved polo shirt. Long light grey trousers or shorts worn with grey socks. Light grey culottes, skirt or pinafore dress worn with grey tights. Green and white gingham dress (not striped) worn with white socks.	Green polo shirt with school logo and black shorts, white or grey socks, trainers. Green PE Hoodie (Optional) A plain black tracksuit can be worn in colder weather.	For health and safety reasons we do not allow children to wear jewellery. The exceptions to this rule are small ear studs in pierced ears. Wherever possible children are required to remove any jewellery items during PE lessons to prevent them from causing injury. Please note: Teachers are not permitted to remove earrings for pupils. Long hair should be tied back and hair accessories should be plain green or plain white and without embellishments.

The PTFA collects uniform donations from children who have grown out of them, or have moved on. These are then available to buy at very reasonable prices, raising funds for the PTFA. You can contact the PTFA at any time if you need something, and we'll let you know on our Facebook page when there is a preloved uniform sale coming up!



Growing

Happy

Caring

Hearts

and

Minds



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Collective Worship

Our theme in Collective Worship this half term is all about using our words wisely.

On Monday we talked about how powerful our words can be and that we should ensure we use them for good rather than bad. We discussed ways in which children can use words to do good things-paying people compliments, using our manners, saying please and thank you were just a few of the suggestions made by the children.

*Have a lovely weekend.
Mrs. E Jones*



Environmental News – The Big Plastic Count

DATES FOR THE DIARY: The Big Plastic Count: 11-17 MARCH 2024
Submission deadline: 31 MARCH 2024
Results published: APRIL 2024

The Big Plastic Count, the UK's biggest investigation into household plastic waste, returns for 2024 from 11-17 March! The 'Greenpeace' and 'Everyday Plastic' campaign aims to highlight the urgency and scale of the plastic waste problem, and enable people to play a part in helping solve the plastic crisis.

The idea is simple: as a household, count your plastic waste for one week and submit results online. This will provide vital data to help understand the true scale of the plastic problem and communicate this to decision-makers in government and business.

Join the fight against plastic waste!

At Withycombe we're looking at ways to reduce our plastic waste (as part of the 'SAS Plastic Free Schools' Initiative) including the things that we buy and the things that we use in school. We know that an awful lot of plastic waste ends up in the sea and has a massive impact on the environment and even the food that we eat!

- Did you know that nearly 100 billion pieces of plastic packaging are thrown away by UK households every year, and just 12% is recycled in the UK
- 8 million pieces of plastic pollution make their way into the ocean every day. (OSPAR, 2009)
- 80% of all studied marine debris is plastic. (IUCN, 2020)
- 5.25 trillion macro and microplastics may now be floating in the open ocean, weighing up to 269,000 tonnes. (Eriksen, 2014)
- 100,000 marine mammals and turtles and 1 million sea birds are killed by marine plastic pollution every year. (UK Government, 2018)



In East Devon, our recycling efforts are commendable! We have **one of the most comprehensive waste collection services** in England and in 2022/23, **60%** of our rubbish was recycled. Check what you can recycle here: <https://www.eastdevon.gov.uk/recycling-and-waste/>



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How the Big Plastic Count Works

We hope that your household will help by joining in with the Big Plastic Count and also think about reducing the amount of single-use plastic used at home. Please use the following link to register and follow 3 simple steps: <https://thebigplasticcount.com/>

1. **Register today:** for a free pack with everything you need
2. **Get counting:** Join thousands across the UK and tally (see part of the chart below) all the plastic packaging you throw away for one week – 11-17 March. Then submit your results on our website.
3. **Know your plastic:** We'll send you a personal plastic footprint which shows where it ends up. Once all the results are in, we'll share the national picture, and the next steps on pushing the government into action.



LET'S COUNT!

GREENPEACE x EVERYDAY PLASTIC












TALLY SHEET

Print this off and stick it somewhere you'll see it, then tally the types of plastic packaging you throw away each day.

Tick off the days as you count your plastic:

M T W T F S S

FOOD & DRINK

	Small bottles (up to 500ml) (water, soft drinks, sauces etc.)	Total	<input type="text"/>	<input type="text"/>
	Large bottles (over 500ml) (water, squash, cooking oil, milk etc.)		<input type="text"/>	<input type="text"/>
	Hard plastic caps and lids (from bottles, cartons, jars etc.)		<input type="text"/>	<input type="text"/>
	Peelable film lids (from soft fruits, fish, falafels, dips etc.)		<input type="text"/>	<input type="text"/>
	Fruit and veg trays, pots and their hard lids (berries, grapes, stir fry, tomatoes etc.)		<input type="text"/>	<input type="text"/>
	Fruit, veg and salad bags, wrappers and nets (salad, bananas, cucumber, lemons etc.)		<input type="text"/>	<input type="text"/>
	Black pots, tubs and trays (ready meals, chilled foods, cooked meats etc.)	Total	<input type="text"/>	<input type="text"/>
	Pots, tubs and trays (yoghurt, dips, butter, pastries, meat etc.)		<input type="text"/>	<input type="text"/>
	Snack bags, packets and wrappers (crisps, biscuits, cereal bars, chocolate etc.)		<input type="text"/>	<input type="text"/>
	Other hard food and drink packaging (coffee pods, plastic corks, polystyrene cups etc.)		<input type="text"/>	<input type="text"/>
	Other soft food and drink packaging (rice, bread bags, frozen peas, cling film, cheese etc.)		<input type="text"/>	<input type="text"/>

Mr Smith
Deputy Headteacher

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Wellbeing update

Managing Worry - Part 1

Worry is normal and natural - we all do it!

There are times when a little 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

There are ways parents and carers can help children notice when worry becomes less helpful to them.

Try these ideas:

1. Help your child to recognise unhelpful thoughts that make them feel worse, go round and round in their head or that keep coming back to their mind.
2. Help them question these unhelpful thoughts.
Tell them we don't have to accept all worried thoughts but we can learn ways to challenge them by asking ourselves questions:

Is this thought true?

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. Help them to replace the thought with a more balanced, helpful thought.

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 it more: <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/reframing-unhelpful-thoughts/>

Baby News:

Congratulations to Miss Pantony on the safe arrival of baby Rupert who was born on Saturday.



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Stronger Starts



We're delighted to share that we have been successful in the Tesco Stronger Starts campaign, and thanks to the local community for selecting our cause when considering how to use their blue coin, we've been fortunate to receive the grant funding for our new playground markings.

We'll share more about this soon and we're looking forward to seeing our playgrounds looking even more fabulous!



The PTFA have donated money to purchase emergency clothing supplies for KS2 children.

The Withy **Zig-Zag** artwork competition.

The winner is Elsie from Beech Class!

Huge thanks also to:
Neveah from Dolphin Class
Molly from Lapwing Class
Olive from Rabbit Class
Poppy from Sandpiper Class.

We'll share all the runner-up designs with you next week, but... we're going to keep the winning artwork under wraps until we can unveil the new banner, displayed in all its glory outside our school!

Watch this space!!



This week was the start of Bike Ability for lots of our Year 5s!

Over the course of the week they have completed their level 1 and 2 course, and have worked really hard at learning to ride safely on the roads around school.

Well done to you all!



Year 6 visited Tiverton Museum as part of their History topic about World War Two.

They participated in workshops including learning about rationing and Make Do and Mend.

The children had an amazing day!

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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.

Fletcher from rabbits was given player of the week after a great football training session even braving the rain!



Zara did amazing in her dance competition.. she lost her last life in beginner and has now gone up to the next level of starter!



Elliot from Willow class and her brother filmed some scenes for the Jewry Wall Museum. It'll be part of a new immersive exhibition depicting Roman life when the museum unveils a recent discovery that was found in Leicester. Elliot got to dress in traditional Roman costume and learnt about how the Romans lived. The exhibition should open around October.



Rose from Beech Class has completed her Stage 4 swimming. Moving on to level 5!



Rose also completed her first proficiency award in Gymnastics!





...to... everyone!








It's tradition in lots of schools, including ours, for children to bring in class gifts on their birthday - usually bags of Haribo sweets, or chocolate. While this is a very lovely gesture, some families have highlighted that children are bringing home sweets quite often. We definitely don't want to be 'big brother' about it, but we wondered if you might also buy into the idea of considering fewer plastic-packaged, sugary gifts...

We're not banning sweet gifts! But we do have some great suggestions for alternatives.

Short of time? These can be ordered from online shopping sites:

- Stickers! Individual, or mini packs/sheets - even popular *fluff stickers* can be found at a good price.
- Mini novelty erasers – we found 50 for around £3
- Bookmarks – you can buy a multi-pack, or your child could make them?
- Mini scratch-art gifts, we found 60 scratch art bookmarks for £4.00 – go halves with someone?
- Or how about Mini pop keyrings, or fidget toys, or slap bands?

Short of funds? Or environmentally aware? Have your children plan ahead and hand-make more sustainable gifts for a lovely personal touch!

	Your child could write small friendship notes or inspiration quotes on scraps of coloured paper, fold them up, and they can be selected 'pot luck' out of a jar at home time.
	Home-made friendship bracelets. We know lots of children have bracelet making kits already as they bring them into school, so they could plan ahead to make enough.
	Origami Lucky Stars. Your child could make a jar full of these little paper stars, and the children could take one each - they could build a collection over the years. Look how cute they are!
	Children could make and give out small traditional 'fortune teller' games made of folded paper.
	Make your friends a paper airplane each to play with!
	You could make seed bombs by mixing together some compost or colourful paper mâché with a few wild flower seeds, roll them into balls and give out one each. Or give out a seed or two in a tiny envelope to grow at home.
	Or go one step further and give out seedlings in a biodegradable loo-roll pot for your friends to grow on at home.

A reassuring footnote:

- class birthday gifts of any kind are not compulsory!
- let's not make this competitive - we don't want to outdo anyone, we just want to share kindness
- focus on low-cost ideas with the target being *not more expensive than 30 packs of sweets*
- definitely aim to keep your gifts under £5 for the whole class

We advise no bouncy balls due to potential home time chaos - children will be desperate to bounce their ball in the playground where they'll all get mixed up or lost in the bushes, and there will be tears!

Temporary tattoos might be popular, but if they're received please only use them at weekends or school holidays.

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Withycombe Primary World Book Day Thursday 7th March

Children are invited to come in dressed as their favourite book character!

The school BOOK FAIR is here too!
Come and pick up your free
£1 book voucher!

There's no need to
buy special costumes,
but the PTFA have a
sale on 23rd Feb!

We really love
home-made
outfits at Withy!

...and we love
just reading
for pleasure!



Could you be the Withycombe Primary Crossing Patrol hero?



- £11.59 per hour
- 5 hours per week

For more information visit: devon.cc/scp
email: crossingpatrols@devon.gov.uk
or call 01392 383000 and ask for School Crossing Patrols



On Thursday 21 March,
we welcome everyone to wear their
favourite socks

to mark
World Down Syndrome Day!

We will be celebrating everything
that makes all of us
different,
and yet the same.



#LotsOfSocks
Join us on 21 March 2024



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

Please note the enquiries@wrpschool.org email address which was set up to deal with Covid-related enquiries during lockdown has been closed as it is no longer required. You can still contact us via the main admin email address. Thank you.

- www.wrpschool.org
- Facebook: OfficialWRPSchool