

Weekly School News Roundup

**Withycombe Raleigh
C of E Primary School**

Date: 19th Dec 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

We have made it to the end of term!

Over the last couple of weeks we have been plagued with various illnesses, both among staff and children; I really hope that everyone can rest and recuperate over the Christmas break so we are all ready and raring to go again in January.

I would like to take this opportunity to thank all the staff for their hard work and dedication this term. We have really struggled at times with absence which has meant that other staff have had to work even harder than normal! All our staff put the children at Withycombe at the very heart of everything they do and they all deserve a well-earned holiday!



Christmas Lunch

On Wednesday almost 600 Christmas dinners were served to children and staff. It was truly amazing how smoothly the service went and the quality of the food served was exceptional. It was a real team effort, with staff from across the school all 'mucking in' with serving, pulling crackers, washing up, wiping and clearing tables. A special thank you to our Kitchen Manager, Layla and her team for their amazing skills and for pulling off such a massive feat so calmly and effectively. All the children enjoyed their meal as well as the Christmas sing along!

Term Dates

We are pleased to inform you that the term dates for the 2026–2027 academic year have now been agreed by the Governing Body. These will be uploaded to our website today and have been shared in this newsletter.

You will notice that we've allocated a two-week half-term break during the Autumn Term. This approach mirrors Exmouth Community College (ECC) and a number of other local schools, helping to support our staff who have children at those other schools as well as families with siblings across different settings. We hope families will welcome the longer break, particularly as the Autumn Term is often one of the most demanding and tiring periods of the school year for both pupils and staff.



Year 6 Performed an interpretative dance to the Christmas Carol 'Mary, Did You Know?' at our Christmas Church Service. This video is on the final door of our school Advent Calendar, and we'll also add it to the Home Connect page for you to watch. It's a really lovely piece so we encourage you to take a few moments to enjoy it.

Have a lovely Christmas, Mrs. E Jones

**We look forward to welcoming the children back on
Tuesday 6th January 2026.**



Growing

Happy

Caring

Hearts

and

Minds

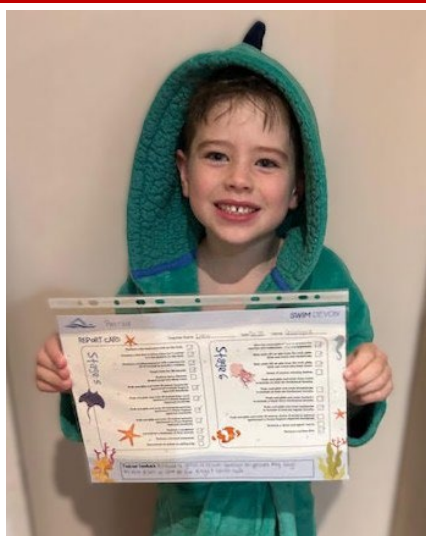


Weekly School News Roundup

Christmas Lunch Snaps!



Last week Dolphin Class voted to do a litter pick as a way they could make a difference to the school community as part of our RSE.



Arthur is delighted to share that he has completed Stage 5 with Swim Devon.



Archie in Rabbits got his 5m swimming badge this week. Cody from Otters has completed Stage 4 and is moving onto Stage 5.



Congratulations to all the young musicians who performed at the school Christmas Concert, showcasing how far they have come. Thank you to the families who came to support the children, too. From the very beginners, to the more practiced - we loved every one!

Weekly School News Roundup

Safeguarding - Online safety

(With Christmas coming and the possibility of new devices!)

Why Online Safety Matters

Children have amazing opportunities online, but they also face risks such as contact with strangers, bullying, and inappropriate content.

- 19% of children aged 10-15 have messaged someone online they never met in real life (NSPCC).
- Online grooming crimes against children have increased by 82% in the last five years.
- Only 9% of girls report feeling safe online.

Tips for Parents / Carers

1. Talk with your child regularly about what they do online

- ✓ Open Communication: Talk with your child regularly about what they do online: what apps/games they use, who they talk with, what they watch.
- ✓ Use open-ended questions: "What's your favourite game? Who did you chat to today?" rather than just "Have you been safe?"
- ✓ Let them know they can come to you if something makes them feel upset or worried - no blame.
- ✓ Model good online behaviour: talk about your own screen-time, how you use apps, what you share.

2. Set Boundaries:

- ✓ Agree together on rules: when (which times), where (which rooms/ devices) and how long children can go online; you are not alone, this is everyone's 'battleground'!
- ✓ Ensure devices are in communal family spaces (not bedrooms) for younger children.
- ✓ Explain why rules exist: safety, privacy, wellbeing - so the child understands rather than just follows.

3. Explore Apps Together:

- ✓ Check which apps/games your child uses: what features (chat, voice, sharing) they include.
- ✓ Show them how to report/block/ unfriend in the app/game if someone makes them feel uneasy.

- ✓ Keep software/devices updated to benefit from latest security features.

- ✓ Use built-in parental controls or third-party software where appropriate, but remember they're a support, not a substitute for conversations.

4. Teach Safe Sharing:

- ✓ Encourage children to treat their online social space 'like the playground': be respectful, be safe and stop if someone is upset.
- ✓ Teach them: "If you wouldn't say/share it face-to-face, don't share it online."
- ✓ Make sure they understand what personal information is (full name, address, school, hobbies, photos) and why it must be protected.
- ✓ Explain that once something is shared online, it may be hard to remove.

5. Watch for Signs:

- ✓ Your child is secretive about their online use or quickly switches off screens when you enter the room.
- ✓ They receive more messages / friend requests than you expected, especially from unknown people.
- ✓ They talk about meeting someone they only know online.
- ✓ They appear upset, anxious, withdrawn after going online or using a device.

Helping Young People Game Safely Online

The "Game Safe" guide from Internet Matters helps parents support safe, balanced online gaming for young people. It covers age-appropriate content, managing screen time, setting parental controls, and staying alert to online risks like in-game chats and spending! It also encourages open conversations to promote safe and positive gaming experiences. You can find it here:

<https://www.internetmatters.org/resources/game-safe-guide-to-help-young-people-game-safely-online/>

Stay safe online this Christmas - and Season's Greetings,

Mr Smith, Safeguarding Lead

Weekly School News Roundup

Christmas Wellbeing Tips

Young Minds, a mental health charity, have published some top tips for helping children if Christmas time makes them anxious and we thought we'd share them with you in case you find some of the tips helpful.

Check in with your child

Talk to your child about what they look forward to at Christmas, or is there anything they are worried about? Maybe take 20 minutes to do an activity together and create a relaxed space to start that conversation.

Plan ahead

Plan time together, and also time to yourselves, whether through separate activities or some unstructured down time. For children whose parents are separated, it is often helpful for adults concerned to make a joint decision on how the Christmas period runs.

Understand their needs

Understanding what each of you in the family needs is crucial to reducing stress and the risk of family arguments. Do some need more sleep than others? More space and time alone? Understanding what matters to each individual in the family, and then planning ahead, is key to reducing anxiety.

Get out of the house

Make sure everyone gets out of the house regularly, even if it's for a brisk walk around the block. This can help reduce tensions.

Look after health

Christmas can be a time of overindulgence: lots of food, late nights, and sugary treats. Having some healthy meals, more active days, and earlier nights will bring a bit of balance to the holidays.

Do what's best for you

Often there can be talk of having the 'perfect Christmas', but when it comes down to it, you know your child best. Make decisions to suit your family, even if this means doing things differently. That way you'll have a Christmas that's perfect for you and your family!

Here are some mental health support agencies in case you need to reach out over the holiday period:

- Childline www.childline.org.uk
- Free phone line 0800 1111 and text service for young people to make contact with a counsellor.
- NHS Every mind Matters www.nhs.uk/oneyou/every-mind-matters
- Offers a range of mental health advice
- YoungMinds www.youngminds.org.uk
- Provides support, advice and resources for young people on mental health.
- Child Bereavement UK www.childbereavementuk.org
- Information on how to support a young person. A helpline is also available 0800 028840.
- Papyrus www.papyrus-uk.org
- Mental health charity dedicated to preventing young suicide.
- Call 08000684141/ Text 07860039967 for any young person experiencing thoughts of suicide or for anyone who has concerns for a young person who may be in distress.
- Kooth www.kooth.com
- Provides free mental health support with online counsellors for ages 11+.
- For further information regarding support services please see our Wellbeing Page on the school website.
<https://www.wrpschool.org/wellbeing-2025>

Weekly School News Roundup



EXMOUTH FOOD BANK

OPENING TIMES OVER THE FESTIVE PERIOD

During the festive period we will be open to clients on the following days:

- **Tuesday 23 December 2025:**
13:30 to 15:00
- **Friday 26 December 2025:**
Boxing Day, Closed
- **Tuesday 30 December 2025:**
13:30 to 15:00
- **Friday 2 January 2026:**
13.30 to 15:00

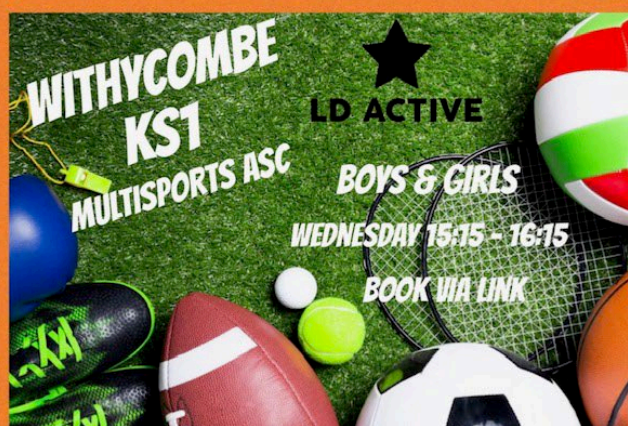
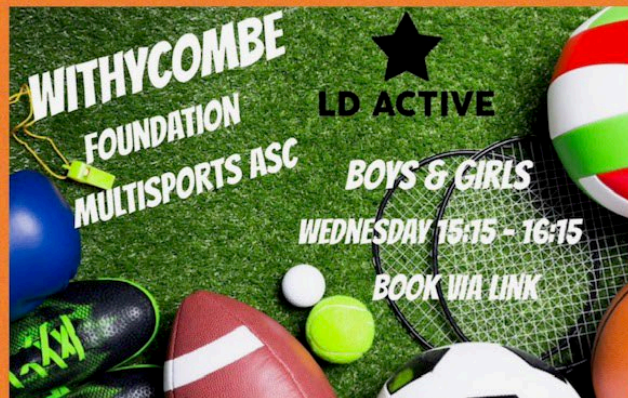


If you find yourself in food crisis and need to get in touch during the festive period please telephone 07787 758511 or 07749 322291. Phones will be monitored throughout Christmas and the New Year.

Weekly School News Roundup

LD Active clubs are available to book!

<https://activities.bookpebble.co.uk/supplier/ld-active-06986a00-3153-49c4-ba25-107310fa1b6a>



***Merry Christmas from all the Staff,
PTFA and Governors***

Remember to book your lunches on Parent Pay in time for the new term, along with Breakfast Club if you use it.
We'll see you back in School on Tuesday 6th January (Monday is a non-pupil day).

Withycombe Raleigh Primary School - Lunch Menu January 2026

WEEK 1

Allergens	Monday
6	Chicken Korma, Rice & Mixed Veg
3,8,10	Quorn Hot Dogs
3,4	Egg Sandwich
3,9	Fruit Flapjack
	Tuesday
3,11	Sausages, Pasta, Baked Beans/Broccoli
3,8	Quorn Bolognese & Pasta
4,5,6	Jacket Potato with Tuna and/or Cheese
3,6	Custard Cookies
	Wednesday
Wednesday's Roast Dinners are served with Yorkshire Puddings, Crispy Roast Potatoes, a choice of Fresh Veg, and Gravy	
1,3,4,6,8	Roast Chicken Dinner
1,3,4,6,8	Roast Quorn Dinner
3,6	Cheese Roll
-	Jelly
	Thursday
-	Beef Bolognese & Nachos, Peas & S'corn
3,6	Tomato & Mozzarella Penne Pasta
3,11	Ham Wrap
3,6	Jam Sponge & Custard
	Friday
3,5	Cod Fish Fingers, Chips & Beans
3,4,6	Veggie Burger & Chips
3,6,11	Cheese & Ham Pasta
6	Ice Cream

WEEK 2











Allergens	Monday
3,11	Meatballs & Pasta, Green Beans, S'corn
6	Vegetable Korma & Rice
6	Jacket Potato with Cheese and/or Beans
3,9	Fruit Flapjack
	Tuesday
3	Chicken Fajitas with Tortilla Wraps
3,4	Cheese & Tomato Pinwheels
3,4	Cheese Sandwich
-	Jelly
	Wednesday
1,3,4,6,8	Roast Turkey Dinner
1,3,4,6,8	Roast Quorn Dinner
3,4,5	Tuna Wrap
-	Mousse
	Thursday
3,11	Hot Dog in a Roll with Peas and Beans
3,6	Macaroni Cheese
3	Turkey Sandwich
3,6	Chocolate Krispie Cake
	Friday
3,5	Fish & Chips, Peas and Beans
3	Quorn Nuggets & Chips
3,6	Cheese Pasty
3,4,6,8	Arctic Roll

WEEK 3

Allergens	Monday
3,6	Cheese & Tomato Pizza, Broccoli, Beans
3	Sweet & Sour Quorn & Rice
3,11	Ham Roll
3,9	Fruit Flapjack
	Tuesday
3	Spaghetti Bolognese, Carrots S'corn
6	Cauliflower Cheese
5,6	Jacket Potato with Tuna and/or Cheese
3,4	Marble Sponge Cake
	Wednesday
1,3,4,6,8	Roast Gammon Dinner
1,3,4,6,8	Roast Quorn Dinner
3,4	Egg Sandwich
6	Mousse
	Thursday
3,5,7	Salmon & Potato Cakes, Beans & Carrots
3,6	Vegetable Lasagne
6	Jacket Potato with Cheese and/or Beans
3	Chocolate Cookies
	Friday
3,11	Sausage & Chips, Peas & Beans
3	Quorn Sausage & Chips, Peas & Beans
3,5	Tuna Wrap
6	Ice Cream

Key to Allergen Information. Note, we are a **nut-free school** so nuts are not part of this key.

Please speak to the Kitchen Manager for more information or for any other dietary clarification. Sometimes an allergen may be avoided (eg if only in gravy or mayo).

1.		2.		3.		4.		5.		6.		7.		8.		9.		10.	
	Celery		Crustaceans		Wheat		Egg		Fish		Milk		Mustard		Soya		Sulphur Dioxide		Sesame

11, Additional information - recipe includes Pork/Ham/Bacon/Gammon products. Where shown in brackets (11) this is an optional part of the meal.

Available every day: Seasonal vegetables, salad bar and wholemeal bread (10). Fresh fruit and yoghurt (6) available as additional dessert options daily.

Main meal = red band

Vegetarian option = green band

* 'Chilled' option = blue band

Withycombe Raleigh C of E Primary School

Term Dates for 2026-2027

September 2026					
Monday		7	14	21	28
Tuesday	1	8	15	22	29
Wednesday	2	9	16	23	30
Thursday	3	10	17	24	
Friday	4	11	18	25	
Saturday	5	12	19	26	
Sunday	6	13	20	27	

October 2026					
Monday		5	12	19	26
Tuesday		6	13	20	27
Wednesday		7	14	21	28
Thursday	1	8	15	22	29
Friday	2	9	16	23	30
Saturday	3	10	17	24	31
Sunday	4	11	18	25	1

November 2026					
Monday	2	9	16	23	30
Tuesday	3	10	17	24	
Wednesday	4	11	18	25	
Thursday	5	12	19	26	
Friday	6	13	20	27	
Saturday	7	14	21	28	
Sunday	8	15	22	29	

December 2026					
Monday		7	14	21	28
Tuesday	1	8	15	22	29
Wednesday	2	9	16	23	30
Thursday	3	10	17	24	31
Friday	4	11	18	25	
Saturday	5	12	19	26	
Sunday	6	13	20	27	

January 2027					
Monday		4	11	18	25
Tuesday		5	12	19	26
Wednesday		6	13	20	27
Thursday		7	14	21	28
Friday	1	8	15	22	29
Saturday	2	9	16	23	30
Sunday	3	10	17	24	31

February 2027					
Monday	1	8	15	22	
Tuesday	2	9	16	23	
Wednesday	3	10	17	24	
Thursday	4	11	18	25	
Friday	5	12	19	26	
Saturday	6	13	20	27	
Sunday	7	14	21	28	

March 2027					
Monday	1	8	15	22	29
Tuesday	2	9	16	23	30
Wednesday	3	10	17	24	31
Thursday	4	11	18	25	
Friday	5	12	19	26	
Saturday	6	13	20	27	
Sunday	7	14	21	28	

April 2027					
Monday		5	12	19	26
Tuesday		6	13	20	27
Wednesday		7	14	21	28
Thursday	1	8	15	22	29
Friday	2	9	16	23	30
Saturday	3	10	17	24	
Sunday	4	11	18	25	

May 2027					
Monday	3	10	17	24	31
Tuesday	4	11	18	25	
Wednesday	5	12	19	26	
Thursday	6	13	20	27	
Friday	7	14	21	28	
Saturday	8	15	22	29	
Sunday	9	16	23	30	

June 2027					
Monday		7	14	21	28
Tuesday	1	8	15	22	29
Wednesday	2	9	16	23	30
Thursday	3	10	17	24	
Friday	4	11	18	25	
Saturday	5	12	19	26	
Sunday	6	13	20	27	

July 2027					
Monday		5	12	19	26
Tuesday		6	13	20	27
Wednesday		7	14	21	28
Thursday	1	8	15	22	29
Friday	2	9	16	23	30
Saturday	3	10	17	24	1
Sunday	4	11	18	25	2

August 2027					
Monday	2	9	16	23	30
Tuesday	3	10	17	24	31
Wednesday	4	11	18	25	
Thursday	5	12	19	26	
Friday	6	13	20	27	
Saturday	7	14	21	28	
Sunday	8	15	22	29	

Key:
Bold - Bank Holidays
School Holidays
RD = Return Day (Children in for new school term)
OD = Non-Pupil Days (Occasional 2, Training 5)
Total School Days = 190

Bank Holiday Dates shown in Bold:
25 th & 28 th December 2026 (Christmas & Boxing Day)
1 st January 2027 (New Years' Day)
26 th March (Good Friday), 29 th March (Easter Monday)
3 rd May (May Day)
31 st May (Spring Bank Holiday)
30 th August (Summer Bank Holiday)

Agreed by the School Governors and first published December 2025

May be subject to changes outside of our control.

