

Weekly School News Roundup

Withycombe Raleigh C of E Primary School

Date: 14/01/2022



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

This week children have been enjoying their new topics in class. Year 5 were visited by the Space Dome on Monday and learned all about the planets and stars. As a school, we always try to ensure each topic has a trip, visit or experience that brings the topic to life and engages the children in the learning. We also feel it is important that children have the opportunity to make 'life-long' memories during their time at Withycombe and we know that these kinds of experiences contribute to these. Staff have lots of exciting things planned for the remainder of the term.

It has been great to see children taking their learning outside this week too. Classes have made the most of the dry weather with children participating in a wide variety of sports including: a daily mile, tennis, football, netball and multi sports. Being physically active is vital in school as we believe it enables children to learn more effectively as well as keeping them fit and healthy. It is also one of our 10 a day for Mental Health. Classes have visited our Nature School and have utilised this wonderful area to enhance their learning. We are a very busy school so please keep up to date about what is going on via our Facebook page, website, Tapestry (Foundation) and Seesaw.

Covid update

As many of you will be aware, we currently have cases of Covid in our school community. These positive cases are currently notable in a single cluster, but we also have a few further cases scattered across the school - in low numbers. We will continue to inform you if there is a positive Covid case in your child's class.

Where we have a 'cluster' of cases, we will 'bubble' the affected class which means they will play separately from other classes at breaktimes and they will eat in the classroom as a temporary measure. We will endeavour to keep staffing levels stable.

We continue to do all that we can in taking measures and advice on how best to control and limit the spread of the disease.

Having spoken to public health this week, we ask that you support us in the following ways:

- If your child is symptomatic (with a temperature, new, persistent cough, anosmia), do not send them to school – they should self-isolate and a PCR test should be arranged.
- Please note that many of our recent cases have involved stomach pains / upset, sickness and headaches. We would strongly recommend that you carry out a LFD test or better still, arrange a PCR test if your child is unwell with these symptoms.
- When reporting illness to school please always tell us: whether your child has symptoms (or not); any test outcome and type (LFD or PCR); and when this test was taken.
- Please wear a face covering when entering the school site.

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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; alternatively, you can email admin@wrpschool.org or enquiries@wrpschool.org or call us on 01395 263397. Please be aware that teachers do not 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. E Jones

Upcoming Events

Monday 17th January

Flu nasal sprays administered

February 15th and 17th

Parents' Evenings

February 18th

PTFA Mufti Day

Monday 21st February-Friday 25th February

Half Term

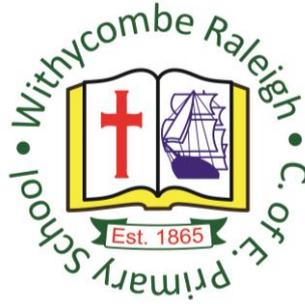
Collective Worship

Our Collective Worship this week has been all about starting the New Year and the opportunity to have a 'Fresh Start'. Children heard from several staff members about their New Year Resolutions which ranged from being more organised, getting more exercise and celebrating positive moments. We discussed how sometimes it can be difficult to make changes but that children can always ask for help if they need it.



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Top Tips for Wellbeing

Returning to school after a break - how to help your child.

After any break from school, children may have mixed feelings about returning. Some may feel excited to see friends, share their Christmas experiences or start new school projects. Some may feel anxious about returning, and not want to leave their parents/carers.

So, how can we help our children be more positive about returning to school?

Plan ahead. Prepare as much as possible the night before e.g. get uniform ready, pack lunch done, breakfast laid out for the morning - anything that can reduce the busyness of the morning. If a morning is chaotic it can increase anxiety.

Create a visual timetable or checklist. Children function best with a predictable routine so create a checklist with your child about what needs to happen next - get dressed, have breakfast, brush teeth, get bag ready, put shoes on, out the door. Use pictures of these actions for young children.

Reward reluctant or anxious children when they are fully ready to leave the house. Keeps rewards simple, cheap and short e.g. 5 minutes of a short cartoon or read a short story to them.

Be positive. Talk about all the good things that your child enjoys at school, no matter how small. Keep conversation light, short and upbeat. If your child sees that you are ok with their anxiety, they may feel more confident.

Manage anxious talk. Children may want to talk about their worries around school in the morning, but this may only increase their anxiety. Encourage them to talk about their worries the day before. Create a Talking/Worry Time for your child each day after school. Choose a time when they are not hungry or tired; perhaps after tea. Keep the time short - 10/15 minutes at most. Use paper and pens if your child likes writing or drawing. Tell them this is a time to chat about anything but also to talk about any worries for the next day.

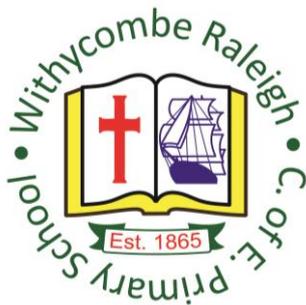
Distract, Distract, Distract! However you travel to school, help distract your child's worry thoughts. Play I-spy, use songs or rhymes, use your senses (Tell me 5 things you see, hear, smell, touch. Or how many things can you see the colour of red), use exercise (do 5 hops, jumps, skips),

Transition objects. Give something to your child to help them know you are thinking of them when they separate from you to go into school - something they can keep safely in their bag just to know it is there. A picture of you, a piece of soft material that you have both cuddled or a little note to say you love them. If your child has packed lunch you could put a different note in their box each day saying something lovely about them.

Create a quick and positive good-bye ritual. Use a transition object (as above), give 1 kiss, do a high-five, say 'see you later, alligator' etc. Remind your child that you will see them very soon and if you have something

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to look forward to after school, remind them of that. Prolonging the good-bye will only serve to increase anxiety. Keep it short and sweet.

If you haven't already, please view our Videos on Understanding and Managing Anxiety on our school website. They are full of helpful ideas!

Click on the link below to access all the Anxiety videos
[Whole School | wrpschool](#)

Safeguarding – Child's Voice

At Withycombe, our staff continually seek out opportunities to listen to children as we recognise that by giving children their 'voice' that this will promote their: self-esteem, provide them with a chance to choose or share an opinion and to communicate feelings and emotions. By doing so, we believe that children can develop and learn, knowing that they are important and valued.

Further to this, for children to learn how to play, explore, and eventually to actively learn, critically think and keep themselves safe, they need to feel confident in their environment and with the people around them in the knowledge that their voice will be noted (including the quieter or more vulnerable children).

Legally, the right of a child or young person to be heard is included in the UN Convention of Rights and the Children's Act 2004 which emphasises the importance of speaking to the child in discussions where safeguarding concerns may be present.

With this in mind, we try our utmost to forge positive and trusting relationships with our pupils in order to ensure that we see or hear children's experiences from their point of view. When children feel listened to and are really involved in a conversation - that they can understand – then prompt actions and decisions about their well-being are more likely to be possible.

As part of an ongoing process of developing the child's voice while at school, children from Y1 upwards will be supported in completing a survey in the next couple of weeks - about their feelings of safety and well-being in and outside school. I will feed back the main findings in a subsequent newsletter.

Sometimes the needs of parents / carers in everyday situations are not always completely aligned with those of the child. In order to develop a healthy child's voice while at home, it is recommended that adults listen to and involve children wherever possible in making choices (when appropriate) and to talk through any possible points of conflict that might need to be mediated.

Mr Smith – Designated Safeguarding Lead

Sports & Achievements

We love to hear about your children's sporting and other achievements. If you have anything to share, please email enquiries@wrpschool.org with your news and a photo if possible. We will endeavor to include as many of your photos as possible each week.

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This week's sporting stars:

Lewis and Alfie from Y5 Lapwings Class, had an amazing weekend at Rugby. Lewis got Man of the March shirt and trophy for great tackling and Alfie won the Values Trophy for working hard on learning and implementing the difficult rules of rucking and scrummaging.

Austin (Dolphin class) took part in his first ever swimming gala just before Christmas and won a GOLD MEDAL for U8s 25m butterfly!

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Staff at the R D and E were delighted to receive a selection of Christmas decorations from Willow Class to brighten up the ward. Well done to Willow Class for their amazing effort creating their colorful creations.

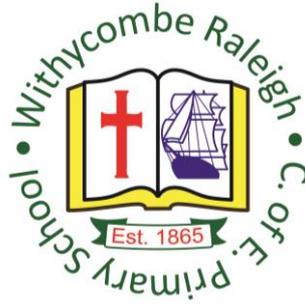


Year 3 have been practicing their 3 times table in a practical way...hopscotch.



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Inspirational Maths Week: The children in Ladybirds set the table for a teddy bears' picnic, counting out the right amount of plates, cutlery and cups from a larger group. They really enjoyed it.



Year 6 participated received some tennis coaching from Ms Louis.

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This term year 6 are taking their topic lessons into nature school.

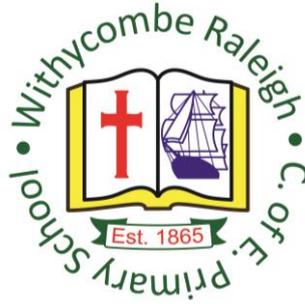
In this week's lesson the children were downed RAF airmen and women who had to complete a range of activities in order to survive until they could find help.

They used shadows, moss and compass skills to find North, developed methods to collect clean water to drink, followed instructions to build their own fire for warmth, identified friends and foes, constructed shelters, and created a capture story in case they were discovered by the enemy.

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Otter Class have been developing their team work skills in nature school.



The Dragonfly children have loved their new Transport topic. They have enjoyed being mechanics in the garage and writing about different vehicles they have painted.

