

# Weekly School News Roundup

**Withycombe Raleigh  
C of E Primary School**

**Date:** 2<sup>nd</sup> February 2024



Mrs Emma Jones, Headteacher  
Withycombe Village Road  
Exmouth, Devon, EX8 3BA

Please ring us on: (01395) 263397  
email: [admin@wrpschool.org](mailto:admin@wrpschool.org)  
website: [wrpschool.org](http://wrpschool.org)

## News from your Headteacher

We've had another lovely, busy week in school with lots of exciting learning going on inside the classroom and outside in our fantastic outdoor environment. Members of the Senior Leadership Team are fortunate to be able to regularly visit classrooms to witness first-hand the children learning. Children at Withycombe are keen and enthusiastic learners and it's always a pleasure to be a part of their lessons.

We hope that you will be able to meet with your child's class teacher next week and that you will be able to get a flavour of what your child has been doing this term. These meetings are a really important part of the school year and a chance for parents to find out about the progress children are making, and the areas of the curriculum in which they need to develop or focus on. We prefer that children do not attend the parents' evening if possible to enable staff to have an open and honest conversation with parents. Please feel free to spend some time outside the classroom looking at your child's exercise books and taking some time to celebrate what they have achieved.

Next week we'll participate in Safer Internet Day as well as Children's Mental Health Week. Children will be thinking about this year's theme 'My voice matters'. Now, more than ever, it's important that we're aware of how we can take care of our own emotional well-being and support one another too. Last week we reminded you about the '10 a day; Pick and Mix' initiative which has a range of strategies to help children to look after their own emotional well-being. We are really fortunate as a school to have a dedicated Teaching Assistant responsible for delivering Emotional Wellbeing Support for our children. We also have a designated Wellbeing page on our website which includes lots of handy tips. If you haven't already found them, there are some short videos about how to support children with anxiety too. If you're at all concerned about your child's well-being and mental health, please contact your child's class teacher.

For Children's Mental Health Week I would like to remind you about the lovely book that inspires a great way to talk to children. 'The Huge Bag of Worries' by Virginia Ironside encourages children to talk about any worries they have, rather than carrying them around with them. We often share this story with children in school.



## Collective Worship

This week focused on the school value **COURAGE**.

We listened to the story of David and Goliath and discussed ways in which we are all courageous every day.

*Have a lovely weekend, 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 teachers 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](mailto:admin@wrpschool.org).

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



Growing

Happy

Caring

Hearts

and

Minds



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## Safeguarding Update

### SAFER INTERNET DAY Tuesday 6th Feb 2024



This annual, global initiative aims to promote a safer and more responsible use of online technology and mobile devices, especially among children and young people.

As part of our commitment to fostering a secure digital environment for our children, teachers will be holding discussions to increase awareness about online safety and developing technology.

**The theme for Safer Internet Day this year will be INSPIRING CHANGE ONLINE! including:**

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline.

These themes will be discussed in classes; including questions to encourage opinion, debate and reflection!

For example:

- What are the advantages and disadvantages of a machine learning to do a person's job?
- Do computers and technology always get the right answers?
- Is a computing device cleverer than a human?
- What are humans better at than computers?
- How can we make sure AI technology is used responsibly?

One aim of our school curriculum, supported by parents at home, is to empower children with the knowledge and skills to navigate the digital world responsibly. Please support us by always promoting a safer and more positive online experience for everyone in our school community. Please also ensure that your child knows how to ask for help when they need it from people they trust.

If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's class teacher, or a member of our Safeguarding team. Keen to learn more about this topic? There's lots more information here: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers>

Mike Smith

Designated Safeguarding Lead

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## Wellbeing Update

### Children's Mental Health Week, February 5-12.

#### This year's theme is My Voice Matters



In these busy times it can sometimes feel hard to give proper time to listen and talk with our children about what matters to them, but even giving 5-10 minutes a day of your complete attention can be hugely beneficial. Try to make yourself completely available to them at some point each day - maybe sit down with them after tea or before a bedtime story and tell them this is their special time to talk and for you to listen.

Talking with your child about their mental health isn't always easy, particularly if you see your child is having a difficult time. As parents, we may worry about how to best start a conversation, finding the right words to use, or about saying the wrong thing.

So, how can we help our children to talk about how they are feeling and about what matters most to them? Young Minds have a parent page dedicated to how best to talk to your child about mental health. <https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health>

*We've added a link to the wellbeing page of the website with some Place2Be resources, in case you'd like to use them at home.*

We'll be discussing Mental Health Week with our children in school, too. Meanwhile, here are some suggestions for families to use at home:

#### General Conversation Starters:

- What was the best bit of your day?
- What was the worst bit of your day?
- What did you do today that made you proud?
- How are you feeling?
- What would you like to talk about?

#### If your child is having a hard time:

- Do you want to talk about what's going on?
- Is there anything you need from me? Space, time to talk, time to do something fun?
- What was the biggest problem you had today? What helped?
- How can I support you through this?

Mrs L Jones, Wellbeing TA

#### Follow-up conversation encouragers:

- I love you, nothing can ever change that.
- You can talk to me, I'm here for you.
- If you need to talk to someone else, that's okay too.
- If you talk to me about what is worrying you, I will do my best to help.
- We're going to get through this together.
- Even if I don't understand, please know that I want to.



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## Year 3 learned about soil!

We visited Wild Tribe and other areas of our school grounds to understand the importance of soil. We learnt about habitats and found out that soil is a microhabitat! We thought about some of the animals and plants that make their home in soil.

*We learnt that soil can help to prevent flooding as it absorbs rain water.*

We went out around our brilliant school grounds and looked through the soil (being careful and respectful, leaving things as we found them) to see what we could find there.



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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 in our weekly newsletter, please email a photo and brief explanation to [admin@wrpschool.org](mailto:admin@wrpschool.org). We'll include as many as we can!

Mattea in Rabbits class competed in her first gymnastics competition for Devon Gymnastics and won a **Gold** overall in the Under 8's category.

She was very nervous, but showed fantastic focus and concentration, we're very proud!



Lenny from Hedgehog Class is very proud to have achieved his level 2 swimming certificate. That's excellent Lenny.



Molly from Oak class achieved her Secret Book Quest badge by reading 50 books, in under 6 months. Well done Molly.



Poppy from Year 5 Sandpiper Class has passed her stage 6 swimming! Excellent Poppy, well done!



Kade in Osprey Class had his first skills boxing match on Saturday evening. Although he was a little nervous about being in front of a crowd he was amazing and we are super proud of him!



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## More from our wider community

We aim to share information about services, support and appropriate events from the Exmouth and East Devon area which may be relevant to our families.

**Libraries Unlimited** **Half Term Fun at Exmouth Library** 

**Saturday 10th - Lego Club**  
11am-12pm: Free drop-in 

**Monday 12th - Board Games**  
2pm-4pm: Free drop-in 

**Tuesday 13th - Lego Club**  
10am-12pm: Free drop-in 

**Thursday 15th - Bounce & Rhyme**  
Babies 10am & Toddlers 11am: Free drop-in 

**Friday 16th - Craft events**  
10.15am & 11.15am: Tickets £1.50 

**Saturday 17th - Lego Club**  
11am-12pm: Free drop-in 

Please ask if you'd like more details!



## Winter Support 23/24

for anyone who may need an extra bit of help this winter in Woodbury, Exmouth & Budleigh

Thanks to funding from the National Community Lottery

Fund we are able to offer help with the purchase of

"energy saving" items this winter.

If you need help with the purchase of:

**Blankets · Hot Food · Insulation · Warm clothing etc**

Please initially contact Sarah Forde at Seachange

[sarah.forde@seachangedevon.org](mailto:sarah.forde@seachangedevon.org)

**This fund is limited and once it's gone it's gone**



**SEACHANGE**  
HEALTH & HAPPINESS FOR ALL



Make the change at Seachange. [www.seachangedevon.org](http://www.seachangedevon.org)

Call: 01395 446896 Email: [help@seachangedevon.org](mailto:help@seachangedevon.org)

Seachange, East Budleigh Road, Budleigh Salterton, EX9 6HF


Registered Charity No. 1196379



## Help Overcoming Problems Effectively

 Free Course

 Supporting You To Manage Your Health & Wellbeing

 Meet Other People With Shared Experiences

 6 Weeks

 Group Based Peer Support

 Empowering You To Make Changes

**HOPE Course:** Anxiety and Depression

**Dates:** Mondays from 19th Feb - 25th March

**Times:** 10.00am - 12.30pm 

**Venue:** Seachange, East Budleigh Road, Budleigh Salterton, EX9 6HF



Follow the QR code above to register your interest in this course or to express an interest in a topic for upcoming courses

Visit the Website: <https://myhealth-devon.nhs.uk/local-services/hope-programme>

Or contact your East Devon HOPE coordinator, Kate Harrison:

Email: [hope.devon@nhs.net](mailto:hope.devon@nhs.net)

Phone: 01395 446896

**SEACHANGE**  
HEALTH & HAPPINESS FOR ALL

**INVOLVE**  
Partnership for Progress

**hope**  
for the community

**NHS**  
Torbay and South Devon  
NHS Foundation Trust



## GARDENING FOR HEALTH AT SEACHANGE

Starting March 2024

Taking part in gardening is beneficial for our health and wellbeing. Gardening activities can help prevent chronic ill health and support recovery. Participants learn gardening skills while meeting new people in a safe welcoming space. For more information contact Katheryn at: [katheryn.hope@seachangedevon.org](mailto:katheryn.hope@seachangedevon.org)



**SEACHANGE**  
HEALTH & HAPPINESS FOR ALL

**Make the change. Seachange. Find out what's on and book**

Call: 01395 446896 [www.seachangedevon.org](http://www.seachangedevon.org)

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## PREMIER HOLIDAY CAMPS

**INSPIRING ACTIVITY**

Premier Education

SCAN HERE FOR MORE INFORMATION  
OR VISIT [PREMIER-EDUCATION.COM/HOLIDAY-CAMPS](https://www.premier-education.com/holiday-camps)

Trustpilot  
★★★★★  
BASED ON OVER 11,000 REVIEWS

**Premier Education February Half Term Camps at...**

Cranbrook Education Campus, Exminster Community Primary School, Pinhoe CofE Primary School, St Thomas Primary School, St Sidwell's CofE Primary School, and St Michael's Academy

Activities include Archery, Gymnastics, Performing Arts, Football, Arts & Crafts, Dodgeball, and many more!

12th - 16th February, 0900-1530, Age 4-11, £24.99 per day

**We now accept payment via childcare vouchers!**

**BOOK NOW FOR 30% DISCOUNT!**

Visit [www.premier-education.com](https://www.premier-education.com) to book

Contact [dcrysell@premier-education.com](mailto:dcrysell@premier-education.com) for queries

See you soon!

**PLEASE BRING**

PLENTY OF WATER  
SUITABLE CLOTHING  
LOADS OF ENERGY!

Our Holiday Camps keep children entertained, safe & on the move during the school holidays.

A bucket load of fun activities, every school holiday. With great value sports, performing arts, and games to enjoy each half term, we have plenty for your children to get stuck into in the school break.

**Book now** for a school holiday full of fun!

SCAN HERE FOR MORE INFORMATION  
OR VISIT [PREMIER-EDUCATION.COM/HOLIDAY-CAMPS](https://www.premier-education.com/holiday-camps)

Trustpilot  
★★★★★  
BASED ON OVER 11,000 REVIEWS



# GIRLS' CRICKET HUBS

**TASTER SESSION**  
5 FEBRUARY 2024

DEVON CRICKET FOUNDATION

**EVERY MONDAY**  
19 FEB 2024 - 25 MAR 2024  
8 PM - 8:30 PM

Open to all state school girls aged 11-14\*  
\*Players in the Devon Performance Pathway are not eligible.

**EAST DEVON GIRLS' HUB**

**VENUE**  
Bicton College  
East Budleigh  
Budleigh Salterton  
EX9 7BY

**Sign Up**

For more info  
**01392 262509**  
or visit [www.devoncricket.co.uk/east-girls-hubs](https://www.devoncricket.co.uk/east-girls-hubs)



# L & F MULTI SPORTS FEBRUARY HALF TERM CAMP

**A 3-day Camp Filled with Fun & Excitement**

**FEBRUARY 12, 13 & 14**  
FROM 08:30 - 17:30  
AGES 5 - 13

**WRPS - EXMOUTH**

Activities Include:  
Multi sports - Lazer tag -  
Inflatables - Arts & Crafts

Participation Fee: £25 pp

[www.lfmultisports.co.uk](https://www.lfmultisports.co.uk)

**EVERYONE IS WELCOME**

# Weekly School News Roundup

  
**GLOW IN THE DARK  
DODGEBALL**

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WEDNESDAY 21ST FEBRUARY  
 @ WITHYCOMBE PRIMARY SCHOOL  
 KS1 5:15 PM - 6:15 PM & KS2 6:30PM - 7:30PM  
 £7 PER CHILD / PLACES LIMITED  
 BOOKINGS ONLINE: SPORTYSTARS.CO.UK

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-  **AGES 6 - 16**
-  **BOYS & GIRLS**
-  **MIXED ABILITY**





[www.jabhockey.co.uk](http://www.jabhockey.co.uk)



**LEARN TO PLAY  
HOCKEY**



6 WEEK COURSE FROM  
 WEDNESDAY 21ST FEBRUARY  
 4PM - 5PM

Reception & Year 1 Boys & Girls

**THE CRANFORD CLUB, EXMOUTH**

BOOKINGS - [jessica@jabhockey.co.uk](mailto:jessica@jabhockey.co.uk) or 07971 073270

The Withy **Zig-Zag** Sign Competition

What we're looking for:

We'd love you to create an eye-catching **drawing, painting or collage** which we'll feature on a new sign or banner displayed outside our school to remind drivers about the rules for yellow **zig-zag** lines!

*(don't worry about the tricky school logo, we'll add that for you)*

We want to remind drivers that they cannot park:

- near the school entrance
- on the School Keep Clear yellow **zig-zag** lines and double yellow lines, which show the section of road where stopping, dropping off and waiting is not allowed
- outside a school where it might affect the visibility for families trying to cross the road, which is very dangerous!

Rule 243 of the highway code says that it is **illegal** to park on yellow **zig-zag** lines, and says that drivers should keep these areas clear at all times (meaning no stopped vehicles, even if picking up or dropping off children!)

Please submit your artwork by **Wednesday 21st February**




*This shows where the zig-zag lines are outside our school.      And this shows you what zig-zag lines look like close up.*

The **Zig-Zag** competition winner will:

- see their artwork professionally made into a sign or banner
- get an individual prize (chosen to suit the winner's age)
- get a photo taken with their new sign for the school newsletter and (*hopefully*) the Exmouth Journal!
  - be given a framed copy of the finished sign.