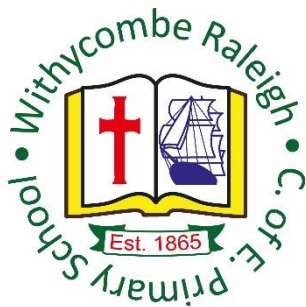


# Weekly School News Roundup

## Withycombe Raleigh C of E Primary School

**Date: 25<sup>th</sup> September '26**



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

On Tuesday, we were joined by Fraser Portraits who photographed all of our children individually and with their siblings. This was an epic task and took the whole day, but it ran smoothly with everyone photographed well before 3pm! We hope that families are pleased with the photographs taken. They always make such lovely Christmas presents for Grandparents!



Next week we will celebrate Harvest. Due to space in the hall this event is only open to children and school staff. Each year we ask families to donate items for the Exmouth Foodbank. If you are kind enough to be donating this year, the Foodbank would be grateful to receive the following priority items:

- Tins of soup
- Tinned tomatoes
- Tinned baked beans and spaghetti
- Tinned meat meals such as stews, meatballs or curry
- Tinned cold meats eg ham, chicken or corned beef
- Tinned tuna
- Tinned fruit

Our donations make a big difference to families here in Exmouth, including many from our own school community. Please bring your harvest donations to the classroom **on Tuesday morning**. We will arrange for the foodbank to collect the food on Friday.

You can donate to the Foodbank at any time and many of our local supermarkets have baskets available for you to make donations. If you are struggling financially yourself and would like some support from the Foodbank, we can refer families so please just get in touch with a member of our leadership team. Alternatively, you can make contact with them directly. You can find out more about the Foodbank on their website: <https://exmouthfoodbank.org.uk/>

A huge thank you to everyone who completed our **Travel Plan Survey**. Your responses have been really helpful in understanding how families travel to and from school and what changes would make a difference.

It was clear from the responses that many families would welcome a **School Crossing Patrol**. There is funding available for this role and we would love to hear from you if you think you could be our school crossing hero! It's a rewarding role which could be combined with other employment if you would benefit from a few extra hours a week. We know that Devon County Council has found it challenging to recruit Crossing Patrol Officers, so we are also exploring whether there may be other options available, including the possibility of a pedestrian crossing outside school. Watch this space!



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Other ideas to support active and sustainable travel were also popular, including the possibility of a walking bus. We will continue to explore these ideas and look at what might be possible for our school community.

I'm sending a quick reminder to everyone about the importance of **parking considerably** around school. We understand that parking at drop-off and pick-up times can be challenging, but please take care **not to park on pavements**, or in a way that prevents others from getting through (this includes taxi drop-offs). I would also request that the school gates are kept clear **at all times** and not blocked by stopped vehicles – this appears to be particularly problematic during Breakfast Club drop off where cars are preventing access or safe access.

We have recently been made aware of a neighbour who uses a mobility scooter and has been unable to get past vehicles parked on the pavement. Please be mindful that pavements need to remain **accessible for wheelchair** and mobility scooter users, as well as pedestrians with pushchairs and young children.

Congratulations to the **PTFA** on appointing new members at their recent AGM, including new Chair Georgia Hawkins. We've now updated the PTFA web page and shared their calendar of events, which is also at the end of this newsletter. If you'd like to get involved in any of the events, the PTFA really appreciate extra volunteers!

## Contacting us

There are many ways you can contact school staff if you have any queries. You can email the admin team via [admin@wrpschool.org](mailto:admin@wrpschool.org), or call us on 01395 263397. You can also email your class teachers directly.

Please be aware that class teachers don't usually have the opportunity to check these emails during the school day, so if you have an urgent message please ring our admin office who will be able to help you.

Have a lovely weekend, Mrs. E Jones

## Sports and Achievements



Finley in Year 2 Otter Class  
Was awarded player of the week  
in football!  
Well done Finley!



Harrison in Seal Class was accepted at  
Cranbrook United and has now  
received his number 16 match shirt.  
In his first week of training in  
September, he was also awarded  
Man of the Match!

If you would like us to include an achievement in our weekly newsletter, please email a photograph and a line or two to explain, and we'll aim to include it within the next week or two.

We only print first names alongside photos as a safeguarding measure – we add their class name so their friends can cheer for them as well!

We'd love to hear about your non-sporting achievements too, whether it's music or dance, reading – or something else!

Drop us a line:  
email [admin@wrpschool.org](mailto:admin@wrpschool.org)

# Weekly School News Roundup

## Wellbeing

We have two valuable updates for you this week:

### 1. Return to School Anxiety and Separation Anxiety

As children return to school after the long summer break, it is quite common for some to feel anxious, worried or reluctant about coming back to school. For some children, this may present as separation anxiety, where they find it difficult to separate from their parent or main caregiver and transition into the classroom.

Research suggests that parents and carers play a particularly important role in helping children manage separation anxiety, because this type of anxiety is inherently linked to those key care-givers. The way we respond to a child's worries, talk about school, and approach the morning separation can have a positive impact on how confidently a child makes the transition into school.

As a school, we will support children who find separation particularly difficult and by working together — school and home — we can provide a consistent and holistic approach to supporting children through this transition, and help them develop confidence and independence.

If your child is finding the transition into school particularly challenging, we encourage you to work with us by integrating specific strategies into home routines. Please look at our handout on the next page of this newsletter about separation anxiety, titled 'Start the Day in a Calm Way' and aim to put some strategies in place. For example, use visual timetables at home to promote predictable routines and create a quick, positive goodbye ritual with your child.

Want to understand more about the signs that your young person may be having difficulties with anxiety or low mood?

Join us at our parent and carer coffee morning:

**Understanding your child's mental health**

Monday 12<sup>th</sup> October 2026  
9:00-10:30am  
Withycombe Raleigh Primary School

Are you keen to learn about what to do next and how you can help?

### 2. An invitation to our Health Information Coffee Morning/Workshop

You should already have received this via your MCAS account, but as a reminder - following our survey last year some parents/carers requested more information about child anxiety and low mood.

We are therefore very pleased to offer a [Parent/Carer Information Coffee Morning](#) with the Mental Health Support Team connected with our school.

[Join us on Monday 12th October at 9:00am](#)

The session will provide information and guidance around supporting children with anxiety and low mood.

All parents/carers welcome.

Please sign in at Reception on arrival and you will be directed to where we are meeting.

[Thank you for your continued support and partnership.](#)

# Weekly School News Roundup

## Start the Day in a Calm Way

Many parents find the rush of the morning before school hectic and sometimes stressful. Our children may feel this stress too, particularly when having a busy morning routine again after a school break. Some children may feel anxious about attending school and not want to leave their parents/carers. For some children this is called separation anxiety.

### How can we start the day in a calm way and reduce our child's anxiety?

**It starts with the night before!** Review your child's bedtime routine. Is it as calm as it could be? Predictable activities help - tea, talking time, bath, story, bed.

**Plan ahead.** Prepare as much as possible the night before eg. get uniform ready, pack lunch done, breakfast laid out for the morning - anything to reduce the busyness of the morning.

**Create a visual timetable or checklist.** Children function best with a predictable routine. Create a checklist together with your child about what needs to happen next - get dressed, have breakfast, brush teeth, toilet, get bag ready, put shoes on, out the door. Using pictures can help young children.

Reward reluctant or anxious children when they are fully ready to leave the house. Keep rewards simple, cheap and short – a 5-minute cartoon or read a short story to them.

**Be positive yourself.** 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. Look happy and smiley yourself!

**Manage anxious talk.** Children may want to talk about school worries in the morning, but doing 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 - 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!** On your journey 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), use exercise if you walk (do 5 hops, 4 jumps, 3 skips etc).

**Use 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.

**Keep to time.** Being late can increase anxiety in children; they may feel rushed and will miss the start of the class structure and routine, which can help settle them.

Create a quick and positive good-bye ritual together with your child. **'One kiss, one hug, a 'high-five'** etc. Remind your child you will see them very soon. If you have something to look forward to after school, remind them of that.



Prolonging the good-bye, or waiting around too long at drop offs will only serve to increase anxiety. **Keep it short and sweet.**

Stories can help and we recommend **'The Invisible String'** by Patrice Karst. You can find this story read for **free on YouTube**. It looks at how a child is always connected with their parent/carer, even if they are not together.

# Weekly School News Roundup



## Our **Harvest Festival** Service will be on 29<sup>th</sup> September

The service is for staff and children due to the limited space in the hall.

If you are kind enough to be planning to donate to the Harvest collection this autumn, please could you focus your contribution on the following much-needed items:

- ✓ Tins of soup or tinned tomatoes
- ✓ Tinned baked beans or spaghetti
- ✓ Tinned meat meals such as stews, meatballs or curry
- ✓ Tinned cold meats such as ham, chicken or corned beef
- ✓ Tinned tuna
- ✓ Tinned fruit.

The food bank would also be pleased to receive treats such as bottles of squash, chocolates, crisps and sweets to add to the food parcels.

**Please bring your donations to your child's classroom on Tuesday 29<sup>th</sup> September.**

Yours sincerely  
Emma Jones and Anna Warren



The Exmouth Food Bank are here to help people living in Exmouth and the surrounding areas. We want to say a big THANK YOU to all of our amazing supporters. Your generosity is both humbling and inspiring and we simply couldn't run the Food Bank without you.

Please visit our website for more information, including how to access help:  
<https://exmouthfoodbank.org.uk/>

# Weekly School News Roundup



## Events Calendar



Join our PTFA facebook page to keep up to date with all our events



Withycombe  
Raleigh  
Primary  
School PTFA





# **Join Us as a School Crossing Patrol!**

**£12.85 Per Hour  
5 hours Per Week  
38 Weeks/Term Time Only**



**Holiday Pay Included!**

**For More Information**

**[crossingpatrols@devon.gov.uk](mailto:crossingpatrols@devon.gov.uk)**

**01392 383000**

**[www.devon.cc/scp](http://www.devon.cc/scp)**



# Weekly School News Roundup



## Does your child start school in 2027?



We'd like to invite you to come and have a look around our popular school with us.

### Morning tours, 9:15am

Wed 16<sup>th</sup> September  
Tues 22<sup>nd</sup> September  
Wed 30<sup>th</sup> September  
Thurs 1<sup>st</sup> October  
Thurs 8<sup>th</sup> October  
Wed 14<sup>th</sup> October  
Thurs 15<sup>th</sup> October  
Wed 21<sup>st</sup> October  
Tues 10<sup>th</sup> November

Wed 18<sup>th</sup> November  
Thurs 19<sup>th</sup> November  
Wed 2<sup>nd</sup> December

### Afternoon tours, 1:15pm

Mon 28<sup>th</sup> September  
Mon 12<sup>th</sup> October  
Mon 9<sup>th</sup> November  
Mon 23<sup>rd</sup> November  
Mon 7<sup>th</sup> December

Tours last about an hour and children are welcome to come along.

**To book your tour: Tel: 01395 263397**

or email: [bookings@wrpschool.org](mailto:bookings@wrpschool.org)



For more information about our school please visit [www.wrpschool.org](http://www.wrpschool.org), or find us on Facebook! <https://www.facebook.com/OfficialWRPSchool>



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