

# Weekly School News Roundup

**Withycombe Raleigh  
C of E Primary School**



**Date:** 23<sup>rd</sup> January 2026

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

It's been a chilly and wet week but the children haven't seemed to notice! As the cold and wet weather continues, please consider sending your child with gloves and a hat as well as their coat. As you know, we try to get children outside for their learning in addition to their normal break times. During lunchtimes, children have access to the field as long as they have wellies. Please provide these if you have not done so already – they can be left in school or brought in each day. Please name any items of clothing so that if they become lost, we have a chance to reunite them with their owner.

Each building has a 'lost property box' and these are currently overflowing with un-named clothing. Feel free to pop into school after 3.20pm to look at these boxes and claim any lost items. At the end of each half term, the boxes are emptied and anything named is reunited with its owner; unnamed items will be given to the PTFA or charity.

## Parents Evenings

In the coming week you will receive communication via the school office offering you the opportunity to book a Parents' Evening appointment for the week commencing 9th February. Please note that although bookings are done virtually, meetings are face to face in your child's classroom. This is a chance for you to discuss your child's progress since the start of the year and to find out more about the aspects of school life that they enjoy. We will also share with you some examples of children's learning and discuss targets to help them progress further. If your child has an individual 'Support Plan', this will be shared / reviewed with you at this meeting. Appointments last 10 minutes: in order that these appointments run on time, please help us to stick to timings as much as possible. If you have a more detailed issue you wish to discuss, please make an appointment with your child's teacher at another time.

Have a good weekend,  
Mrs E Jones, Headteacher



Congratulations to Imogen and Blossom from Sycamore class who have just completed their tenth 5k parkrun, and qualified for their Junior 10 Milestone!

A fantastic achievement!

## Contact Us:

Tel No: 01395 263397, or email us on [admin@wrpschool.org](mailto:admin@wrpschool.org).

For other contact information please refer to our school website.

The Admin Team is currently:  
**Miss Wilson** Senior Administrator

Temporary absence cover is being provided by:

**Ms Smart** (our Communications Officer) on Monday-Wednesday.

**Janine Meecham** (Clerk to the Governors) in the mornings on Thursdays and Fridays.



Growing

Happy

Caring

Hearts

and

Minds



# Weekly School News Roundup

## Wellbeing

### How well are you or your child sleeping?



**Sleep deprivation can have an impact on our physical, emotional and mental health.**

*Poor sleep can affect our energy levels, ability to concentrate and can make us more easily irritated or emotional.*

It is often a good idea to reflect on our children's sleep routine, particularly after a school break. Reviewing our 'Sleep Hygiene' can promote the best opportunity for a good night's sleep for all.

*Our sleeping environment should feel welcoming, safe, secure and a place we want to spend time in.*

#### Good Sleep Hygiene Tips for all the family:

- ✓ Stick to the same bed and wake-up times.
- ✓ Have a set bedtime routine to help children learn what to expect.
- ✓ Limit caffeine from the afternoon onwards. Caffeine is found in tea, coffee and many **fizzy drinks**.
- ✓ Avoid large meals before bed. A warm drink of milk may help children to settle.
- ✓ Keep bedrooms at a temperature your child can settle in (generally 16-20°C).
- ✓ Avoid physical exercise close to bedtime. Make it earlier to burn off excess energy.
- ✓ Limit technology in the hours leading up to bedtime. Screen light can suppress natural sleep-inducing hormones in our brains.
- ✓ Keep bedrooms screen-free zones as much as possible.
- ✓ Avoid stimulating activities close to bedtime. Electronic games can energise and stimulate. They are best avoided in the hours before bed.
- ✓ Have comforting things in bed eg. cuddle toy, snuggle blanket.
- ✓ Practice relaxation, calm breathing or mindfulness before bed.
- ✓ Make the sleeping environment welcoming, calm, safe and a place to want to spend time in.



#### How much sleep do we need?

- 10-12 hours for a 3–6-year-old child
- 10-11 hours for a 7–12-year-old child
- 8-9 hours for a 12–18-year-old child
- 7-9 hours for parents and carers!

You can find more about this topic here: <https://thesleepcharity.org.uk/>



# Weekly School News Roundup

## EYFS Enter the Explorer Dome!

Wow! What an amazing time we had today! We found out all about seasons, and how different seasons might look in different parts of the world. We experienced the desert, the rain forest and the Arctic, and did stargazing spotting constellations in the night sky! We blew on dry ice to make big clouds, and watched the dome fill up so we were all sitting in a cold, icy cloud! In the words of Quincy.... *"That Explorer Dome isn't just good... it's EPIC!"*



A huge well done to our fantastic Year 5 and 6 girls who took part in the girls' football tournament on Monday at Exmouth Community College.

We entered two teams and were thrilled to come away with **3rd place** and **1st place** against the other primary schools in our learning community.

Well done to Astrid, Hollie, Edie, Katherine, Piper, Emilia, Edie, Reese, Elsie, Nyah and Emmie — you were brilliant!



# Weekly School News Roundup



**LD ACTIVE**



# HOLIDAY CAMP

*outdoor  
Activities*

## ACTIVITIES

- Inflatables
- Football
- Dodgeball
- Basketball
- Nature adventure
- Arts & Crafts
- Board games

**BOOK  
ONLINE**

**Fun  
Active  
Engaging**

**Develop  
Social &  
Life Skills**

**FIND US**

**BOOK VIA LINK, or EMAIL  
LDACTIVE@OUTLOOK.COM**



# Weekly School News Roundup



ST PETER'S  
PREPARATORY SCHOOL

# FEBRUARY HALF TERM

HOLIDAY CAMP

ST PETER'S PREP



Monday 16<sup>th</sup> – Friday 20<sup>th</sup> February

8:15am – 5:15pm

Ages 3–5 & Ages 5–12

6+ Activities Planned Everyday

## LEARN. PLAY. SHINE



[www.sportystars.co.uk](http://www.sportystars.co.uk) | [@sportystars\\_uk](https://twitter.com/sportystars_uk)