

Weekly School News Roundup

**Withycombe Raleigh
C of E Primary School**

Date: 8th May 2026



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

Please ring us on: (01395) 263397
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website: wrpschool.org

News from your Headteacher

It's been a lovely week again with lots of great learning going on across the school. Year 5 children have been taking part in Bikeability training over the past two weeks. This opportunity is open to all children in Year 5 who would like to take part. The Bikeability Trust aims to activate a nation of cyclists by ensuring everyone has the confidence to enjoy the life skill, gain independence and have fun cycling. As we encourage 'active travel' to school we feel it's really important that children have the cycling skills to be safe and confident on the roads. Travel Devon offer a whole host of cycle training courses for adults too - free of charge. If you are interested, further details can be found here: <https://www.traveldevon.info/cycle/cycle-training/>

Bike Ability! It's been another great week for the bike ability groups.



Year 6 SATs

Next week our Year 6 pupils will be taking their SATs. We would like to wish all of the children the very best of luck; they have worked incredibly hard and should feel proud of everything they have achieved. We encourage them to approach the week with confidence, do their best, and remember that these tests are just one small part of their learning journey.

SATs do not define who they are - more important are their talents, attitudes and the many wonderful qualities they bring to our school community. Good luck to all —we're very proud of your hard work!

Exmouth Parkrun



At Withycombe Raleigh C of E Primary School, we recognise the importance of children's physical and mental health and promote opportunities for children to develop these whenever possible. Our School Vision 'Growing Happy, Caring Hearts and Minds' highlights this desire.

Continued...



Growing

Happy

Caring

Hearts

and

Minds



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In Exmouth there are lots of sports clubs and opportunities for children to take part in physical activity. We are very lucky that we are one of only a few places to have both a Saturday Parkrun and a Sunday Junior Parkrun. The Junior Parkrun takes place in Phear Park each week - a 2k event specifically for under 14s. It starts on Sunday mornings at 9am (arriving at 8:40am by the skate park for warm-up and briefing). It consists of two-and-a-bit loops around the park with lots of fun and encouragement along the way.

We are really keen to support this wonderful scheme, and following the success of our 'Withycombe take over' last year we thought it would be fun to have a big Withycombe contingent again before the summer break. **On Sunday 17th May**, we would like to invite as many of our families as possible to join some school staff at the 9am Parkrun. It will hopefully be a lovely morning and we can have fun taking part in a short run together, before enjoying the rest of our weekend! We hope that some of the children may be inspired to make the Sunday run a regular part of their weekend!

Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. So, if your children fancy giving it a go all you need to do is to register them with Parkrun by visiting parkrun.org.uk and selecting the option to register. This only takes a few minutes and once complete you will be issued with a barcode. Print this off and bring it with you so that your child's time can be recorded once they finish.

Parents or friends are welcome to accompany their child if they want. If you are an adult and your child does not want you to accompany them around the course, do not worry. There are a number of marshals at strategic points around the park to ensure that the children know the route and can also deal with any issues if they arise.

Having crossed the finish line, you are given a place token (don't take this home! they need it the next week!) Visit one of the scanners along with your personal barcode and your time will be recorded then you are free to do whatever else you have planned for the day. Shortly after completion of the event the results are published by Parkrun and can also be emailed and texted to you, if you opt in.

We look forward to seeing you at Phear Park next Sunday 17th May at 8.40am!

Have a lovely weekend
Mrs Jones

MENTAL HEALTH AWARENESS WEEK

Wellbeing: 11TH – 17TH MAY 2026

ACTION

Action is not separate from awareness, it's a natural extension of it. When we find out more about mental health, how to recognise early signs of problems, know what support looks like and what to do to maintain good mental health, we are already taking action.

ACTION FOR YOURSELF. FOR SOMEONE ELSE. FOR ALL OF US.

Often the simplest ideas to help our mental health are the best and, if they are easily accessible and manageable, we are more likely to keep doing them!

While we promote our Pick & Mix in school (10 things to do to support your mental health) and for this week, over the page are **10 quick actions** to boost your own mental health from the mental health foundation. Can you spot any similarities?

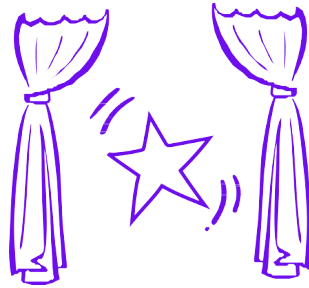
PTO!

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Ten quick actions to boost your mental health

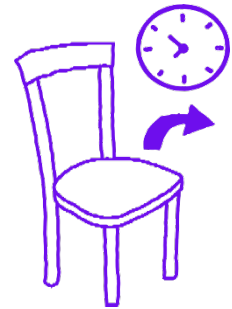
1. OPEN THE WINDOWS

For a quick mental health boost, try opening your windows. Letting fresh air in and stale air out can allow natural light to come in, help you feel closer to nature and lift your mood.



2. TRY CHAIR YOGA

Chair yoga lets you enjoy the health benefits of yoga while sitting down. It's a great way to reduce stress quickly, help you sleep, and improve mood fast.



3. HEAD OUTSIDE

Spending time in nature is linked to lower stress levels, improved mood and better concentration. Even brief outdoor activities like a walk in a local park, gardening or sitting in a green space, can provide real benefits.



4. TRY A MINUTE OF MINDFULNESS

When we're stressed or anxious, mindfulness can be a great way to break the cycle and bring ourselves back into the moment. You don't have to spend ages doing it to feel the benefits.



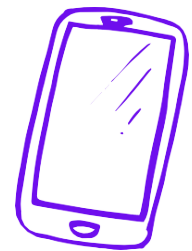
5. DRINK WATER

Staying hydrated can help you concentrate, improve short-term memory, and boost your overall mood, making it one of the simplest mental wellness tips.



6. PHONE A FRIEND

Call a friend, family member, or loved one for a catch-up, some fun conversation, and emotional support.



7. TRY A BREATHING EXERCISE

Deep breathing exercises can bring instant stress relief and relaxation, as well as help you get a better night's sleep.



8. CREATE A RELAXING BEDTIME ROUTINE

Good quality sleep helps your brain work better, improves your mood, and is good for your overall health. Having a pre-sleep ritual, something as simple as settling down in bed with a book and a warm drink (without caffeine) can help you wind down ready for sleep.



9. PRACTICE GRATITUDE

Remind yourself each day of three things you are grateful for.



10. BE KIND TO YOURSELF

If you're finding it hard to cope in the moment, try not to beat yourself up. Instead, aim to appreciate or celebrate the smaller things you've done.



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Safeguarding: Inclusion



Next week (17th May) marks the International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT).

This provides an opportunity for our school community to reinforce our shared values of kindness, respect and of course the importance of inclusion. At WRPS, we are committed to, and do our best to ensure that every child **feels safe, valued** and able to **be themselves**. Children begin forming ideas about differences from a very young age, and part of our role as educators is to guide those conversations in a positive and age-appropriate way. This includes helping pupils understand that **families, identities and experiences can look different** - and that difference should always be treated with respect.

We address these themes through our RSH curriculum, assemblies and everyday classroom discussions. Our focus is not on labels, but on fostering empathy, challenging unkind language, and promoting a culture where everyone belongs.

Should any incidents of discriminatory language or behaviour arise, we take them seriously. Staff respond promptly, using the situation as a teaching moment while also following our behaviour and safeguarding policies. This includes speaking with the children involved, supporting those affected, and where appropriate working with parents to ensure consistent messages at home and school.

In more serious or repeated cases, we are required to complete a BPRI (Bullying, Prejudice and Racist Incident) log to ensure incidents are formally recorded, monitored and followed up appropriately.

We believe that by embedding these values early, we help children to grow into respectful, understanding individuals. Thank you, as always, for your continued support in reinforcing these key messages at home.

If you have any questions or would like to discuss this further, please do not hesitate to get in touch with us.

Mr Smith, Designated Safeguarding Lead



If you'd like to know more about the IDAHOBIT organisation, you can visit their website here:
<https://www.idahobit.org/>

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Last Friday some of our **Key Stage 2** children took part in an **inclusive sports festival** at Exmouth Tennis Centre. Activities included, French skipping, small rounders, long jump, relay and javelin. The children worked really hard and encouraged each other brilliantly. Well done, Kai, Harry, Arthur, Maddie, Eva, Mabel, Millie, Izzy and Harper.



Year 1 Beach School

The group had an amazing time at the beach this week. They explored rock pools, finding and looking closely at the creatures that live there. The children were beautifully behaved and a real credit to our school.

A big thank you to Mrs Dixon and Mrs Laska for facilitating this for us.

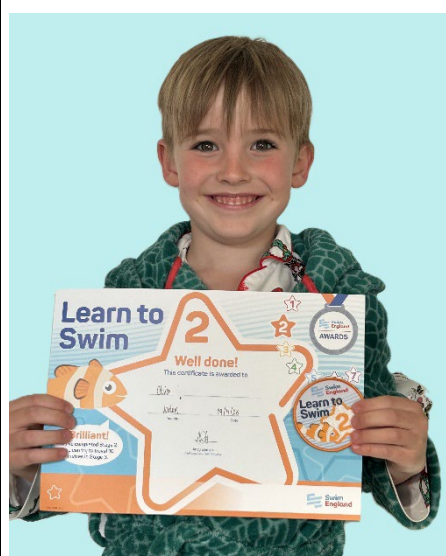


William raised £93! Thank you to everyone who supported his cake sale for **Choose Love** charity.



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Sports and Other Achievements



Oliver from Hedgehog Class is very pleased to have achieved his Stage 2 Swimming Award.



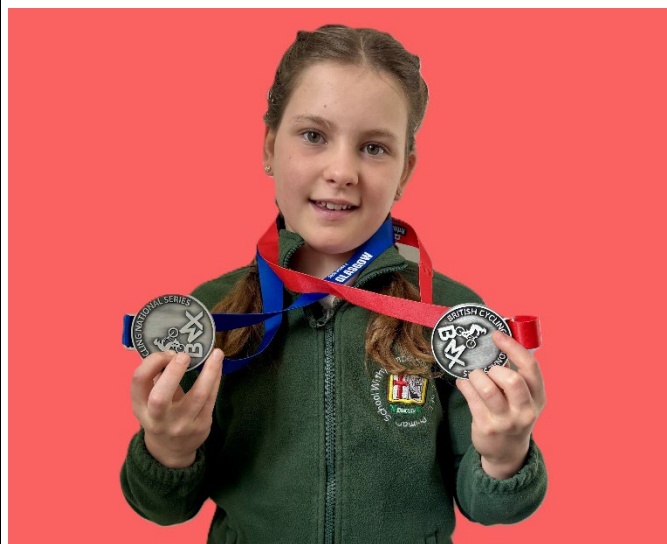
Olive in Beech Class was part of the Exmouth United U9's team that played in the Devon Girls Football League U9's Plate final on Sunday. The girls lost on penalties after a close match that ended 2-2.



Finley in Year 1 Rabbit Class recently picked up his 15m length swimming award!



Tilda from Lapwing Class and Jessie from Dolphin Class took part in the RNLI charity swim challenge, and earned their 600 metre (Tilda) and 100 metre (Jessie) certificates and badges. Well done girls!



Ella travelled to Glasgow over the Bank Holiday weekend to compete in rounds 3 and 4 of the National BMX Series. Ella was on fire riding the best she ever has! She was leading, but didn't quite have the legs to finish 1st, taking a fabulous 2nd both days.

If your child would like to share their achievements - whether that's a sporting success, gaining library reading challenge certificates, theatre or music performances, or anything else – please email a photo and a short description to: admin@wrpschool.org

Weekly School News Roundup



VOTE FOR US AT TESCO!



28TH APRIL – END OF JULY 2026

HELP US BRING AMAZING PLAYTIMES TO LIFE!

Our **OPAL (Outdoor Play and Learning)** journey ensures **every child has an hour of high-quality play every day.**

Your **vote** can help us:



Create exciting, inclusive play spaces



Boost wellbeing, confidence & friendships



Provide even more creative resources



HOW TO VOTE

1

Shop in Tesco

Make any purchase to receive a blue token

2

Find the voting unit

Look for the Stronger Starts stand

3

Pop your token in our slot!

Vote for: Withycombe Raleigh C of E Primary School – OPAL Play

WHERE YOU CAN VOTE

- Exmouth Superstore
- Budleigh Salterton Express
- Exmouth Churchill Road Express
- Rolle Street Express

THANK YOU FOR SUPPORTING OUR SCHOOL COMMUNITY! ❤️

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HOLIDAY CAMP

**BOOK
ONLINE**

*Outdoor
Activities*

ACTIVITIES

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

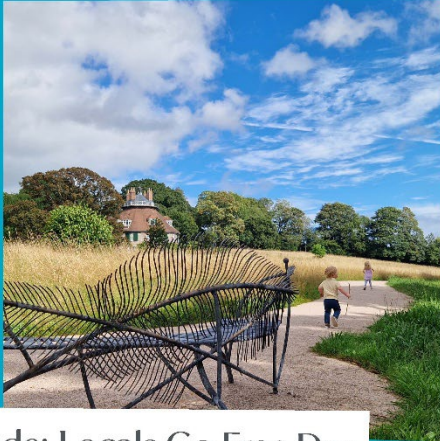
**Fun
Active
Engaging**

**Develop
Social &
Life Skills**

FIND US

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

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A la Ronde: Locals Go Free Day

Thursday 28th May 2026

EX1 - EX11 Postcodes
10:30am-5pm (Last admissions 4pm)

Proof of address required for each visiting adult in your party. Please think green and travel car free where you can.

nationaltrust.org.uk/alaronde



Theatre Holiday Camps

Come out of the crowd.

TOTNES

Aug 17. - 21.

09:00 - 16:00

Get 10% off with your school discount:

IBTS10



Junior camps: Ages 6 - 8 / 9 - 12

OFSTED Registered: Pay via Childcare Vouchers

Int. British Theatre School | www.britishtheatreschool.com | @BritishTheatreUK on Socials

British Theatre School

International British Theatre School Camp
Limited to 24 spaces per week.

Register today

www.britishtheatreschool.com/register

SIDESHORE SUNSET CINEMA

FRIDAY 22ND MAY

6PM: FINDING NEMO

8.15PM: POINT BREAK

SNACKS & DRINKS AVAILABLE | BRING A CHAIR
MORE DETAILS & BOOKING ON WEBSITE

£8 ADULT. £5 KIDS*
£20 FAMILY TICKET
*AGE 5 TO 15



SIDESHORE.CO.UK
[@SIDESHORECOMMUNITY](https://www.instagram.com/SIDESHORECOMMUNITY)

SIDESHORE COMMUNITY



Join Us for Our Meeting!

You're Invited! Withycombe PTFA Meeting

• **NEXT THURSDAY 14th MAY**

• **7.30pm**

• **THE FARMHOUSE**

ALL WELCOME!

We look forward to seeing you there!