



Chulmleigh
Primary School
& Nursery

NEWSLETTER



	Mon	Tues	Weds	Thurs	Fri
6 - 10 Nov	KS1 Multi-skills 3.30-4.30pm	Guide Dog visit assembly Devon Wildlife Trust visit KS2 Tennis Club 3.30-4.30pm	Year 4 Cultural Champion visit for Diwali		Celebration Assembly 9.15am For Year 5 only - non-uniform day
13 - 17 Nov	Remembrance KS1 Multi-skills 3.30-4.30pm	KS2 Tennis Club 3.30-4.30pm			Celebration Assembly 9.15am Children in Need Lucas Jet Circus visit

Key Dates

		14 Dec	KS2 Performance 2.00pm
20 Nov	Dodgeball Tournament	15 Dec	End of term
23 Nov	Flu vaccinations		
24 Nov	Science Fair		
24 Nov	PTA discos		
30 Nov	PTA Wreath making		
8 Dec	Christmas Jumper Day		
8 Dec	Tree planting event		
8 Dec	PTA Christmas Fair		
11 Dec	EYFS Nativity 2.30pm		
12 Dec	KS1 Performance 2.00pm		



Dear All,

We hope you had a lovely half term and enjoyed the extra time you could spend with each other. This half term is always busy with the run up to Christmas and all the traditions and events this entails. We have certainly started the half term with lots of fun and activity in school already with a medal winning Paralympian visit for all children, neuro-diversity workshops for Key stage 2 children and our wonderful school council grilling the candidates for the Year 5 teacher role commencing in January as part of their interview. All candidates told us how mature and sensible the school council were and how obvious it was that they are very proud to be a pupil at Chulmleigh Primary. They also commented on how evident it is that the children have a real voice in the school. I saw the questions and feedback from the candidates grilling - the school council were very thorough to say the least!

As you know, 34 children represented Chulmleigh brilliantly at the recent John Shields Cross Country Event despite the rain and mud. In each heat, there were over 100 children taking part from around Devon and our super runners competed with such enthusiasm, determination and perseverance. The organisers of the event have just confirmed that the Year 6 boys who took part came 1st amongst the other 34 school teams when their individual points were added to the team points. This is an incredible achievement seeing as there were many private schools participating who employ running coaches! Well done to all who participated, and the Year 6 boys in particular, who have put Chulmleigh Primary on other schools' radar!

Glowing Good Ofsted Report

As you know, we had a 2-day Section 5 OFSTED inspection in late September. We are delighted to be recognised as 'GOOD' in all areas. The inspectors commented that there are many aspects of our provision which ensure the children of Chulmleigh Primary receive an excellent education and school experience.

The full report was shared with you on 31st October, but I wanted to highlight some of the statements which have made us incredibly proud in case you haven't had time to read it yet.

- Pupils enjoy coming to this happy school. The school encourages pupils to be kind, compassionate and respectful to each other. Pupils live up to this expectation.
- Parents value the school's nurturing environment and its high ambition for what pupils can achieve.
- Pupils, of all ages, are safe and well cared for.
- Pupils relish their time outdoors during break and lunchtimes.
- The school places a strong emphasis on pupils' mental well-being. Pupils learn ways to keep themselves mentally healthy, such as through eating and sleeping well.
- The school has created an open and positive culture around safeguarding that puts pupils' interests first.
- From the early years, children learn routines and follow these.
- The school has a calm and orderly atmosphere.
- The school has recently strengthened the support it provides for pupils with special educational needs and/or disabilities (SEND). Pupils' needs are identified accurately, so the curriculum is typically designed and adapted effectively for them.
- Pupils have a strong voice in the school. They learn the importance of their rights and responsibilities. Older children look out for younger children and responsibilities.
- Pupils learn to be reflective and discuss important ideas. They learn to listen to others' opinions and to empathise with those who have faced challenges in their lives.

- The curriculum is well sequenced, starting in the early years and leading to what pupils need to know in Year 6.
- Pupils enjoy reading. The youngest children get to know nursery rhymes, songs and familiar stories well. The school celebrates literature, through visiting authors and trips to the local library, for example.
- Leaders have chosen books thoughtfully to develop pupils 'understanding of diversity.
- Pupils have positive attitudes to learning and are eager to share their ideas. Pupils learn how to cooperate with each other.

We are so proud of the team and the children. It is wonderful to see their hard work and commitment reflected in this report.

School Improvement Update – Trauma Informed training

During the Non-Pupil Day at the end of last half term, all primary staff from across our Trust undertook trauma informed training which was led by a Trauma Informed UK practitioner. Many staff commented that this training was the best they had ever undertaken and would really benefit them with helping to support children that may have suffered from trauma or are suffering from trauma now. It also gave us many strategies to help further improve how we help to support and develop children's mental health more effectively in school. This information is vital in ensuring that our additional interventions are having impact and are allowing all children to progress, flourish and excel at school. After the training, we are also very keen to become more of a trauma informed school and to work towards this important award. More information can be found at: <https://www.traumainformedschools.co.uk/home/what-is-a-trauma-informed-school>

Woodland Planting Event

We are due to have our tree saplings delivered imminently from the Woodland Trust. We would like to invite you all to help with the Woodland planting at Langley Lane on the morning of Friday 8th December. We will walk down as a whole school and then plant the saplings in the corner of the field. If you have any forks or spades to help us with the planting, we would be very grateful if you brought them with you on the morning! If the ground is too hard or the weather looks terrible, we may have to postpone the planting for another day.

Safeguarding Updates- Devon County Safeguarding visit and audit

This week, we were visited by one of Devon's Senior Safeguarding Practitioners as we have chosen to have an external audit of our thorough and robust safeguarding procedures. All schools in the Trust have chosen to have an external audit this term. She only needed to be with us for just over 90 minutes as she had seen and heard everything she needed from the detailed record keeping and discussions with children and staff. She normally allows between 4 – 5 hours for her visits so she was very impressed that it was concluded so quickly! I told her we are thorough and robust and she totally agreed with that. I read her the Ofsted report comments on behaviour, safeguarding and wellbeing and she said she can see why it was so glowing and was well justified. Once I receive the full report from the safeguarding practitioner, I will share it with you. The safeguarding practitioner was impressed with how we really focus on mental wellbeing a suggested a resource which might be useful for parents. The link is below; For further ideas and suggestions, please follow the link:

[Further resources for families | Anna Freud](#)

SEND Update – Neurodiversity workshop

Last Friday, some key stage 2 children from across all the Trust primaries came together to partake in workshops celebrating neurodiversity. As part of the morning, they watched a dance session which highlighted how important neurodiversity is and they completed activities based on the book 'Finding My Superpower'. Mrs Niejadlik used this book in assembly recently to celebrate all the famous dyslexic people in the world and spoke about how they have used their superpower to good effect. I also mentioned this during our Roald Dahl Day celebrations as he was dyslexic and still become one of the world's best children's writers so nothing stopped him which is what the neurodiversity workshops were highlighting.

Parents Evening

It was lovely seeing so many of you at the recent Parents' evening. The parents I spoke with were really pleased with how their child/ren were getting on at school and were proud to share the improvement they have made this year. I know some parents were amazed at how much the children had completed in the first half term. I reminded them that we 'Make Every Minute Count at Chulmleigh. If you were unable to attend, please contact the office and Abby can make an appointment for you as it is vital to hear the progress your child/ren are making and what their next steps are to improve even more.

PTA Update

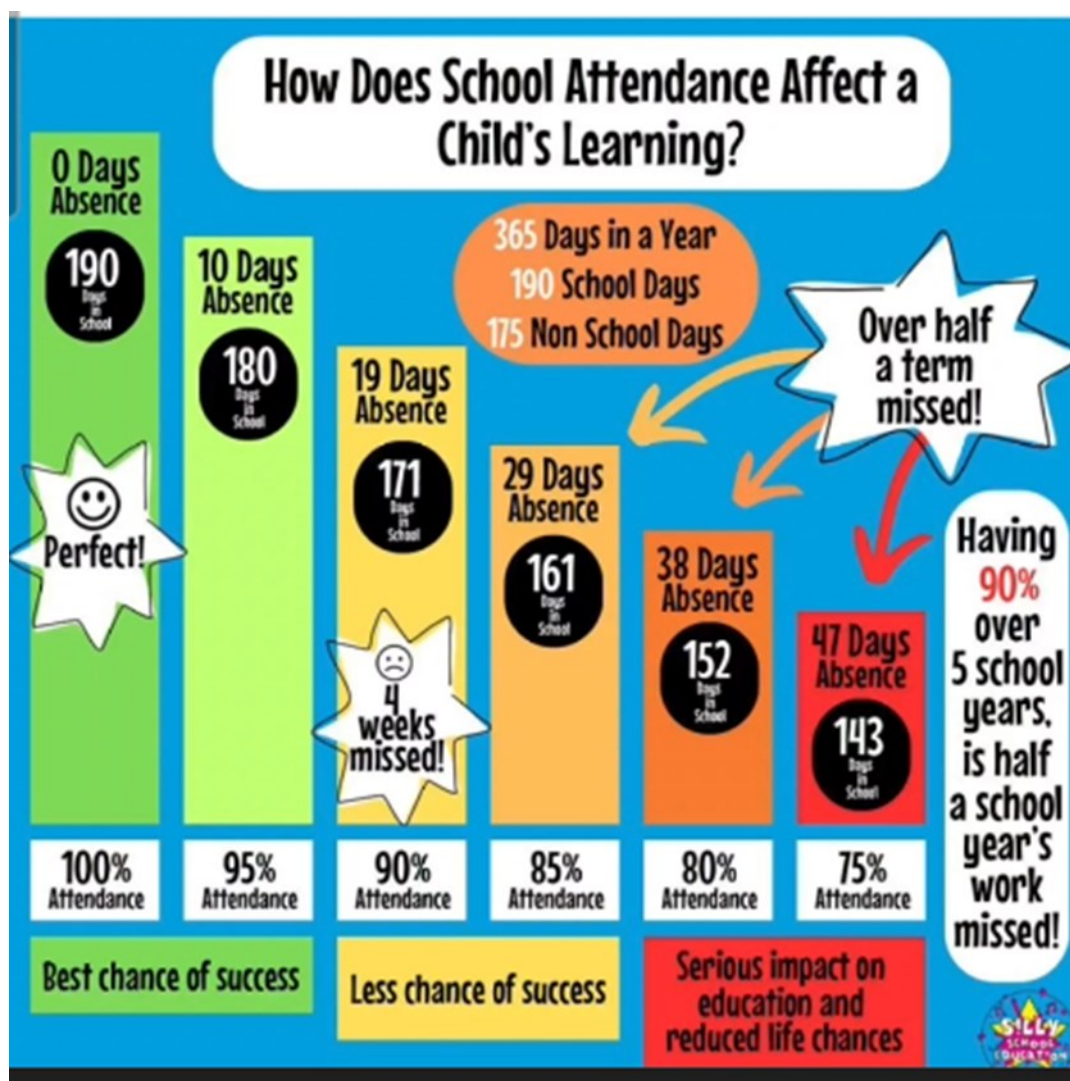
Just before half term, the PTA held their AGM. During the meeting, the previous year's accounts, fundraising events and successes were shared by the Chair and treasurer. This year's priorities and events were also discussed. I would just to thank all PTA volunteers again for all their hard work in raising vital funds which benefit EVERY child in school. We really do appreciate all their support in enriching our children's lives with raising money that helps to pay for these events, resources and activities. I know that the PTA are always wanting volunteers so if you want to know more about how you can get involved, please speak to Donna or email the PTA on chulmleighpta@gmail.com

Attendance Updates

As you are aware, our Trust has an unwavering commitment to improve attendance and punctuality at school as we know what a difference it makes to the children's attainment and progress. The following poster was shared with me recently from our Attendance Improvement Officer (AIO) who I meet with fortnightly. It highlights how missing just 19 school days in a year equates to 4 weeks missed of school. Shockingly, if a child misses just 10% of their school year, every year for 5 years, then this is equal to missing half a year's schooling in those 5 years!

Our current attendance rate of 96.8% is in line with the targets set by the Department of Education and the Trust which is 96%. This week, the year group attendance is:

Year 1: 97.5%
Year 2: 98.2%
Year 3: 97.1%
Year 4: 96%
Year 5: 96.4%
Year 6: 93.9%



The charity Action for Children have just released their findings in how to help parents and children with school-based anxiety which can impact on attendance. Their website states that "The latest report investigates what parents and carers are struggling with in relation to school refusal and anxiety – now the most common issue requested in Parent Talk support.

[Parent Talk](#) is a first-of-its-kind free online service which provides accessible and trustworthy advice, support, and reassurance for parents and carers of children aged 0-19, or up to 25 if a child has a special educational need or disability. Parents and carers can access one-to-one support from a parenting coach – a trained family support worker – as well as advice and guidance articles across a range of common parenting challenges. Last year the service supported over 500,000 families across the UK." More information can be found at:

[School refusal: Insights from Parent Talk | Action For Children](#)

[Education - Support for Parents from Action For Children](#)

Thank you all for your continued support.

With Kind Regards,
Martin Evely and all staff of Chulmleigh Primary School.



PTA News & Events

Hello all. What a jam packed second half of the term we have lined up! A bit of something for everyone! Thank you all for your continued support. We think it is now safe to start talking about Christmas!!

Calendar update: The Christmas fayre date has now changed to Friday 8th December, please keep an eye out for an email going out soon for everything you will need to know about this big event! This will be the first one for a few years so it will be one not to be missed!!

Past Event: PTA AGM

Thank you to everyone who made it to the PTA AGM, and to those who sent in any suggestions. We have some great plans in the pipeline for this year which will benefit the whole school.



Christmas cards: Thank you to everyone who ordered their child's artwork for Christmas cards and any of the other wonderful items that were available to order. This has raised an amazing **£273.97!** Thank you to the Children for creating such amazing designs and to the teachers for all their help in assisting in getting these really early deadlines met!



Past Event: Spoon-tacular Competition

What an amazing amount of wonderfully decorated spoons that were entered! They all looked amazing and so creative; Well done to everyone who entered!

Thank you to our judge Kara Pincombe from Winston Pincombe Trailers - she sure did have her work cut out! And a big thank you to Claire Dell for donating the pumpkins that were given out as prizes.

This super fun event raised **£111.00**

Events coming up:



The Circus is coming to school! Friday 17th November.

We are pleased to be sponsoring this event.

Lucas Jet will be coming back to the school with all his fun and games for all of the children to enjoy!

This was a great success last time and we really hope all the children have an amazing time, thank you to everyone who supports the PTA as without you we wouldn't be able to do these enrichment events for the Children.



School D.I.S.C.O! Friday 24th November

Time to get those dancing shoes on and bust some moves on the dancefloor!

This will be split into two with a disco at 5pm for KS1 and another at 6.30pm for KS2.

Tickets are £2.50 per child and this includes drink, bag of sweet and a glow stick!

If anybody is available to help with this event, please email:

chulmleighpta@gmail.com



Rustic Wreath Making Thursday 30th November 6pm – 8.30pm

Come and have a fun and creative evening of making a rustic Christmas wreath!

All materials supplied along with a glass of fizz and mince pie!

Bookings can be made through MyEd or you can email chulmleighpta@gmail.com if you would like to attend, this is open to everyone!



Movie and Munchies Club! Wednesday 6th December:

We think it is safe to say Novembers film “Super Mario Bros” went down a treat, especially with the very generous donation of lovely snacks from Waitrose & Partners, Okehampton, for which we are very grateful. It raised another **£100.50** for the school. Please comment on our Facebook page to give your ideas for the next movie choice. Film title and finishing times will be released one week prior due to licensing. Bookings can be made soon through MyEd for children in Year 1 - Year 6 (Reception to be reviewed further into the academic year)



There will be no Movies and Munchies on 4th January.

We are always looking for helpers and greatly appreciate anything you can offer. If you would like to get involved with the PTA, please email chulmleighpta@gmail.com or find one of us around school. Keep a look out for more information on all our upcoming events and as always thank you for all your support.

The PTA Team





Huge congratulations to Nellie who won two Gold medals in her latest DMT (double mini trampoline) competition!

Nellie's class love to watch the videos that Mum sends us, and to see Nellie's medals!

In half term - Chanel in Otters Class had the amazing experience of singing and recording at Abbey Road Studios in London! We can't wait to hear the songs when they are released. Here's what Chulmleigh College pupils have written about their day:

What an amazing day we had at Abbey Road Studios (the biggest and first recording studio in London) with Teachers Rock intergenerational choir of young people and adults. It was an early start on Saturday morning, but we enjoyed spending time on the 5-hour coach journey with our friends from other schools. The first thing we did when we arrived was to walk over the iconic zebra crossing, with a crowd of people watching our arrival - in person and at home - via the Abbey Road webcam. We certainly held up the traffic, with 80 people in one long line! We then headed into Studio 1 and spent 5 hours recording 7 tracks live in session for a new album. We all had individual headphones to wear, which was a new experience for us, so that we could hear the soloists and musical accompanists but also the sound engineers, who were a lot of fun. The favourite song that we recorded was 'Love Can Build a Bridge' which featured an awesome solo from Chanel who is in Year 6 at Chulmleigh Primary. We also had access to Studio 2 (where the Beatles recorded), as it was our bag room for the day! Other highlights of the day were signing the iconic wall, despite the rain, and searching out memorabilia from famous people who have recorded at Abbey Road.

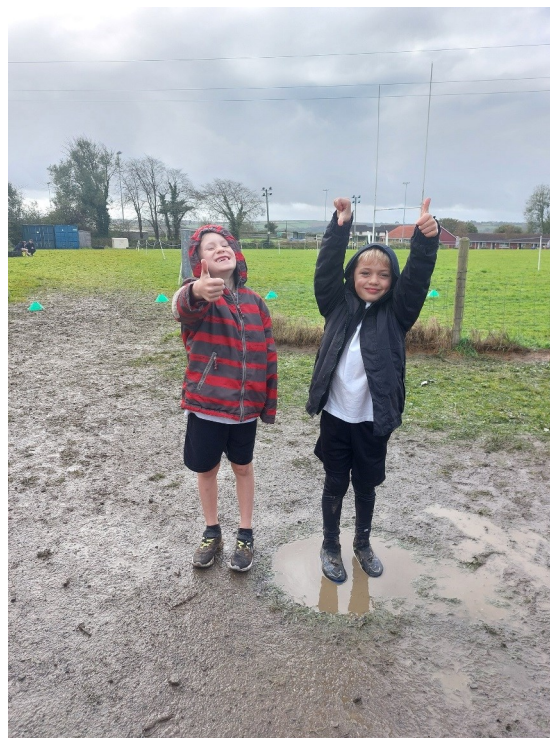
Can we just say a big thank you to Miss Kent, founder of Teachers Rock, for making it possible, it was a truly incredible experience!

Abi, Alice, Katie And Chloe



On Friday 13th October, KS2 went to Torrington for the Devons League cross-country event. There was over 100 people in each heat. There was mud everywhere so it proved to be quite the challenge. Chulmleigh was represented well as we all showed the Chulmleigh qualities, Compassion, Ambition and Teamwork. There was around 15 different primary schools so there was a lot of people to compete against. Despite all the rain and the mud we definitely loved it.

Written by Year 6 children

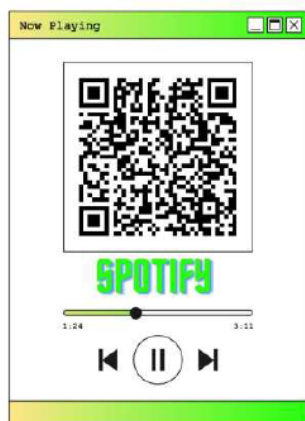


HOME INFORMATION



November's Musician of the Month

Ethel Smyth



About: Dame Ethel Mary Smyth DBE was an English composer and a member of the women's suffrage movement. Her compositions include songs, works for piano, chamber music, orchestral works, choral works and operas. Smyth tended to be marginalised as a 'woman composer', as though her work could not be accepted as mainstream. Yet when she produced more delicate compositions, they were criticised for not measuring up to the standard of her male competitors. Nevertheless, she was the first female composer to be honoured with a damehood.

Genres: Classical and Opera

Active from: c.1877 - c.1927

Origin: Sidcup, United Kingdom

Books to read...

If you like Ethel Smyth, try...



- Johannes Brahms
- Augusta Holmès
- Louise Farrenc

We all enjoyed a fun and inspirational visit from the athlete [David Hill](#) on Monday. Each class took part in a fitness circuit and then were treated to an inspirational assembly by David. They also had the opportunity to ask lots of questions.



Mrs Jackson had a fantastic time at her Forest School Training over half term whittling, axing, making fires, cooking and so much more! She can't wait to start Forest schools at Chulmleigh soon...





Children from Lapford and East Worlington joined us on Friday 3rd November for a workshop with Beaford in the morning and performance of Aakash Odedra Company's 'Little Murmur' in the afternoon.



Cubs & Tigers

Last term in Nursery we read the story of the Gruffalo. The children really enjoyed making 'owl ice cream' and 'scrambled egg snake' and we talked through the process and changes of the ingredients.

They showed their creativity when making their own Gruffalo collage and we had fun retelling the story in their own words.

This term we will continue with our Autumn theme, exploring pumpkins and making soup and talking about how to keep safe around a fire and holding fireworks.



Lions

During this half-term, the children will learn about different celebrations, including Bonfire Night, Diwali and Christmas. During the lead up to Christmas, our learning will look at the traditions of Christmas and the Christmas nativity. We will learn about the celebration and even work in our elves' workshop, helping to wrap presents and make Christmas decorations to put up around the classroom. It's such an exciting time of the year!

This week the children have enjoyed making pumpkin soup! We read the story of 'Pumpkin soup', we then made some signs to try and find duck! We used our maths vocabulary to help us when preparing all the ingredients to make our soup. Using words like 'nearly full' and 'almost empty.' We also enjoyed mixing colours to make exciting shades of orange, yellow and red.



Hedgehogs

This half term in Hedgehogs our topic takes a History focus as we start learning about The Great Fire of London. We have already looked at images of London now and in the past to compare. In Science we will be learning about the seasons and how they are all different. We will also learn about why they are so different.

In Maths we are continuing to learn about adding two groups of numbers together using the part-whole model. In English we are looking at non-fiction texts with a view to creating our own non-fiction pages in a few weeks' time. In RE we are learning how Christians believe the world was made and in PSHE we are learning about being kind to each other. In ICT this half term we are learning about how to stay safe online.

Many thanks to those of you who kept reading or using Spellingframe.co.uk with your children over the half term break, the difference it makes to their progress is huge.

Dragonflies

In year 2 we have started a new book called "Creature Features" which is a celebration of the weird and wonderful animal world. The children will be writing their own information booklet based on an animal or dinosaur they are knowledgeable about. They will then be given the chance to share their work with children in another class.

In maths we are beginning to look at addition and subtraction. Alongside this we will continue to practice counting in 2's, 5's and 10's.

We have started our first history topic which is linked to the big question 'How are important events remembered today?' We will be learning about 'The Gunpowder Plot', 'Remembrance Day' and 'The First Aeroplane Flight'. We will be historians and ask questions, order events on a timeline and look at artefacts, pictures, paintings, and accounts to investigate these events in history.

Our new science topic is linked to materials. We will learn about what materials are used for, the properties of materials and how we can change the shape of materials. We will conduct an investigation and discuss our findings.

Barn Owls

Barn Owls had a great time learning about oral hygiene. Some children chewed the blue tablet to show how much plaque they had on their teeth. We were then all taught how to brush our teeth properly using our toothbrushes. We have been looking at magnets and investigating how many paper clips each magnet can hold. We made predictions and then tested each magnet to find out which one was the strongest. In Maths we are adding and subtracting and trying really hard to spot patterns when we add tens, one hundreds and ones. In English we have just started to use the book *Leon And The Place Between* to look at conjunctions, adverbs and prepositions in our writing.



Bumblebees

Bumblebees have had a great start to the new term. In History the topic on the Vikings has been completed by learning all about Alfred the Great, who he was and why he was important. Everyone is now excited to start the new Geography topic next week, all about land use and we shall be comparing Devon to London.

In Science over the past half term we have completed the topic on Teeth and Digestion and enjoyed carrying out a range of experiments. Electricity will be our next Science topic. In Maths this week we have been practicing our addition skills and reviewing our times tables facts. We have completed the book, Charlie and the Chocolate Factory, everyone has really enjoyed listening to it and following the exciting plot. We now are looking forward to all the new exciting learning ahead of us during this half term.

Squirrels & Otters

It is lovely to welcome Squirrels and Otters back and hear their half-term news! We are getting off to a busy start with our new topic – “Fallen Fields” and we shall be learning about the causes of the First World War, and what it meant to families when their loved ones left for war. In English, we shall be reading extracts from Michael Morpurgo’s book “Private Peaceful”; the story begins in this part of Devon. Our children will have an even greater understanding of the importance of Remembrance Day on 11th November this year.

In Maths, Year 6 have begun their work on measures and learning the similarities and differences between imperial and metric units of measure. Year 5 are working on a unit on multiplication and division. They are looking at factors and multiples as well as written methods for both. If they have any spare time at home, please encourage them to practise on TTRS!

Squirrels’ Science curriculum will involve a range of challenges and investigations, delving into the properties of different materials, whereas Otters are learning about Electricity. They are building on their learning from previous years and will be developing and creating their own exciting investigations.

Thank you for your continued support . Just as a reminder, homework is due in on a Wednesday, and PE is usually Tuesdays and Thursdays. Spare changes of clothes, extra jumpers, waterproofs and wellies are important for children to enjoy OPAL playtimes to the maximum as the weather is turning colder.

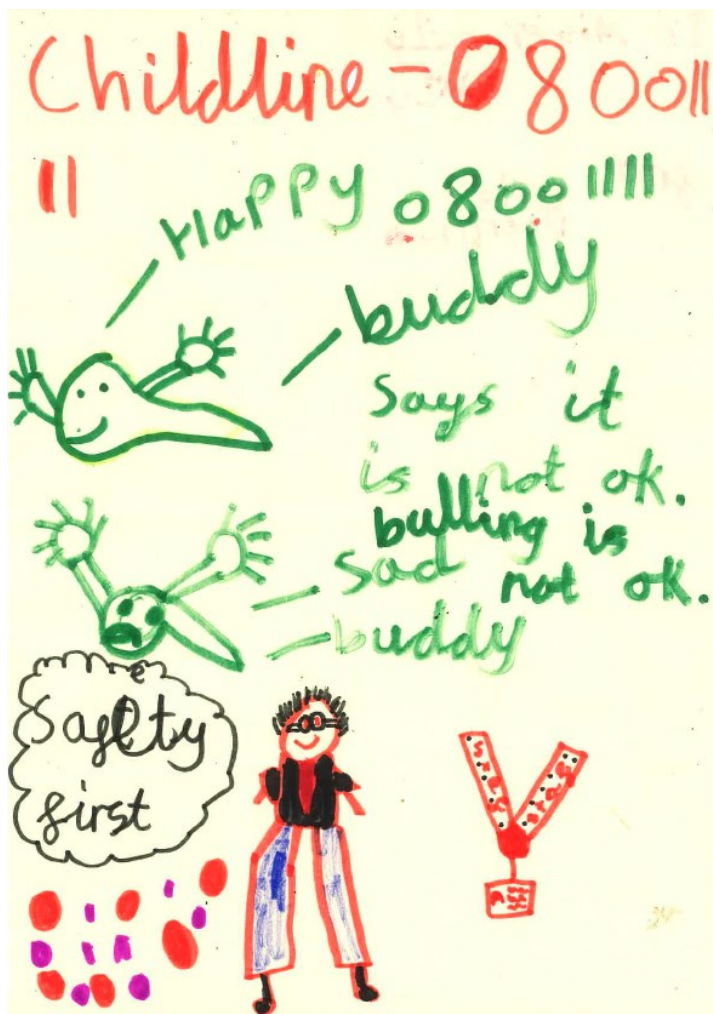
After-school LAMDA drama workshops held each Thursday have proved to be a great success and children are going in confidence and their knowledge of performance skills week by week. We will eventually work towards a performance for parents and through drama games and script reading and lots of ensemble work the children are learning to work confidently as a team.

If you think this is something that your child would be interested in please email for further details to:

antoniawhittick1970@gmail.com

LAMDA





MOVIE & MUNCHIES

FIRST WEDNESDAY
OF EVERY MONTH.



£1.50 PAY VIA MYED +PAY

INCLUDES DRINK, POPCORN/ CRISPS
AFTER SCHOOL, FINISHING TIMES
WILL BE CONFIRMED EACH MONTH,
DEPENDING ON THE FILM.

CONSENT FORMS MUST BE COMPLETED AND HANDED IN.

Chulmleigh Primary School Out of School Club



Registration Fee (per family) £10
Morning Session: 8am-9am - £4
Afternoon Session:
3.30-4.30pm - £4; 3.30-5pm - £6;
3.30-5.30pm - £8; 3.30-6pm - £10;
After 6pm charge - £15

Tax-free childcare!
You can get 20%
off childcare costs.
See below for
details!

Our Out of School Club can take Childcare Vouchers

Check if you're eligible for tax-free childcare! The Government-backed Tax-Free Childcare scheme essentially gives eligible families 20% off childcare costs. You open an online Tax-free Childcare account and the Government adds 20p for every 80p you pay in. You then pay your childcare provider from that account.

New Childcare Voucher users: Parents can check if they are eligible, and apply for an account by going to: www.gov.uk/apply-for-tax-free-childcare

Existing users may already be signed up and we also accept:

Computershare Voucher Services:

<https://myoc.couni.com/voucherservices.com/loah/loah.aspx>

Existing account holders only, as the Government closed the Childcare Vouchers scheme to new entrants on the 4th October 2018.

Or Edmond Childcare Vouchers

<https://www.edmondchildcare.co.uk/EDMV/loah.aspx>

Existing account holders only, as the Government closed the Childcare Vouchers scheme to new entrants on the 4th October 2018.

If you are interested in signing up for the OOSC, please contact your School Administrator for a registration form. All bookings are pre-paid via the MyEd App.

CHULMLEIGH
ACADEMY TRUST





Bring in your old ink cartridges and pop them in the box just inside the front door of the school building! Such an easy way to raise funds for our lovely school!

BOOST THEIR HEALTH HYDRATION DEVELOPMENT

with free & subsidized SCHOOL MILK

Register your child online at www.coolmilk.com

Our school works with *Cool Milk* to provide fresh school milk!

Register online today at www.coolmilk.com

- Calcium for strong bones and teeth
- Protein for muscle repair and growth
- Vitamin B12 to boost the immune system
- Vitamin B2 to aid energy release
- Potassium to regulate fluid and blood pressure
- Phosphorus to strengthen bones and to get maximum use of the milk
- Iodine to support healthy cells and metabolism

Our milk is supplied with financial support from the Department of Health and DfES.

For more information, ask a member of staff.

We currently provide free milk every day to all children in Nursery, Key Stage 1 and those on Free School Meals. If your child isn't eligible for free milk, but you would like them to receive it, you can register online and pay per term. Please visit www.coolmilk.com for more details

Skips Safety Net

Keeping children safe online

Parent Guides to Online Safety

THINK before you send!

If you share it, you are involved
If you have, or forward an indecent image of someone under 18, it is a criminal offence. It can affect your future.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssafetynet.org Tel: +44 121 227 1941

Developed in partnership with:

- Home Office
- West Midlands Police and Crime Commissioner
- West Midlands Police and Crime Commissioner

www.skipssafetynet.org

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WOW... take a look at our Spoon-tacular entries and winners, they truly were spectacular!!! A special thank you to Kara Pincombe for being our judge, she certainly had a tricky decision to make. And thank you to Claire Dell for donating all the pumpkins. Well done to everyone who took part!



We are please to share our Autumn menus with you. Please review the menus below and scan the QR code for a list of allergens. Meals are available to order on MyEd, and you can order up until the night before the meal is required.

AUTUMN MENU

Week one

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick a MAIN	Sweet and Sour Chicken and Vegetable Rice	Butchers Sausage, Mashed Potato, Onion Gravy and Seasonal Vegetables	Italian Meatballs, Tomato Pasta, Focaccia and Salad	Roast Turkey, Sea Salted Roast Potatoes, Seasonal Vegetables and Gravy	Battered Fish or Salmon Sticks, Potato Wedges and Mushy Peas
Pick a MEAT-FREE MAIN	Cheese and Tomato Pasta Bake	Leek and Mushroom Crumble, Mashed Potato and Seasonal Vegetables	Halloumi Stuffed Peppers, Green Salad and Focaccia	Broccoli and Cauliflower Bake, Sea Salted Roast Potatoes and Seasonal Vegetables	Veggie Bean Burger, Potato Wedges and Mushy Peas
Pick a JACKET POTATO	Sweet and Sour Chicken / Cheese, Bacon Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo
Pick a PACKED LUNCH	Ham or Cheese Roll, Salad Sticks, Fruit, Yoghurt or Cake	Sausage Roll (v) Salad Sticks, Fruit, Yoghurt or Cake	Ham or Cheese Roll, Salad Sticks, Fruit Yoghurt or Jelly	Pitta Pizza, Salad Sticks, Fruit, Yoghurt or Ice Cream	Ham or Cheese Roll, Salad Sticks, Fruit, Yoghurt or Cookie
Pick a DESSERT	Raspberry Cake	Autumn Apple Cake	Jelly with Fresh Fruit	Carrot Cake	Coconut Cookie

Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.

AUTUMN MENU

Week two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick a MAIN	Pulled Pork Bap, Herby Diced Potatoes and Root Slaw	Hunters Chicken, Potato Wedges and Sweetcorn	Beef Bolognaise, Pasta Baked, Garlic Bread and Sweetcorn	Honey Roast Ham, Roasted Potatoes, Seasonal Vegetables, and Gravy	Fishcake, Pommes Noisettes, and Peas
Pick a MEAT-FREE MAIN	Crispy Mac "n" Cheese, Garlic Focaccia and Root Slaw	Quorn Burger, Potato Wedges and Sweetcorn	Tomato, Mozzarella and Pesto Focaccia, Diced Potatoes, and Salad	Vegetable Bake, Roasted Potatoes and Seasonal Vegetables	Breaded Halloumi, Pommes Noisettes, and Peas
Pick a JACKET POTATO	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo
Pick a PACKED LUNCH	Ham or Cheese Roll, Salad Sticks, Fruit, Yoghurt or Cake	Sausage Roll (v) Salad Sticks, Fruit, Yoghurt or Cake	Ham or Cheese Roll, Salad Sticks, Fruit, Yoghurt or Flapjack	Pitta Pizza, Salad Sticks, Fruit, Yoghurt or Froyo Pot	Ham or Cheese Roll, Salad Sticks, Fruit, Yoghurt or Cookie
Pick a DESSERT	Chocolate Krispie Cake	Carrot Cake	Pink Raspberry Flapjack	Froyo Fruit Pot	Oaty Cookie

Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.


AUTUMN MENU

Week three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick a MAIN	Chicken Katsu Curry Vegetable Rice, and Naan	Bacon Mac "n" Cheese, Focaccia and Salad	Mild Chilli, Rice, Sweetcorn and Nachos	Roast Lamb of Pork, Rosemary Roasted New Potatoes, Apple Sauce, Seasonal Vegetables and Gravy	Chicken Bites, Potato Wedges and Peas
Pick a MEAT-FREE MAIN	Roasted Cauliflower Curry and Vegetable Rice	Cheese and Tomato Pasta Bake, Focaccia and Salad	3 Bean Casserole Rice, Sweetcorn and Nachos	Leek and Potato Bake, Rosemary Roasted New Potatoes and Seasonal Vegetables	Cheese and Bean Slice, Potato Wedges and Peas
Pick a JACKET POTATO	Katsu Curry / Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo
Pick a PACKED LUNCH	Ham or Cheese Roll, Salad Sticks Fruit, Yoghurt or Sponge	Sausage Roll (v) Salad Sticks Fruit, Yoghurt or Cake	Ham or Cheese Roll, Salad Sticks Fruit, Yoghurt or Cake	Pitta Pizza Salad Sticks Fruit, Yoghurt or Cake	Ham or Cheese Roll, Salad Sticks Fruit, Yoghurt or Cookie
Pick a DESSERT	Jam and Coconut Sponge	Banana Cake	Lemon Drizzle Cake	Fresh Fruit Platter	Chocolate Cookie



Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.



the **national**
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

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FREE first class for all children! (booking essential)

All ingredients included! plus a craft activity & a recipe card to keep

EVERY WEDNESDAY (Term times)
3.45pm - 5pm
Suitable for 2 - 11yrs old

Call Olivia: 07938 608 862
Email: olivia@cookstars.co.uk
Book: <https://cook-stars-north-devon.class4kids.co.uk>



Autism and Us parent programme and autism-themed workshops (summer/autumn term 2023)

Support for parents/carers of Devon's primary and secondary children who are either on the autism waiting list or who have received a diagnosis of autism.

Our 'Autism & Us' programme and themed workshops delivered this academic year will once again be offered during the summer/autumn terms for parents/carers of Devon primary and secondary school children, pre or post-diagnosis. We are delighted to announce that we are offering access for families of children and young people (CYP) who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis.

Attending the Autism and Us parent programme gives you an opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child's presenting needs.

4 weekly 'live online' sessions (approximately 2 hours each) related to the following topics or themes:

Autumn Term:	Programme 1	Programme 2
Autism overview	14th September 10am – 12pm	31st October 4.30pm – 6.30pm
Communication	20th September 10am – 12pm	7th November 4.30pm – 6.30pm
Understanding and supporting behaviour	5th October 10am – 12pm	14th November 4.30pm – 6.30pm
Sensory	12th October 10am – 12pm	21st November 4.30pm – 6.30pm

To secure a place on any of the above programmes, or to express your interest in forthcoming programmes, please send an email to educationlearnersupport@devon.gov.uk. We will confirm your booking and provide you with a direct link to the event. Events will be delivered online 'live' using the Microsoft Teams platform.

Additional topic-based workshops autumn term 2023

The following topic-based workshops will also be available for parents/carers of children and young people (CYP) who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis. You can choose from these based on the relevance to you and your family. Dates and times to be confirmed.

To secure a place on any of the above programmes, or to express your interest in forthcoming programmes, please send an email to educationlearnersupport@devon.gov.uk. We will confirm your booking and provide you with a direct link to the event. Events will be delivered online 'live' using the Microsoft Teams platform.

Date	Time	Topic	
1st November	10am -12pm	Autism – vulnerability and online safety	Paul Lamanna
8th November	9.30am -12pm	Autism and girls	Robert Good
15th November	10am -12pm	Autism – managing stress and anxiety	Alison Cann
16th November	10am -12pm	Autism – sensory processing and integration	Kevin Jones
22nd November	10am -12pm	Autism – communication (pre or non-verbal – support strategies)	Laura Matthews
6th December	10am -12pm	Autism – demand avoidance and pathological demand avoidance	Robert Good
12th December	10am -12pm	Autism – communication (verbal – support strategies)	Laura O'Shea & Melissa New

Useful autism resources

[Finding a school for your child](#)

[Working together with your child's school – Autism Education Trust](#)

[Raising a child with autism : Carrie and David – Nip in the bud](#)