



Chulmleigh  
Primary School  
& Nursery

# NEWSLETTER



	Mon	Tues	Weds	Thurs	Fri
16 - 20 Oct	Parents Evenings Week  KS1 Multi- skills 3.30- 4.30pm	PTA AGM 3.45pm  KS2 Tennis Club 3.30- 4.30pm	Oral Hygienist visit		Non-pupil Day
30 Oct - 3 Nov	Paralympian visit  KS1 Multi- skills 3.30- 4.30pm	KS2 Tennis Club 3.30- 4.30pm	PTA Movie & Munchies Club	Vision Screening - Year R	Celebration Assembly 9.15am

## Key Dates

23-27 Oct	Half term holiday
9 Nov	Tennis event in Bideford
17 Nov	Children in Need
17 Nov	Circus visit
20 Nov	Dodgeball Tournament
23 Nov	Flu vaccinations
24 Nov	PTA discos
30 Nov	PTA Wreath making
8 Dec	Christmas Jumper Day
15 Dec	End of term



## Early Language Development & Developmental Language Disorder Parent Workshop & Staff Drop-in Wednesday 18 October

Join us for a parent workshop run by Sarah Clarke, a specialist teacher with Devon County Council's Communication & Interaction Team.

There will be a brief explanation of children's language development, a film showing 'Darcie's Story' & information on what to do if parents/carers have concerns.

All followed by tea, cake & the opportunity for questions.

### Parent Workshop

9-10am East Worlington Primary School  
11am-12pm Lapford Community Primary School  
2.30-3.30pm Chulmleigh Primary School



### Staff Drop-in

8.15-9am East Worlington Primary School  
12-1.30pm Lapford Community Primary School  
3.30-4.30pm Chulmleigh Primary School

It was fantastic to see so many parents at our come and play event on Monday after school. Thank you so much to our amazing PTA for providing cakes and drinks. We love OPAL at Chulmleigh....



## OUTDOOR PLAY AND LEARNING



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](mailto:antoniawhittick1970@gmail.com)

## LAMDA





Dear All,

I cannot believe that the first half term has come to an end already! As ever, we've had another busy fortnight with our successful OPAL stay and play session, Chulmleigh Academy Trust Y3 and 4 Cross country event and 24 children from Key Stage 2 representing Chulmleigh Primary brilliantly at the Stephen's Shield Cross country event at Great Torrington. We were very proud that our cheering was one of the loudest at the event and our values of 'Teamwork' and 'Nothing but our best' really shone through when everyone was participating.

## Black History Month

This week, I led an assembly celebrating the start of Black History Month. The children were enthralled to learn about the true story of Floella Benjamin being part of the Windrush generation and leaving Trinidad with her family to start a new life in Britain. The children were upset to hear that Floella and her family were treated badly when they first arrived just because they were black and had an accent when they spoke. The children all agreed that this was unfair and definitely not living our value of compassion. As part of the assembly, I explained that her ambition was to become successful in raising racism awareness and to help ensure all people were treated equally regardless of their race or skin colour. The children were delighted that she has become a Dame and knew the reasons why. Our Trust values of compassion and ambition were discussed in detail as well as learning that all individuals can make a change for the better like Floella has.

Throughout the month, we will continue to learn about important black pioneers who have helped to change history for the better. Below are some of the facts that I shared with the children.

### Black History Month: celebrating Black women in the Lords

2 October 2023 (updated on 2 October 2023)



#### Children's safety online

As a member of the Lords she has campaigned for better protections for children's safety online, making significant contributions to the [Online Safety Bill](#) and [remains the government on the issue](#) in questions and debates.

Black History Month is an occasion to recognise and celebrate the invaluable contributions of Black people to British society.

"I look forward to working to make the UK the safest place in the world—the world is looking at us—to go online for everyone in our society, especially our children. As I always say, childhood lasts a lifetime. What a legacy we will leave for them by creating this bill." Baroness Benjamin speaking in the final stages of the [Online Safety Bill](#) (on 6 September 2023).

### Floella Benjamin

What is the Windrush Generation? | Finding My Family: A Windrush Special | Newswound - YouTube  
Floella Benjamin



## School Improvement Update – Oracy

Since the start of term, we are really prioritising the importance of Oracy which promotes confident speakers, ambitious language and vocabulary choices and children talking in clear, full sentences. As I have visited all classrooms, I can see that the children are developing their Oracy skills and staff have high expectations that children are contributing to developing their own Oracy through ambitious vocabulary choices and are checking when they don't understand the language being used. It isn't only in lessons we are seeing this occurring. Pleasingly, during OPAL playtimes and lunchtimes we are all noticing that during the children's play interaction they are talking more purposefully, and the older children are acting as great role models for our younger children. During our OPAL stay and play session, many parents also commented on how much the children were communicating and talking confidently with each other which is one of the main reasons we implemented OPAL at Chulmleigh.

As part of our school improvement priority on enriching the children's experiences at school, I am delighted to let you know that we are expecting our delivery of tree saplings from the Woodland Trust in early to mid-November. The aim is to make the planting of trees a real community event and we will invite you to join your child/ren in planting the saplings around the Trust grounds. Once the saplings have arrived safely, we will let you know the dates to join us so look out for them in the near future!

### Safeguarding Updates- mental health and NSPCC assembly

Over the last two weeks, I have led assemblies from the National Society for the Prevention of Cruelty to Children (NSPCC) campaign on 'Speak Up. Stay Safe'. The children were introduced to 'Buddy' who explained how every child has the right to speak up and stay safe. The children were reminded of what they can do to stay safe including online and at home and at school. I was very impressed with the children's mature and thoughtful responses to the questions asked and I know all the staff were when this assembly was followed up in their Personal, Social and Health Education (PSHE) lessons. Below are examples of what was discussed during the assembly and the PSHE lessons.



<http://www.childline.org.uk/kids>

- In pairs design an eye-catching poster that includes...
- What you have learned today.
- The title "Speak out. Stay safe"
- The Childline Number
- The website address.
- A picture of Buddy.

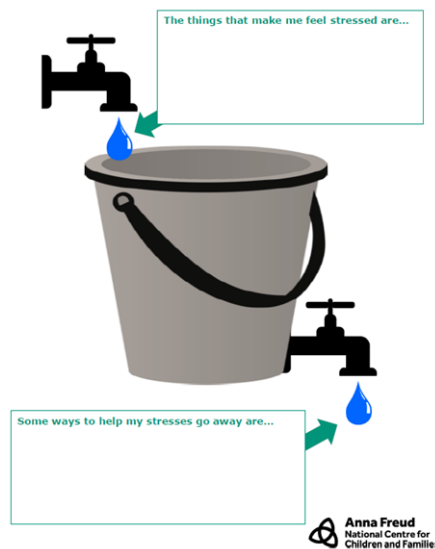
<p>characteristic</p>	<p>Every species of bird has it's own characteristic song.</p>
<p>Synonym</p> <p>Attributes, features</p>	<p><b>New vocabulary:</b> <b>Characteristic</b></p>
<p>Antonym</p> <p>Uncharacteristic</p>	<p>Let's say the phonemes</p>
	<p>How many syllables does the word have?</p>

For more information, please follow the link: [Support for parents | NSPCC](#)

Like every assembly, we discuss the importance of our own mental health and wellbeing. It has been World Mental Health Day this week and classes have focussed on this during class discussions as well as in assembly. The children were shown the stressful feelings bucket and were asked to think about what things make them stressed and fill the bucket. They were also asked to think about what they can do to help the stress go away before overflowing the bucket! The image below was shared with the children to remind them of finding ways to stop their feelings bucket overflowing. I was impressed with their suggestions such as: talk to someone, play with a friend, listen to music, read, colouring and many more which we all shared in assembly.



## My Stressful Feelings Bucket



For further ideas and suggestions, please follow the link: [Further resources for families | Anna Freud](#)

### 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. I have spoken to many parents recently and conducted attendance meetings explaining how we have to follow the guidelines from the Government's 'Working together to improve school attendance' publication. The guidance focuses on the link between absence and attainment at the end of key stage 2 (KS2) and key stage 4 (KS4). Their findings concluded that:

Pupils with higher attainment at KS2 and KS4 had lower levels of absence over the key stage compared to those with lower attainment.

Pupils who did not achieve the expected standard in reading, writing and maths in had an overall absence rate of 4.7% over the key stage, compared with 3.5% among pupils who achieved the expected standard and 2.7% among those who achieved the higher standard.

Pupils who did not achieve grade 9 to 4 in English and maths GCSEs had an overall absence rate of 8.8% over the key stage, compared with 5.2% among pupils who achieved a grade 4 and 3.7% among pupils who achieved grade 9 to 5 in both English and maths.

Generally, the higher the percentage of sessions missed across the key stage at KS2 and KS4, the lower the level of attainment at the end of the key stage.

Among pupils with no missed sessions over KS2, 83.9% achieved the expected standard compared to 40.2% of pupils who were persistently absent.

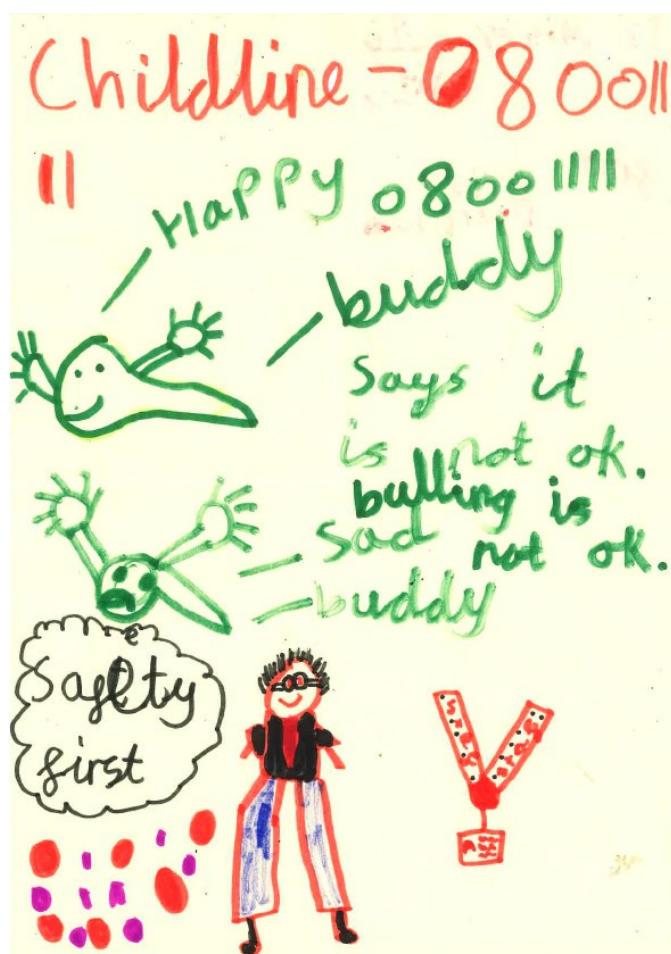
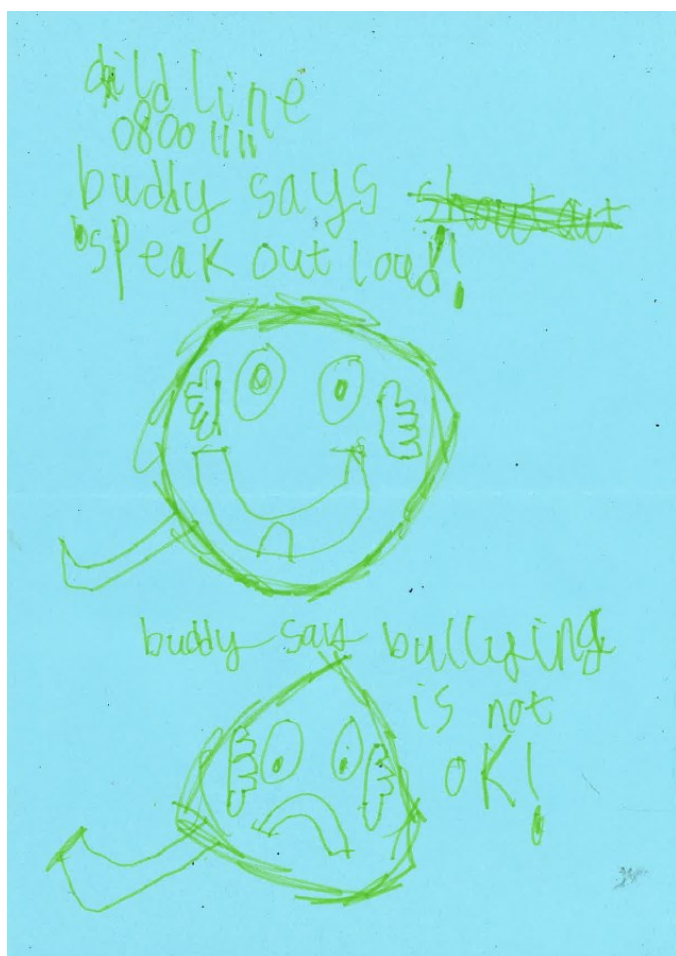
More information can be found at: [Working together to improve school attendance - GOV.UK \(www.gov.uk\)](#)

Our current attendance rate of 96.2% 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: 97.99%
Year 2: 98.33%
Year 3: 97.12%
Year 4: 97.06%
Year 5: 96.47%
Year 6: 94.49%

Thank you all for your for your continued support.

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



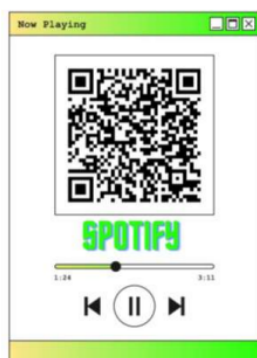
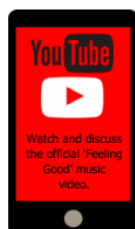


Our children are absolutely loving their music lessons – they are learning notation and are already able to play brilliant notes on their recorders, pianos and guitars!



### October's Musician of the Month

*Nina Simone*



Books to read...



**About:** Eunice Kathleen Waymon, known professionally as Nina Simone, was an American singer, songwriter, pianist, and civil rights activist. Her music spanned styles including classical, folk, gospel, blues, jazz, R&B, and pop.

**Genres:** R&B/Soul, Jazz

**Active from:** 1954 - 2002

**Origin:** North Carolina, U.S.A.

If you like Nina Simone, try...

- Sarah Vaughan
- Billie Holiday
- Miles Davis

## 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.



## PTA News & Events.

Hello all. After the summer break we are all getting back into the routine of school life! Autumn is just around the corner (too early for Christmas?) Your PTA is getting ready for our AGM hoping to put all of our plans into action, spooky spoons, A LOT OF CAKE, and lots more events to follow. Check out below what we have going on this Autumn.



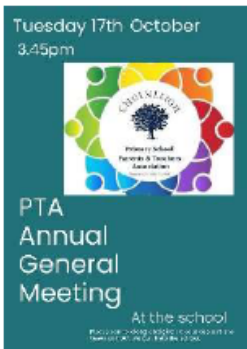
### Past Event: Grandparents Day!

A massive thank you to our wonderful Grandparents, star bakers, staff, and children for making our first Grandparents Day a success. We raised a whopping £452.75 (that's A LOT of scones). Thank you to all involved!

### Past Event: Opal Taster Session.

Great to see so many parents and children come along to stay and play. We raised a massive £155.37 so thank you too all! If you are able to donate any resources, please contact Mrs Jackson [rjackson@chulmleigh.devon.sch.uk](mailto:rjackson@chulmleigh.devon.sch.uk)

Thank you  
We raised a brilliant  
£155.37 from today's  
cake sale.



### Tuesday 17<sup>th</sup> October: PTA AGM Meeting!

Your PTA needs you! Please come along to our annual meeting. This meeting is your chance to hear all about the money you and your children have helped to raise, how it has been used and to collectively share ideas for the upcoming academic year. Think you'd like to join or lend a hand; we would love to have you! If you cannot attend in person but have an idea or question, please email [ChulmleighPTA.Secretary@gmail.com](mailto:ChulmleighPTA.Secretary@gmail.com) by Sunday 15<sup>th</sup> October.

30<sup>th</sup> October (Last day to enter Friday 13<sup>th</sup> October): Closing date for our spoon-tacular competition!

Friday 13<sup>th</sup> could be lucky for some, we will be closing our competition and picking our favourite spoon-tacular or spoon-sational spoons. £1 to enter, one winner per class. Payment through MyEd +Pay.







Remember - if you are concerned about a child or young person in Devon and want to speak to someone, contact the MASH on 0345 155 1071 and give as much information as you can. If you would prefer to complete an online form, you can do so here: [Child protection - What to do if you're worried about a child's safety? \(devon.gov.uk\)](https://www.devon.gov.uk/child-protection)



### **Cubs & Tigers**

This week in Nursery we have been reading the book *The Gruffalo*! The children have had great fun already listening to the story and re-enacting their own version in the small world tray.

They have started their own collage of *The Gruffalo* and next week we will be making owl ice cream and scrambled egg snake! We have set up a shop too so they can buy ingredients to make a Gruffalo crumble.

All is quiet in the deep dark wood..... I don't think it will be in Nursery next week!

## Lions

We have been enjoying the amazing weather this week. We have been outside exploring our surroundings and observing the changes that are happening as we transition into Autumn. The children gathered lots of different leaves during woody wonders and enjoyed sorting them by colour, size and shape. The children then used the leaves to create their own leaf crowns!

Throughout the term the children have been learning about themselves and how they have grown since they were babies. This week the children were very excited when we had a baby come to visit. The children were able to learn about what a baby can and can't do and talk about how the baby will develop and change as she gets older.

This week the children have enjoyed the Gruffalo story. We have transformed our role play area into a Gruffalo cave. The children have loved making signs, pictures and props to create a cave. We also enjoyed using clay to create our own woodland creatures.

In maths over the last few weeks the children have been learning about repeated patterns. This week they created their own repeated patterns by making fruit kebabs!



## Hedgehogs

There is a sense of excitement running through Hedgehogs this week! They have been introduced to Spelling Frame and are all very keen to get ahead and get the most points each week! We appreciate you supporting them at home as this makes a real difference to their spelling. This week in English we have started learning about poems. We learnt one this week and almost everyone had a go at performing it in front of the rest of the class. In maths we have been finishing off our work on place value and are ready to start adding two groups of objects together to make a whole next week. In Geography we learnt about how the different weather in different parts of the world affect the types of animals that live there. In PSHE we talked about World Mental Health Day; in particular the things that make us feel stressed and the things we can do to make ourselves feel better. In RE this week we are learning about what Christians believe God is like and how we can learn from the parables in the bible. Thank you for all your support with reading at home, it makes such a difference to the children's progress with reading. Please make sure that the children are reading their school books to you but please also make sure to share stories for fun! Thank you.



## Dragonflies

Over the last couple of weeks, we have been on a voyage of exploration, comparing Chulmleigh to a town in Mexico. We have been learning about hot and cold countries and how they are zoned across the world. The children have enjoyed researching facts about Mexico and have produced an information page linked to this.

In Maths, we have been practising counting in 2's, 5's, 10's and also 3's. We are coming to the end of our unit linked to place value and will start looking at addition and subtraction over the coming weeks.

In Science, the children have been learning about living things and their habitats. We have been exploring and comparing the differences between things that are living, dead, and things that have never been alive. We are also identifying and describing habitats and identifying plants and other animals. Next week, we will be conducting an investigation linked to woodlice and what conditions they prefer to live in.

I look forward to seeing you all next week at Parent's evening appointments. Best Wishes, Mrs Niejadlik

## Barn Owls

Barn Owls have been so busy learning about The Stone Age and designing their own Stone Age tools and weapons – we can't wait to make them. In computing we have started learning to touch type – it has been quite tricky trying to use the right fingers for the right letters but we are practising really hard to improve and get faster. In Music, we have been learning to play a tune on the glockenspiels as well as learning vocabulary and improving our singing tone. In Maths we have just started our new unit of addition and subtraction and in spelling we are trying really hard to learn all the different "shun" spelling patterns. Wow, well done Barn Owls!



## Bumblebees

It has been another busy week for Bumblebees class this week. The children took part in a cross-country event on Tuesday afternoon, which also involved children from Lapford and East Worlington too. This was a great opportunity for the children to meet up with and make friends with the children from the other schools. Every child completed four laps of the field and upper playground and I am very proud to say that everyone gave it their best effort and completed the course. Well done Bumblebees – what an achievement!

In PSHE the children have been learning about at relationships, communication and how to be a good friend. Using drama and group discussion they have shown a great understanding of the positive ways to interact and behaviour towards each other.

Imogen gave our 'class talk' this week and brought in box of great objects to talk about and illustrate her varied interests. It was lovely to find out more about the activities she does outside of school; we were all fascinated and her classmates had lots of questions for her.

The children have been busy making Viking longship models as part of our history topic. They were quite fiddly, so thanks to Mrs Bartlett, and some Year 6 friends for helping the children to complete them and make them look so good.



## Squirrels

Year 5 have had a busy couple of weeks. In English they have been planning, editing and publishing their fantasy stories. They have worked hard on thinking about their characters, setting and plot and have enjoyed writing them.

In maths, they have been continuing their learning on addition and subtraction and the different strategies they can use to be the most efficient.

They have been really enjoying our history topic this term and particularly enjoyed one lesson involving some role play of the Civil War during King Charles I reign. They have also incorporated their topic learning in art and have drawn some amazing portraits of Henry VIII.

During PSHE, we have followed on from the NSPCC Speak Now, Stay Safe assembly and the children have shown great maturity with their ideas on how to stay safe and to not be afraid to speak out if they feel something is not right. They are a real credit to Chulmleigh!

Reminder: PE on Tuesday and Thursday – please ensure full PE kit is in school on both of those days. Homework: handed out on Friday, due back on Wednesday.



## Otters

Year 6 have been amazing over the past couple of weeks and have coped brilliantly with unexpected changes.

They have sat their first set of assessments which they completed with ease and perseverance and I can already see how amazing they are and how much they have already learnt in the small space of time that they have been in Year 6!!

In English they have been planning, editing and publishing their fantasy stories. They have worked hard on thinking about their characters, setting and plot and have enjoyed writing them.

In maths, they have been continuing their learning on multiplication and division and are learning the art of long division!!! They have found it tricky, but are starting to get the hang of it!

The children have really shown an enjoyment for our topic on the different monarchs through the ages. They have developed a great understanding of the difference between constitutional and absolute monarchy. They have developed their knowledge on the significant changes in Britain through the ages and the impact these changes have had on society both in the past and modern day. As our science topic this half term has been about evolution and the works of Charles Darwin, the children have planned an experiment 'Battle of the Beaks' to see which type of beak is best of adapting to different environments. This has including their learning about how living things have evolved over time and adapt to their living environments.

Reminder: PE on Tuesday and Thursday – please ensure full PE kit is in school on both of those days.  
Homework: handed out on Friday, due back on Wednesday.

Thank you, as always, for your continued support.

## 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](http://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 Extended Childcare Vouchers**

<https://www.mychildcarevouchers.co.uk/ENVI/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](http://www.coolmilk.com)

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

Register online today at [www.coolmilk.com](http://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 get extra energy in the cells
- ✓ 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](http://www.coolmilk.com) for more details

## COST OF LIVING SUPPORT

### Struggling to make ends meet?

Chulmleigh College is working with Chulmleigh Parish Church, & the Little Dart Mission Community, to offer support to all

- **FREE CC School Uniform**
- **FREE children's clothing 0-5**
- **FREE food parcels**

\*Completely confidential service

\*Browse available items, or we can deliver

\*Uniform items include sports kit & footwear {when available}

\*No referral required

\*Open to all



Call Elaine Cook,  
Licensed Lay Minister  
01769 572525  
or  
Tony Rockey,  
Team Rector  
01769 581712



### A request to our 'bus parents'!

If your child(ren) travels by school bus or taxi, please let us know by MyEd message or by telephone call if the arrangements are different to usual or if they will vary throughout the coming week. We will confirm that we have received your message.

Messages in the home-school diaries can unfortunately get missed if classroom staff are absent, whereas messages online or by phone can reach various members of the Admin team even in Abby's absence.

Teachers check with their classes each morning and call out a bus register, but children can often get confused or not remember, so a message from home is essential!

Many thanks!





# GLURBS

**THE FUN AND UNIQUE WAY TO LEARN A FOREIGN LANGUAGE**

**Ages 4-12**

- Fun, interactive lessons
- Consolidating challenges
- Exciting reward games
- Create and customise your own character
- No previous language skills necessary
- Plenty of extra learning resources available
- Complements the language teaching taking place in your school

Download for **FREE** today!




@glurbsgame




# HALLOWEEN HALF TERM

**DRESS TO IMPRESS!**

**WHO'S HAUNTING THE MUSEUM?**  
Follow the clues to discover the Halloween characters hidden around the museum. Younger visitors can spot our pumpkins. Part of normal admission.  
**21 - 28 OCTOBER**

**FRIGHT NIGHT!**  
Visit the museum by torchlight (it will be darker from 6pm) and find the museum ghosts! £3 per child plus normal admission for adults (museum members half price admission and £2 per child). Please bring your own torch.  
**THURSDAY 26 OCTOBER, 5:30-7:00PM**

**HALLOWEEN CRAFT**  
Make creepy (or friendly!) spider decorations. £3 per child with paying adult (£2 per child with a museum member). Drop-in.  
**TUESDAY 24 & WEDNESDAY 25 OCTOBER, 10:00-12:00 & 1:00-3:00**

# Kings Nympton

**BONFIRE AND FIREWORKS**

KINGS NYMPTON PLAYING FIELD

**SUNDAY NOV 5th**

**BONFIRE FIREWORKS HOTDOGS, SOUP AND REFRESHMENTS**

**licensed Bar**

Gates Open 5.30pm  
(Fireworks at 6.40pm)

ENTRY £5 ADULTS. £2.50 CHILDREN

White with PosterMyWall.com



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
<b>Pick a MAIN</b>	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
<b>Pick a MEAT-FREE MAIN</b>	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 Roasted Potatoes and Seasonal Vegetables	Veggie Bean Burger, Potato Wedges and Mushy Peas
<b>Pick a JACKET POTATO</b>	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
<b>Pick a PACKED LUNCH</b>	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
<b>Pick a DESSERT</b>	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
<b>Pick a MAIN</b>	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
<b>Pick a MEAT-FREE MAIN</b>	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
<b>Pick a JACKET POTATO</b>	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo
<b>Pick a PACKED LUNCH</b>	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
<b>Pick a DESSERT</b>	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
<b>Pick a MAIN</b>	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
<b>Pick a MEAT-FREE MAIN</b>	Roasted Cauliflower Curry and Vegetable Rice	Cheese and Tomato Pasta Bake, Focaccia and Salad	3 Bean Casserole Rice, Sweetcorn and Nachos	Lentil and Potato Bake, Rosemary Roasted New Potatoes and Seasonal Vegetables	Cheese and Bean Slice, Potato Wedges and Peas
<b>Pick a JACKET POTATO</b>	Katsu Curry / Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo
<b>Pick a PACKED LUNCH</b>	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
<b>Pick a DESSERT</b>	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.

## Halloween Cooking Party at:

**YMCA - South Molton**  
**Saturday 28th October 10 - 12**

**Delicious  
Spooky  
Biscuits**

Make, bake and decorate a spooky selection of Halloween biscuits.

Join in with our Halloween crafts - make your own scary mask, create your own mummy and personalise a Halloween bag.

Best dressed wins a prize!



**Great  
for Kids  
Parties  
too!**

**Fun cooking classes at:**

**YMCA - South Molton**

**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](mailto: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](mailto: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 inte-	Kevin Jones
22nd November	10am -12pm	Autism – communication (pre or non-	Laura Matthews
6th December	10am -12pm	Autism – demand avoidance and patho-	Robert Good
12th December	10am -12pm	Autism – communication (verbal – sup-	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](#)