



Chulmleigh
Primary School
& Nursery

NEWSLETTER



	Mon	Tues	Weds	Thurs	Fri
20 - 24 Nov	KS1 Multi- skills 3.30- 4.30pm	KS2 Tennis Club 3.30- 4.30pm	Science Fair 2.30pm	Flu vaccina- tions	Celebration Assembly 9.15am PTA Discos! EYFS & KS1 5.30- 6.30pm KS2 7.00-8.00pm
27 Nov - 1 Dec	KS1 Multi- skills 3.30- 4.30pm	KS2 Tennis Club 3.30- 4.30pm		PTA Wreath Making Workshop 6.30-8.00pm	Celebration Assembly 9.15am Years 5 & 6 Cross Country

Key Dates

6 Dec	Movies & Munchies Club
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
14 Dec	KS2 Performance 2.00pm
15 Dec	End of term
3 Jan	First day of term



Dear All,

The last two weeks in school have been action packed again with many exciting learning opportunities occurring. We have had visits from the Guide Dog charity, the chorister from 'Teacher Rocks' leading a singing workshop, Cultural Champions educating Year 4 about Diwali and Devon's Wildlife Trust which are all helping to enrich the children's education. The guide dogs proved very popular and the children were very keen for them to stay in school as pets! All visitors commented on how polite, courteous and keen for learning the children were. We know this ourselves, but it is always wonderful for the children to get this recognition from external visitors.

Chulmleigh Primary recognition:

I was delighted to receive a lovely letter from Devon's Director of Children and Young People's Futures last week. The letter thanked the Trust Leaders, the Trust Directors and staff for the continuing effort that led to our 'Good' Ofsted outcome. More importantly, however, the Director quite rightly congratulated all the children for their learning attitudes and said that he is looking forward to seeing the school continue to go from strength to strength. As you can imagine, we were elated that the improvement in Chulmleigh Primary School has been acknowledged by Devon's education team at County Hall.

Our 'Good' Ofsted outcome was also featured in the North Devon Gazette last week. The link will take you to the article: [Chulmleigh Primary School celebrates 'good' rating across the board - North Devon Today \(northdevongazette.co.uk\)](http://northdevongazette.co.uk)

Chulmleigh Primary School celebrates 'good' rating across the board

'Incredible improvement' since previous 2019 inspection



Parliament Week:

Monday's whole school assembly last week was focussed on learning about democracy and our government as part of Parliament week. During the assembly, the children learnt the differences between the Houses of Parliament and the House of Lords, what MPs are and what they do and how bills are passed through to make new laws. This learning continued in classes throughout the week. You never know - we may have a future Prime Minister from Chulmleigh Primary! On the next page are some of the facts which helped the children to understand about the Government and Parliament.



What is Parliament?

The UK Parliament is made up of two groups of people. They are called:

- The House of Commons
- The House of Lords

The two Houses in UK Parliament work together to:

- make laws
- check what the Government is doing

MP (Member of Parliament) is short for Member of Parliament. MPs are voted for by adults in the UK in a big vote. This vote is called a **general election**. There are 650 MPs. Every MP listens to people in their local area. Each area is called a **constituency**.

Passage of a Bill through Parliament

Start: House of Commons

- 1 First Reading
- 2 Second Reading
- 3 Committee Stage
- 4 Report Stage
- 5 Third Reading

Once a Bill has been agreed by both Houses it will receive Royal Assent

Start: House of Lords

What does an MP do?

MPs come to the UK Parliament to debate. This means they talk about ideas and problems together. Like how to get more people into jobs.

They do this in the House of Commons Chamber. It is a large room with green benches on each side.

The MPs choose someone to be the Speaker. The Speaker's job is to tell MPs who can speak and remind them of the rules.

In the Chamber, MPs question the Prime Minister and other members of Government. They can ask them

Members of the House of Lords

The House of Lords is separate from the House of Commons.

There are around 800 members in the House of Lords.

A man who is a member of the House of Lords is called a **Lord**. A woman who is a member of the House of Lords is called a **Baroness**.

Remembrance assembly:

We were very impressed with how reflective and thoughtful the children were during our Remembrance assembly. Even our youngest children knew why we wear poppies and what the different colour poppies represent. We also expressed our gratitude and gave thanks to the brave men and women who lost their lives for us and for those that continue to protect us today.

Lest we forget.

Why do we wear poppies?

Poppies come from the First World War between 1914 and 1918, over 100 years ago. Poppies were the only flowers to be found on the battlefields after they had been destroyed by war.

In Flanders Fields by John McCrae (May 1915) - YouTube

Why the 11th of November? The First World War ended on the 11th of November 1918 at 11am so the first remembrance day happened on the 11th of November 1919.



Which wars are we remembering?

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Which wars are we remembering?

We remember all wars where soldiers from the UK or the commonwealth have gone to fight to protect the freedoms we enjoy. These might be the right to vote or the right to say what we believe is right!

People like to remember those who have served and died in... World War One, World War Two, Falklands War, The Gulf War, and the wars in Afghanistan and Iraq.



What is the commonwealth?

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Why do we remember?

We remember those who gave the "ultimate sacrifice". This is what people say about those who have died fighting in a war.

Tonight ask your grown ups if they know anyone in your family such as Great Grandparents who may have died or served in a war?

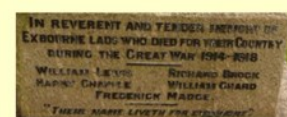


They may be buried or remembered in one of these memorials...



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How did the World Wars affect Devon?



Can you recognise any of these names? Do any of these war heroes have the same surname as you?



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

Our tree saplings were delivered last week from the Woodland Trust and are being well cared for by a kind grandparent which we are very grateful for. 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. Keep your fingers crossed for nice weather! More information can be found at: [Free Trees for Schools and Communities - Woodland Trust](#)

Safeguarding Updates- Anti Bullying Week

This week, the children have been learning about bullying in Personal, Social and Health Education lessons (PSHE) as part of the national anti-bullying week. The focus this year is 'Make A Noise About Bullying'. The children learnt what bullying is and is not, how bullying can be stopped and what they can do if they see bullying occurring in school or at clubs they attend. Every assembly and PSHE lesson always recaps this advice including calling out homophobic, racist and sexist language and attitudes, as well as knowing what we need to do if we see or hear this occurring.

COMPASSION AMBITION TEAMWORK

What is bullying?

- kicking, hitting, pushing
- taking and damaging belongings
- name calling
- taunting, mocking
- offensive comments
- making threats
- excluding people
- deliberately ignoring
- gossiping, spreading rumours

bully

['buli]

VERB

bullying (present participle)

seek to harm, intimidate, or coerce (someone perceived as vulnerable):

Make Every Minute Count!

Nothing But Our Best

What is homophobia? -BBC Newsround

Advice for parents and carers can be found at: [Parents and Carers \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk)

Devon Wildlife Trust Champions:

The Chulmleigh Wildlife Champions met with Lucy from the Wildlife Trust to discuss the exciting project they are going to undertake. The children came up with many fantastic ideas and eventually voted for wanting to work on local rivers. Over the next few weeks, the children will engage in:

~Drama and writing a story about the animal population of a river and how their lives are affected by the environmental challenges. They will perform the story to Key Stage One.

~Produce leaflets and posters to display at school and around Chulmleigh informing people of the challenges rivers and their ecosystems face.

~Carry out a school assembly to raise awareness of the environmental challenges facing river and the Wildlife Champions Role in raising awareness.

~Create an art display exploring rivers both indoor and outdoor.

Lucy commented that the children have a vast amount of knowledge between them and bountiful interests which will lead the project in a unique and fulfilling direction for them. We cannot wait to see what they produce!

SEND Update – Devon SEND Update:

I recently attended Devon's School Leadership conference. We heard first hand from Devon's SEND Improvement Director what the SEND priorities are in Devon, what they are proposing to change to ensure maximum impact on SEND provision and what the SEND data looks like compared to other counties. This information shared by the Director included:

SEND cohort: Devon has a much larger Education, Health Care Plan (EHCP) cohort than statistical, regional and national. This is driven by an extremely high request rate for EHCPs.

•**Primary needs:** Devon has a higher proportion of school pupils with Speech, language and communication needs (SCLN) and Social Emotional Mental Health needs compared to England and statistical neighbours. Pupils with ASD and SCLN are more likely to have an EHCP in Devon compared to their peers across England. The secondary school SCLN rate is approx. twice the national average.

•**School provision:** Devon school pupils with an EHCP are more likely to be educated in an independent setting compared to other LAs. In 2023, Devon budgeted £289 per capita for top up funding to independent providers, which is double the England average of £141.

•**Outcomes:** Devon has high rates of overall absence and persistent absentees for both primary and secondary school pupils and a very high rate of permanent exclusions for EHCP primary pupils. SEN exclusion rates in secondary are significantly higher than England average.

PTA Christmas Fayre – Helpers Sign-Up!

The PTA are busily preparing for the Christmas Fayre on Friday 8th December starting from 3.30pm. As ever, they do need extra helpers to run some of the stalls on the evening. This will be done on a half-hourly-rotas basis so that everyone gets time to enjoy the Fayre. The PTA will be asking for volunteers over the next few weeks so please sign-up to help if you can. Chulmleighpta@gmail.com

Please do volunteer for half an hour or hour if you can as the money they raise does benefit EVERY child in school.

Attendance Updates:

As mentioned many times before, Chulmleigh Academy Trust has an unwavering commitment to improve attendance and punctuality at school as we know what a difference it makes to every child's attainment and progress. If your child/ren's attendance continues to cause concern following our robust and thorough process with the Attendance Improvement Officer (AIO), you will be invited to attend a supportive attendance meeting. During the supportive meeting, we will discuss what else we can do to help improve your child/ren's attendance and what further support or external agency help you may need. An attendance action plan will also be completed together during this meeting. This action plan has been adapted by Devon's attendance team to reflect recent changes to policies. Examples of what could be included in the action plan can be seen below:

Attendance is presently:

% Attendance		Authorised sessions:		Full weeks your child could have attended:	
Sessions available:		Unauthorised sessions:		Full weeks your child has only attended:	
<p>To put this in perspective, any broken weeks will impact on their academic and social progress. 85% and below - Any attendance percentage below this level will be very hard for the pupil to keep up with the work and feel connected to friends and the school experience as a whole, and their potential could be significantly damaged.</p>					
What are the main reasons for not attending:					

What school support is in place?

Include EHCP – what's in plan? Do you understand what actual support is in place and what it looks like for your child?
What support is offered in-house: Counselling/R2/pastoral support/Safe place - Does your child know what support is in place, what it means for them, how it may help, are they happy with the support in place, does it need to change?
If there are SEN needs – what reasonable adjustments have been made in school?
Has the school received medical advice on what reasonable adjustments could/should be made?

Medical support: Anxiety/Mental/Physical Health needs?

CAMHS – engagement/waiting – What are you doing while waiting
 Have you seen your GP?
 When did you see them? (In person appointment)
 Has any evidence been given to school?
 What School support is in place?
 When are the next appointments?
 What do you think will help?

If there is a medical condition that requires support in school – complete an Individual Healthcare Plan (IHP)

[Supporting pupils with medical conditions at school – GOV.UK \(www.gov.uk\)](http://www.gov.uk)

	Identified Barrier:	Actions/interventions to be taken to address the barrier:	By When:	Person responsible:	How will we know it is working for the child?
1					
2					
3					
4					
5					

I would also like to highlight two useful documents that have been published and amended recently which gives guidance on what to do if your child is ill as the winter bug season is in full swing. [Is my child too ill for school? - NHS \(www.nhs.uk\)](http://www.nhs.uk) and [Letter to school leaders on mild illness and school attendance - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Our current attendance rate of 96.7% 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: 96.5%
Year 2: 98.1%
Year 3: 97.0%
Year 4: 94.7%
Year 5: 96.6%
Year 6: 94.6%

Thank you all for your for your continued support.

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



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)



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





Yay! It's time for the Christmas Raffle!
Please donate items that are anything to do with your class's character or colour to build a fabulous hamper... be creative, be inspired, be the best!
£1 a ticket will be available on MyEd and in person from any PTA team member- all profits go straight back into the School



Nursery-
Candy Cane PINK



Year 3/Barn Owls
Snow and Ice
BLUE



Lions-
Frosty the Snowman
WHITE



Year 4/Bumblebees
Christmas Tree
GREEN



Year1/Hedgehogs
Father Christmas
RED



Year5/Squirrels
The Three Kings
PURPLE



Year2/Dragonflies
The bright Star
GOLD



Year 6/Otters
Christmas Clementine
ORANGE

The draw will be on Thursday 14th December.
Thank you very much for your support and good luck!





A huge thank you to Lucas Jet for such a brilliant fun-filled day! The children
(and staff) enjoyed every minute!





Cubs & Tigers

The Nursery children had such fun exploring 'pumpkins' in many different ways and learnt key vocabulary – pumpkin, pulp, seeds, stem, leaf, skin. We did an experiment using bicarbonate of soda, vinegar, washing up liquid and food colouring but first we had to carve a face out. The children helped to make pumpkin soup learning what ingredients were needed and how to follow a recipe, they then enjoyed eating the soup at snack time. They created pumpkin pictures using apples to print with.

Next week we will be reading the story Room on the Broom.



Lions

Bang, Crash, Boom! We enjoyed exploring the noises the fireworks make last week. The children had great fun experimenting with chalk, foam, glitter and paint to create firework pieces of art. We also made our own sparklers using foil and straws.

This week we have been learning about Diwali, creating our own Dya lamps using clay and learning some news dances. Last week we had our first PE session in the College Sports Hall. The children were very excited and enjoyed using the enormous space to practice their throwing and catching skills.

In Maths we have begun our 'counting collections' learning. This involves a huge library of boxes containing lots of amazing items for the children to count. The children work in pairs to count these items, using different maths tools to help them (10 frames, number tracks, cups and trays). The children are really enjoying these learning sessions which are part of our collaborative work with Nottingham University.



Hedgehogs

Hedgehogs are fully into the swing of year one now and are working really hard. They have really enjoyed learning Geography and History this term. We have been learning about London in the present, spotting some key features, and we have been comparing it with London in the past. In particular we have been learning about the year 1666 and how life and the houses were very different back then. This week we learnt about the Great Fire of London and could understand why the fire spread so quickly and was difficult to put out.

In maths we are concentrating on learning our number bonds to ten and we learnt how we can use the facts we know to help solve word problems. In English, our non-fiction writing has gone really well and the children are really enjoying doing their final write this week and creating their own non-fiction pages. Our Art has got us thinking about Christmas already as we work on our project for the Christmas Fayre! In PSHE we have been learning about bullying and how to be a good friend. In PE we continue to develop our ball skills as we learn about netball. In our computing time we logged on to TTRS for the first time and the children really enjoyed practising their ten times tables. Last week we learnt about online safety and how we can stay safe!



Dragonflies

In Y2 the children have been learning how to create music on the computer. After understanding the Purple Mash program and how to control the different instruments, everyone had great fun creating a new tune with a wide range of different sounds and rhythms. The class then really enjoyed sharing their music with each other.

Over the past few weeks in RE, Dragonflies have been learning all about Islam. They have retained lots of information about the 5 pillars as well as designing prayer mats, making Eid cards, lanterns and gift boxes.

In Science the children have been learning about materials and their properties. They have enjoyed seeing if they can change the shape of materials and we have discussed the properties of certain materials and what makes them suitable for use.

We are now looking forward to preparing our Christmas Concert alongside other festive activities such as designing Christmas cookies and some Christmas other gifts that the children are making for their families. We look forward to seeing you all soon at our concert and other school events.



Barn Owls

Barn Owls have been doing market research in DT. We have been analysing the appearance, the texture, the smell and the taste of various Warburtons products. We definitely loved the tasting part! We have had great fun trying to get up the leaderboard in the TTRockstars England Rocks challenge – well done Barn Owls!

We are loving exploring light in Science and looking at light sources and having some good discussion about the moon and whether it is a light source or not. In Maths we are working really hard at addition and subtraction and have moved on to the column method this week.



Bumblebees

Bumblebees have certainly been busy bees over the last couple of weeks and we have had some great experiences. Tom gave us a talk about his boomerang that was bought for him when he lived in Australia, before moving to Devon. We were all fascinated by his demonstration of how to throw the boomerang (he didn't actually throw it!), how it is decorated and what it is used for.

Mrs Healey organised a cultural champion visit for the children as part of their RE lessons on Hinduism, so huge thanks to her. The children had great fun learning about Hinduism and finding out about Indian culture. They had the chance to look at, smell, touch and discuss a number of artefacts that our visitor brought into school. They also dressed up, experienced a puja or prayer ceremony and coloured rangoli patterns. The children had an amazing time and gained so much from the experience.



Squirrels & Otters

Year 5 and 6 have had a fab couple of weeks! They have become really engaged with their topic "Fallen Fields", all about World War I. Many of them were involved in Remembrance Ceremonies in the area, and as one child said, "I understand what it means, now, and why we should remember". They have been planning and drafting their diaries to include emotive language and to make the reader have a sense of what it was like for a young soldier leaving home for the first time during World War 1.

In Art Year 6 have been planning out beautiful silhouette paintings linking to their learning on World War 1, and Year 5 have focused on drawing skills for Remembrance poppies. They have really enjoyed their art sessions and have produced some amazing images. They are looking forward to painting them soon and creating a display of their fantastic work.

They have started our Maths unit on fractions. Mrs DeFuyck has been really impressed with how much prior knowledge they have had and this has really helped them when tackling their challenges.

Year 5 have really enjoyed a Science investigation discovering new vocabulary to describe various materials, and many of them are inspired to enter our school Science Fair next week. In PSHE the class have been learning about respecting differences between people – sometimes obvious ones, and some which are hidden from view, and have offered some thoughtful responses. This is linked to our Anti-bullying learning for this month.

In PSHE for Year 6, they have also been looking at how it is 'OK to be different'. They have created some fantastic positivity posters with some great slogans that are being displayed around the school to put a smile on everyone's faces as they walk by.

As always, if you have any questions or concerns, please don't hesitate to get in touch. Thank you for the continued support.



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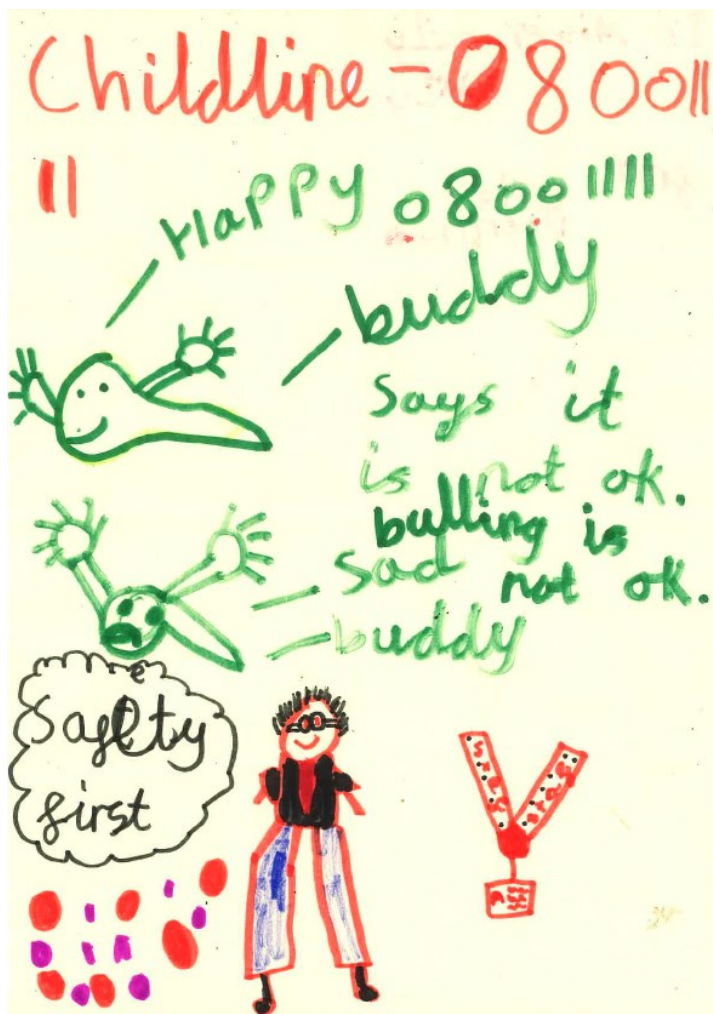
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AFTER SCHOOL, FINISHING TIMES
WILL BE CONFIRMED EACH MONTH,
DEPENDING ON THE FILM.

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/vestore/vouchervouchers.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!

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- ✓ **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@skipssafety.net Tel: +44 121 227 1941

Developed in partnership with:

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

www.skipssafety.net.org

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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

www.cookstars.co.uk @cookstarsnorthdevon @oliviacoostars

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>

CALLING ALL YEAR 6 AND YEAR 7 GIRLS NEW PLAYERS NEEDED!

UNDER 12 GIRLS RUGBY AT CREDITON RFC



Do you want to have fun?
Do you want to keep fit?
Do you want to be part of a team?
Do you want to make new friends?

Join us on **THURSDAY NIGHTS** for Training and **SUNDAY AFTERNOONS** for Matches!

For more information, contact:

Chris Jackson on 07854 784881 or jackson.2008@hotmail.co.uk

TEAMWORK ~ RESPECT ~ ENJOYMENT ~ DISCIPLINE ~ SPORTSMANSHIP

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!



LAMDA

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





UK Health
Security
Agency



Until...

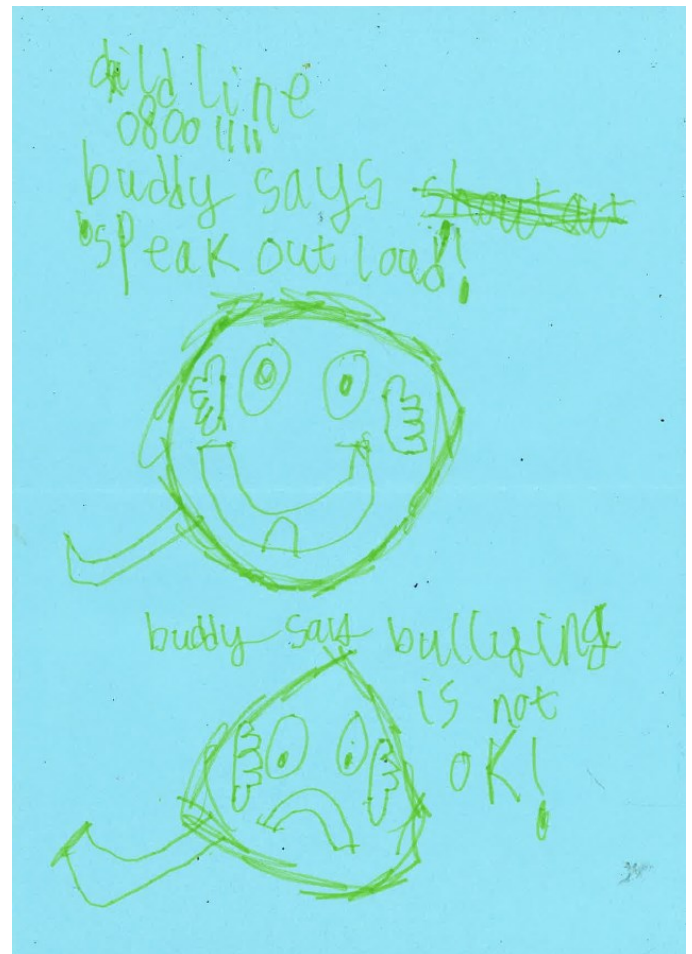
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek

 **SCAN ME**

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



[Chulmleigh College - Join Our Team - Vacancies at the Trust](#)

Caring for children with COUGHS

This leaflet contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

© University of Bristol

DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

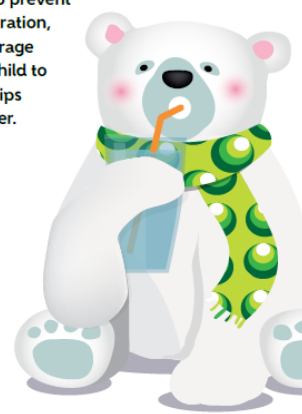
It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.



WHEN TO SEE THE DOCTOR

Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

AGE OF CHILD	BREATHING RATE
Babies under 6 months	over 60 breaths per minute
Babies 6-12 months	over 50 breaths per minute
Children over 1 year	over 40 breaths per minute
Any age	Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting
Any age	Skin between and below the ribs gets sucked in each time your child takes a breath

HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

AGE OF CHILD	TEMPERATURE
Babies under 3 months	38°C or more
Babies 3-6 months	39°C or more
Children over 6 months	over 37.5°C for more than 5 days
If your child has a fever fit, call 999 or take them to A&E.	

VOMITING (DEPENDING ON AGE):

AGE OF CHILD	SYMPTOMS
Babies under 3 months	Vomiting + fever of 38°C or above
Babies 3-6 months	Vomiting + fever of 39°C or above
Children over 6 months	Vomiting + fever + extremely drowsy or listless
Any age	Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration)
Any age	Persistent vomiting (more than 2 days)

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

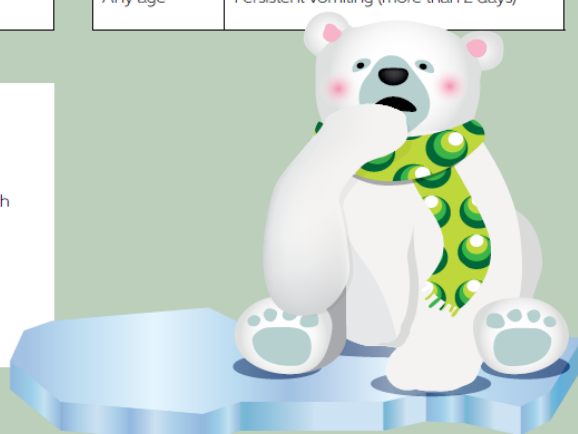
HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.



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:

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.

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](#)

Date	Time	Topic	
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