



Chulmleigh
Primary School
& Nursery

NEWSLETTER



	Mon	Tues	Weds	Thurs	Fri
15 -19 Jan	Squirrels class swimming KS1 Multi-skills 3.30-4.30pm	Dance Festival Years R, 1 & 2 KS2 Tag Rugby 3.30-4.30pm		KS2 trip - Bournemouth Symphony Orchestra at Exeter University	
22 - 26 Jan	Bikeability Squirrels class swimming KS1 Multi-skills 3.30-4.30pm	Bikeability KS2 Tag Rugby 3.30-4.30pm	Bikeability	Bikeability	

Key Dates

29 Jan	Exmoor Zoo trip	9 Feb	Bake Off
30 Jan	Year 6 Netball	12-16 Feb	Half term break
2 Feb	Non-uniform 'Numbers Day'	20 Feb	Bags2School collection
5 Feb	Children's Mental Health Week	21-22 Feb	Dogs Trust Assemblies
7 Feb	Movies & Munchies	22 Feb	Childhood Measurement Programme
9 Feb	Wear Your Scarf day	27 Feb	Fire Safety Service talks
		29 Feb	Visit from The Bookery

Dear All,

Welcome back and Happy New Year! We hope you have all had a lovely Christmas despite the atrocious weather! The children have settled back into the school routine well (as have the adults in school!) and have been productive with their learning in class. We would like to warmly welcome the new children and families who have joined us this term – welcome to the Chulmleigh Primary family. I know the new children have established some new friendships already and seem to love their new classes and routines which is great to see.

New Year and New Beginnings

I would like to wish a warm welcome to Ms Sarah Keen and Miss Brogan Johnson who have also joined the school this term. They have both started to get to know the children in their classes really well already. They spent the first week establishing class routines, focussing on teamwork and finding out the children's interests ready to plan for the weeks ahead. Ms Keen teaches in Year 2 on a Wednesday and in Year 4 on a Thursday and Friday. Miss Johnson is Stoats teacher in Year 5.

As you are aware, the large cohort of Year 5 have been split into 2 smaller classes from the start of term and have had some more children join from local schools. Both classes are already well established and are relishing their smaller number of children in each class. The two classes are also enjoying having both Miss Johnson and Mrs Davis teaching them for English and Maths as well as some other subjects.

Safeguarding Updates – National Online Safety advice

As a school, we regularly teach children how to stay safe online during Computing and Personal, Social and Health Education lessons. Before the Christmas holidays, I also reminded the children how they can keep themselves safe online by following the SAFE and SMART rules which are explained below. We discussed different scenarios and the children knew that they should never give out any personal information, they had to tell an adult immediately if they saw or heard something that upsets them and to never accept files or images for people they don't know.

What about staying safe online during the holidays?

SAFE

- S** Speak to somebody if you need help
- A** Ask an adult before going online
- F** Friends are real people we know
- E** Enjoy play, have fun and stay safe

Stay safe online

SMART

- S** Stay Safe: Don't give out your personal information to people / places you don't know.
- M** Don't Meet Up: Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.
- A** Accepting Files: Accepting emails, files, pictures or texts from people you don't know can cause problems.
- R** Reliable?: Check information before you believe it. Is the person or website telling the truth?
- T** Tell Someone: Tell an adult if someone or something makes you feel worried or uncomfortable. Follow these SMART tips to keep yourself safe online!

Primary - Childnet

I know as a parent, it can be a minefield ensuring that the parental controls you set up on electronic devices are doing their job effectively. I thoroughly recommend following the National College's National Online Safety Facebook page as they have the most current and relevant information from national E-safety safeguarding experts and consultants. For more information please visit [National Online Safety | Facebook](#)

School Improvement Update – trainee Story Telling placement volunteer

I am pleased to announce that I have been able to secure a trainee story telling volunteer who will be working with the classes across the school during her time with us. She is initially working in Year 2 and with small groups from across the school to help children have the confidence in retelling stories orally. This links really well with our Oracy school improvement focus as we want our children to become more articulate and apply their newly acquired vocabulary in a purposeful and meaningful way. Our trainee is also a trained drama therapist and will be using drama techniques during the story telling sessions to bring the stories to life.

More information about the storytelling approach can be found at:

[Storytelling Schools - Storytelling Schools](#)

Trainee teachers from Exeter University

At the start of term, I met with Exeter University's Partnership Relations Manager whose role is to place trainee teachers into good schools. After a tour of the school and visiting some classes, she was keen to ask us if we would take some trainee teachers as part of their Post Graduate Certificate in Education placement. I know how valuable it is to have trainee teachers in school as they bring with them the latest pedagogy and research led approaches. We will be hosting some trainee teachers from the Summer term around the school which will be a great placement for them and for us. When I know how many trainees we have and what year groups they will be working in, I will of course let you know. For more information on the trainee teachers course requirements, please follow the link:

[Primary PGCE | Teacher Training | University of Exeter](#)

Special Educational Needs and Disability (SEND) Update – Individual Education Plans (IEPs) reviewed and updated

Just before we broke up for the Christmas holidays, IEPs were reviewed and updated for children that need them. These plans include what additional provisions and adaptations children on the SEND register are receiving, how they are progressing and what might need to change to further support and develop the child in class. These plans are very much a 'live' document for all staff to follow and annotate on and not one that is put in a folder and never sees the light of day again. Likewise, your view and the child's view are vital in ensuring that the IEPs are relevant and are helping your child to progress. If you haven't seen a copy of the updated IEP for your child, please speak to the class teacher in the first instance. For further questions or queries, please contact Theresa Niejadilk our SEND Lead at tniejadilk@chulmleigh.devon.sch.uk

Volunteering

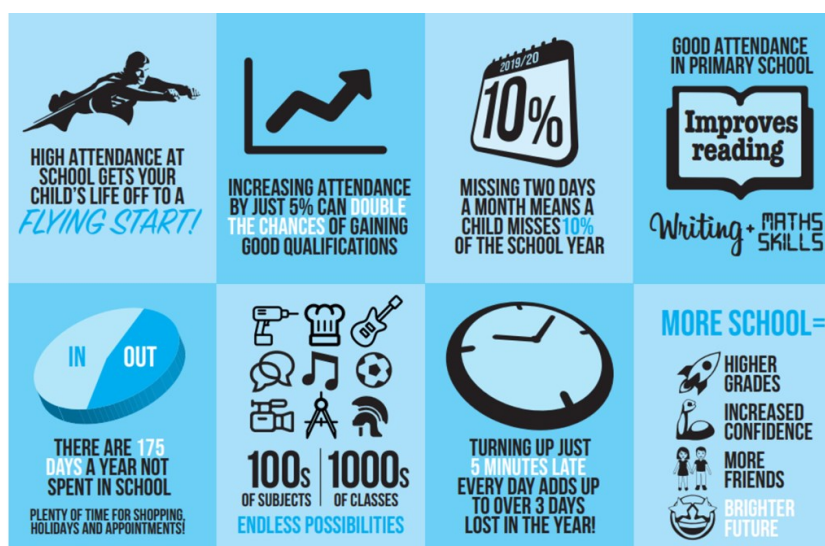
We are lucky to have some amazing volunteers in school already, but we would always welcome an extra pair of hands in school. If you have some spare time and would be happy to come into school to hear children read or help out in the classrooms, we would be thrilled to hear from you. Volunteer packs can be collected from the school office. Once returned, the Trust admin team will process the information and apply for a DBS (Disclosure and Barring Service) check for each volunteer. This check can take up to a few weeks. You can begin volunteering after an induction and safeguarding training has occurred. We will be grateful for any support you can provide to help raise attainment for our children and giving them an even better chance of success. Please pick up a pack from Abby in the office if you can help!

Woodland Planting Event

As you know, we had to unfortunately cancel the tree planting event in December due to the weather and ground conditions. We are now aiming to try again on Friday 22nd March when the weather should hopefully be kinder to ground. In the meantime, our saplings are being carefully looked after until then. The plan will remain the same as before with us all walking down as a whole school from 9.15am which will give staff time to register, toilet and ensure the children are properly dressed for the planting. If you can join us, then please wait outside the school building and join your child/ren's class as they walk out. 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!

Attendance Updates

As you know, Chulmleigh Primary and the 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. The infographics which have been shared by our Attendance Improvement Officer below show how important good attendance is in ensuring your child reaches their full potential. Interestingly, studies have found that good attendance during your child's primary schooling has a direct correlation to the amount of GCSEs they can achieve by the time they leave secondary school. More facts about attendance can be seen in the infographic below:



Our current attendance rate of 96.1% 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 R: 99.79%
Year 1: 95.18%
Year 2: 97.16%
Year 3: 95.55%
Year 4: 95.4%
Year 5: 96.23%
Year 6: 94.75%

We know that children will become ill and this means they need to be kept off of school. NHS Devon have produced a useful APP which gives you advice on how to treat common childhood conditions. This can be found at: [HANDi Paediatric app: advice for common childhood conditions - One Devon](#)

Thank you all for your continued support.

With kind regards,

Martin Evelyn and all staff of Chulmleigh Primary School



Year 5 have been creating beautiful pastel and chalk artwork inspired by the Northern Lights!



PTA News & Events

Welcome back to Chulmleigh Primary to all of our existing students and a really big welcome to the new faces. Please come and introduce yourself! We are excited to get back into the new year, running purely off leftover cheese and boxes of celebrations, your PTA have some great events planned. But for now, to beat the January blues here is a quick round up of our first term.



Our first Christmas Fayre since before Covid, Raffle and Sales have raised an incredible amount of **£1,726.23**. THANK YOU. We are over the moon as to how well this has done and thank you everyone who participated, helped and had fun!

A big shout out to Morrisons for providing Mince Pies and the mulled wine, it was very much appreciated (and drank)!



Wednesday 7th February 2024

Our first Movie and Munchies will be taking place on the 7th February, 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.



Spring Cleaning? Bags 2 School is back!

The PTA are collecting all your unwanted good quality clothes, shoes handbags and accessories to raise money for our school. All bags can be dropped off at school from Monday 19th February.

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.

Your PTA Team

Make Friends ☺
Support your School
Give Back
Make a difference
Get Involved
Rewarding
Have Fun!



Joey has been working really hard at home to make an otter out of wood, screws and glue – wow, what an achievement! Well done Joey and thank you for bringing it in for us to see.

Musician of the Month

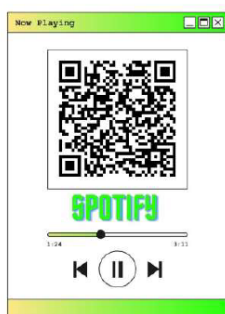
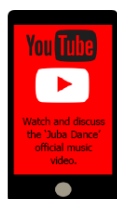


HOME INFORMATION



January's Musician of the Month

Florence Price



About: Florence Beatrice Price (1887 – 1953) was an American classical composer, pianist, organist and music teacher. Price is noted as the first African-American woman to be recognized as a symphonic composer, and the first to have a composition played by a major orchestra. In 2009, a substantial collection of her works and papers was found in her abandoned summer home.

Genres: Classical
Active from: 1927 - 1953
Origin: Arkansas, U.S.A.

Books to read...



If you like Florence Price, try...

- William Grant Still
- Shirley Thompson
- Errollyn Wallen



Bumblebees and Otters are learning to play the pBuzzes this term with Mr Fitton. They are really getting to grips with notation and how to blow a brass instrument. We can't wait to hear their performance at the end of term!





Cubs & Tigers

Winter has arrived this term! The Nursery children are spending the next few weeks finding out about how snowflakes are formed, identifying what animals hibernate this time of year and joining in with lots of 'snowy' craft activities. This week the Tigers and Cubs have designed their own snowflake picture using a fork and glittery paint, and have also had a go at snipping a snowflake. Each day all the children are encouraged to use the Fiddly Finger station whereby they trace in the Scrimbling Tray, practice their fine motor skills and how to hold a pencil correctly when using the tracing cards, have a go at 1:1 counting different objects and build on their cutting skills in the snipping tray.

Next week we will be designing melted snowman pictures and icing biscuits.



Lions

Our topic for this half-term is 'Starry Night.' We will talk about the changes which take place through the day and the year. We also hope to explore the moon and stars in the night sky. Key texts will include Whatever Next and Peace at Last by Jill Murphy and How to catch a star by Oliver Jeffers. We will then learn about nocturnal animals, gathering information ahead of our trip to Exmoor zoo at the end of the month.

This week the children have been busy creating a rocket and space control centre in the classroom! They have also created different pictures to add to our night scene display.

In ICT the children have been learning how to log on to Purple Mash independently. They have been able to navigate around the mini mash activities and use the 2simple paint programme to design their own rockets.

We started the NHS big brush club programme this week. The children have learnt the importance of brushing their teeth and using some fun videos they have enjoyed brushing their teeth for 2 minutes each day at school.

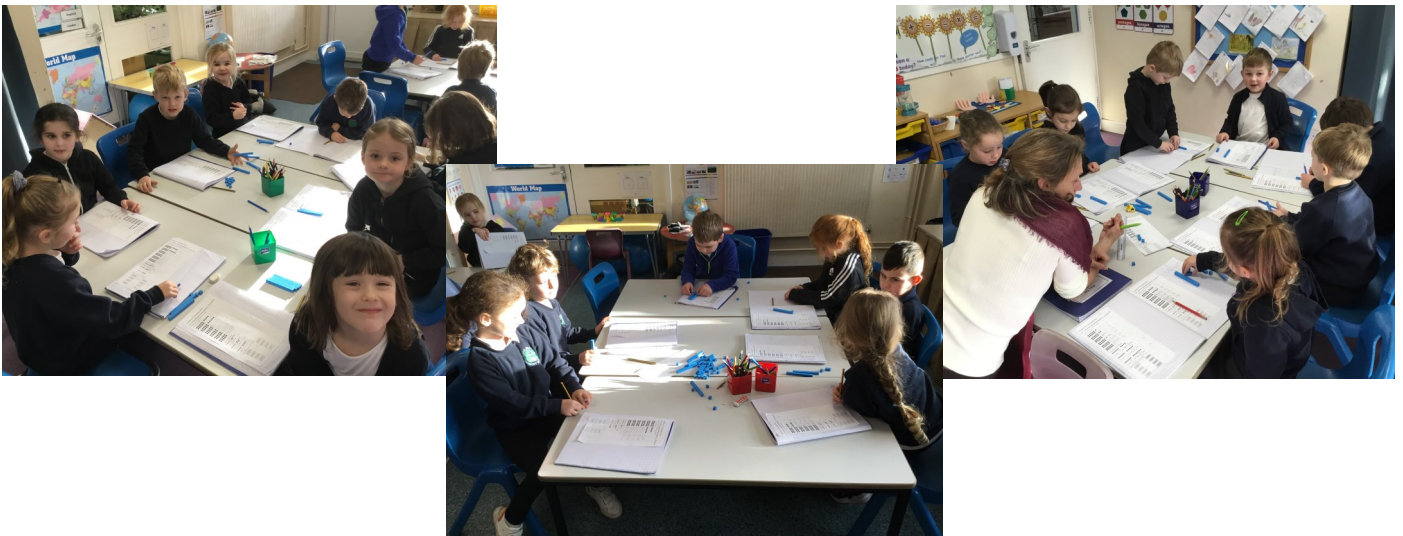


Hedgehogs

This half term our learning takes a geography focus and we are learning about cities, London in particular. We will be learning about physical and human features and learning the names of the London landmarks.

In Science we are learning about materials and what things are made of and why. In RE we are learning about why Christians want to do good things for other people and in PSHE about keeping ourselves healthy. In PE we are learning gymnastics.

In English we are writing adventure stories and really working hard this term on making our writing smaller and neater, whilst also remembering full stops, capital letters and finger spaces – such a lot to remember! In Maths we are learning about place value and have been finding out how many tens or ones are in a number. In ICT we are learning about animated stories and having a go at making our own on Purple Mash.



Dragonflies

Happy New Year and welcome back to the first half of our spring term! I hope you had a nice Christmas — the children have settled back into school nicely and have enjoyed telling us all about what they got up to over the holidays.

We have lots of fun things planned this half term as we begin to explore our new topic linked to the weather. During this topic the children will be creating and filming their own weather forecasts and making their own weather stations. They will continue to build knowledge of seasonal and daily weather patterns in the UK, begin to understand the hot and cold areas of the world as well as developing locational knowledge and early geographical skills.

In maths, we have started to look at the topic area of 'money'. Children will be learning to recognise and use symbols for pounds and pence, combine amounts to make a particular value and solve problems in a practical context, including giving change.

This week, the children enjoyed a visit to the library and enjoyed listening to stories and choosing a book. Thank you for your support in encouraging your children to read every day, it really does make a difference. We have started a new book in class called, 'Sylvia and Bird' It is a great story, linked to the power of friendship. Children will then work towards creating their own versions and hopefully then share them with other children in school.

Barn Owls

Happy New Year from Barn Owls. We have had a great start to the new term. In English we are learning about Fairy Tales and really thinking about how stories are passed on through the generations and how they change over time. We are also really trying hard to add expression to our voices when we read and thinking about how storytellers make their stories exciting.

In History we are learning about The Romans – our big question is “How did the Romans change Britain?”. We have been very lucky to be able to borrow some artefacts from Barnstaple Museum and we particularly enjoyed trying on the Roman Soldier’s hat – it is quite heavy and quite difficult to balance on our heads! In maths we are really trying hard to learn our 3x tables so please keep practising at home. We are also continuing with our maths learning on multiplication and division.

Our PE days are now Wednesdays and Fridays so please can children come in with their PE kits on – thank you.



Bumblebees

A Happy New Year to everyone and welcome back.

It has been great to meet Bumblebees and I have enjoyed my first few days with them. We have started our learning on Myth Atlas. The children have enjoyed reading and acting out the myth of Maui. We have learnt all about his excellent deeds. We have also started to look at other myths and compare them. In maths, we have learnt about dividing and multiplying by 10 and 100 and talked about how to use place value to do this quickly. We have also been practising times tables by using Times Table Rock Stars and other methods.

We have started to find out what we know about structures in design and technology. The children have started investigating how buildings are made strong and tall. We will also be thinking about which shapes are strongest. In PE, we have started by recapping our basic gymnastic shapes and look forward to using the college's sports hall in a couple of weeks. In French, we recapped the numbers from one to ten which the children did a good job of knowing. We are also going to recap saying how old we are.

Please remember to come dressed in PE kit on Mondays and Fridays. Just a reminder that children need wellies to use the field.

We hope you have a great weekend.



Stoats & Squirrels

The Spring term has got off to a busy start in Year 5. The children have settled into Squirrels and Stoats class as we have welcomed Miss Johnson as part of our Year 5 team, and seven new children into the year group! The children are enjoying having smaller teaching groups and more space!

We have started our new geography-based topic "Earth Matters", which also links to Science learning about Earth and Space, and our new English text – the Mapmakers' Race, by Eirlys Hunter. The children are beginning to plan writing their own adventure story linked to a climate-change theme.

We are busy preparing for our exciting trip to see the Bournemouth Symphony Orchestra in Exeter, learning songs, actions and body-percussion. In Art we have been learning about Andy Goldsworthy and starting to explore the medium of pastels and chalk. The children have blended colours to create beautiful pieces of Art, inspired by the Northern lights.

The children have also been busy in Maths this week, working hard to use column method multiplication to solve a variety of different problems.

In computing, we have been exploring 'Word', learning how to edit texts and insert images, whilst making sure they are correctly credited. The children will be creating their own 'Word document' in the next few weeks which will be all about looking after something of their choice!

It has been a fantastic start to the Spring term and we are looking forward to all of the exciting things to come.

Otters

Happy New Year to you all. Year 6 have settled in well to the new term. In English they have been developing their ideas for writing an adventure story about climate change which is linking to our new Geography topic of 'Earth Matters'. They are really enjoying our new class reader The mapmakers Race by Eirlys Hunter and are using the ideas from the story to inspire their own writing.

In maths they have been introduced to the world of algebra! They have really developed a great understanding for it and have enjoyed learning this new topic of maths. They are moving onto ratio next, another area of maths that will be new to them, but I know they will embrace the new learning and apply their knowledge.

They have begun their new topic on biomes and learning about the different biomes across the planet. They have researched some interesting facts about the different biomes and studying the difference between them.

Our PE sessions are now on a Tuesday and Friday, please ensure the children come in to school wearing full PE kit. They are allowed to wear their school jumpers to keep them warm.

As we head into the Spring term, the children will be bring home practice questions in the style of SAT's each week for their homework. The children are encouraged to try and complete their homework on their own and we will be going through the sheets together in class. It is really important that they bring their homework in on time as this is potential learning that is missed when we discuss the questions together.

Thank you, as always, for your continued support.



me, you, us
safeguarding is everyone's responsibility

Supporting parents or carers to help their children use the internet safely

"I'm not a Police Officer, and most definitely not a Tech expert. In fact, I'm a bit like you, a parent who wants to make my child's use of the internet as safe as possible"
(Jon Galling, Senior Education Safeguarding Officer for Devon County Council and deliverer of this workshop)

The session is designed not to scare or intimidate, but to reflect and review what the dangers of the online or virtual world are and how, as parents and carers we can help our children navigate the challenges they will face.

The session will help those attending to:

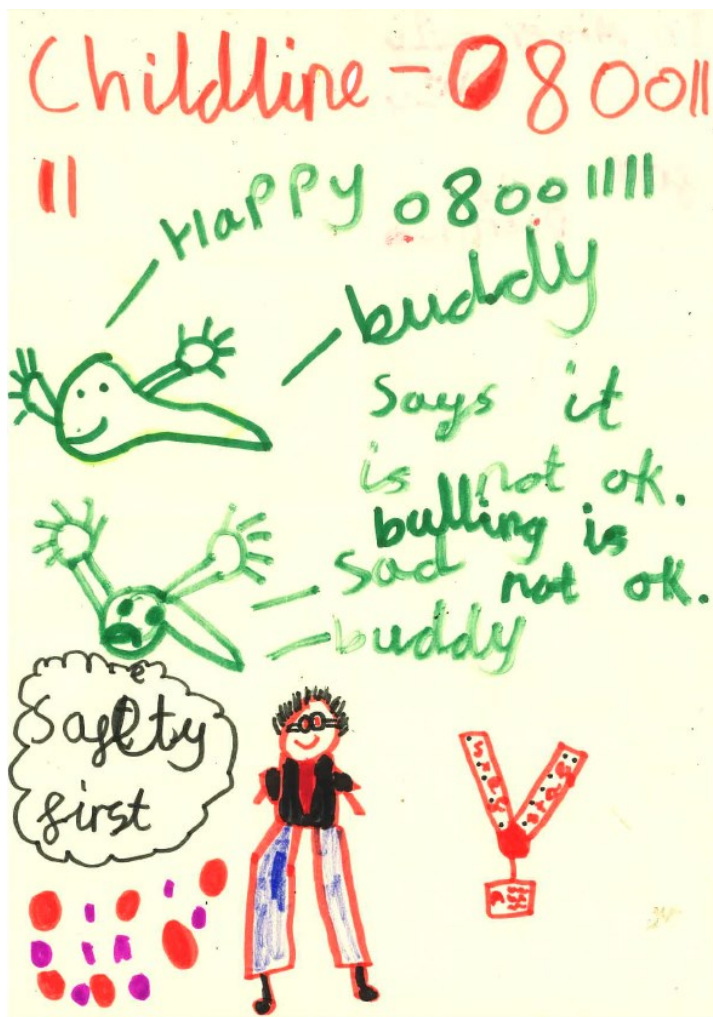
- Understand the risks and some ways in which these can be managed
- Understand the benefits of technology including as support for mental health and wellbeing
- Know where to go to find practical support
- Consider how to support your child navigate their 'virtual world'

Contact us: devoneducationservices.co.uk/contact-us/

Alternatively, to discuss your requirements contact: 07568 102728



All parents & carers are welcome to join us on Thursday, 25th April at 6pm in Chulmleigh College - Heywood Hall. Please note this is for parents only - children should not attend.



Was your child born between
1st September 2019 and
31st August 2020?

How to Apply for a Primary School Place in Devon

You can apply online at
www.devon.gov.uk/admissionsonline
from 15th November 2023 to the 15th January 2024

If you cannot access the school
admissions website you can get
more information by calling our
Education Helpline on

0345 155 1019

or email: admissions@devon.gov.uk



Even if you have already given
details to a primary school, you
must apply for a place through the
Admissions Team. This is the only
way to apply; other forms or lists
held by schools will not count.

Devon
County Council

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://myvac.couni.com/vestore/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



Recycle Your Ink Cartridges Here

and help us raise money!



Recycle 4 Charity

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

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.

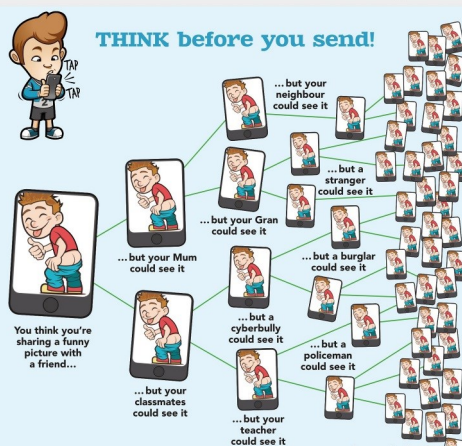
CONSENT FORMS MUST BE COMPLETED AND HANDED IN.

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

Skips

www.skipssafetynet.org

Developed in partnership with



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SPRING MENU

Week one

Option
ONE

Option
TWO

Pick a
**JACKET
POTATO**

Pick a
**PACKED
LUNCH**

Pick a
DESSERT

MONDAY

Cottage Pie
and Peas

Macaroni Cheese,
Focaccia and Peas

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Apple Crumble
and Custard

TUESDAY

Meatballs in
Tomato Sauce with
Penne Pasta, Garlic
Focaccia and
Mixed Salad

Vegetable Fajita,
New Potatoes
and Coleslaw

Cheese / Beans /
Tuna Mayo

Sausage Roll with
Salad Sticks

Jam and Coconut
Sponge

WEDNESDAY

Toad in the Hole,
Mashed Potato,
Sweetcorn, Carrots
and Gravy

Quorn Toad in the
Hole, Mashed
Potato, Sweetcorn,
Carrots and Gravy

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Carrot Cake

THURSDAY

Roast Turkey, Roast
Potatoes, Seasonal
Vegetables and
Gravy

Leek, Potato and
Cheese Bake,
Seasonal Vegetables
and Gravy

Cheese / Beans /
Tuna Mayo

Pitta Pizza with
Salad Sticks

Banana Cake

FRIDAY

Breaded Fish or
Salmon Sticks,
Potato Wedges
and Mushy Peas

Vegetable Nuggets,
Potato Wedges
and Mushy Peas

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Oaty Cookie



Educatering
The School Food Revolution



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

SPRING MENU

Week two

Option
ONE

Option
TWO

Pick a
**JACKET
POTATO**

Pick a
**PACKED
LUNCH**

Pick a
DESSERT

MONDAY

Ham and Cheese
Pie, Garlic New
Potatoes and Peas

Vegetable Chilli
Nachos and
Salad Sticks

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Melon and Orange
Wedges

TUESDAY

Bolognese Pasta
Bake, Focaccia
and Mixed Salad

Ratatouille Pasta
Bake, Garlic Focaccia
and Mixed Salad

Cheese / Beans /
Tuna Mayo

Sausage Roll with
Salad Sticks

Lemon Drizzle
Cake

WEDNESDAY

Mild Chicken Korma,
Rice and Naan

Vegetable Biryani
and Naan

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Pineapple Cake

THURSDAY

Roast Loin of Pork,
Roast Potatoes,
Seasonal Vegetables
and Gravy

Cauliflower and
Broccoli Bake,
Roasted Potatoes,
Seasonal Vegetables
and Gravy

Cheese / Beans /
Tuna Mayo

Pitta Pizza with
Salad Sticks

Ice Cream Pot

FRIDAY

Fishcake,
Pommes Noisette
and Baked Beans

Vegan Sausage Roll,
Pommes Noisette
and Baked Beans

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Chocolate
Shortbread



Educatering
The School Food Revolution



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

Option
ONE

Option
TWO

Pick a
**JACKET
POTATO**

Pick a
**PACKED
LUNCH**

Pick a
DESSERT

MONDAY

Hunters Chicken
Wrap, Hash Brown
and Peas

BBQ Bean Cassoulet,
Hash Brown
and Peas

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Chocolate Krispie
Cake

TUESDAY

Beef Lasagne,
Garlic Focaccia
and Mixed Salad

Margharita Pizza,
Mixed Salad and
Potato Wedges

Cheese / Beans /
Tuna Mayo

Sausage Roll with
Salad Sticks

Sticky Toffee Cake

WEDNESDAY

Pulled Pork Bap,
Herby Diced
Potatoes and
Rootslaw

Vegetable Frittata,
Herby Diced Potato
and Rootslaw

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Strawberry Jelly and
Mandarin Segments

THURSDAY

Roast Gammon,
Roast New Potatoes,
Seasonal Vegetables
and Gravy

Halloumi Tray Bake,
Roasted New
Potatoes and
Seasonal Vegetables

Cheese / Beans /
Tuna Mayo

Pitta Pizza with
Salad Sticks

Raspberry Cake

FRIDAY

Chicken Bites,
Potato Wedges
and Salad Sticks

Cheese and Baked
Bean Pasty,
Potato Wedges
and Salad Sticks

Cheese / Beans /
Tuna Mayo

Ham or Cheese Roll
with Salad Sticks

Fruity Flapjack



Educatering
The School Food Revolution



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

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 get more energy in the cells
- ✓ Iodine to support healthy cells and metabolism



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

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

Can you help our foodbank?

Our amazing foodbank, which is run by volunteers at The Ark in Lapford, is in desperate need of more 'bags for life' to deliver their food parcels to local residents.

If you can donate any bags, please pop them either into The Ark or to Abby in the school office.





Parent/Carer Autism Online Workshops

Whether your child is awaiting a diagnosis or has already been diagnosed, these workshops are a great opportunity to learn more about Autism & ask questions within a supportive group of other parents & carers.

- **Monday 5th February - An introduction to Autism**
An opportunity to explore what Autism is, the many strengths and the differences that make each child so wonderfully unique.
- **Monday 12th February - Communication**
Identifying what communication is and the different communication methods that may be helpful for Autistic children.
- **Monday 19th February - Sensory Processing**
Explaining the 8 sensory systems, how the environment can impact on a child with sensory processing differences/challenges and strategies to meet an individual's sensory needs.
- **Monday 26th February - Pathological Demand Avoidance**
A look into the interesting subject of PDA, how this may present and what is the best approach to take to avoid conflict.

Workshops will be held 7:30-8:30pm via Zoom.

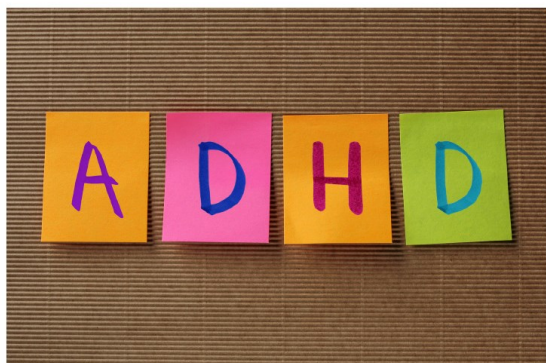
£25 per workshop for each family.

To book your place...Email enquiries@theautismtrainingnetwork.com

Or scan the QR code



Supporting a Child with ADHD



Challenge the stereotypes and get the facts with Jane Keyworth

Thursday 1st Feb (7pm to 9pm) £24

Available to book now via the website

facefamilyadvice.co.uk



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

Are you trying to manage some angry behaviour?



UNDERSTANDING ANGER

15th January 17:00-19:00

Jane Keyworth, Lead Facilitator at FACE
giving a two hour talk to parents (and teachers), explaining what anger is, why we have it and how to manage it.

Book online now £24 facefamilyadvice.co.uk

[X](#) [f](#) [@](#)creditonrfc <https://creditonrfc.rfu.club/>

COME ALONG AND
TRY
RUGBY
AT CREDITON RFC
THE TEAM NEEDS YOU - YOU NEED THE TEAM

YEAR 6 TO YEAR 13
GIRLS

GET INVOLVED AT FINDRUGBY.COM

JOIN US FOR AN INTRODUCTORY SESSION ON
THURSDAY 25TH JANUARY FROM 6PM - 7PM
FOLLOWED BY FREE PIZZA!

Allianz  **INNER WARRIOR**






DEVON CRICKET FOUNDATION

REGISTER HERE

FREE
'COME AND TRY SESSIONS'

CHULMLEIGH SPORTS CENTRE
THURSDAY, FEBRUARY 15

SCHOOL YEARS 2 & 3 **10:00 - 11:30**
SCHOOL YEARS 4, 5 & 6 **11:30 - 13:00**

FOR MORE INFORMATION, CONTACT MARTIN BRICE
MARTIN.BRICE@DEVONCRICKET.CO.UK | 07939 015663




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



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://devon.gov.uk/child-protection-what-to-do-if-youre-worried-about-a-childs-safety/)

Should I keep my child off school?

Yes

	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

No

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

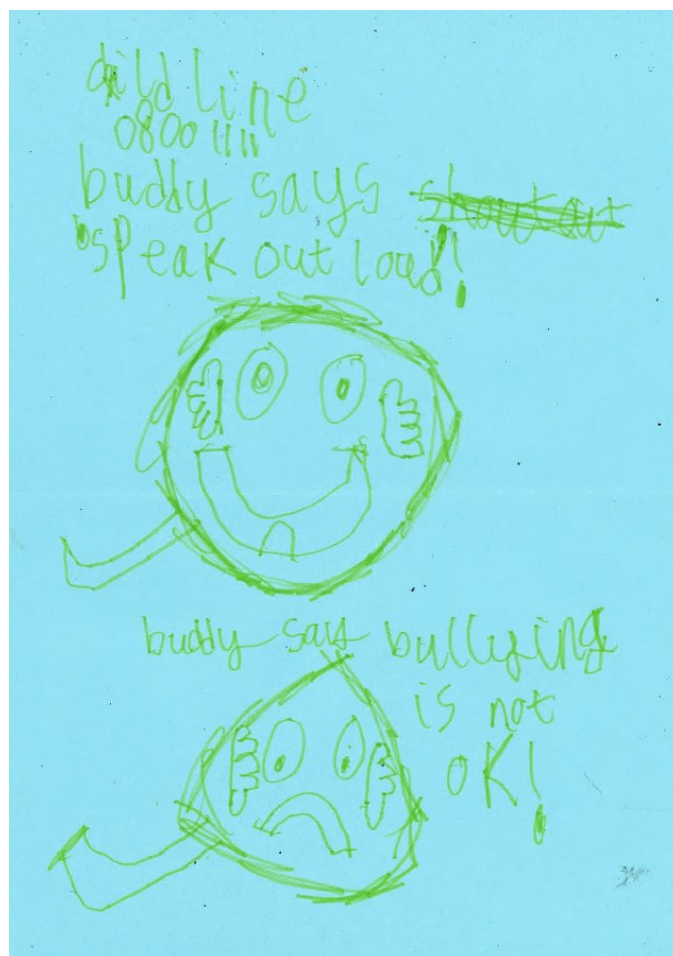
Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

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.

