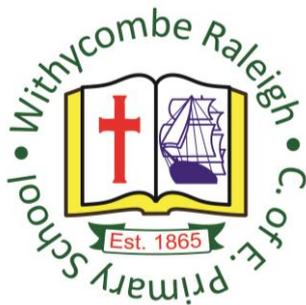


# Weekly School News Roundup

**Withycombe Raleigh  
C of E Primary School**

**Date: 8/10/2021**



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

Please ring us on: (01395) 263397  
email: [admin@wrpschool.org](mailto:admin@wrpschool.org)  
website: [wrpschool.org](http://wrpschool.org)

## News from your Headteacher

This week, Year 6 spent three days on a residential trip to PGL, Beam House in Torrington. It was a very wet and rainy first night, but the children didn't let this dampen their spirits and all had a fabulous time. Some of the fantastic activities they took part in were: rifle shooting, archery, zip wire, challenge course, high ropes and a campfire. It was a great experience for everyone involved and we were delighted that we were able to go after last year's residential visit was cancelled. The trip also counts as one of their Withycome 60 experiences too! Thank you to the amazing staff who accompanied the children and ensured the children had a great time. A selection of photographs will be available to view on our website next week.

### Parents' Evenings

We offer parents and carers two Parents' Evening appointments a year to discuss children's learning in school. One appointment in the Autumn Term and one in the Spring. This term, teachers will be offering a virtual appointment during the week beginning 18<sup>th</sup> October, on two evenings, between 3:30 and 6pm. If you would like an appointment to discuss how your child has settled into their new class and about their progress this term, please email the class email account and request an appointment. Please let us know on which evening you would like an appointment and your preferred time slot. Staff will do their best to accommodate your requests but please be aware that it may not be possible to allocate everyone in their preferred time slot.

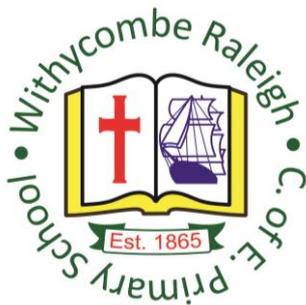
### Harvest



A massive thank you to you all for your generous harvest gifts last week. Exmouth Food Bank were delighted with the food they collected from us and were so grateful that we have helped them to supply food to families in need here in Exmouth. Thank you to our Year 6 House Captains who collected the donations from classrooms and loaded them into the car.

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## Contact us

Please remember that there are many ways you can contact school staff if you have any queries. You can email your child's class teacher directly using the class email account; alternatively, you can email [admin@wrpschool.org](mailto:admin@wrpschool.org) or [enquiries@wrpschool.org](mailto:enquiries@wrpschool.org) or call us on 01395 263397. Please be aware that teachers do not have the opportunity to check emails during the school day and therefore if you have an urgent message for staff within the school day, please ring our office or email as indicated.

Have a lovely weekend

Mrs. E Jones

## Top Tips for Wellbeing

**The 10th October is World Mental Health Day** which exists to raise awareness of mental health issues around the world.

This Sunday, why not check in on the mental wellbeing of you and your family?

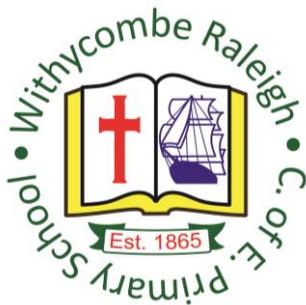
Have a look at the '**Do's and Don'ts**' below, taken from the Charlie Waller wellbeing Action Plan.



<p><b>Things to do:</b> Focus on the positives Smile Believe in yourself Try new things Use phones/social media in a positive way Contact friends/important people Talk to people in a positive way</p>	<p><b>Things to avoid:</b> Being hard on yourself Focusing on negatives Feeling guilty Taking things to heart Being alone all day Negative use of social media Comparing yourself to other people</p>
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Make time for yourself Have some chill out time Get enough sleep Eat regular meals Wear something that makes you feel happy	Worrying too much Keeping things to yourself Taking anger out on others Hurting yourself
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### Upcoming Events

#### Friday 8<sup>th</sup> October

Oak Class Photographs

#### Friday 15<sup>th</sup> October 2021

Just One Tree Mufti Day

#### Week beginning 18<sup>th</sup> October

Virtual Parents' Evenings

#### Friday 19<sup>th</sup> November 2021

Children in Need

#### Friday 10<sup>th</sup> December 2021

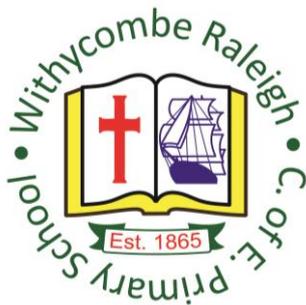
Christmas Jumper Day

### Collective Worship

We have continued with our theme of 'Prayer' this week. Children have learned some different ways to pray including a 'penny prayer', a 'five finger' prayer and a 'body prayer'. During our Collective Worship, children are always invited to join in with prayers but this is not made compulsory. Children who do not wish to join in with the prayer are just asked to show respect and sit quietly while those who want to say a prayer do so.

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### Safeguarding

We live in a world of online streaming, where films, box sets and TV programmes are available through so many routes – making it increasingly difficult for parents and carers to monitor and regulate what their children watch and are exposed to on TV. In the UK we have the ‘watershed’, but even pre-watershed programmes e.g. soaps and reality programmes can expose children to bad language, violence and sexual content.

Professionals in the health services and education routinely raise questions about how harmful imagery and content negatively impact on children’s mental health - including the concerns that:

- Children can become de-sensitised to violence and the harm and suffering of others.
- Their anxiety and fear of the real-world can increase.
- They show higher levels of aggression and are more likely to act in a harmful way to others.
- Exposure to sexual content can lead to children becoming sexually active sooner.

Unfortunately legislation alone will not protect children from harmful content. Protecting children from potentially damaging material can only be achieved through a combination of parental control and also by educating them about harmful content. It is also important that children are supported in building their ‘digital resilience’ i.e. they start to understand and recognise that there are risks online and that they know what to do and who to turn to when they encounter issues. You may be interested in the following guide on digital resilience from ‘Parent Zone.’ <https://parentinfo.org/article/digital-resilience-a-parents-guide>

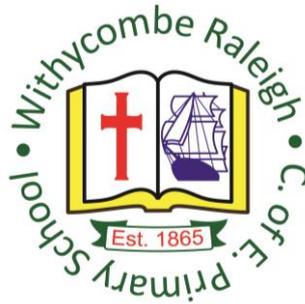
I really like this website by ‘Common Sense Media’ – which is a great option for providing reviews and advice on films, tv, apps and games. For example, I have recently heard some of our older children discussing the series ‘The Squid Games’. The review for this points out that it is for age 16+ and highlights the extreme nature of this production and its utter unsuitability for children! <https://www.common sense media.org/>

UK Safer Internet Centre have produced a guide which provides numerous links about how to apply parental controls to all the major TV streaming services – I hope you find this useful. <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/safety-tools-online-services/tv-demand>

**Mike Smith - Designated Safeguarding Lead**

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## Sports & Achievements

We love to hear about your children's sporting and other achievements. If you have anything to share, please email [enquiries@wrpschool.org](mailto:enquiries@wrpschool.org) with your news and a photo if possible. We will endeavor to include as many of your photos as possible each week.



Lots of sporting stars this week:

Nardi (Bumblebees) received his 5m swimming badge.

Elina (Willow) received her 10m swimming badge.

Barney (Sycamore) was awarded his Stage 4 Swimming certificate.

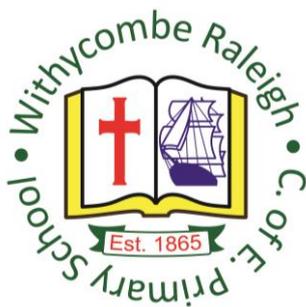
Molly (Otters) swam 200m and was awarded a certificate and badge.

Joseph (Otters) received his 10m swimming badge and certificate.

Well done to you all...amazing achievements!

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## More sporting stars:

Soleil (Dragonfly Class) achieved a swimming certificate for travelling 5 metres using a float.

Freddie got player of the week for Exmouth Town U7's at their away game with Plymouth Argyle.

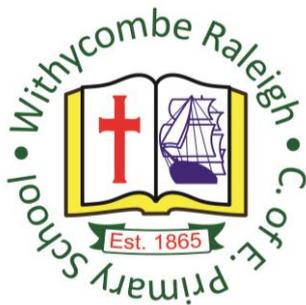
Tilly swam 10m and was awarded a certificate and badge.

Charlie and Amelia got their 25m swimming badges and certificates.

And last but not least, Mrs Chilcott, mum of Albert and Stanley, ran the London Marathon on Sunday and completed the course in 4 hours 29 minutes. Fantastic!

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## Year Group News



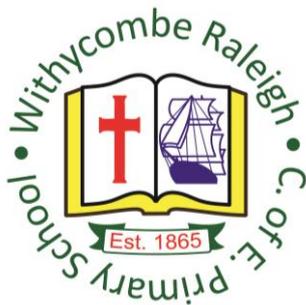
Year 2 have had lots of fun in PE with L&F Sports. They have been playing team games and practising throwing and catching

C-COLLAGE

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## Year 6 Residential

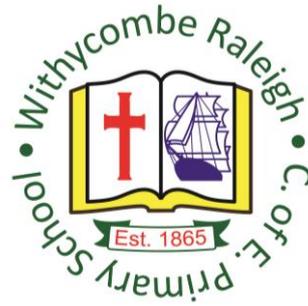
A few photos to give you a flavour of the activities children participated in.

More photos will be shared on our website next week.

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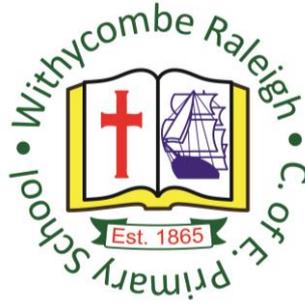
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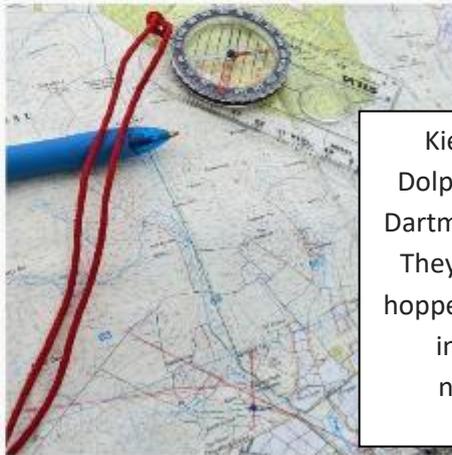
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Kieran (Yr 3 Beech) and Archie (Yr 2 Dolphins) spent a night wild camping on Dartmoor the last weekend of September. They walked 15km carrying heavy bags, hopped over some streams without falling in and learnt some map work and navigation skills using a compass.