



Newsletter

No. 13. 26th April 2024

Website: www.ourladys.devon.sch.uk

Telephone: 01271 345164

In Our Lady's Catholic Primary School we learn about God and try to follow his footsteps by showing care and respect for one another.

Dear Parents and Carers

Happy Friday to you all and welcome to the start of the Summer Term. We have a busy term ahead of us and so much to look forward to. Staff are currently in the process of updating the class pages on the school website to reflect our Summer Term learning, in the meantime we encourage you to take a look at our updated Catholic Life section of the website.

We are extremely proud of all of the Year 5 children who applied for the Chaplaincy role, the children's applications and interviews were outstanding. The selection process has now been completed and the new Chaplaincy Team will be announced during school today (Friday 26th).

Our Year 6 children are working hard to prepare for the upcoming SATS commencing week beginning the 13th of May. We would like to take this opportunity to thank our Year 6 parents for their support and to wish our Year 6 children Good Luck, they are amazing.

A reminder to Barn-a-bs parents, the Barn-a-bs preschool will be closed on Thursday the 2nd of May as it is being used as a Polling Station.

Good luck to some of our Y6 children who formed our Tag Rugby team today. We are sure you will be brilliant.

Thank you for your continued support, have a peaceful weekend,

**Mr Meech, Executive Headteacher and Miss Wilby,
Head of School**

School Crossing Patrol

Thank you to all of our Parents/Carers who are showing patience and road safety awareness at drop off and pick up times. Please may we remind you to be cautious at the road crossing. We are fortunate to have a patrolled crossing, this crossing needs to be respected in order to keep children safe. Remember to cross the road at the crossing point with the School Crossing Patrol. We have been informed of frequent unsafe behaviours at the school crossing on Chanter's Hill. It is a particularly difficult crossing point due to the bend and gradient so it is important that the crossing is used appropriately and that parents are supervising their child for the whole journey to and from school. Thank you for support and for showing respect towards those offering help and support to the community.



If you would like further guidance on Road Safety, please visit, <https://www.think.gov.uk/>

Heart of Gold Awards

Well done to all the children who have achieved our Heart of Gold Award for displaying our school rules:



Ezra	Reva
Pablo	Nancy
Nellie	Abel
Oliver	Jessica C
Amelia	Amesa
Ava	Archie
Luke	Obi

We are so proud of you.

Barn-a-b's at Our Lady's



It's lovely to see everyone after the holiday. The wood mulch has made a massive difference to the garden, many thanks to Taw and Torridge for supplying us with the much needed wood chip. The turf that was kindly donated has also taken root and looks fabulous. Thanks to the PTFA for their continued support. They have exciting events coming up, which are an important way to support your children and the school.

As the weather improves we will need to be prepared. We are asking that children provide their own sunscreen, factor 50. Please apply the first layer before coming to Pre-school. Sturdy, closed toe footwear, ideally trainers, will be essential. We also ask that shoulders are covered, so no strappy tops.

We will be closed on Thursday 2nd May as the Pre-school is being used as a Polling Station. Our Lady's School will be open as usual on that day.

We are learning about animals and the natural world this term. Look on the school website for more information. There is a page for Barn-a-b's, but we also have a section under "Children".

Cathy Jeffery, Nursery Manager and the Barn a B's Team

Relationship and Sex Education Meeting for Y4, 5 & 6 Parents/Carers

Currently children in school are looking at relationships in PSHE. After half term this will change to relationship and sex education. This is where children in years 4,5 and 6 will learn about puberty and how their bodies change. As a parent/carer you do have the opportunity to decide that you would like your child to opt out of sessions specifically about puberty and sex education.

I am inviting you to attend a parents session where we will go through what your child will learn through years 4, 5 and 6 in terms of RSE education and how this also crosses over to the Year 5 science curriculum where there is not an opportunity to opt out.

This meeting will be held on Thursday 2nd May at 3.30pm. All are welcome to attend. It will be a fantastic opportunity to find out about the curriculum and how you could discuss the topic of RSE with your child at home.

Mrs Tucker

Whole School Attendance

[Is my child too ill for school? - NHS](https://www.nhs.uk)
(www.nhs.uk)



We are still looking for you to bring in your used batteries for our battery appeal. This is running until June so please bring them in for Mrs Tucker.

Headteacher's Awards

Well done to the following children who have recently received Headteacher's awards:-



Robin

Demi
Elsie-Grace

Heron

Jonah

Puffin

Ava W

Eagle

Freya x2
George
Violet-Rose

Issac

Suki

Poppy

Willow

The next newsletter will go home on:

Friday 10th May 2024

Free Safeguarding and Wellbeing Resources for Parents and Guardians

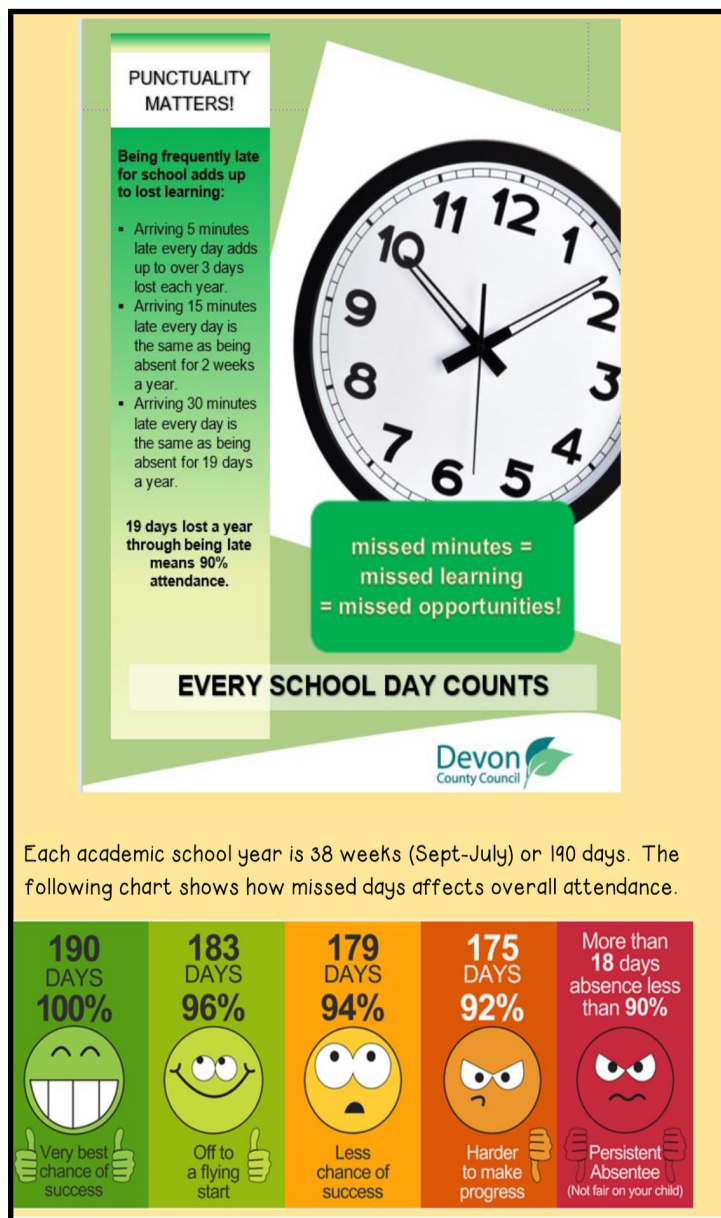
Our on line staff e-learning system has released some useful resources for parents on-

- Tackling Sleep Problems in Children and Teens
- Supporting Your Child Through School Anxiety
- Improving School Attendance
- Child Mental Health & Wellbeing
- Parental Mental Health & Wellbeing

New resources will be added in the coming weeks and months.

We are sure you will find these resources both informative and supportive.

<https://sssllearning.co.uk/parentsandguardians>



PTFA News



Thank you to everyone that supported our PTFA Bingo Night recently. We raised an amazing £343.00 for school funds.

We are all looking forward to the next event!

Forest Garden Project

The PTFA have been helping with donations and funds for the Forest School Garden. We have had a delivery of woodchips and a slide for the garden, along with a donation of free turf and some puddle suits. After School Club children will soon be helping to plant the seeds that were donated.

Future Events

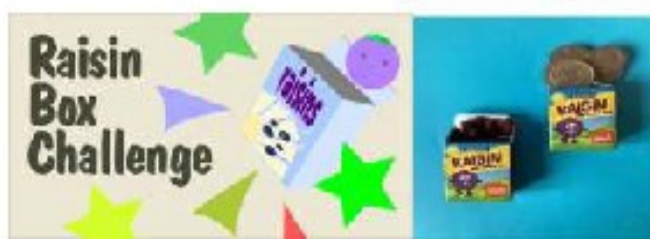
Please see the poster on the next page for further information on our Raisin competition.

24th May—will be a non uniform day to help raise money for PE equipment. Come dressed in sportswear and pay £1.

Please look out in the school newsletter or Parentpay for future PTFA planned events for the summer term.

Dates

Thu 2nd May	Polling Day (Barn a Bs Closed)
	School open as usual
Thu 2nd May	3.30pm Y4, 5 & 6 Parents RSE Meeting
Fri 3rd May	R and Y1 Rosemoor Trip
Mon 6th May	Bank Holiday school closed
Mon 13th May	Y6 SATS start
Thu 16th May	Change of dinner menu to Beef or Veggie Nachos
Fri 24th May	Non Uniform Day—PTFA—wear sportswear—£1
Mon 27th May	Half Term Holiday
Mon 3rd Jun	Non Pupil Day—School closed
Tue 4th Jun	Pupil's Return to School
Thu 6th Jun	Change of Dinner Menu to Picnic Party
Mon 17th Jun	Y6 Residential all week
Fri 21st Jun	St Aloysius Non Uniform Day—wear blue, white or yellow—£1
Wed 24th Jul	Last day of Summer Term



Our Lady's Catholic
Primary School PTFA are

RAISIN FUNDS

For the Forest School



Challenge:

Eat your box of raisins and fill it with as much money as you can by Friday 10th May.

Reward:

The class that raises the most money will win a prize

Ideas to raise money:

Help with jobs at home, Dog walking/pet care

Bake sale, Litter picking, Anything you like!!

Please ensure your box has your child's name clearly written on and which class they are in. Thank you for your ongoing support!!

A Fantastic Half Term of Sports Events

The end of Spring term was a fantastic half term for sports at Our Lady's. Last half term was jam packed with lots of festivals and fixtures with some incredible results and the children having a great time representing their school. Here is what they have been up to:



Pilton Dance Festival:

A group of year 5 and year 6's went to take part in a Dance festival at Pilton Community College. The children were taught a story by some Petroc students and sports leaders from Pilton School in which they had to come up with a Dance routine. All children did a great job using their imagination and team work skills to put the routine together, and they got to perform their dance routine at the end. Well done to all those children that took part!

North Devon U11 Girls Football Finals:

This year the selected year 5 and 6 girls got through to the Football finals at Kingsley school. They had to compete against many different schools from across North Devon, such as Bishops Nympton, St Margaret's, Caen, and Sticklepath! The children came 5th overall which is an amazing result!

ND finals Netball Competition:

Our Lady's also qualified for the Netball finals at Park School. This involved playing against all the other teams across North Devon that qualified to this event. Our Lady's had to play Southmead (Winning 5-2), Landkey (Winning 5-0), Woolacombe (Lost 0-2), St Helens (Lost 3-7), Bishops Nympton (Winning 4-2) and Appledore (Winning 5-0). This means they came joint 2nd in their box. Unfortunately this then went to goal difference and we lost out by 1 goal. This meant that we then went through to 4,5,6th play offs and came a fantastic 5th place out of 14 schools. A big well done to all those children that took part and played some fantastic Netball.

ND Sports Hall finals:

Our Lady's qualified for the North Devon Sports all finals at Kingsley school. The selected year 5 and 6 children had to take part in speed bounce, standing vertical jump, standing long jump, 1 lap and 2 lap relay. The children worked really hard showing great attitude and team work throughout the morning. Our Lady's came 8th overall, well done to all those children involved.

Parenting Smart

Place 2 Be offer a wide range of short 5 minute videos on over 50 topics with practical tips to support children's well being and behaviour. Take a look at some of these via the link below:-



<https://parentingsmart.place2be.org.uk/>

Father, I pray
my child's heart
and mind is filled
with Your peace.

Philippians 4:13

Autism and Us' Parent Programme (Summer Term 2024) from Devon County Council

Support from the Communication and Interaction Team - Education and Families (devon.gov.uk)

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

Attending the 'Autism & 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, whilst also connecting with other parents/carers.

Full programme details and application process below:

Autism & Us programmes:

4 weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:

weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:

Apply direct by email to: educationlearnersupport@devon.gov.uk

	Programme 1	Programme 2
Autism overview	Tues 23 Apr - 10 – 12	Thurs 13 Jun - 4.30 – 6.30
Sensory	Tues 30 Apr - 10 – 12	Thurs 20 Jun - 4.30 – 6.30
Communication	Tues 7 May - 10 – 12	Thurs 27 Jun - 4.30 – 6.30
Understanding and supporting behaviour	Tues 14 May - 10 – 12	Thurs 4 Jul - 4.30 – 6.30

We will confirm your booking request, and provide you with a direct link to the event. They will be delivered on line 'live' via the Microsoft TEAMS platform.

Additionally we will also be offering the following very popular themed/topic based workshops, which lead on from the above programmes for themes/topics that may be a priority area for you against your child's presenting needs :-

Wed 22nd May 10am-12noon	DIAS—Parent Carer Forum Devon
Thu 16th May 9.30am—12.30pm	Autism—Sensory processing and integration
Wed 5th June 9.30am—12noon	Autism and Girls
Thu 13th June 10am-12noon	Autism—Demand avoidance and PDA
Wed 19th June 10am-12noon	Autism—Vulnerability and online safety
Thu 27th June 10am-12noon	Autism—Communication (non/limited speaking children—support strategies)
Mon 1st July 10am-12noon	Autism—Communication (Speaking children—support strategies)
Wed 10th July 1pm-3pm	Autism—Managing stress and anxiety

Apply direct by email to: educationlearnersupport@devon.gov.uk

To secure a place on any of the above topic based workshops. We will confirm your booking request, and provide you with a direct link to the event. They will be delivered on line 'live' via the Microsoft TEAMS platform.

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



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10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

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PETROC
PERFORMING ARTS

CINDERELLA

RODGERS AND HAMMERSTEIN'S
YOUTH EDITION



TUES 14th & WEDS 15th MAY

Scan to get your
tickets!



7.30PM

BOX OFFICE 01271 316523

Music by Richard Rodgers
Book and Lyrics by Oscar Hammerstein II
Adaptation by Tom Briggs



This amateur production of RODGERS & HAMMERSTEIN'S CINDERELLA: YOUTH EDITION is presented by arrangement with Concord Theatricals Ltd. on behalf of The Rodgers & Hammerstein Organization. www.concordtheatricals.co.uk



**MUSICAL
IN A WEEK**

2024

SHREK

THE MUSICAL JR.

MONDAY 5TH – FRIDAY 9TH AUGUST 2024
AGES 9 – 13 YEARS | 9AM – 5PM EACH DAY

PERFORMANCES:

9TH AUGUST

4:30PM/7:30PM

TO BOOK, CONTACT:

TOLLEY.ANGELL@YAHOO.CO.UK



**MUSICAL
IN A WEEK**

2024



Monday 5th - Friday 9th August

Ages 11 - 18 years | 9am to 5pm each day

Performances: Friday 9th August @ 6pm/9pm

To book, contact: tolley.angell@yahoo.co.uk