



Newsletter

No. 18. 22nd July 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

What a year! What a fantastic yet busy year the children (and staff) have had! Firstly, huge congratulations to all of the children for completing their academic year. We have had so many things to celebrate this year and the children have worked so hard to achieve their goals.

It was lovely to see so many of you at Sport's Day on Wednesday and joining us at Leavers Mass to say goodbye to our Year 6 children. The Year 6 children recently shared their leavers performance of Snow White, and it was amazing. They showed off their singing and acting talents to the school, family and friends. This coming Wednesday will be their last day and we wish them every success as they move onto Secondary School.

Thank you to our PTFA team, who have been busy this year organising events and raising funds for the school. This evening we look forward to joining the children for the end of year Disco, as they celebrate the school year.

Many thanks for your support over the year,

Have a wonderful Summer and take care,

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

Dates

Wed 24th Jul	Last day of Summer Term
Wed 4th Sep	Pupils Return to School
Thu 5th Sep	New Reception Children Start

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



We have had such an excellent year. The children have shown great resilience in all weathers and adapted to the new area.

We are very grateful for your support. We had a fabulous sports day with our PE teachers.

We will be back on the 4th September.

We wish all our older children all the very best as they progress to primary school.

Enjoy your holiday!

Please keep up to date with child care codes, or you might be charged.

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

Important Information

From Monday 1st July, please do not make any payments for dinners, breakfast or after school club, orders for uniform or payments for any trips on Scopay. We are moving to Parentpay. All credits and any debts will move across to the new system. We can only accept cash in the school office for any monies owed at present. Thank you.

A reminder that children should not be using the trim trail either before or after school. Thank you.

Dear Parents and Carers

Next academic year our school will be taking part in a project called PINS (Partnership for Inclusion of Neurodiversity in Schools).

A key part of this project is a Parent Carer Forum. There is a survey for all parents and carers to complete (irrespective of whether their child has additional needs). We would really appreciate it if you can complete the initial survey here:

https://www.surveymonkey.com/r/PINS_PC1

Or scan the QR code., here

Please could we ask you to complete this before the end of this academic year, when it will then close.

Thank you

Mrs Daunton, SENCO



Headteacher's Awards

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

Puffin

Scarlett

Owl

Tommy

Eagle

Tyler

Bradley x2

Gabi

Violet-Rose

Kingfisher

Douglas

Tiani

Charlie

Lexi



Great Fire of London

Puffin class have had a fab time over the past few weeks learning about the Great Fire of London. We even made our own houses and then re-enacted the Great Fire this week. It was so brilliant and the children have asked to do it again.



Worried about a child's safety?

If you are concerned about the safety of a child in Devon or want to speak to someone, or if you are a child worried about your own safety, you can contact the Multi-Agency Safeguarding Hub (MASH) by: completing an online request for support form
calling us on 0345 155 1071 , 01392 388428
emailing mashsecure@devon.gov.uk and giving as much information as you can
If a child is at immediate risk contact the police on 999.

What does the **MASH** do?



The **Multi-Agency Safeguarding Hub (MASH)** is a partnership between Devon children's social care, education and youth services, Devon National Health Services, Devon and Cornwall Police and the probation service working together to safeguard children and young people.

We can talk to you about your concerns for your own or other people's children.

If we think that your enquiry needs to be looked into we will:

- obtain **information** about the child from all the professionals working in the MASH
- do a **risk assessment** and work out if the child is likely to be at risk of harm
- decide what steps to take next, this could be an assessment, contacting services which may be able to support the child and their family, or nothing at all if we think the child is safe.

If you are worried about a child or young person and want to speak to someone contact the MASH on **0345 155 1071** or email mashsecure@devon.gov.uk and give as much information as you can.

Your call can be anonymous.

t: **0345 155 1071**

t: 01392 388428

e: mashsecure@devon.gov.uk

w: www.devon.gov.uk/childprotection



Billy Buckingham



Performing Arts Coach



Summer Drama Workshops



Ages 8-16

<p>Tuesday 13th August</p>	<p><u>Play in a Day</u></p> <p>This fast-paced, fun workshop will see us rehearsing and performing a short play in just one day! There will be a mixture of script work, improv and physical theatre as well as a few simple props and costumes to help bring our story to life. Parents and carers will be invited to watch the finished piece at the end of the day.</p>
<p>Tuesday 27th August</p>	<p><u>Improvisation and Devising</u></p> <p>The ultimate Drama workshop to develop your acting and improv skills through a mixture of fun games and exercises. This will lead into creating a short piece of theatre based on a chosen object/picture that will be showcased to parents/carers at the end of the day.</p>

Venue - St Peter's Church Hall, Fremington, Barnstaple, EX31 3BL

Times - 10am-4pm (Sign in from 9:45am, showcase performances at 3:45pm)

Price - £30 per session or £50 for both

Book your place by emailing bbuckingham93@hotmail.co.uk



Free Family Art Workshops

Join us with your family for a range of exciting and completely free creative family activities, celebrating cultures from around the world!

No prior skills or experience are needed - our artists will help you! Children and parents of all ages are welcome.* Try out pottery, banner making and more.

Free lunch will be provided.

When: 14th, 21st and 28th August from 12.30pm to 3.30pm.
Come to as many workshops as you like - they're completely free and great fun

Where: Castle Centre, 25 Castle Street, Barnstaple EX31 1DR

Email phillip.ash@devon.gov.uk to sign up.
Let us know which dates you want to come,
and how many people are in your family

*Children under 18 will need to be accompanied by an adult



What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.



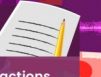
THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.



Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



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