



# Newsletter

No. 3. 11th October 2024

Website: [www.ourladys.devon.sch.uk](http://www.ourladys.devon.sch.uk)

Twitter: @OurLadys\_School

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 busy and productive first half-term we are having. All the children have been working really hard and making excellent progress in their learning.

It has been great to see some of our older children representing the school at the recent cross-country events, their athletic efforts and behaviour have been a credit to the school. Alongside those of the Owl Class on their recent trip to Farmwise, Exeter.

We are proud to announce our new School Council members this week. These children will be working closely alongside Mrs Tucker. Look out for them, they are proudly wearing their School Council badges ready for their first meeting.

This month, children are celebrating Black History Month, learning about the lives of significant black people and their impact on society.

Thank you for your support so far with homework, classes are off to a flying start. The opportunity for the children to regularly practice their reading and math skills really benefits them in class, and they love earning coins on Times Table Rock Stars (or Numbots for the younger classes).

Thank you for your continued support of the school.

Kind regards

**Rob Meech, Executive Headteacher and Lorna Wilby, Head of School**

## Autumn Term Dates

Tue 15th Oct	Y3 Multi Skills at PCC
<b>Wed 16th Oct</b>	<b>Y6 Swimming—Last one</b>
Fri 18th Oct	Harvest Festival Assembly
<b>Fri 25th Oct</b>	<b>Last day of half term</b>
Mon 28th Oct	Half Term Holiday
<b>Thu 31st Oct</b>	<b>Deadline for secondary school places</b>
Mon 4th Nov	Non Pupil Day—School Closed
<b>Tue 5th Nov</b>	<b>Pupils Return to School</b>
Wed 6th Nov	Swimming starts for Y5
<b>Wed 13th Nov</b>	<b>Filled Shoebox's to be in school</b>
Fri 15th Nov	PTFA Bingo Evening
<b>Fri 6th Dec</b>	<b>PTFA School Disco</b>
Fri 20th Dec	Children's Chocolate Raffle
<b>Fri 20th Dec</b>	<b>Last day of term</b>
Mon 6th Jan	Children Return to School

## Harvest Festival

On Friday 18th October we will be holding a Harvest Festival Assembly. We would like to fill our community food pantry with donations of non perishable food. Please bring in any pasta, rice, porridge, tins of soup, beans, tins of food.

Any donations gratefully received.

Thank you

Mrs Cohen and the School Chaplains





### School Website

Please keep a check on the school website as this will be updated regularly. The class pages will be updated with class newsletters, photos, areas of topic etc. You will find details on all our key documents and policies together with the current school dinner menu.

Please visit:- [www.ourlady.devon.sch.uk](http://www.ourlady.devon.sch.uk)

### Heart of Gold Awards

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



Taya	Lucy	Chester
Dylan	Kendyl	George
Maya	Lilly-Mae	
Lilly-Rose	Jonathan	
Misty	Jackson	
	Tommy	

### PE Days

When your child has PE they should be coming into school in their PE kits and remaining in them all day.

<b>Robin</b>	Tuesday and Thursday
<b>Heron</b>	Wednesday and Friday
<b>Puffin</b>	Tuesday and Wednesday
<b>Owl</b>	Wednesday and Friday
<b>Eagle</b>	Monday and Thursday
<b>Kingfisher</b>	Monday and Friday
<b>Swallow</b>	Monday and Tuesday

PE lessons will continue to be held outside even in the rain so please ensure that your child has a waterproof coat, they may even need gloves and hats as we progress into the winter months.

As the weather gets colder, if you have not done so already, you can purchase, for £15, a PE Hoodie with the school logo for children to wear for PE. Alternatively children can wear their school jumper for PE. Please order these via the school office.

Don't forget that Swallow class will be attending swimming lessons every Wednesday afternoon until Weds 16th October. Swallow class can wear their PE kits on a Wednesday during this time.

### Parents, Teachers and Friends Association (PTFA)

As always, our wonderful PTFA are thinking and planning ahead. Some dates for your diaries already are:-

Bingo Evening—15th November  
Xmas Disco—6th December  
Chocolate Raffle—20th December



We are looking for donations for prizes and raffle prizes for the bingo night, along with donations of chocolate for the Christmas Children's Chocolate Raffle. Please drop any donations off to the school office.

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

Our PTFA meet on a Thursday once a month. Please contact the school office if you are willing to help and would like to attend the next meeting and put any ideas forward.

## Absence guidance for Parents/Carers

### What YOU must do:

Telephone the school (ideally before 8.30am) **each day** of your child's absence.

Tell the school in advance of any medical appointments and bring in appointment cards/letters.

If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival.

Have a backup plan for if your child misses transport, call on a family member, neighbour or friend.

If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!

### What WE will do:

Check your child's attendance every day.

Phone home to discuss your child's attendance with you.

Invite you into school for attendance meetings if we are concerned.

If we cannot establish a reason for absence, then we may make a welfare home visit.

## Helping Your Child with Fears and Worries – an approach to support School Attendance

### Online Sessions for Parents and Carers

The Devon Educational Psychology Service (EPS) is running online group sessions for parent carers based on the Overcoming Programme, which is effective in reducing anxiety in children and young people. The programme helps parent carers develop anxiety management skills that can be used even after the programme ends.

### Who Can Join?

Parents whose children have low or falling school attendance and whose children are experiencing anxiety related to school. The Overcoming Programme is designed to support parent carers of children between 5-12 years of age, but it can be adapted for older children. The group facilitators work with parent carers where a more personalised approach is needed, for example if the child or young person has SEND.

The programme may not be effective for parent carers of children and young people with long term or complex difficulties.

Places are limited and we may not be able to offer every parent carer a place. If this is the case, we will provide advice on other support that may be available.

We are running an online information session for schools and parents on Monday 21<sup>st</sup> October at 1.30pm. To request a link to the meeting please email [Overcoming-programme@devon.gov.uk](mailto:Overcoming-programme@devon.gov.uk)

### Programme Details

- **Duration:** Six sessions, each 90 minutes long
- **Schedule:** Delivered over seven weeks with a one-week break between sessions 4 and 5
- **Participants:** Parent carers (children do not need to attend). We will include no more than 8 parent carers per group to ensure everyone can contribute and ask questions.

### Additional Resources

Parents can purchase the book "Helping Your Child with Fears and Worries (2nd Edition)" by Cathy Creswell & Lucy Willetts (2019) for more information.

### Session Dates

- **Group 1:** Starts Monday, 4th November, 3:45 PM - 5:15 PM, then every Monday
- **Group 2:** Starts Friday, 8th November, 10:00 AM - 11:30 AM, then every Friday
- **Group 3:** Starts Weds, 8th January, 1:00 PM - 2:30 PM, then every Wednesday
- **Group 4:** Starts Friday, 10th January, 1:00 PM - 2:30 PM, then every Friday

### How to Join?

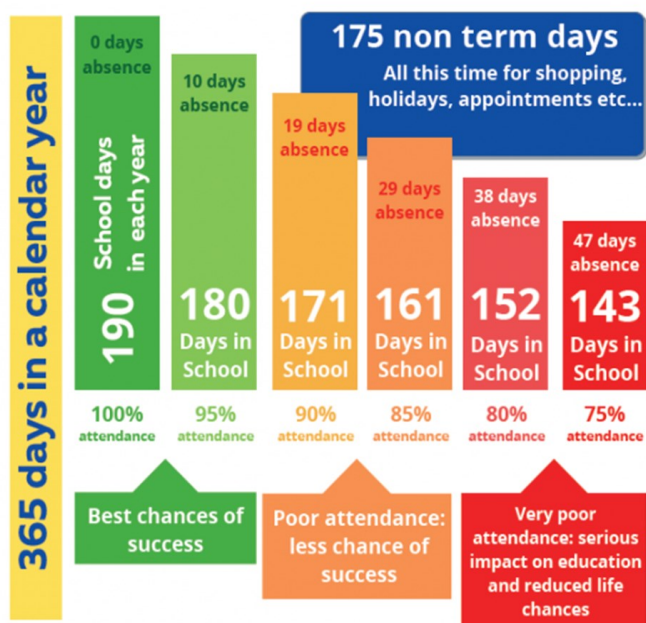
To request a place, parents need to complete an online form which can be found here:

<https://forms.office.com/e/U5JuVdY6R3>

For more details or questions, contact Dr Daniel Nicholls, Senior Educational Psychologist, at 01392 382 354 or [Overcoming-programme@devon.gov.uk](mailto:Overcoming-programme@devon.gov.uk)

**Current school attendance is 96.8% which is slightly above national average of 95.8%.**

# ABSENCE



Please don't let your child miss out on the education they deserve.

**EVERY SCHOOL DAY COUNTS!**

## Cross Country

Kingfisher Class had a fabulous time at the Cross Country event held at Pilton Community College last week. Willow was the fastest girl in the year and won a medal for all her effort.



We will be collecting the shoeboxes (Samaritan's Purse again this year. Filled shoeboxes will need to be in school by Wednesday 13th November.



## How to Pack Your Shoebox Gift

As you prayerfully prepare to pack your shoebox gift, please remember that your shoebox gift will be an expression of God's love to a child. In fact, it may be the only gift the child receives. So, plan to pack quality items that will last, **and don't forget to make it FUN!**

**1**

**SHOEBOX**  
Get a standard size shoebox to pack for a boy or girl. Need shoeboxes? Great preprinted boxes are available on our website.

**4**

**PRAY**  
Most importantly, **pray** for the child who will receive your gift. Include a personal note and photo to delight the heart of the child.

**2**

**SPECIAL ITEM**  
Select a special **item** toy such as a doll, football with pump, or cuddly toy to bless a child.

**5**

**DONATE £5 PER BOX**  
A donation of **£5** per box is critical to cover shipping and other project costs. For easiest processing you can give online. If you use our **Follow Your Box** feature online, you can also discover the destination of your shoebox!

**3**

**OTHER GIFTS**  
Pack full with other fun toys, accessories, personal care items, and school supplies.

**6**

**DROP OFF**  
Take your shoebox gift to a local drop-off location during **National Collection Week, 11-18 November**. Visit our website to find one near you.

[SAMARITANS-PURSE.ORG.UK/OCC](http://SAMARITANS-PURSE.ORG.UK/OCC)

# REQUEST FOR CONTACT

# Devon Family HUBS

0-19  
(25 WITH SEND)



**Action for Children are supporting Devon Family Hubs.** Family Hubs are a developing network of services and community groups that are working together to support families and their children to find opportunities that meet their needs. Please see our website for more details.

## OUR SUPPORT:

 **Online Digital Chat**



For more information  
**Devon Family HUBS website**



Family HUBS Advice & Guidance Line -  
Mon-Fri 10am to 4pm

**0800 538 5458**



# GLOW IN THE DARK DODGEBALL

AFTER SCHOOL CLUB  
3.15-4.15

THURSDAY 7TH  
NOVEMBER-  
THURSDAY 12TH  
DECEMBER

KS2 ONLY

£4 PER  
SESSION

ONLY 25  
SPACES  
AVAILABLE



Primary Sports  
and Education  
North Devon

HEAD TO OUR  
WEBSITE FOR MORE  
INFORMATION AND  
TO BOOK!

For More information, contact us :

-  [north.devon@primary-sports.co.uk](mailto:north.devon@primary-sports.co.uk)
-  [www.primary-sports.co.uk](http://www.primary-sports.co.uk)
-  07531530131

Halloween themed fun  
games, arts & crafts and  
prizes!

Limited spaces available.



# October half term Activity Days



Primary Sports  
and Education  
North Devon

5-11 YEAR OLDS

PILTON INFANTS PRIMARY  
SCHOOL

8.30AM-3.30PM

28TH OCTOBER  
29TH OCTOBER



HEAD TO OUR  
WEBSITE FOR MORE  
INFORMATION AND  
TO BOOK!

For More information, contact us :



[tom.poole@primary-sports.co.uk](mailto:tom.poole@primary-sports.co.uk)



[www.primary-sports.co.uk](http://www.primary-sports.co.uk)



07375494586





## **THE PENGUIN SPORTS FOUNDATION PROVIDES SPORT & REHAB OPPORTUNITIES FOR CHILDREN WITH PHYSICAL DISABILITIES IN NORTH DEVON AND BEYOND.**

We provide a hydrotherapy programme with 1:1 sessions, frame running club and a brand new hydrotherapy after school club.

find out more

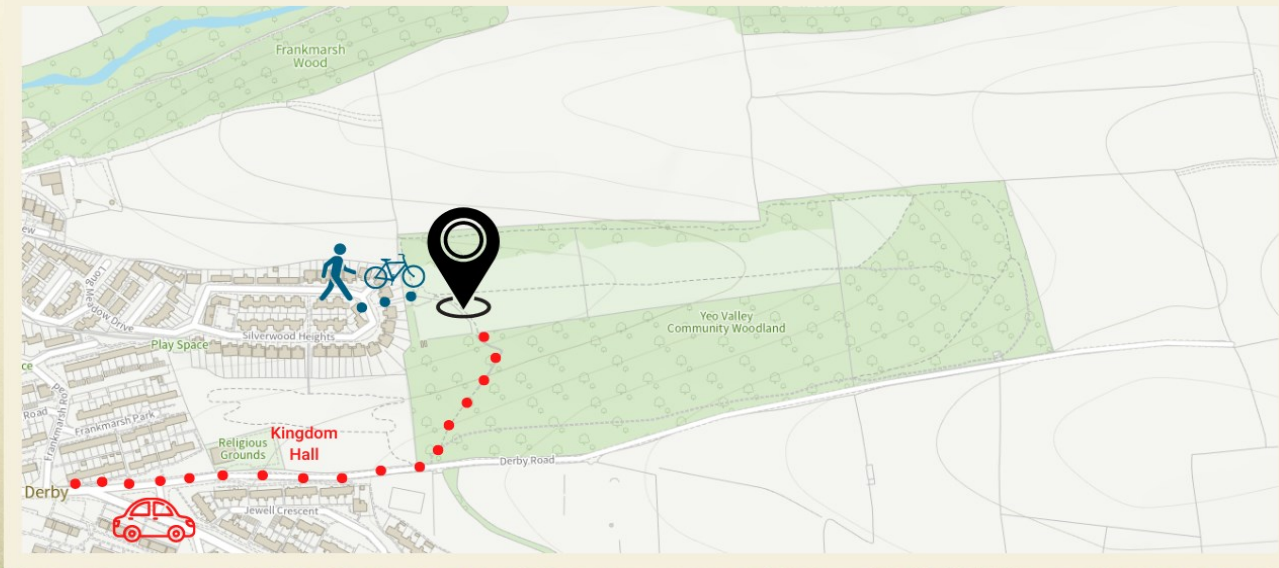


**[www.thepenguinsportsfoundation.co.uk](http://www.thepenguinsportsfoundation.co.uk)**



Registered Charity Number: 1206051

✉ [info@thepenguinsportsfoundation.co.uk](mailto:info@thepenguinsportsfoundation.co.uk)



# FOOD FROM THE FOREST

AT YEO VALLEY COMMUNITY WOODLAND  
SUNDAY 13 OCTOBER, 10 AM - 3 PM

**Come and forage 'Food for Free' from the trees and bushes of Yeo Valley Community Woodland. Sloes, apples, blackberries, haws, hazelnuts and more.**

**Help with apple pressing - bring along a clean bottle and take home some fresh, free, organic apple juice and plenty of energy to press those apples!**

**Learn what you can make from the natural harvest in the woodland, then go out for a walk with local foragers to collect what you need.**

**There's no need to book - just turn up!**

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

### 1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

### 2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

### 3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

### 4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

### 5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

### 6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

### 7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

### 8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

### 9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

### 10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

### Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.09.2024