



Aim High; Be Resilient; Take Care of Each Other

Dear Parents,

Federation trip to Disney's Aladdin at Theatre Royal Plymouth, Thursday 1st February

I am sure all the children are getting excited about the whole Federation trip tomorrow!

I know a few parents are a little nervous. I completely understand this and, as a parent, I know the thought of taking 6 children to the theatre is daunting let alone 116. However, I would much rather take the whole Federation as a headteacher than a group of children as a parent because, while in 'school mode' the children listen to instructions brilliantly and are always incredibly sensible. In addition, we have 22 staff on the trip and all children will have a designated group leader.

We always have wonderful comments from members of the public about our children's 'Aim High' behaviour. Last year, Year 3 and 4 went to see The Demon Dentist at the Theatre Royal, Plymouth and Year 5 and 6 went to London and saw Matilda, The Musical. The Year R, 1 and 2 went to Newquay Zoo and the previous year they went on the train to Exeter. All trips are a fantastic experience for the children and all went smoothly, having been meticulously planned as tomorrow's has been.

Here are some final reminders for tomorrow:

Children will need

- a packed lunch (unless entitled to a Free School Meal and you have already ordered this. We will eat this in school before we leave)
- water bottle
- a snack (nut free) for after the show. The school will provide a fruit snack for the interval.
- a coat
- a small back pack for the snack and water bottle
- to wear uniform

Children will not need

book bag, reading book, reading record, pencil case – please leave these at home tomorrow

Pick-up

This will be at Halwill School at approx. 6:00pm. We will send a text with ETA update if it changes. Please kindly park in the Parish Hall Car Park and walk down. Please do not park on site unless you have mobility issues and you have already made us aware of these.

Please don't try to take children as they come off the bus. The teacher needs to check all children have disembarked safely. They will then hand children over to parents.

Communication

Both schools will be closed as all staff including the administrators are on the trip. The admin team will periodically check emails on admin@halwill.devon.sch.uk and admin@ashwater.devon.sch.uk on their mobile devices so if you urgently need to contact us, please email.

We will take parent contacts and will phone you if there is an urgent issue or emergency.

Medical Conditions

Provided you have told us about any medical conditions including travel sickness, we will look after your child and administer any medication you have consented to. If your child required travel sickness tablets, please ensure you complete a medicines form in the morning.



Parking on Zig-Zag Lines

Please may I remind parents that **it is illegal to park on yellow zig-zag lines in front of the school** according to Rule 243 of the Highway Code. Parking in front of the school gates is causing children and parents to have to walk around cars in the road and reduces visibility of both a small child seeing vehicles approaching and a driver seeing the child step out, There is ample parking on the opposite side of the road so please do make use of this, Thank you for your cooperation.

Medical Conditions Update

If your child has been diagnosed with a NEW medical condition (including allergies, food intolerances and asthma) since we last requested this information in the Autumn Term, please complete the form here: https://docs.google.com/forms/d/e/1FAIpQLSdzKS8NWrQZQDEO8v3VB55GyKRvfV4Htx_PtGE-EkFiIFCuhA/viewform?usp=sf_link

If you have already completed this form and there are no further changes, you do not need to complete the form.

Class Assemblies

We are pleased to invited parents and carers to watch your child share their learning with you in their Class Assembly. Here are the dates and times:

Friday 1st March – Class 1 Ashwater 9.10am

Friday 8th March – Class 2 Ashwater 9.10am

NSPCC Number Day 2024 - Friday 2nd February 2024

We are delighted that on 2nd February 2024, we will be joining the NSPCC in celebrating National Number Day. During the day, the children will engage in a variety of number activities which will strengthen their understanding of this area of maths. On this day, we are inviting the children to come into school in non-school uniform but wearing something that is linked to number and digits. For example, they may wish to wear a hat or sports shirt with a significant number on it, a t-shirt with a specific number of animals on or they can dress up as a character or someone linked to a number. This is an opportunity for the children to be as creative as they like. We look forward to seeing lots of numbers around school. If you would like to make a voluntary £1 donation towards the NSPCC, class teachers will collect this.



Catherine Gee, Federation Maths Lead

Wear an Accessory to School Day – Friday 9th February

From the 5th – 9th February, it is Children's Mental Health Week. Our focus is 'Be Respectful to Myself' and links to our Carey Quality of 'Being Respectful'. We will work around this theme during the week. On Friday 9th February, children can wear an accessory with their school uniform, if they would like to. For example, a hat, a scarf, a bow, gloves etc. Please ensure all accessories are appropriate and safe for school and please remember, *'If it's too precious to lose, it's too precious to bring.'*



Children's Mental Health Week 2024

Next week is Children's Mental health week. This term we have been continuing to think about ways we can help look after our Mental health and Wellbeing. We have been using the poster below to help us. As part of our activities next week we would like to invite the children to wear a scarf or accessory of their choice on Friday 11th February, to express themselves. The theme this year is 'My voice matters' The children will be taking part in activities thinking about what it feels like when they are listened to and finding out their views about being heard.



5 steps to for Mental Wellbeing.



Connect – connect with the people around you: your family and friends. Spend time developing these relationships.

Be active – take a walk, go cycling or play a game of football. Find a physical activity that you enjoy and make it a part of your life. Exercising makes you feel good.

Keep learning – learning new skills can give you a sense of achievement and a new confidence, as well as being fun. This includes hobbies and interests as well as academic learning.

Give – even the smallest act can count, whether it's a smile, a thank you or a kind word. Do something nice for another person or group/class.

Take notice – be mindful of feelings, sensations, surroundings and nature. Be curious, catch sight of the beautiful and remark on the unusual. Notice the changing seasons. Be aware of the world around you and what you are feeling.

RSPB Big School Birdwatch



At Ashwater Primary School we are very fortunate to be situated in the heart of the beautiful Devon countryside and this year we have decided to get everyone involved in the RSPB Big School Birdwatch.

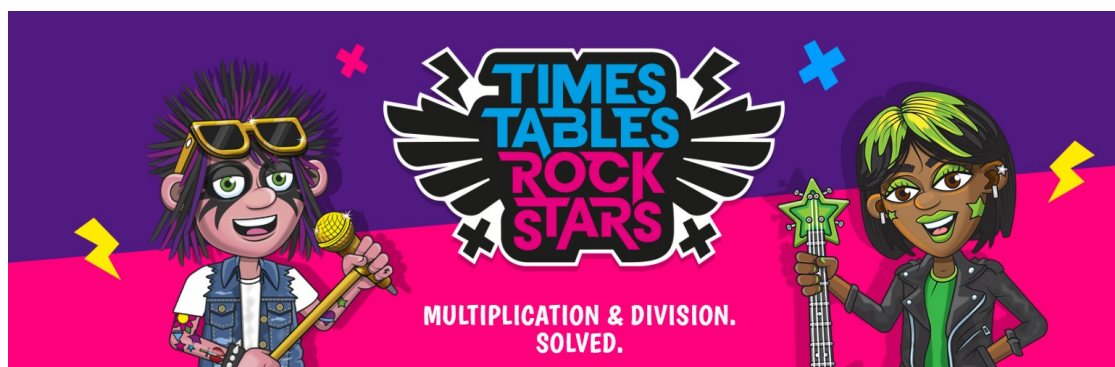


We will be working together across all year groups to see which birds regularly visit our school grounds. It is a fantastic opportunity for the children to take their learning outside the classroom and work with others across the school.

Year 4 Times Tables Rock Stars Meeting, Monday 5th February at 3:30

As you may know, Year 4 have a statutory assessment in times tables in the summer term. Times tables are the bedrock of maths, whether in primary school, secondary school or beyond.

We will holding a brief parent meeting for Year 4 parents about times tables and specifically to support the use of Times Tables Rock Stars at home. You are invited to join with your Year 4 child and use the program on the Chrome books. We will give you hints and tips to support your child at home. I do hope you will be able to attend.



Term Dates 2024 - 25

Term dates for 2024 -25 have now been agreed by governors. Please find them attached to this newsletter and on our website: <https://www.thecareyfederation.co.uk/ashwater-primary-school/parents/term-dates/>

Please note the non-pupil day on **Monday 16th June 2025** is not attached to a holiday. It will provide an extended weekend for families during a long 8 week half term.



Safeguarding at Ashwater

The Safeguarding Team

Designated Safeguarding Lead:

Mrs R Alford

Attendance Officer:

Miss S Revers

Safeguarding Governor:

Mrs A Clark

Deputy Designated Safeguarding Lead:

Mrs R Cawsey

Miss H Frayn

Tips for helping your kids to eat healthily all year round

The NHS says ‘children whose parents encourage them to be active and eat well are more likely to stay a healthy weight and grow up healthy.’ Studies like this have also shown that primary-aged children who eat a healthy breakfast do well at school.

It can be hard enough getting something healthy into our own bellies, so how do we make it easy and affordable to do the same with our kids, whatever their age? Often half the battle is helping our kids understand why eating a range of healthy foods - and not as many sweets and snacks - is important.

Here to help is Priya Tew - a dietitian who features on BBC1's Eat Well for Less. With three children of her own, she's learned a few hacks for helping her kids to understand food and eat more healthily all year round.

Each week we will share one of Priya's tips. Here is number 1:

1. Let them help themselves

Priya says: "I believe children are born with an innate sense of knowing what is good for them." We can capitalise on that - by offering a range of healthy foods, but letting the children make some decisions for themselves.

There are four main food groups our children need each day: starchy carbohydrates, fruit and vegetables, dairy (or appropriate substitutes) and protein. Priya advises...

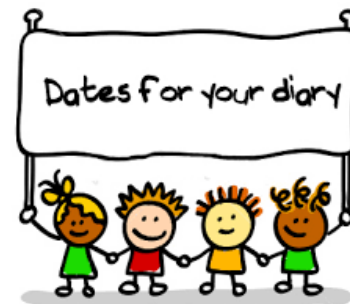
- Offer a range of foods
"Put a range of balanced, nutritious foods on the table. It's important to offer a variety of food - don't get stuck in the rut of only eating the same veg!"
- Let them plate up
"Have the food out on the table so the children can help themselves, or ask them where they want it on their plate before you dish it up. They can then set their plate out in the way they want."
- Offer food in different ways
"Try cutting it differently into shapes or cooked in a different way. For example, some of my children will eat courgettes if they are roasted in breadcrumbs, but not just in a stir fry." You can also try making their plate look extra colourful, with a wide variety of fruit and veg.
- Be a good role model
"Demonstrate healthy eating yourself. Sit down and eat with the children, showing them you enjoy a variety of different foods - fruit and veg, grains and proteins."

Priya adds: "Try not to put too much pressure on the child. Even if they don't eat what is put out, you're showing them different types of vegetables. It can take a long time for them to try something, so even one mouthful is a success. Give little bits of encouragement along the way."

Dates for your diary:

February

1st	Theatre Royal Aladdin trip
2nd	NSPCC Number day—Non uniform day (number related)
5th	Year 4 parents—Times Tables Rock Stars meeting 3.30pm
9th	Children's Mental Health Week—Wear an accessory
12th to 16th	Half term
26th	National Child Measurement Programme 2024. Yr R & 6



March

1st	Class 1 Assembly 9.10am
8th	Class 2 Assembly 9.10am
11th	KS1 Performing Arts Festival Y1 and 2 at HCC
28th	End of term

April

15th	Start of term
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May

6th	Bank holiday
27th to 31st	Half term

June

3rd	Non-pupil day
24th	Yr 5 & 6 Cricket Festival at HCC

July

8th	Beach Festival Y3 and 4 at Bude
23rd	End of term

Term dates: <https://www.thecareyfederation.co.uk/halwill-primary-school/parents/term-dates/>

Please see the following message which we have been asked to share with you by Devon County Council:

We believe that in order for a pupil to fully benefit from their education, good attendance is crucial. As of September 2013, an amendment to the Education (Pupil Registration) (England) Regulations 2006 came in to force and greater clarity was introduced to the issue of schools authorising absence requests. These changes reinforced the Government's view that every minute of every school day is vital and that pupils should only be granted authorised absences by the school in 'exceptional circumstances'.

A family holiday is not normally considered by the Government to be an 'exceptional circumstance' and therefore will not be authorised by the school.

Should you choose to take your child out of school without the authorisation of the school, then Parental Responsibility Measures could be instigated. This could mean receiving any of the following;

- *A Penalty Notice*
- *A summons to the Magistrate Court which could result in a fine of up to £2,500 and/or a term of imprisonment for up to 3 months.*

Schools are required to notify the Local Authority if a pupil has a number of unauthorised absences. Unauthorised absences can be acquired when;

- 1) Leave has been requested, but the circumstances are such that the school is unable to authorise the leave and it is taken anyway.*
- 2) Leave is not requested and/or the school has grounds to believe that the child has been taken out of school for an avoidable reason (example – a family holiday). Only the Head teacher can authorise an absence. This year there have been occasions when schools have been notified that the pupil is sick, but the school later discovers and reasonably believes that the reason given for the absence is not genuine.*
- 3) A child continually arrives late after the registration period has closed.*

Schools need to notify the Local Authority in all of the circumstances listed above.

Should a Penalty Notice be issued as a result of unauthorised absence then one notice will be issued to each parent/carer for each child involved. Currently, each Penalty Notice is for £120, which is reduced to £60 if paid within the first 21 days. If a Penalty Notice goes unpaid after 28 days, then court proceedings will be initiated.

We understand the disappointment that the refusal of a leave request may cause, but as you can appreciate this policy represents the school's responsibility and commitment towards providing your child's education and supporting their future life opportunities.

COULD YOUR CHILD BE ENTITLED TO A SUBSIDY TOWARDS THE COST OF RESIDENTIAL OR DAY TRIPS, SPORTING EVENTS, SCHOOL UNIFORM, EXTRA-CURRICULAR ACTIVITIES, BREAKFAST CLUB, AFTER SCHOOL CLUBS AS WELL AS FREE SCHOOL MEALS IN KS2?

If you are in receipt of any of the following, your child could be entitled to a subsidy towards the cost of the above:

- Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods).
- Income Support (IS).
- Income-based Jobseekers Allowance (IBJSA).
- Income-related Employment and Support Allowance (IRESA).
- The guaranteed element of State Pension Credit.
- Support under Part VI of the Immigration and Asylum Act 1999.
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income that does not exceed £16,190).

Working Tax Credit run-on (the payment you get for a further 4 weeks after you stop qualifying for Working Tax Credit).

Please apply even if your child is in Foundation, Year 1 or Year 2 and receives a meal under the Universal Infant Free School Meals Scheme. As well as financially benefiting as described above, your child may receive additional learning support where appropriate because of the additional funding that school receives from Government for known free school meals pupils.

How to apply

Through the Citizen Portal (https://oneonline.devon.gov.uk/CCSCitizenPortal_LIVE/Account/Login?ReturnUrl=%2fCCSCitizenPortal_live) which is the quickest and easiest way to apply and will result in you getting an instant decision.

Parents and carers can also ring the Education Helpline on 0345 155 1019.