

NEWSLETTER INFO

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DATES FOR THE DIARY

OCTOBER

7th Mon—School photos
9th Weds—Y6 Junior Life
Skills trip
10th Thurs—Y6 BRNC visit
11th Fri—Class Challenger
Cake Sale
15th Tues—School Disco
17th—Y2 & Y3 Dartmouth
Food Festival workshop
17th Thurs—Break up for
half term
18th Fri— Non Pupil Day
21st—25th—Half term
break
28th Mon—Back to school
31st Thurs—Book People
Bus at school

NOVEMBER

1st Fri—Friends meeting
08:50am Community Cove
1st Fri—Class Invincible
Cake Sale
12th Tues—Class Photos
13th Weds—Flu vaccina-
tions for children in school
YR—Y6

DECEMBER

20th Fri—Break up for
Christmas Holidays

STOKE FLEMING PRIMARY SCHOOL

Explore, Dream, Discover

NEWS : 4.10.19



ISSUE : 5

Inspiring People

"You're braver than you believe, and stronger than you seem, and smarter than you think." – A.A. Milne/Christopher Robin

Phase 2 Dancing at the Flavel

Children in Phase 2 had a great time, learning about some traditional Indian dance movements with body and hands, to create their very own class Bollywood Banghra dance.

They also spent some time visiting our local Dartmouth Museum, which has an amazing collection of Historical artefacts from Dartmouth's past. Most definitely well worth a visit.



Our vision: Set sail in the world

Our Values: Considerate, Confident, Creative and Cultured.

Our mission: Our 'uncharted curriculum' inspires everyone to explore, dream and discover the world around us

E-mail: parent@stokelflemingprimary.org.uk
Website: www.stokelflemingprimary.org.uk
Facebook: Stoke Fleming Primary School



Celebrations

Attendance Matters

This week's attendance by class:

Challenger: 96.30%

Invincible: 95.59%

Victory: 89.72%

Discovery: 95.11%

Endeavour: 92.72

WOW! Well done

Challenger

Best attendance this week!

School attendance for the year
so far is currently **96.49%**

Please keep supporting our
attendance target of 96%. or
above

Stars of the Week



Challenger -

Invincible - Whole Class

Victory - Josh

Discovery - Arli & Y5 children

Endeavour - All Y5 children

Value of the Week: Inspiring others

Challenger -

Invincible - Marcel

Victory - Isla H

Discovery - Macsen

Endeavour - Henry



Pippa for her trophies in horse handling

*Sophia, Esther, Isla, Ella, Minnie, Rosella, Hannah, Lily, Molly, Amber, Livvy and Heidi H
for achieving their primary stage in Dance!*

Wellbeing

Sleep – it's vital for learning, well-being and coping with life...

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful.

We all need a good night's sleep to get through a busy day and interact with the people and tasks we meet in a positive frame of mind.

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teen.

Biological sleep patterns shift toward later times for both sleeping and waking during adolescence -- meaning it is natural for many teenagers to be unable to fall asleep before 10:30 pm.

Young people need about 8 to 10 hours of sleep each night to function best.

Most children and teenagers do not get enough sleep; one study found that only 15% reported sleeping 8.5 hours on school nights. (National Sleep Foundation www.sleepfoundation.org)

Supporting young people to get into healthy routines for a good night's sleep makes a real difference to the way they experience the next day at school. It is really challenging to focus on learning in the classroom and outside if you are really exhausted from lack of quality sleep!

Some strategies for helping our young people of all ages to sleep well:

Agree a set time for heading to bed and then 'lights out' on school nights; agreeing beforehand reduces the likelihood of arguments later

Try a regular reading slot before bedtime; it's much more effective at quietening a busy mind than looking at a phone / tablet / laptop / games console which can make it very difficult to unwind your mind. Read with younger children; older children can get ready for sleep and improve their literacy skills with a good pre-sleep read

Agree to switch off Wi-Fi at a certain time to avoid hidden late night online activity or agree a strategy of leaving digital devices downstairs before sleep time

Talk about strategies which work for your young person; talk about sleep – it's really important



School notices

SENDCo Signpost

Toolkits for positive emotional health and wellbeing

A sensory approach to emotional wellbeing through mindfulness, positive psychology and neuroscience.

About Us

Founded by Devon teacher, Helen Wilson, in 2014, OPEN MINDS UK is a unique teaching approach to emotional wellbeing equipping children and young people with a personalised set of tools to calm the mind, find ways of managing difficult emotions and develop a toolkit of inner strengths.

We work with Early Years children through to KS4 and offer workshops, programmes of intervention for groups or classes, one to one support, professional training and staff wellbeing workshops.

Since 2014 we have worked with over 1500 children, young people, parents/ carers and professionals in Devon and we work extensively for Early Help.

We measure the impact of our intervention using the Edinburgh Warwick Wellbeing scale and have data, feedback, case studies and testimonials available on request.

Ten Tools for Resilience and Emotional Wellbeing Training Day

Come and join us in beautiful surroundings for a full day of training, relaxation and wellbeing.

For professionals, parents and carers supporting children and young people who have emotional wellbeing needs.

On this course you will learn:

- simple mindfulness practices to promote focus and self-awareness
- ways of recognising tricky feelings and thoughts
- calming techniques and skills to support self-regulation
- how to use visualisation to increase self-esteem and promote a sense of wellbeing

Castle Hill, Filleigh, Barnstaple EX320RH on Wed 16th Oct. 9.30 – 3.30

Holne Park House, Ashburton, Newton Abbot TQ13 7NP on Wed 23rd Oct 9.30 – 3.30

Book now at <http://openmindsuk.org.uk/index.php/whatson/>

Or email Helen at Helen@openmindsuk.org.uk to book a place and request an invoice.

Family support

As well as our work in schools, we also offer **private family coaching sessions** which can now be offered to families. Sessions cost £45 per hour.

Please let Sarah Simnett know if you might be interested.

Calm Tools for Families Course

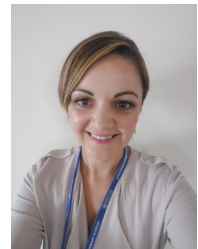
Our highly rated CALM TOOLS for FAMILIES COURSE is a three-week course for parents and carers which equips them with a range of simple tools and ideas for supporting the emotional wellbeing of everyone at home, children, young people and their carers.

This course costs £75 per person and includes a free resource pack, tea, coffee and biscuits!

With enough interest, we may be able to host this course for Education South West families. Please let your school office know if you are interested.

Thank you

Sarah Simnett—SENDCo



School notices

Macmillan Coffee Morning

Thank you very much to everyone for giving up your time in helping to host the Macmillan Coffee Morning last Friday and to everyone who came and supported the event we managed to raise **£181.38**.

Drum Kit

A while ago the Dart Music Festival Foundation bought an electric drum kit for one of their applicants, they have now finished with the kit and they wondered if anyone at Stoke Fleming who was learning the drums would be interested in having this to support them at home. If you are interest please enquire at the school office.

The kit is like this one

https://www.gear4music.com/Drums-and-Percussion/Digital-Drums-400-Compact-Electronic-Drum-Kit-by-Gear4music/1006?origin=product-ads&utm_campaign=PLA+Shop+-+G4M&utm_medium=vertical_search&network=google&adgroup=G4M.+Electronic+Drum+Kits&merchant_id=1279443&prod-uct_id=47526d1&product_country=GB&product_partition_id=85019162599&gclid=CjwKCAjwldHsBRAoEiwAd0JybR8P8WH3qxHyNXI9WqXmRWzy3AjOmjPgUEK3ObMyzxvUP8n1ejL-uRoCdAMQAvD_BwE

Parents/ Carers must not enter the school building between the hours of **8:30 am to 3:10pm**. It is absolutely vital everyone complies with this to support the school with its legal obligation to safeguard the children. **Visitors must enter through the office after signing in.** If parents or carers need to check for lost items of clothing please can this be done at the end of the school day.

Thank you for your support with this.

Can you help us?



We would like to create a wood work station in the Foundation Stage Unit

Woodwork provides a unique learning experience for young children. It is so rich in so many areas of learning and development. It encompasses creative thinking, maths skills, scientific investigation, physical development and coordination, developing language and vocabulary, and much more.

It has the potential to build self-esteem and confidence. Being empowered to use real tools, being given some responsibility, accomplishing tasks that they initially feel to be challenging, gaining new skills and finally taking pride in their creations.

What we need:

Soft wood off cuts

Balsa Wood, Pine, cedar, fir, larch, redwood, poplar, lime and spruce are all good for the children to work with.

No MDF or Hardboard please as this creates an irritating dust when sawn

Tools

Hammers, screwdrivers, saw, junior hack saw, hand drill, tape measure, spirit level, pliers, spanners, G clamps and lots of nails and screws.



Work Bench

A folding work bench

Or someone with the know how to build us a purpose built one using palette wood!



Please speak to Mrs Yeo or Mrs Malley

Thank you from all the children in Little Lanterns and Class Challenger

