

NEWSLETTER INFO

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DATES FOR THE DIARY

OCTOBER

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
8th Fri—Class Victory Cake
Sale
12th Tues—Class Photos
13th Weds—Flu vaccina-
tions for children in school
YR—Y6
15th Fri—Class Discovery
Cake Sale
22nd Fri—Class Endeavour
Cake Sale

DECEMBER

20th Fri—Break up for
Christmas Holidays

STOKE FLEMING PRIMARY SCHOOL

Explore, Dream, Discover

NEWS : 11.10.19



ISSUE : 6

Learning Together

"In a world where you can be anything, be kind...."

Mental health day 10/10/19

We had a wonderfully mindful day yesterday where the children and staff focused on looking after their and others wellbeing. We started the day with a whole school dance and Year 4,5 and 6 took part in a national mindfulness lesson on the BBC.



**BE THE
REASON
SOMEONE
SMILES
TODAY!**

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

Attendance Matters

This week's attendance by class:

Challenger: 99.54%

Invincible: 96.30%

Victory: 99.28%

Discovery: 95.11%

Endeavour: 98.35%

WOW! Well done

Challenger

Best attendance this week!

School attendance for the year
so far is currently **96.70%**

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

Stars of the Week



Challenger -

Invincible - Polly

Victory - Levi

Discovery - Aiken

Endeavour - Y6 Skern Lodge attendees

Value of the Week: Happy and Caring

Challenger -

Invincible - Tilley

Victory - Harry

Discovery - Frankie & Greta

Endeavour - Barnaby



Archie for his Creative Writing certificate

Issy D for her Blue Peter Badge—Green 'Save the Oceans Poster'

BRNC Visit

Year six had a day out to the Royal Britannia Naval College, to celebrate International Day.

After passing the armed guard guarding the entrance, we paced up the extremely steep hill across the marching ground to meet Jason Wallace, our tour guide. He led us into the impressive building where we were surrounded by cadets from all around the globe. They each had information from their home country ranging from exotic food to try, to writing our names in Arabic! They also kindly volunteered to give us a personal tour of the Naval College which was fantastic! Many thanks to the college for this wonderful day! By Wilf and Euan.



WILD 2019!

On the first day we got sorted into teams: Air, Fire, Earth and Water. We played a great team building game called Wild Circle. After this, our first activity was the parachute egg drop. It was fantastic, the challenge was to drop the egg 25ft without it breaking. Most of us were successful. Our next activity was to retrieve sweets from the river it was great fun!

We went to the River Dart Country Park on the second day, because the weather was quite bad. First, we clambered all over a challenging obstacle course, slides and a climbing frame. We were also lucky enough to explore the pirate ship and lake.

On day three we arrived at the school hall and we got ready for the journey down to the beach. Once we arrived, we made some stone sculptures and judged them. We also had a chance to do some fire lighting, we lit four fires and then it was time to have lunch. We roasted some marshmallows and then we hiked up the hill back to the minibus. We played a final game of wild circle before heading back to school. What a great time we all had, it was so much fun! By Mikey, Henry and Oscar.



Skern 2019!

Last Week Year 6 ventured to North Devon to Skern Lodge, below are some of the amazing pictures and next week will follow some exciting write ups!



SENDCo Signpost

World Mental Health Day 2019

What are mental health problems?

Our mental health is just like our physical health: everybody has it and we need to take care of it. Mental health problems affect around one in four people in any given year. They range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder.

What can we do to improve our mental health and wellbeing?

- 1. Talk about your feelings** - Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.
- 2. Keep active** - Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.
- 3. Eat well** - Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.
- 4. Drink sensibly** - We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.
- 5. Keep in touch** - There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!
- 6. Ask for help** - None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you and can be accessed through the Early Help scheme.
- 7. Take a break** - A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.
- 8. Do something you're good at** - What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.
- 9. Accept who you are** - We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

10. Care for others

'Friends are really important... We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.'

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

We would like to thank Miss Risby for all her valuable work with children and families with SEND across the primary schools in the South hub of our Multi-Academy Trust. We wish her the very best of luck as she begins her maternity leave and we look forward to meeting her new arrival very soon!

Many thanks Sarah Simnett—SENDCo



Breakfast Club

As the breakfast club is getting more popular we must remind parents that there are limited spaces so please make sure you book.

School Photographs

School photographs were sent home this week if you would like to place an order please return your order form by **Thursday 17th October** in the envelope provided. It has been brought to our attention that some of the children were away or did not have their photographs taken when the tempest photographer was here this week. They are coming back again on **Tuesday 12th November** to take class photographs so if you were missed or were absent and you would like your child to have their photograph taken please let the office know.

Year 6 Parents - Admission Arrangements for Secondary Schools

With deadline fast approaching (**31st October**), if you have not already applied for your child's secondary school place you need to do this by the above date. You can apply by either using the online system at www.devon.gov.uk/admissionsonline or by contacting My Devon the customer service centre on 0345 155 1019 to request an application form from the Next Step Booklet.

Friday Cake, Snacks & 2nd Hand Book Sales

Last week Little Lanterns made £59.70 which will go towards some much needed equipment.



Tuesday 15th October 2019

£1 Entrance

Little Lanterns Disco: 2-3pm (free disco)

Reception, Years 1 & 2 Disco: 3.45 – 4.45pm

Years 3, 4, 5 & 6 Disco: 5 - 6pm