



West Exmoor Federation

'Rooted and Growing – Together we Love Learning'

Spring Term 2019 – Newsletter 11 – 22nd March 2019



Quick Reminders

27 th March	Year 5 Forest School Session (as well as Friday 29 th March)
29 th March	Tempest Sibling, Individual and Class Photos at Lynton from 8.30am
31 st March	Mothering Sunday Services – Christ Church, 9.30am & St Mary's, 11am
2 nd April	Easter Service & Musical Performance (Lynton School), St Mary's Church, 10.30am
4 th April	Easter Service & Musical Performance (Kentisbury & Parracombe Schools), Christ Church, 10.30am
5 th April	End of Term
23 rd April	Children return to school

Mrs Peacock

KENTISBURY READING FOR PLEASURE AWARD – CLAIRE BARKER



Hot on the heels of Book Week, I am absolutely thrilled to share the exciting news that Kentisbury has received a 'Reading for Pleasure' Award from the Society of Authors. As you may remember, Kentisbury was visited last term by children's author, Claire Barker, as part of the Appledore Book Festival. Claire nominated Kentisbury for this award to honour our inspiring efforts to promote reading for pleasure. In support of our nomination, Claire cited: *'A remote Exmoor Primary School without even a mobile phone signal, this small rural school's numbers are ever rising. This popularity is a testament to a passionate team of teachers, who work their socks off to ensure that their children are immersed in a rich reading culture from the first days of their school life. This is a school that genuinely appreciates the value of story, its walls covered in advanced creative work which proudly illustrates the children's progress. Books were everywhere, stitched into the very fabric of their school day. Here they know that books make children happier and wiser and everyone I met, from the administrators to the Head, was fully on board. In this age of persistent distraction, the children's questions, their patience, their engagement and enthusiasm was inspirational and a testament to what a true culture of*

Reading for Pleasure can achieve.' As you can imagine, we feel extremely privileged to have received such a prestigious award and, had Claire visited Parracombe and Lynton too, I have no doubt that she would have seen and felt exactly the same way – reading is something that we value highly across the federation and of which we are very proud, especially when this is recognised at such a high level by an author who spends much time visiting schools up and down the country and who, in the space of just a morning, can see and appreciate our passion for promoting reading. Thank you Claire for nominating us, we feel extremely honoured and well done to all of our children, staff and parents across the federation for ensuring that reading has such a high profile.

SCIENCE WEEK



Wow, what an amazing time our children had during Science Week. Throughout the week each class engaged in science activities on a daily basis whilst starting to work towards a CREST Award for Science. This included an awe inspiring workshop led by Sciencedipity which enabled all of our children to learn from a biomedical scientist about chemistry within the familiar context of Rolad Dah!! The week culminated in a fantastic Family Challenge with the children tasked with making a balloon powered vehicle out of recycled materials. The ingenuity demonstrated by our children was amazing (see below for further details). Thank

you to everyone who made this week such a huge success, it has certainly inspired our children and we very much look forward to them completing further science activities over the coming weeks to achieve their CREST Star or Superstar Award.

FAMILY SCIENCE CHALLENGE

Thank you to all of the parents and children who helped to make our science family day such a huge success at both Lynton and Kentisbury schools. There were so many fantastic balloon powered vehicles showing that you have all been extremely busy at home getting very creative with the designs!

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We have announced the winners in all three schools and they are as follows:

	Lynton		Parracombe & Kentisbury	
Distance Awards				
Gold	Alfie & Samuel	6m 90cm	Henry B	4m 72cm
Silver	Archie & Asia	4m 50cm	Mia & Izzy	4m 0cm
Bronze	Archie F	4m 20cm	Joe	3m 72cm
Innovation Awards				
Clouded Yellow	Esme & Connie		Casey & Layla	
Green Hairstreak			Timea & Abigail	
Holly Blue			Esther, Leah & Caleb	
Red Admiral			Kimmy & Libby	

The house with the furthest distance and, therefore, our overall winner, is Green Hairstreak with an impressive distance of 6m 90cm. Huge congratulations to all of our participating families; your balloon vehicles were brilliant and you should be very proud of your efforts. Thank you to the house captains for helping to measure the distance travelled by all of the vehicles, you did a great job.

RED NOSE DAY

Thank you to everyone who supported our Red Nose Day Fundraiser last week. Across the federation we raised a total of £104.20.

STAFFING AT KENTISBURY

It is with much sadness that I have to inform you that Kelly Leworthy will be leaving us at the end of this term. Kelly has been a huge asset to the team at Kentisbury and it has been wonderful to watch her flourish as she has progressed from being an apprentice to a much valued teaching assistant. I know that she will be missed by children, staff and parents alike and I wish her much happiness as she moves into a new position outside of education.

MOTHERING SUNDAY SERVICES

On Mothering Sunday (31st March) there will be special family services held at Christ Church, Parracombe (9.30am) and St Mary's, Lynton (11am) to which all of our families are warmly invited. Children attending will be given a small posy of flowers to present to someone who cares for them during the course of the service. It would be lovely if some of our families were able to attend one or other of these extremely child friendly services.

CONTACTING STAFF OUT OF HOURS

I have been made aware of some parents contacting school staff via DoJo and email outside of normal school working hours (8am – 6pm). I appreciate that DoJo and email are both effective ways of communicating quickly with your child's teacher and I certainly do not wish to discourage this. However, could I please ask that you time these communications considerably and enable staff to enjoy a little 'down time' over the weekend and during school holidays – messages sent in the early hours to a device which is also used as an alarm can be quite intrusive and disruptive to sleep. Also, please bear in mind that messages sent out-of-hours may not be responded to until the start of the next working day. Thank you in anticipation of your co-operation regarding this matter.

VOLUNTARY CONTRIBUTIONS

Over recent months we have noticed a significant reduction in the number of parents/carers making voluntary donations towards visits and events such as Science Week. As you have no doubt heard in the media, school budgets are becoming ever tighter as Government funding reduces greatly in real terms. As a federation we have, to a certain extent, been protected from this because of our capacity to share staffing and resources. This enables us to provide our children with significantly more opportunities than many other schools and, although it might not always feel like it, our requests for

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voluntary contributions are very low compared to many other schools, some of which are even asking parents to provide their children with pens, pencils and toilet roll!! However, in order to continue offering our children a wide range of school experiences, we do need the majority of parents to make voluntary contributions, otherwise these activities will become financially unviable. Thank you for helping us to give your children experiences that they will hopefully remember for a lifetime.

Best Wishes,



Jayne Peacock
Executive Headteacher

In collective worship we have been thinking about courage and hope and how these values help us to stand up for what we believe in, even when being an advocate is challenging. We have also been thinking about Lent and how aspects of CARIS can be found within the Easter Story and how we can apply these values to our daily lives.

Reception, Year 1 & 2 – Streams & Young Buds

Key Stage 1 have had a fantastic couple of weeks celebrating book week, swiftly followed by science week!

During book week, the children were able to spend some time in the classroom reading for pleasure with their parents who also stayed to partake in reading activities with the children. The children also explored new books in 10 minute reads, swapped books with their friends and dressed up for World Book Day.

We then started Science Week with a bang by having workshops in both schools from Sciencedipity. The children made George's Marvellous Medicine and made bottled dreams. They saw chemical reactions resulting in some liquids erupting like volcanoes, some changing colour and others fizzing, bubbling and steaming. They were in awe throughout and made brilliant mini scientists.



Streams, Young Buds and Saplings then spent time throughout the rest of the week completing some of the CREST awards such as Tea Bag Trouble, Make it Fly, Disappearing Dinosaurs and Bridge Blunder.

Please can we remind parents to continue to be vigilant with checking children's hair for head lice as it remains an issue for children in KS1. Long hair should be tied back to help to limit hair dangling onto each other's heads and regular checks will help to catch break outs quickly.

Thank you all for your continued support,
Your KS1 team

Year 3 & 4 - Rivers & Oaks

The past couple of weeks have been very exciting with both World Book Week and Science Week taking place. We have all had a brilliant time. During World Book Week the children took part in a variety of reading activities to promote reading for pleasure. Victoria Eveleigh, a well-known, local author, visited both Parracombe and Lynton to speak to the

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children about why she loves reading and how she came to be a children's author. It was a lovely experience and the children thoroughly enjoyed asking questions and learning more about her books.

During Science Week, the children took part in exciting opportunities that encouraged scientific exploration through a number of experiments which will count towards achieving their Crest Superstar Award. During the week a visit from the Sciencdipity team enabled them to observe the effects of adding Mentos to coke, as well as making George's marvellous medicine and even their own slime (apologies if this is now embedded into your carpets or stuck on your walls!).

Sports News

SWIMMING GALA

On Friday 15th March 17 junior students went to Ilfracombe schools swimming gala from Lynton and Parracombe schools.

Over the afternoon, the children swam lengths of individual races between other schools and years. The races were freestyle, backstroke and breaststroke. Year 3/4 swam 25m (which is one length) and Year 5/6 swam 50m (which was two lengths). The gala also included team races such as, Raft race, Lifesaving and canon relay.

Sam Haigh swam his way into the boys Year 5/6 breaststroke final and Evie Hobbs made it into the backstroke finals – well done!

Everyone did really well and we all had a good time!!!!

By Libby Kelly

Admin

MULTISPORTS HOLIDAY CLUB

John Hudson from Rugby Tots will be running 3 multi sports clubs during the Easter holiday (Monday 8th, Friday 12th and Monday 15th April) at Kentisbury from 9.00-3.00.



The poster features a background image of a red inflatable obstacle course on a grassy field. The text is arranged as follows: '2019' in large black font, 'EASTER MULTI-SPORTS CAMP' in large white and red font, and 'FOR BOYS & GIRLS AGED 5-12' in smaller black font. Below this, it says 'Kentisbury School: 8th, 12th and 15th April' and '9am-3pm'. A section titled 'MULTI-SPORT ACTIVITY DAYS' lists 'Games include tag rugby, football, basketball, javelin, hockey, dodgeball...'. On the right side, there are three red circular callouts: 'POP-UP SPORTS' at the top, 'EARLY BIRD OFFER 15% OFF WITH CODE: "easter15" when booking at least 2 weeks in advance', 'QUALIFIED SPORTS COACHES, FIRST AID TRAINED & DBS CHECKED', and '£21 PER DAY'. At the bottom, contact information is provided: 'www.pop-upsports.co.uk/sports-camps', 'e-mail: info@pop-upsports.co.uk', and 'tel.no: 07925696757'.

BUG BUSTING HEADLICE

There have been a number of reported cases of head lice across the federation again recently. Head lice are tiny insects that live in hair. Nits are the empty egg cases attached to hair that head lice hatch from. Head lice are a common problem, particularly in school children aged 4-11. They are largely harmless, but can live in the hair for a long time if not treated and can be irritating and frustrating to deal with. Head lice can be difficult to spot, even when the head is closely inspected. They are very small, whitish or grey-brown insects that range from the size of a pinhead to the size of a sesame seed. The only way to be sure someone has head lice is to find a live louse by combing their hair with a special fine-toothed comb. This is called detection combing. Regular detection combing, once a week, is the best way to prevent head lice. Detection combing can be carried out on wet or dry hair, although wet combing with conditioner run through the hair is more effective as it stops the head lice from moving. If you detect head lice in your child's hair they can be treated with lotions or sprays or with an intensive programme of wet combing. We would really like to become a head lice free school but this is only possible if EVERY parent uses a detection comb on a weekly basis and treats accordingly. With your co-operation we can hopefully eradicate these rather irritating creatures from school and help all of our children feel more comfortable. Please do help us in our Bug Busting endeavours.

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THREADWORMS

We also wanted to let you know there have been new cases of threadworm reported across the Federation. Threadworms can go unnoticed; we would ask that you please keep an eye to your child/ren. The symptoms are intense itching around the bottom, particularly at night. Threadworms can be easily treated with medication from your GP or Pharmacist and children may return to School once treated. It is important to maintain good hygiene and ensure children wash their hands regularly, especially after going to the toilet and at mealtimes.

RESIDENTIAL PAYMENTS

Just a polite reminder that the next instalment of £25 for the year 3/4 Residential to the Pinkery Centre is due on the 1st April 2019. The 2nd instalment of £35 for the September 5/6 Residential to Eden Project is due on 26th April. Please send in payments to the school office as soon as possible. Cheques should be made payable to Devon County Council.

ABSENCE

Please remember if your child is absent from school, it is very important to notify the School before registration takes place for each day of absence. If no reason is given for your child's absence, we are required to mark this as an unauthorised absence. If your child has a medical appointment, we would be grateful if you could send in a copy of an appointment letter or card for us to keep on file.

Kind regards,
Wendy, Jacqui, Mel and Vikki

PTFA News

Chocolate Bingo

Lynton PTFA will be holding our annual chocolate bingo for the children in the school hall on Wednesday 3rd April 2019 at 1pm. Entry is £1 per child and money raised will go to Lynton PTFA to help with fundraising for new class ipads. Please give your £1s to your child's teacher or Vikki in the office.

Easter Bingo at the Bowls Club

Lynton PTFA are also holding our annual Easter Bingo Night on Friday 19th April 2019, eyes down at 8pm. £10 per person for a night of entertainment. The evening is always lots of fun with some fantastic prizes to be won. Booking essential, please call 07939 106758. Please book your table asap to avoid disappointment.

If you would like to donate anything for the bingo or raffle, any donation would be greatly appreciated. Please send donations in to Vikki in the school office.

Many thanks for your continued support.
Lynton PTFA



Kitchen News

SUMMER TERM MENU

Please see the menu for the summer term. We have taken comments we have received from parents over the past few months in to consideration and tried to accommodate all dietary requirements. We hope you like it. As always, we welcome feedback and any meal suggestions for future menus. Please feel free to speak to me at Lynton Kitchen or email admin@westexmoorfederation.org.uk for my attention.

Many thanks,
Jayne Hoskins, Kitchen Manager

MEAL MENU – Summer 2019 (WEST EXMOOR FEDERATION)

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
Week Starting 22 Apr + 6 May + 20 May + 3 June + 17 June + 1 July + 15 July					
Main	Meatballs (served with pasta or rice and seasonal vegetables)	Pork Sausages (gf, df) (served with new potatoes and seasonal vegetables)	Roast Turkey (gf, df) (served with seasonal vegetables, crispy roast potato and gravy)	Coronation Chicken Salad (gf, df) (served with ½ wholemeal baguette and fruity coleslaw)	Salmon Fingers (gf, df) (served with baked beans & golden fries)
Vegetarian	Pesto Pasta (gf, df, vegan) (served with seasonal vegetables)	Mediterranean Vegetable Risotto (gf, df, vegan) (served with seasonal vegetables)	Vegetable Pasta Bake (gf, df, vegan) (served with seasonal vegetables)	Cheese & Tomato Pizza Muffin (gf, df, vegan) (served seasonal vegetables)	Roasted Vegetable Tart (df, vegan) (served with baked beans and golden fries)
Jacket	Jacket Potato with a choice of filling (gf, df, vegan)	Jacket Potato with a choice of filling (gf, df, vegan)	Jacket Potato with a choice of filling (gf, df, vegan)	Jacket Potato with a choice of filling (gf, df, vegan)	Jacket Potato with a choice of filling (gf, df, vegan)
Dessert	Fruit Bar	Fruit Bar	Vanilla Ice Cream	Fruit Bar	Biscuit
WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
Week Starting 29 Apr + 13 May + 10 June + 24 June + 8 July + 22 July					
Main	Spaghetti Bolognese (gf, df) (served with seasonal vegetables)	Fish Cakes (served with new potatoes and seasonal vegetables)	Roast Gammon (served with seasonal vegetables and roast potatoes) (gf, df)	Ham Salad (gf, df) (served with ½ baguette and fruity coleslaw)	Breaded Fish (served with baked beans & golden fries)
Vegetarian	Homemade Falafel (df, vegan) (served with seasonal vegetables and garlic mayo dip)	Cauliflower Cheese (gf, df, vegan) (served with new potatoes and seasonal vegetables)	Quorn Chicken Roast (gf) (served with roast potatoes and seasonal vegetables)	Veggie Burger (served with ½ baguette and fruity coleslaw)	Veggie Sausage (df, vegan) (served with baked beans & golden fries)
Jacket	Jacket Potato with a choice of filling (gf, df, vegan)	Jacket Potato with a choice of filling (gf, df, vegan)	Jacket Potato with a choice of filling (gf, df, vegan)	Jacket Potato with a choice of filling (gf, df, vegan)	Jacket Potato with a choice of filling (gf, df, vegan)
Dessert	Fruit Bar	Fruit Bar	Vanilla Ice Cream	Fruit Bar	Biscuit
Available each day: Pasta, Salad Bar, Fresh Fruit, Yoghurt, Milk & Water					
<small>GF = Gluten Free; DF = Dairy Free/Soya Free</small>					
<small>Any items on the menu can be adapted as per the abbreviations in red to suit dietary requirements</small>					

Diary Dates

27 th March	Extra Year 5 Forest School Session
29 th March	Tempest Sibling, Individual and Class Photos at Lynton from 8.30am
2 nd April	Lynton Easter Service @ St Mary's – 10.30am
4 th April	Parracombe & Kentisbury Easter Service @ Christ Church – 10.30am
5 th April	End of Term

Community

From the Rectory

There is a very beautiful Easter hymn which has its origin in Jesus' words at the beginning of Holy Week: "unless a grain of wheat falls into the earth and dies, it remains a single grain, but if it dies it bears much fruit."

As April progresses, the days lengthen and the sun warms we will be seeing the fruitfulness of the natural world around us. The trees in leaf and blossom, the late green blades from bulbs and the emergence of shoots and seedlings for the vegetable garden, all confirm the abundant power of life at work in the natural world. Each spring is a time of renewal and hope in the power of life around us after the dark and deadened days of winter. But those deadened days of winter, the time of buried seeds, give way to the abundance of spring and the summer to come.

In our own lives each of us experience changing seasons – times of great joy, exhilaration, and fruitfulness, but also times of pain, anxiety and loss.

As this April progresses, the Church is travelling through the end of Lent towards the celebration of Easter. We will mark the final week of Jesus' life with Maundy Thursday when Jesus drew his friends into a new community marked by a shared meal to experience his presence with them and a call to love one another and serve all around them, Good Friday when he carried all that destroys human love and life for us to death on the cross, Holy Saturday when he laid in the earth of a tomb, and then Easter Day when, raised to life, he appeared to his friends to show them that God's love and life is stronger than death, and to share with them that eternal life and love forever.

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Our journey with Jesus shows us that the message of our faith is not just for good times, not a shallow offer of temporary joy, but Jesus travels with us through the worst of experiences to bring us the hope that, as surely as spring follows winter, his love will bring us to life and joy once more.

Now the green blade riseth from the buried grain,
Wheat that in dark earth many days has lain;
Love lives again, that with the dead has been:
Love is come again, like wheat that springeth green.

In the grave they laid him, love whom men had slain,
Thinking that never he would wake again.
Laid in the earth like grain that sleeps unseen:
Love is come again, like wheat that springeth green,

Forth he came at Easter, like the risen grain,
He that for three days in the grave had lain.
Quick from the dead my risen Lord is seen:
Love is come again, like wheat that springeth green.

When our hearts are wintry, grieving, or in pain,
Thy touch can call us back to life again;
Fields of our hearts that dead and bare have been:
Love is come again, like wheat that springeth green.

God bless, Samantha

Revd Samantha Stayte, The Rectory, 20 Lee Road, Lynton. EX35 6BP. Tel. 01598 752289