



West Exmoor Federation

'Rooted and Growing - Together we Love Learning'

Autumn Term 2018 - Newsletter 2 - 28th September 2018



Quick Reminders

'Sports for Champions' sponsorship forms should be returned by Thursday 4th October
Please sign up for Parent Consultation Evening

Mrs Peacock

Dear Parents/Carers

As always, it's been a busy couple of weeks across the federation. Our children are working incredibly hard and it's a real delight to pop into classrooms and see how much they are enjoying their learning, even when it's quite tricky and challenging. We have been focusing a lot recently on how finding things hard, getting stuck and making mistakes is good as this is when we learn the most. It would be much appreciated if you could enforce this positive mind-set with your child at home as this will enable them to be more resilient in all aspects of their life and encourage them to persevere.

WHITEMEAD RESIDENTIAL TRIP

It was an absolute privilege to accompany Year 5 and 6 on their In2Action residential trip at Whitemead Forest Park, in the Forest of Dean last week. The children enjoyed a fabulous week and have certainly been buzzing about the experience ever since. En-route we stopped at the Dean Heritage Centre where the children learned about Anglo-Saxon life and had the chance to try their hand at wattle and daub, as well as make their own Anglo-Saxon inspired brooch. Once at the centre, they took part in an action packed programme of outdoor and adventurous activities including archery, canoeing, tree climbing, crate-stacking, body zorbing. It was lovely to see the children challenge themselves during the course of the week and to watch their confidence and independence grow as the week progressed. I was exceptionally proud of them, especially when the centre instructors and staff from the other school on site commented on how well behaved and polite our children were – we would expect nothing less, but it's always heartening to be reminded that this isn't always the case and that our children really are exceptional. I would like to take this opportunity to thank Charlotte Taylor, Natalie Martin and Miranda Tyson for accompanying our children on this residential – without their dedication such experiences would not be possible.



VISITING AUTHORS

We are very much looking forward to welcoming John Townsend and Claire Barker to the federation next week and you are more than welcome to join us for their sessions with our children. John will be at Lynton on Monday at 10.30am and then at Parracombe at 1pm. Claire will be at Kentisbury on Tuesday at 10.30am.

BUG BUSTING HEADLICE

There have been a number of reported cases of head lice across the federation since we returned to school. 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 and with this in mind we are providing all children with a free detection comb to take home (instructions on how to use are included). Detection combing can be carried out on wet or dry hair, although wet

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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.

ENTERPRISE CHALLENGE FOR SHILANGU

Many, many thanks to everyone who took part in our 2018 Enterprise Challenge last term. Together the children managed to convert their 50p start-up money into a staggering £435.58 profit! The majority of this money will be donated to Challenge Ministries Swaziland to continue our support of Shilangu, with the remainder being used to pay for the distribution of our Operation Christmas Child Boxes later this term. Well done children - I am so proud of you all. We have just recently received an update about Shilangu which you can read by following the link below:

<http://www.gowork.co.za/csp/web/201808Video.php?child=-2119267780&Page=20700563>

PARENTAL QUESTIONNAIRES

Thank you to those Kentisbury parents who took the time to complete the parental questionnaire circulated by Esther Bray and Lainey Young last term. Your comments and observations are much appreciated. Where possible we do our best to act upon any suggested areas for improvement, for example the parking situation at Kentisbury, which I hope you will agree has been greatly eased by the new staff parking area. A representative of the Governing Body will be available at each school during our Parent Consultation Evening and will be asking all parents to complete a short questionnaire. Please do take a few moments to complete this; it really does help us to understand from a parents perspective what we are doing well and what we could improve upon further.

PADDLING, SNORKELLING & DIVING

Have you heard your child talking about Paddling, Snorkelling and Diving at home and wondered what on earth they're talking about? If so, let me try and explain. The National Curriculum puts great emphasis upon children showing mastery within their learning, rather than simply rushing ahead as soon as they have purportedly understood something. As a staff, we have thought long and hard about how best to explain this to the children and have settled upon Paddling, Snorkelling & Diving! If a child is paddling they have a basic understanding of a concept or skill. They are most able to name, describe, and follow step-by-step instructions and prescriptive methods to complete a task. Once they are snorkelling they are working at a more advanced level. They are able to use their learning to solve problems and are able to explain their methods. At the deepest level of understanding the children are diving. They can solve non-routine problems using their learning, appraising their success, explaining concepts and hypothesising. At a basic level, '2 + 2 = ?' is a paddling question. This becomes a snorkelling question if the maths is required to solve a problem, for example, 'Jack has 2 cats and Jill has 2 dogs. How many pets do they have altogether?' or if it needs to be applied in a different way, eg, 4 - ? = 2. At a mastery (or diving level) a child might be asked, ? + ? = 4. How many different answers can you find? We talk openly to the children about whether or not the tasks they are completing are asking them to paddle, snorkel or dive and actively encourage them to think about the depth of questions that they are asked, or ask of others. Why not try having a go at home? Perhaps you could apply this to the questions that you ask your child when they are reading to you and even ask them to grade the level of your questioning! If you would like to find out more about Paddling, Snorkelling and Diving please ask your child's class teacher.



POLITE REQUEST

Could I please remind all visitors to the federation, including parents/cares, of the importance of treating staff and other visitors with respect and courtesy when on school premises. We have a duty of care to our children to ensure that they feel safe within school and it is not acceptable for any visitor to be aggressive or disrespectful, especially in front of our children. We expect our children to be polite, respectful and courteous and implore you to model this behaviour at all times. Thank you in anticipation of your cooperation.

With Best Wishes,

A handwritten signature in blue ink that reads 'J Peacock'.

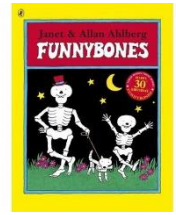
Jayne Peacock, Executive Headteacher

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In collective worship we have been thinking about the importance of friendship within the context of CARIS. We have been talking about how important our friends are to us and considering what makes a good friend.

Funny Bones

We will be using the book ‘Funny Bones’ in our English lessons over the next few weeks. The children will be writing their own stories with a repeated phrase. Many of you may remember reading this story when you were younger. To support your child it would be useful to read the book with them and discuss how repeated phrases are used in the book.



Class Dojo



Please sign up to Class Dojo if you have not already done so. We shall be using it to communicate when possible and share news from the class.

Home learning

You should all have a copy of the home learning by now. We have already received some wonderful pieces of work (and edible Anglo Saxon goodies).



PE kit



Please ensure that your child has their PE kits in school. We had lots of children arrive at school with no kit on a number of occasions. Bringing the right kit ensures the children can fully take part in the PE lessons.

Rivers & Oaks

These past few weeks have been busy for Rivers and Oaks. The children have been working hard on their place value knowledge and looking at representing and partitioning numbers. In English, we had the delightful task of following instructions to bake some delicious cakes. The task was to distinguish the different steps of a set of instructions and follow them precisely. We have now progressed onto looking at the grammatical content of instructions and the children will write up their own set later on this week. Science has been interesting, looking at vertebrates and invertebrates and understanding what makes us unique.

Just a reminder that homework is set and due in on a Friday for Rivers and set on a Friday and due on a Wednesday for Oaks. The children have homework books and the task will be ready in their books. If there are any questions about homework, feel free to ask!

Oceans & Forests



Year 5 and 6 had an energising and memorable time on residential at White mead Forest park. They spent a day at the Dean Heritage Centre, learning about Anglo Saxon Way of Life and then travelled on to a fun-packed adventure in the Forest of Dean. Some of the exciting activities included: Body zorbing, archery, crate stack, canoeing and tree climbing. The week was thoroughly enjoyed by children and adults.

In Maths, we are focusing on Number and Place value and ordering numbers. Next week, we will be moving onto rounding numbers up to the nearest ten million. You can help your child, by encouraging them to learn their times tables and to complete their maths homework each week.

Place Value									
Hundred Millions	Ten Millions	Millions	Hundred Thousands	Ten Thousands	Thousands	Hundreds	Tens	Ones	
									4
									7
									4
									3
									7
									4
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									3
									7
									4
4	1	9							
4	1	9							



In English, we are finishing our instructions on how to make pizza. Excitingly, the year 3 and 4 children will be following our written recipes in a Great Pizza Bake Off next Tuesday (2nd October). They will then be selling the pizzas after school. Please do come along after school to try some of their freshly made pizzas. We will all appreciate your support!

Sports News

Olympic Athlete Visit, Monday 8th October 2018

Don't forget we have Olympian Robert Mitchell visiting on Monday 8th October to deliver fitness sessions and talk to the children about his experience of being a world class athlete. Please ensure that your child brings in their sponsor money by Thursday 4th October so we can see which thank you reward your child will receive.

We are all very much looking forward to his visit.

COMING TO YOUR SCHOOL SOON

ROBERT MITCHELL
HIGH JUMP

“I love a big bowl of fruity porridge for breakfast. It’s full of energy and it’s so nice you can eat it all day. What healthy foods do you eat for breakfast when I visit your school?”

THANK YOU REWARDS

- Everyone gets a free sticker.
- Raising £3.00-£14.99 rewards you an autographed A6 postcard.
- Raising £15.00-£34.99 rewards you an autographed A4 poster.
- Raising £35+ rewards you this autographed keepsake wallet with an instant polaroid picture of you and your athlete.

SOCIAL ENTERPRISE, COMMUNITY INTEREST COMPANIES, FR (Financial Reporting) REGULATORY

Sports-For-Champions, @sports4champs, @sportsforchampions, www.sportsforchampions.com

Little Berries News

We would also like to say a warm welcome to all our new starters and our new member of staff Suzy, and a sad farewell to Ellie who will be greatly missed by all, we wish you well in your new adventures.

We have a remarkably busy and exciting few weeks planned for our Little Berries. We will be starting the year with the theme 'Autumn.' Where we will be encouraging involvement with lots of arts and crafts activities and cooking Yummy!

We will be encouraging communication and language while exploring the environment around us, picking apples to cook with, discussing the changing season and how this affects animal behaviour too (Hibernation). We will be introducing some of our favourite Autumnal songs and rhymes during circle time, focusing on counting and numbers up to 20, colour and shapes.

Admin

Parent Consultation Evening

Parents consultations are on 15th October from 3.30pm for all apart from Year 1 & 2 at Lynton, which will be on Wednesday 17th October from 3.30pm. Lists will be up near the office for you to select your time slot. If you are unable to come in to school to put your name down, please call the office and we will be happy to do this for you.

Many thanks,
Mel, Wendy, Jacqui and Vikki

Kitchen News

A MESSAGE FROM MRS PEACOCK ABOUT HEALTHY LUNCH BOXES

It is lovely to see so many children enjoying our cooked school lunches. We are incredibly lucky to manage our own kitchen and to have the dedication and enthusiasm of Jayne Hoskins and Vicky Sprigg to ensure that our children enjoy a varied, balanced and nutritious meal. I'm not aware of many schools that offer the variety and choice of options that we do on a daily basis and the quality of the food really is exceptionally good. Despite the fact that all children in Reception, Year 1 and Year 2 are entitled to a free hot meal at lunchtime and that, for our older children, the cost of a school lunch is comparable to that of providing a packed lunch, I appreciate that some children still prefer to bring their own lunch. However, I am increasingly concerned that not all of the packed lunches being brought into school provide

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a suitably balanced and healthy alternative to our cooked lunches. If your child has a packed lunch, you may find the following advice from the Eatwell Guide useful:

What makes a healthy, balanced packed lunch for children?

A school packed lunch should:

Be based on starchy foods

This can include rice, pasta, bread, couscous, wraps, pitta, potatoes and chapatti and where possible try to choose wholegrain varieties, e.g. wholemeal bread and leave skins on potatoes.



Include plenty of fruit and vegetables

Include 1-2 portions in your child's lunch box and try to vary these throughout the week. You could add sliced vegetables into a pasta dish or sandwich. Supermarkets often have packs of chopped fresh fruits or individual packs of dried fruits.



Keep some of these in the cupboard for those days when you don't have much time to prepare. **Top tip:** Make your own individual bags of dried fruit - place a small handful of mixed dried fruits, into food bags or sealed containers to store in the cupboard, this will also keep the costs down!

Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein

Use beans, pulses, fish, eggs, meat and other sources of protein as sandwich fillings or in a pasta or rice salad. If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add in a yogurt or some cheese such as a cheddar stick or cheese string to the lunch box. If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium



Include a drink

Healthy options include water, semi-skimmed or 1% milk

You could also give your child fruit juice or smoothie – but remember, fruit juice and smoothies should be limited to a combined total of 150ml a day. You could always dilute fruit juice with still or sparkling water.

Confectionery such as chocolate bars and sweets should not be included. A cake or biscuit is allowed but these should be part of a balanced meal and take into consideration the Government Campaign, "Look for 100 calorie snacks, two a day max". Crisps should also be avoided; instead a packet of mini breadsticks or rice cakes could be included. Further advice and ideas can be found by visiting:

www.nhs.uk/change4life/recipes/healthier-lunchboxes

PTFA News

Lynton PTFA are holding their AGM on Thursday 8th November from 7.30pm at Lynton School. We would love to see anyone who is interested in helping out with the PTFA, even if you can only offer help occasionally. Any help is greatly appreciated and makes a big difference.

We are also holding a Christmas Bingo on Friday 7th December. We are planning some fantastic prizes, perfect for Christmas presents (or even a treat for you). Our bingo events are always a fantastic evening and this one promises to be even bigger and better. Keep your eyes peeled for more information coming soon.

Diary Dates

1 st October	Author, John Townsend, visiting Lynton & Parracombe
2 nd October	Author, Claire Barker, visiting Kentisbury
8 th October	Olympic Athlete, Robert Mitchell, visiting Lynton & Kentisbury (Parracombe children going to Kentisbury)
15 th October	Parent Consultation Evening (17 th October - Lynton Year 1 & 2)
16 th October	Harvest Festival at Christ Church, Parracombe, 10.30am
18 th October	Harvest Festival at St Mary's, Lynton, 10.30am
19 th October	End of Half Term
5 th November	Children return to school

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Community

From the Rectory

October is the month when most of the churches and the schools across the Mission Community will be holding Harvest Festivals: offering the opportunity to give thanks to God for our food, the produce of earth and sea, and express gratitude for those who work the land, and harvest the seas so that we are fed. After the challenges of this year especially, we have much for which to be thankful to them.

While we are giving thanks for the food with which we nourish our bodies, it is a good time to reflect on how our souls, are nourished too. Whilst we recognise physical hunger quite well, we may not always be as aware of our spiritual hunger, or know how to find the food for our souls that we need.

During half term (19thOctober - 4th November) there will be a tasting opportunity with activities for prayer and spiritual reflection in Lynton and Parracombe churches. The different activities aim to help you notice what helps you connect with God best – where and when are you most aware of the awe and wonder of this world, most deeply able to see the good in others, to give and receive love, to recognise that you are loved by God and to feel most truly yourself? What helps you pray? What most brings you alive?

Are you someone who gets your greatest sense of God when you are outside, in the beauty of nature? Or is the beauty of art or music, or the enjoyment of great food what lifts your spirit? Do you find that the regular use of traditional prayers is what anchors you in awareness of God? Do you crave silence and a simple place, praying best away from the crowd? Or is your best form of prayer action – loving your neighbour and challenging what is wrong in our world? Maybe you find a deep connection with God as you care for another person? Perhaps you are constantly amazed by the power of God you see at work around you and want to enthuse in upbeat music and by talking to people about your amazement? Or is yours a quieter, contemplative spirituality, gazing lovely at God and letting love gaze back? Do you enjoy knowing about things – grappling with coming to understand and having knowledge about faith? Or is it in your own creativity, making things through art or craft, that you are in touch with the Creator.

Maybe you don't know yet. Maybe you've not connected some of these things with God, or the God others talk about. Come and explore what feeds **your** soul. And as ever, if you want to talk about what you find, do get in touch.

God bless,

Samantha

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

Thank you

Our Grandparent who works closely with several charities would just like to say a huge thank you to all who have sent in donations for the Animal Ambulance, all donations have been greatly received and will really help. Please don't forget if you have any old/unwanted coats, the homeless charity would be extremely grateful, especially with the colder weather on its way.

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