



Dear Parents and Carers,

The children are enjoying all the clubs on offer at school at present. Unfortunately the Art Club will not be commencing this term. Please remember to send the children to school with a warm coat, hats and gloves. We have experienced some lovely sunny days but it is still very cold! Please can you inform the office before 1pm when there is a change to pick up. We understand that this will not be possible on all occasions but it does help with managing messages going to classrooms.

**New Entrance**

Please can we remind everyone that after 9am they must use the new entrance door; We are no longer using the side gate as an entrance.  
 The side gate will be open at 3:30pm for afternoon pick up.

**Children's Mental Health Week**

February 5th to February 11th is Children's Mental Health Week. We will be taking part in some activities to raise awareness of mental health and 'empower, equip and give a voice to children'.  
 We will be holding a non-uniform day on the Friday 9th February. The theme will be "What Makes you Unique"  
 Children could also celebrate what makes them unique and ask friends and family members to sponsor them. Football lovers could hold a keepy uppy challenge, budding artists could hold an art exhibition to sell their work and disco divas could hold a sponsored dance-a-thon. There's no limit for what you could do!

**Year 3/4 Football Tournament**

Unfortunately, the above tournament isn't going ahead but Mrs Khong is looking at other opportunities for the school to attend other tournaments.

**PTA News**

Friday Snack Stalls are BACK! from next week Friday 26th January, with Year 6 taking charge for the first week.  
 Then the following year groups each week.

Friday Snack Stall	
Year group in charge	Date
YEAR 6	Friday 26 January
YEAR 5	Friday 2 <sup>nd</sup> Feb
YEAR 4	Friday 9 <sup>th</sup> Feb
	BREAK FOR HALF TERM

YEAR 3	Friday 23 <sup>rd</sup> Feb
YEAR 2	Friday 1 <sup>st</sup> March
YEAR 1	Friday 8 <sup>th</sup> March
Foundation	Friday 15 <sup>th</sup> March
<b>Dates subject to change</b>	

### Modbury Road Closure

Thank you all very much for your consideration during this tricky time. Please park carefully and be mindful of the residents. If you are approaching from Back Street, please either cross over into the new estate at the top of Back Street and use the safe designated walking route around to the temporary crossing. Alternatively, we will be opening the new main entrance from 8.55 for **5 minutes only**. Please can we remind you that parents should not be entering through the top entrance unless they need to come to the office or are taking younger children to pre-school.

### School Clubs - these are available on ParentPay

Name of Club	Start Date	Year Group
Story Club - Mrs Ratcliffe	Monday 8 <sup>th</sup> January 3:30 - 4:15pm	Key Stage 1
Drama Club - Miss Nicholls	Friday 1 <sup>st</sup> December lunchtime	Years 1, 2 & 3
Y6 SATS Booster Club - Miss Pears	Monday 8 <sup>th</sup> January 3:30 - 4:15pm	Year 6
Gardening Club - Mrs Bruce	Friday 12 <sup>th</sup> the January lunchtime	Key Stage 2
Cross Country Club - Miss Randall	To resume after half term when field conditions improve	Key Stage 2
Times Table Rock Stars - Miss George	Monday 8 <sup>th</sup> January lunchtime	Years 4 & 5

### Upcoming events

For further events please see our [School Calendar](#) which has details of events through to the end of the year including sports day etc. More events are being added on a regular basis.

**Twitter** Please be aware that the South Hams Federation now has a Twitter account. All schools within the Federation will be adding information on there over the coming months so please follow us if you have a Twitter account. Thank you.

## **SEND**

### **Anxiety disorders in children**

It's normal for children and young people to feel worried or anxious from time to time - such as when they're starting school or nursery, or moving to a new area.

But for some children and young people, anxiety affects their behaviour and thoughts every day, interfering with their school, home and social life.

This is when you may need professional help to tackle it.

### **Symptoms of anxiety in children and young people**

Signs to look out for in your child are:

- finding it hard to concentrate
- not sleeping, or waking in the night with bad dreams
- eating more or less than usual
- quickly getting angry or irritable, and being out of control during outbursts
- constantly worrying or having negative thoughts
- feeling tense and fidgety, or using the toilet often
- always crying
- being clingy, especially in young children
- complaining of tummy aches and feeling unwell

Separation anxiety is common in younger children, whereas older children and teenagers tend to worry more about school or have social anxiety.

### **How to help your anxious child**

If your child is having problems with anxiety, there's plenty you can do to help.

Above all, it's important to talk to your child about their anxiety or worries.

Read more about anxiety in children, including self-help tips for parents of anxious children.

Many children at different ages may have anxieties that will go away after a while, with your reassurance.

However, it's a good idea to seek professional help or reassurance yourself if your child is constantly anxious and:

- it's not getting better, or is getting worse
- self-help is not working
- it's affecting their school or family life, or their friendships

## Where to get help for anxiety

An appointment with a GP is a good place to start.

You can talk to the GP on your own or with your child, or your child might be able to have an appointment without you.

If the GP thinks your child could have an anxiety disorder, they may refer them for an assessment with your local children and young people's mental health services .

If your child does not want to see a doctor, they may be able to get help directly from a local counselling service. For more information, visit [Youth Access](#). You may also want to talk to your child's school about their anxiety and any support they need.

## What causes anxiety disorders in children and young people

Having a close family member with anxiety may increase your child's chance of having it too.

Children can also pick up anxious behaviour from being around anxious people.

Some children develop anxiety after stressful events, such as:

- frequently moving house or school
- parents fighting or arguing
- the death of a close relative or friend
- becoming seriously ill or getting injured in an accident
- school-related issues like exams or bullying
- being abused or neglected

Children with attention deficit hyperactivity disorder (ADHD) and autistic spectrum disorders are more likely to have problems with anxiety.



## **TT Rockstars**

Year 2 Frankie, Ollie, Woody

Year 3 Freya, Jack, Dominick

Year 4 Isabelle, Freyja, Arlo

Year 5 Joni, Kat, Joel

Year 6 Alex, Daisy-Lou, Tommy



## Numbots

Our most improved scores go to...

### **Accuracy**

Reception Erin, Emily, Ophelia

Year 1 Athene, Herbie, William

Year 2 Evie, Ollie Woody

Year 3 Nathan, Dominick, Freya

## Reading Stars

This week's top readers...

Year 2 Theo, Evie, Ollie

Year 3 Felix, Iris, Otis

Year 4 Freyja, Isabelle, Theo

Year 5 Angus, Maisy, Marley

Year 6 Hailun, Poppy, Evalyn



Celebration Assembly

<b>Reception</b>	Grace H
<b>Year 1</b>	Logan
<b>Year 2</b>	Connie M-T
<b>Year 3</b>	Maxwell
<b>Year 4</b>	Charlie

<b>Year 5</b>	Minnie
<b>Year 6</b>	Olive



**Louise Nicholls**  
Head of School



**Mrs T Coulthard**  
Executive Head Teacher

## **Externally Provided Clubs Information & Community News**

### **Modbury Pre School**

See below poster regarding fundraiser for the preschool.

**24-HOUR**  
**SKI-ERG**  
**CHALLENGE**



**RAISING MONEY FOR**  
**MODBURY PRESCHOOL & SCHOOLS OUT**

**CAKES**  
-  
**COFFEE**  
-  
**CRAFTS**  
-  
**PLUS A**  
**PRIZE DRAW**  
**WITH SOME**  
**AMAZING PRIZES!**

**COME ALONG TO**  
**SUPPORT**  
**(OR HAVE A GO**  
**YOURSELF!)**

**SATURDAY 24TH FEBRUARY**  
**12:00**

-  
**SUNDAY 25TH FEBRUARY**  
**12:00**

**AT**

**BOMBERS**  
**PHYSICAL TRAINING**

**Plymouth Argyle Club**

Will continue in the new year - Please sign up directly with them through their website.

**Kidslingo**

Tuesday 12:00 – 12:30 EYFS & KS1. Please see the link below to book:

<https://www.kidslingo.co.uk/area/spanish-classes-plymouth-2/>

## Saturday morning Turn Up and Plays

The clue is in the name; these sessions are provided to allow the children to turn up and meet new friends but also experience fun football activities and matches whilst also improving on their skills. If they are new to football or just want to play some extra football on the weekend, this is the perfect opportunity to get some more practice in, through our engaging, inclusive, and fun activities.

**ARGYLE COMMUNITY TRUST**  
**SATURDAY**  
**TURN UP & PLAY**  
**£5.50 PER SESSION**  
**EVERY SATURDAY**

 **Manadon Sports Hub**  
9am - 10am

**Harpers Football Centre**   
10am - 11am

 **Mini Kickers**  
(Ages 18 Months - 4 Years)

**Turn Up and Play**   
(Ages 5-13)

 **lewis.jenkins@pafc.co.uk**

**VISITS FROM MINI PILGRIM PETE**

**<https://officialsoccerschools.co.uk/argyle/courses.html>**



## Lottery Funded Family Days 2024



Wild Embers are supporting families with SEND children 6-11 yrs with funded weekend activities.

Family Day: Join us at our beautiful site at Blackberry Barn this 2024 for one of our winter family days. The day will include bush crafts, exploring nature and outdoor cooking with lunch around the fire.

**Dates: January 21st, February 10th, February 11th, March 2nd, March 3rd, April 27th, April 28th, June 8th, June 9th**

Wild Embers is a community orientated and highly impactful provider that has been running since 2017. We are members of the alternative providers network, the parent and carer forum Devon, and have established connections with a large number of Academies. We run a successful Ofsted registered forest school, community gatherings/feasts, father & child days, with a range of specialist support offerings for children and families with SEND.

Cost: We ask for a minimum donation of £5. Any donations you give will enable us to work with more children and families with special educational and social and emotional health needs, so give generously if you are able.

### ADDRESS, DIRECTIONS & BOOKING

To book a family day: email [admin@wildembers.org](mailto:admin@wildembers.org)

Cost: Donation only (minimum donation of £5 per family)

Address: Blackberry Barn, Ritson, Halwell, TQ9 7JG

Satnav Instructions:

Follow up until Totnes cross petrol station no further.

Then follow the road around to Kingsbridge (away from Totnes), you will see a sign that says Kingsbridge 6 miles, please take the left hand turn just behind the sign, follow the lane into the old farmyard, now beautiful barn conversions.

Take a slight right, drive in-between new barn conversion and an agricultural barn. The driveway leading to the parking area is directly in front of you between the house and fence. Head down the driveway where you can park on the ménage to your left.

What3words:

Wiggles.worthy.quicker

If you have trouble finding us please do contact either Mel or Richard.

Mel 07967 755357

Richard 07906 529371