



Dear Parents and Carers,

School Garden A MASSIVE Thank You!



Heartfelt thanks to all the helpers who came along on Saturday morning to help clear the school vegetable garden from brambles and weeds.

We took away 7 x dumpy bags of green waste! The next stage will be to get some new timber in to replace the rotten boards in the veg beds.

Look out for more dates to come to help bring the garden back into bloom.
With thanks from the PTFA and the school team.

Harvest Festival and coffee morning

It was lovely to see so many of you in the church for our Harvest Festival and coffee morning. The children sang and spoke beautifully and it was a pleasure to see how confident and self assured they were. Pictures will be uploaded soon to the website. Thank you so much for all your donations. We raised £52.80 for the foodbank and have bags of goodies heading their way.



Parent's evenings

It's great to see lots of parents have booked Parent's Evenings appointments! If you haven't already signed up, please log into MCAS before Sunday evening to book your appointment. It would be great to see you so we can share your child's progress so far with you. If you are unable to make the dates/times available, please contact the school office and we will arrange an alternative appointment with your child's teacher.

Externally run clubs

Achieve4All

Achieve4All's Multi-Sports club will be running every Wednesday after school – 3.30pm-4.30pm from next week.

If your child would like to join this until October Half term, please follow the link below to book.

Modbury	Wednesday	KS1+2 Multi Sports Club	https://activities.bookpebble.co.uk/activity/achieve4all-sports-club-ks12-modbury-ivybridge-fe504e4d-f52f-4a64-8f05-aec7424ffbe7
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If you have any queries or questions you can contact them on: info@achieve4all.co.uk

Plymouth Argyle's KS2 Football After School Club

Plymouth Argyle's KS2 (Years 3,4,5&6) Football After School Club will be running every Friday this year – 3.30pm-4.30pm.

If your child would like to join, please follow the link below to book.

Modbury	Friday	KS2 Football Club	https://officialsoccerschools.co.uk/argyle/pl-modbury-after-school-club-friday-term-1.html
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School Meals and Universal Infant Free School Meals

Please ensure school meals are paid in advance via Bromcom. Meals can be ordered a week in advance for your child via the app. The price of a school meal from the 1st September 2025 is now:

- £2.60 per day
- £13.00 per week

If you experience any difficulties ordering or booking meals please contact the School Office. If you feel that your child may be entitled to Free School Meals, due to your financial circumstances, please contact Devon County Council either by phone on 0345 155 1019 or by visiting their website portal at: https://oneonline.devon.gov.uk/CCSCitizenPortal_LIVE

If your child has moved up from Year 2 to Year 3, please note you will no longer qualify for Universal Infant free School Meals and will now need to pay for your child's meals, unless your child is entitled to Free School Meals as detailed above

Diary Dates - New dates in bold

Multicultural week 20th October - Activities in school

Year 3,4,5,6 Tag Rugby - 22nd October, 3.30pm at school

PTFA Christmas Fayre - Friday 5th December - School Hall

Nativities and Christmas plays

Reception, Year 1 and Year 2 9th and 10th Dec 2pm (Hall)

Year 3 and 4 play - 2pm and 6pm 17th Dec (Hall)

Christmas Dinner and Christmas Jumper Day - 18th December

Carol service - 19th December 1.30pm at the church

Stars of the Week



This week's focus has been on showing a great attitude to learning. Well done everyone. You have all shown super focus. However, some children have gone over and above so our congratulations go to...



- Reception –
- Year 1 -
- Year 2 -
- Year 3 -
- Year 4 -
- Year 5 -
- Year 6 -

'Wake up Wednesday'

Each week we share the weekly 'WakeUpWednesday' National College guide. Talking to children about mental health is hard sometimes: even to the point that adults can put off raising the topic, not wanting to unearth problems or discuss overwhelming subjects that we perceive our child is too young or not ready for. Rather than keeping children in the dark, however, this guide is designed to help you confidently talk about mental health, so that youngsters feel comfortable talking about their own worries and end any stigma before it begins.

In the guide, you'll find tips on talking about mental health naturally, being open and honest and asking twice.

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
 Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 05.02.2020

Louise Nicholls

T. Coulthard

Louise Nicholls
Head of School

Mrs T Coulthard
Executive Head Teacher

PTFA News

The fabulous Friday Cake Stand Each Friday we have a table in the lower playground to sell wonderful baked creations and contributions. The money raised goes towards loads of amazing experiences and equipment for your children.

Here are the dates for each year group. Thank you everyone for your support!

24 Oct | Yr 1

31 Oct | *None Half Term*

7 Nov | Reception

14 Nov | Yr 6

21 Nov | Yr 5

28 Nov | Yr 4

5 Dec | Yr 3

12 Dec | Yr 2

19 Dec | *None - Last day of term*

Community News

A D V E N T U R E D A Y S

SCHOOL HOLIDAY FOREST DAYS WITH ARCHERY



Including:

- | | |
|----------------|-----------------------|
| ARCHERY | SAUSAGES |
| WHITTLING | HOT CHOCOLATE |
| FIRE LIGHTING | TOASTING MARSHMALLOWS |
| CLAY MODELLING | TIME TO PLAY AND |
| MUD KITCHEN | EXPLORE IN THE |
| MASTER CHEF | WOODS |

October Half Term!



Book ONLINE AT
www.forestandbeach.co.uk

HEALTHY KIDS, HEALTHY MINDS

Tues 28th
October
Weds 29th
October

LIGHT PARTY

31ST OCTOBER 5-6.30PM

BIGBURY VILLAGE HALL
ST ANN'S CHAPEL

FAMILIES TOGETHER FOR FUN, CRAFT,
SPARKLERS, REFRESHMENTS

BOOK YOUR FAMILY IN:
OLI.LONG@MODBURYTEAM.ORG

KINGSBRIDGE GYM CLUB

HOLIDAY CLUB

£25

ALL DAY 9AM - 3:30PM



MONDAY 27TH OCTOBER



TUESDAY 28TH OCTOBER



WEDNESDAY 29TH OCTOBER



THURSDAY 30TH OCTOBER



BOOK HERE

[HTTPS://PORTAL.ICLASSPRO.COM/KINGSBRIDGEGYMCLUB/BOOKING](https://portal.iclasspro.com/kingsbridgegymclub/booking)





OCTOBER ROADSHOWS

27-31 OCTOBER | 9.30AM-3.30PM
BOYS & GIRLS ALL ABILITIES AGED 5-15



**BOOK
NOW!**



ARGYLE
COMMUNITY
TRUST

01752 522202
argylecommunitytrust.co.uk

**18TH & 19TH
25TH - 31ST
OCTOBER**

**AUNE VALLEY'S
FUNNY PUMPKIN FEST**

**FREE
ENTRY**

HALLOWEEN PARTIES


**JOIN US THIS OCTOBER FOR LOTS
OF PUMPKIN PICKING FUN
IN LODDISWELL**

DELICIOUS FOOD


PUMPKIN PICKING


PUMPKIN GAMES


AUNE VALLEY MEAT LTD.
 Butcher, Farm Shop & Cafe

**JOIN US THIS OCTOBER HALF
TERM FOR LOTS OF SPOOKY
FUN AT OUR LODDISWELL
FARM SHOP & CAFE!**

PVO PUMPKINS
 18TH & 19TH OCT
 25TH - 31ST OCT
 OPEN 10AM - 4PM

PUMPKIN PARTIES
 25TH 12PM - 2PM
 26TH 2PM - 4PM

HALLOWEEN HUNT

AND MUCH MORE...

HALLOWEEN HUNT
 25TH OCT -
 2ND NOV

**HEAD TO
@AUNEVALLEYMEAT
FOR UPDATES**

WWW.AUNEVALLEYMEAT.CO.UK

HIGH 5 SPOOKTACULAR OCTOBER HALF TERM

@STOWFORD SCHOOL

MONDAY 27TH - FRIDAY 31ST OCTOBER 2025

2025 AWARDS
 ☆ BEST CHILDREN'S ACTIVITY PROVIDER IN THE SOUTH WEST
 ☆ BEST SUMMER CAMP IN SOUTH WEST

SCAN TO BOOK NOW...

MONSTER MASH MONDAY	TERRIFYING TUESDAY	WITCHCRAFT WEDNESDAY	TRICK OR TREAT THURSDAY	FANG-TASTIC FRIDAY
Haunted Hockey	Ghost Hunter Dodgeball	Creepy Cricket	Ghost Hunter Dodgeball	Ghost Hunter Dodgeball
Ghost Hunter Dodgeball	Ghooley Benchball	Haunted Hockey	Frightening Football	Ghooley Benchball
Frightening Football	Creepy Cricket	Frightening Football	Creepy Cricket	Haunted Hockey
Pumpkin Carving	Zombie Apocalypse Nerf	Zombie Zorbing	Zombie Apocalypse Nerf	Zombie Zorbing
Zombie Zorbing	A visit from 'Jonesy' The Friendly Ghost	Halloween Woodland Games & Blind Trails	Halloween Woodland Games & Blind Trails	Fancy Dress Dance Party <small>Fancy Dress optional but encouraged, prizes for best costume!</small>

Every Day includes Haunted Halloween Arts & Crafts and finishes with Gruesome Grabs & Awards Ceremony!

BOOK NOW @ www.high5sportscamps.co.uk

Ofsted FIND US ON...

<https://campscui.active.com/orgs/High5SportsCamps?season=3697541>



Plymouth Santa Fun Run

Rotary
Saltram

Registered Charity No. 1061844



Sunday 7th December 2025 - 11am Start



Adults £15.00
Children £5.00
See website for details
**FREE Santa Suit
and Medal!**

Approx 5k run
2.5k for children
through The Barbican,
The Hoe and
The Waterfront

SUPPORTING



Enter at plymouthsantafunrun.co.uk