



Modbury Primary School Newsletter

Friday 21st November 2025



www.modburyprimaryschool.co.uk

 <https://www.facebook.com/p/South-Hams-Federation-61556768462697>

 <https://www.instagram.com/southhamsfederation2025/>

Dear Parents and Carers,

This week has been a very chilly week! Please make sure children are prepared for all weathers, especially if your child is in Forest School. Next week is set to be wet so waterproof coats will be a must. Next Friday is the Lantern Parade. Don't forget to decorate your lanterns ready for this festive event.



Forest School News! – it's cold!!

YR & 2 Parents - Please can we request that you send your children in with extra layers and (ideally) waterproof gloves and hats – even on dry days, their gloves get wet and very cold!

A request! – If anyone is able to donate any logs, kindling and tree stumps (for a new forest school circle), we would really appreciate it! Many thanks! Spare wellies are also very useful!

School Meals request & Drinks reminder

Please can we request that parents order their child's lunches through MCAS. This will minimise the time that is lost in the mornings. You can book your child's meals up to a week in advance but would need to be booked by the day before the meal is required.

We have also found many children in school with squash in their water bottles. Please may we remind you that ideally water should be sent in for your child to drink.

Request for PE Kit items

If you have any PE Kit items (including trainers/pumps) at home your child has grown out of that you would be happy to donate to school, we would be very grateful. Mrs Khong wants to create a bank of kits for families that may need help with them. Please drop any items directly to Mrs Khong in Year 1. Many thanks!

Choir

There will be no Choir on Monday 24th November.

Achieve4All – After Half Term – NEW LINK!

If your child would like to join/continue this Multi-Sports club on a Wednesday after school – 3.30pm-4.30pm, please follow the new 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 |
|---------|-----------|-------------------------|---|

If you have any queries or questions you can contact them on: info@achieve4all.co.uk

Plymouth Argyle's KS2 Football After School Club – NEW LINK!

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

If you child would like to join/continue this club until Christmas, please follow the link below to book.

| | | | |
|---------|--------|-------------------------|---|
| Modbury | Friday | KS2 Football Club | https://www.abler.io/shop/pact/2313123?region=Plymouth&program=Q2x1YINlcnZpY2U6NDg0Nzg= |
|---------|--------|-------------------------|---|

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

PTFA Christmas Fayre - Friday 5th December - School Hall

Nativities and Christmas plays

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

Cinema trip for Year 3 and 4 5th Dec 9.15am (Kingsbridge Cinema)

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 stars are ...

Reception - Noah
Year 1 - Barnaby
Year 2 - Jacob
Year 3 - Athene
Year 4 - Amlie
Year 5 – Iris
Year 6 - Jago

'Wake up Wednesday'

School avoidance is a sharply increasing phenomenon, with tangible negative effects on children's wellbeing and education. The factors that come together to make a child consciously avoid seeing their classmates and teachers can be much more complicated than is often assumed. A careful, mindful approach from parents, carers and educators is required to help children return to an environment that may be causing them intense anxiety.

Our guide aims to help you understand the issue of school avoidance – not only its potential roots and ramifications, but also what you can do to help children and young people navigate these obstacles and continue their education.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SCHOOL AVOIDANCE

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022-23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

UNDERSTANDING SCHOOL AVOIDANCE

REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

Advice for Parents & Educators

WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and spent away from screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

Source: See full reference list on guide, page at: nationalcollege.com/guides/school-avoidance

#WakeUpWednesday® The National College®

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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!

28 Nov | Yr 4

5 Dec | Yr 3

12 Dec | Yr 2

19 Dec | *None - Last day of term*

Community News

Apply for a primary school place

Was your child born
between 1 September 2021
and 31 August 2022?



Apply online at:
devon.cc/admissionsonline

or scan the QR code. Applications open from
15 November 2025 to the **15 January 2026**

If you can't access the school
admissions website you can get
more information by emailing
admissions@devon.gov.uk or
call our Education Helpline on:

0345 155 1019



You must apply through the Admissions Team, even if you've already given details to a school. Applications made directly to schools or on their lists will not be accepted.



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Santa's on the Run

SAVE 20%
if you sign up before midday on 3 November

Sign up today www.chsw.org.uk/santas

Experience the magic of a festive train ride and fun run at **Plym Valley Railway** on **Saturday 29 November**

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★ BEST SUMMER CAMP IN SOUTH WEST

HIGH 5 CHRISTMAS CRACKER CAMP

22ND - 23RD DECEMBER 2025
@STOWFORD SCHOOL

This December come and join us for an action packed couple of days of sports, activity, art and fun. In celebration of **Christmas** we have a **cracker** of a theme!

Arts & Crafts Weekly Theme; **Crimbo Crafts**

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tiktok facebook instagram

To book, please follow this link....

<https://campscui.active.com/orgs/High5SportsCamps?season=3724444>