

UPDATE



WB: Monday 9th March 2020

EXMOOR CHALLENGE

There was a very good turnout for the first training walk last weekend which was very successful; thank you to all the parents who came along in support.

We are having to reschedule the next training walk to either Sun 22nd or Sat 28th March. An email has been sent home asking for views on which is the preferred date for families, and we will let you know the revised date as soon as we get feedback.

HEATREE RESIDENTIAL

Our visit to Dartmoor was again very successful. Despite the cold weather, all activities were enjoyed and the children will need a good rest this weekend (as will the staff!). Please check out the blog for photos of all the fun.

OPEN AFTERNOON

A reminder that Open Afternoon is next Monday from 2.00pm. The PTA are running a 'pop-up café' and would welcome any donations of cakes please. We hope you can come and join us to look at what we have been working on this term.

Texts & Emails



We are sending more information via text and email these days. Please make sure we have your most up to date details to make sure you don't miss vital information.

We are now also sending emails via the Teachers2Parents application (same as we use for texts) and have found that some are going into the spam/junk folder. Please can you check to see if any of the recent emails are there and, if so, change your settings so that they go to your inbox instead.

Spring Term Weekly Achievers

Infant Achiever: **Raffles**

Junior Achiever: **Reuben**

House Points



Final totals for the term:

Ruby	977 points
Sapphire	763 points
Emerald	836 points
Amber	769 points

CORONAVIRUS UPDATE

We continue to monitor the Department for Education advice to schools closely.

Having now moved to the 'delay' phase of the response, latest instructions are that anybody (children or adults) showing flu-like symptoms including a raised temperature and/or a new, continuous cough should self-isolate for 7 days. Families and staff should adhere closely to this please.

We continue to encourage increased hand-washing and use of sanitising gel throughout the day for all children and staff.

If anyone is planning any foreign trips over the Easter break, particularly if they involve some of the more high risk areas, please make sure you inform us. If anyone feels they have come into close contact with an affected individual (whether abroad or in the UK), again, please let us know as soon as possible as additional self-isolation procedures will need to be followed. Thank you for your co-operation.

SCHOOL ACCOUNTS

We are rapidly approaching the end of the financial year (end of March). At this stage of the year, all family accounts need to be cleared, so we would welcome any outstanding payments as soon as possible please.

Payments can be made to the school office or via SchoolPay (where you can also see details of amounts outstanding). If you need assistance with SchoolPay, please contact the office. Thank you.

FUTURE DATES & EVENTS

These are subject to change and additions, so please keep checking

March		Easter Holiday	
Mon 16 th	Open Afternoon	Monday 30 th March - Tuesday 14 th April	
Thu 19 th	Parent Consultations	Holidays	Sports Camp (full day during the holidays)
Thu 19 th	Individual photographs	Mon 30 th March	Hawkridge Hike (during Easter holiday)
Sat 21 st	Exmoor Challenge Training 2	Sat 4 th April	
Mon 23 rd	Trip to Eden Project	April	
Wed 25 th	Bag2School collection	Wed 15 th	Children Return to School
Wed 25 th	Governors meeting, E Anstey, 6.15	Fri 17 th	RNLI Meet the Lifeguards Visit
Thu 26 th	Easter Assembly, 2.00pm		
Fri 27 th	Wear a Hat day and Last day of term		

DO YOU WANT TO SLEEP BETTER?

Struggling to get off to sleep or waking up a lot? Lying awake worrying? Still feeling tired when you wake up?

WE CAN HELP

A good night's sleep can make all the difference and is important for health, wellbeing, work and family life.

We offer sleep workshops or, if you prefer, one-to-one appointments to discuss your sleep problems and how we can help.

To register with the service and book a place:

North Devon

t: 0300 555 3344

e: dpt.talkworks.northdevon@nhs.net

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

@DPT_TALKWORKS

FREE NHS SLEEP WORKSHOP

1st of April,
5pm - 8pm,
Bideford

Learn all about sleep and proven techniques to make you sleep better.

We are a free NHS service. Call or email to register and book a place.

As an NHS service we will need to take a few details including your name, address and GP

www.TALKWORKS.dpt.nhs.uk

***07/19

We have a range of **FREE*** Level 2 courses that aim to give you a greater understanding in a number of areas, including:

- Awareness of Mental Health Problems **FREE***
- Care and Management of Diabetes **FREE***
- Understanding Children & Young People's Mental Health **FREE***
- Common Health Care Conditions **FREE***
- Introducing Caring for Children and Young People **FREE***
- Principles of Care Planning **FREE***
- Understanding Autism **FREE***
- Understanding Behaviour that Challenges **FREE***
- Understanding Common Childhood Illnesses **FREE***
- Understanding Nutrition and Health **FREE***
- Understanding Specific Learning Difficulties **FREE***

You have to start somewhere, so why not start with a **FREE*** level 2 course, in the comfort of your own home?

To find out more, please go to
www.petroc.ac.uk/distance-learning

PETROC
COLLEGE OF FURTHER
& HIGHER EDUCATION



*These courses are part-subsidised by the Education & Skills Funding Agency and so there is no cost to you or your employer, but if you do not complete the course inside the agreed timescale without a valid reason, you will be charged £125.



Advice on the coronavirus for places of education

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

If you need to cough or sneeze

- Catch it with a tissue
- Bin it
- Kill it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser

- After breaks & sport activities
- Before cooking & eating
- On arrival at any childcare or educational setting
- After using the toilet
- Before leaving home

- Try not to touch your eyes, nose, and mouth with unwashed hands
- Do not share items that come into contact with your mouth such as cups & bottles
- If unwell do not share items such as bedding, dishes, pencils & towels

Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: campaignresources.phe.gov.uk/schools

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings gov.uk/government/publications/guidance-to-educational-settings-about-covid-19. Parents can visit NHS.UK to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Wuhan and Hubei Province in China should self isolate, and NOT attend education or work for 14 days. See NHS.UK for advice on coronavirus.

If there is an emergency, call 999 immediately

beaford exploring our land, lives and future in Yeo Mill



Scratchworks Hags: A Magical Extravaganza

With mind-blowing illusions, stupendous stunts and the occasional disappearing rabbit, 'Hags' sets the record straight for thousands of women falsely accused of witchcraft.

More info and book tickets:

beaford.org

Thursday 19 March,
Anstey Village Hall, Yeo Mill
7.30pm (doors 7pm).
Tickets £15.
£31.50 family (2 adults, 2 under 16s).
All tickets include a 2 course meal.
Call 01398 341106/01398 341507 or
email ansteyarts@westanstey.uk
for tickets. Bar available. Raffle.