



20th September 2024



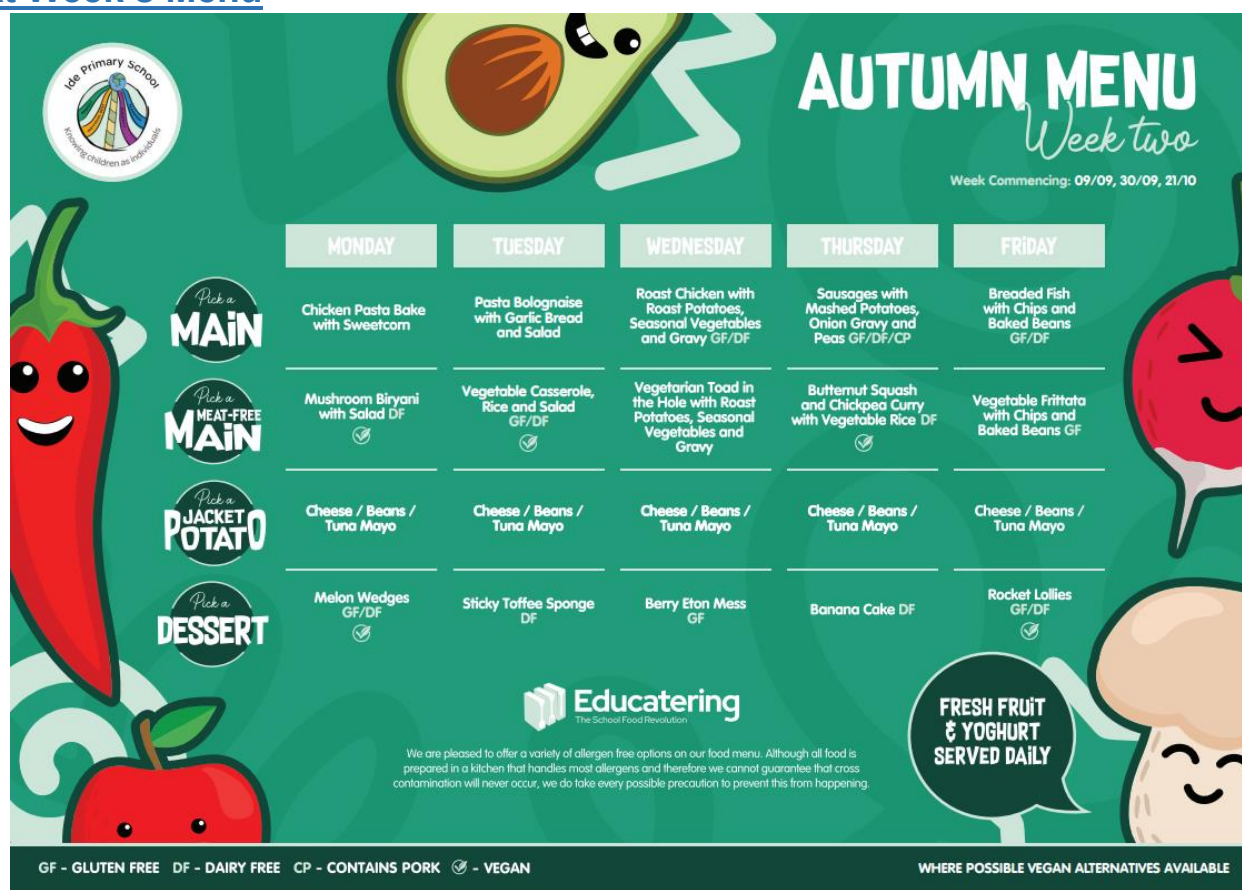
This week the following children have been recognised in our Celebration Assembly –

| Class    | Values Champion                        | Learner of the week                    |
|----------|----------------------------------------|----------------------------------------|
| Oak      | <b>Sienna</b> for Kindness and Respect | <b>Eleanor</b> for being a Musician    |
| Maple    | <b>Sho</b> for Individual Best         | <b>Isaiah</b> for being an Artist      |
| Willow   | <b>Hugh</b> for Individual Best        | <b>Lilly</b> for being a Mathematician |
| Elm      | <b>Emily</b> for Curiosity             | <b>Nancy</b> for being an Author       |
| Chestnut | <b>Ruby</b> for Kindness and Respect   | <b>Joe</b> for being an Author         |

## Next week

| Day                         | Morning               | Afternoon                 | Club                       |
|-----------------------------|-----------------------|---------------------------|----------------------------|
| <b>Cycle to School Week</b> |                       |                           |                            |
| <b>Monday</b>               | PE – Willow           | PE Elm                    | Football (Years 1-6)       |
| <b>Tuesday</b>              | PE – Elm,             | PE – Maple,               | Martial Arts (years R -3)  |
| <b>Wednesday</b>            | PE – Chestnut         | PE – Willow, Oak & Acorns | Gymnastics (Years R-6)     |
|                             |                       | Singing Assembly          |                            |
|                             |                       | Guitar Lessons            |                            |
| <b>Thursday</b>             | Art Printing Workshop |                           | Adventure Sports (Y3 – 6)  |
|                             | PE - Maple            | Oak & Acorns              | Science (Years 1-6)        |
| <b>Friday</b>               | PE – Chestnut         | Woodwind lessons          | Physical Fun (Invite only) |

## Next Week's Menu



| <b>AUTUMN MENU</b><br><i>Week two</i><br><small>Week Commencing: 09/09, 30/09, 21/10</small> |                                                                           |                                                                                                                |                                                                                            |                                                                                  |
|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| MONDAY                                                                                       | TUESDAY                                                                   | WEDNESDAY                                                                                                      | THURSDAY                                                                                   | FRIDAY                                                                           |
| <b>Pick a MAIN</b><br>Chicken Pasta Bake with Sweetcorn                                      | <b>Pick a MAIN</b><br>Pasta Bolognese with Garlic Bread and Salad         | <b>Pick a MAIN</b><br>Roast Chicken with Roast Potatoes, Seasonal Vegetables and Gravy GF/DF                   | <b>Pick a MAIN</b><br>Sausages with Mashed Potatoes, Onion Gravy and Peas GF/DF/CP         | <b>Pick a MAIN</b><br>Breaded Fish with Chips and Baked Beans GF/DF              |
| <b>Pick a MEAT-FREE MAIN</b><br>Mushroom Biryani with Salad DF                               | <b>Pick a MEAT-FREE MAIN</b><br>Vegetable Casserole, Rice and Salad GF/DF | <b>Pick a MEAT-FREE MAIN</b><br>Vegetarian Toad in the Hole with Roast Potatoes, Seasonal Vegetables and Gravy | <b>Pick a MEAT-FREE MAIN</b><br>Butternut Squash and Chickpea Curry with Vegetable Rice DF | <b>Pick a MEAT-FREE MAIN</b><br>Vegetable Frittata with Chips and Baked Beans GF |
| <b>Pick a JACKET POTATO</b><br>Cheese / Beans / Tuna Mayo                                    | <b>Pick a JACKET POTATO</b><br>Cheese / Beans / Tuna Mayo                 | <b>Pick a JACKET POTATO</b><br>Cheese / Beans / Tuna Mayo                                                      | <b>Pick a JACKET POTATO</b><br>Cheese / Beans / Tuna Mayo                                  | <b>Pick a JACKET POTATO</b><br>Cheese / Beans / Tuna Mayo                        |
| <b>Pick a DESSERT</b><br>Melon Wedges GF/DF                                                  | <b>Pick a DESSERT</b><br>Sticky Toffee Sponge DF                          | <b>Pick a DESSERT</b><br>Berry Eton Mess GF                                                                    | <b>Pick a DESSERT</b><br>Banana Cake DF                                                    | <b>Pick a DESSERT</b><br>Rocket Lollies GF/DF                                    |

**FRESH FRUIT & YOGHURT SERVED DAILY**

**Educatering**  
The School Food Revolution

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

GF - GLUTEN FREE DF - DAIRY FREE CP - CONTAINS PORK V - VEGAN

WHERE POSSIBLE VEGAN ALTERNATIVES AVAILABLE

## Cycle to School Week

We would like to remind you that we will be taking part in Cycle to School Week next week. This will take place from **Monday 23rd – Friday 27th September**. Cycle to School Week is a celebration of active travel and it is a great way to boost our pupils' physical and mental health. We would love to have as many families as possible taking part in this active travel week, so please encourage your child to cycle to school where possible.

As part of the Cycle to School Week, we will be having a 'Bling your Bike' day on **Monday 23rd September**. To make cycling to school even more fun, we are encouraging the children (and parents) to decorate their bikes and ride them into school on Monday 23rd September. The children can use fabric,

tape, streamers, pipe cleaners, tinsel, balloons, or anything they like to make their bike look as good as they can! They might even decide to choose a particular theme! They can be as creative and imaginative as they like. Please note that, if your child isn't able to bring a bike into school, we would also love to see decorated scooters!

On Monday 23rd September, the whole school will have a parade and prizes will be awarded. Please make sure that any decoration does not jeopardize the safety of the bike or scooter. Please make sure that you put your child's name and class on their bike or scooter so that we know who they belong to.

We look forward to seeing all of your bikes and scooters!

## Photographs

A photographer will be in school on Monday 30<sup>th</sup> September to take individual and sibling group photos. If you would like a photograph with a younger sibling, please email the office and we will arrange a time before the start of the school day. Willow and Elm will need to come into school in their uniform and bring their PE kits to change into.

## House Art Competition

The competition for the children to produce a drawing/painting of their house animals is still open. One will be selected from each house to be on the boards in the hall, Deadline for entries is Monday 30<sup>th</sup> September.

### Book Fair Competition

This year's book fair competition, to win a £5 voucher to spend at the fair, is to create a bookmark to promote our school values.



You can focus on one value or all of them. How can you use illustration to promote our school values? Be creative.

There will be a £5 voucher for each class. Entries to be handed to class teachers by Monday 7<sup>th</sup> October. The winner for each class will be decided by Miss Purcell & Mrs Williams. There will be a small prize for all entries.

## Things to Look Forward to

| September                                         |                                              |
|---------------------------------------------------|----------------------------------------------|
| Monday 23 <sup>rd</sup> - Friday 27 <sup>th</sup> | Cycle to School Week                         |
| Monday 23 <sup>rd</sup>                           | Bling Your Bike                              |
| Thursday 26 <sup>th</sup>                         | Art Printing Workshop                        |
| Monday 30 <sup>th</sup>                           | Individual Photographs                       |
| October                                           |                                              |
| Friday 4 <sup>th</sup>                            | Storyteller Workshops                        |
| Monday 7 <sup>th</sup>                            | Year 1 phonics workshop for parents 3-3.20pm |
| Thursday 10 <sup>th</sup>                         | FIS AGM                                      |
| Friday 11 <sup>th</sup>                           | Maple and Oak Author Visit                   |
| Friday 11 <sup>th</sup>                           | Book fair                                    |
|                                                   |                                              |

**FIS**

Supporting the school to thrive



**FIS**  
ANNUAL GENERAL MEETING  
**THURSDAY 10TH OCTOBER**  
**THE SCHOOL HALL 6.30PM**

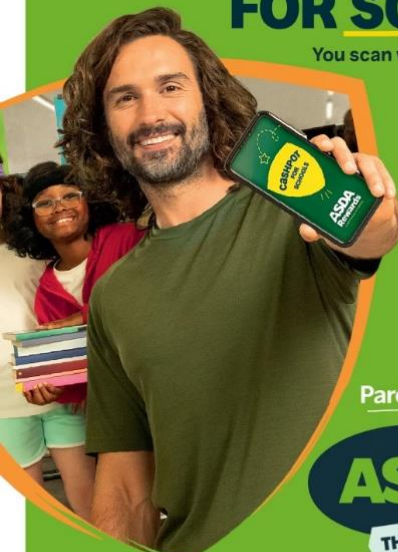
**All parents are invited to come along to our FIS AGM and learn more about the PTA and how it serves the school. Are you able to offer ideas for fundraising or offer your time to support us? Come along for a cuppa or a glass of wine. Your support is so important!**

This meeting will be held in 2 parts  
6.30–7.30 AGM & 7.30–8.30 fundraising ideas & dates



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Selected stores. Minimum spend £2+. Exclusions apply including Asda Express & George.com. Subject to availability. UK 18+. App & Opt-in required. 0.5% of the value of a customer's eligible shop is donated. Publicly funded primary schools, must register with Parentkind charity 1072835. Full T&Cs at [asda.com/cashpotforschools](https://asda.com/cashpotforschools). Rewards T&Cs at [asda.com/rewards/terms](https://asda.com/rewards/terms). Ends 30.11.24



**Scouts**

17th Exeter (Alphington)

## 17TH EXETER ALPHINGTON

Up for a new adventure? Want to make a difference? Then try Alphington Scout group 6 - 14 years old for boys & girls who want to go beyond the ordinary and find out who they really are!

Monday's Cubs 8 - 10.5 years old  
18:00-19:45

Tuesday's Beavers 6 - 8 years old  
18:00- 19:00

Friday's Scouts 10.5 -14 years old  
19:00-21:00

Don't delay try today!

contact Chris  
email:  
[gsl17thexeter@btinternet.com](mailto:gsl17thexeter@btinternet.com)

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DOING  
what YOU  
Like is  
FREEDOM  
LIKING  
What you  
DO IS  
HAPPINESS



Exeter  
Cathedral



## Your chance to join our Misericord Challenge

and design a carving for Exeter Cathedral

Submit your entry by Monday 14 October 2024



### Misericord Design Challenge

Misericords are tip-up seats that priests used to lean on during long services. They often feature detailed and mysterious carvings.

With support from The National Lottery Heritage Fund, the people of Devon have the unique opportunity to send in their own design for a misericord and the chance to have it brought to life by professional woodcarver William Barsley.



### Get involved!

Design your own unique Modern Misericord for your Cathedral. Why not show an activity you enjoy doing or something important to you?

You could have the chance to join clay and wood carving workshops, and see your design become part of Exeter Cathedral's new Treasures Gallery.



### Did you know?

Exeter Cathedral has 49 medieval misericords, some of them over 750 years old!



Find out more at  
[bit.ly/misericords-ec](https://bit.ly/misericords-ec) or  
scan the QR code

REQUEST FOR CONTACT

# Devon Family HUBS

0-19  
(25 WITH SEND)



SCAN ME



**Action for Children are supporting Devon Family Hubs.** Family Hubs are a developing network of services and community groups that are working together to support families and their children to find opportunities that meet their needs.  
**Please see our website for more details.**



## OUR SUPPORT:

 **Online  
Digital Chat**



 **Devon  
Safeguarding  
Children  
Partnership**



For more information  
**Devon Family HUBS  
website**



Family HUBS Advice & Guidance Line -  
Mon-Fri 10am to 4pm

**0800 538 5458**



in partnership with  
**Devon  
County Council**



# 10 Top Tips for Parents and Educators

## CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen time. This guide will help you to develop an age-appropriate family agreement to suit your household.

### 1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

### 2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

### 3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

### 4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

### 5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

### 6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

### 7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

### 8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

### 9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important to balance their screen time, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

### 10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: [nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices](https://nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices)