



27th September 2024



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

Class	Values Champion	Learner of the week
Oak	Hugo for Kindness and Respect	Teddie for being a Reader
Maple	Bobby for Kindness and Respect	Ruben for being an Author
Willow	Seb for Individual Best	Cillian for being an Artist
Elm	Laurence for Individual Best	Jack for being a Scientist Eliana for being an Author
Chestnut	Sasha for Kindness and Respect	Jackson for being an Athlete and an Artist

Next week

Day	Morning	Afternoon	Club
Monday	Individual Photographs	PE Elm	Football (Years 1-6)
	PE – Willow		
Tuesday	PE – Elm,	PE – Maple	Martial Arts (years R -3)
		Devon Wildlife Trust Assembly	
Wednesday	PE – Chestnut	PE – Willow, Oak & Acorns	Gymnastics (Years R-6)
		Singing Assembly	
		Guitar Lessons	
Thursday	PE - Maple	Oak & Acorns	Adventure Sports(Y3-6)
			Science (Years 1-6)
Friday	David Heathfield Storyteller Workshops	Woodwind lessons	Physical Fun (Invite only)
	PE – Chestnut		

Next Week's Menu

THE Primary School
Knowing children as individuals

AUTUMN MENU

Week two

Week Commencing: 09/09, 30/09, 21/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick a MAIN	Chicken Pasta Bake with Sweetcorn	Pepperoni CP or Margherita Pizza with Potato Wedges and Salad	Roast Chicken with Roast Potatoes, Seasonal Vegetables and Gravy GF/DF	Sausages with Mashed Potatoes, Onion Gravy and Peas GF/DF/CP	Breaded Fish with Chips and Baked Beans GF/DF
Pick a MEAT-FREE MAIN	Mushroom Biryani with Salad DF		Vegetarian Toad in the Hole with Roast Potatoes, Seasonal Vegetables and Gravy	Butternut Squash and Chickpea Curry with Vegetable Rice DF	Vegetable Frittata with Chips and Baked Beans GF
Pick a JACKET POTATO	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo	Cheese / Beans / Tuna Mayo
Pick a DESSERT	Melon Wedges GF/DF	Sticky Toffee Sponge DF	Berry Eton Mess GF	Banana Cake DF	Rocket Lollies GF/DF

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.

FRESH FRUIT & YOGHURT SERVED DAILY

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

WHERE POSSIBLE VEGAN ALTERNATIVES AVAILABLE

Photographs

A photographer will be in school on Monday 30th September to take individual and sibling group photos. Willow and Elm will need to come into school in their uniform and bring their PE kits to change into.

Parent/Carer Evenings

These meetings will take place from Monday 21st to Wednesday 23rd October. We will share the two days for each class and the sign-up sheets next week.

Arriving at School

Please can all children arrive in school by 9am. All children who arrive after 9am are marked as late which affects their attendance marks. Please ensure that children do not run around the car park and along the grass verge whilst waiting to come into school.

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 30th September.

Break Time Snack

Children from Reception to Year 2 are provided with a piece of fruit or vegetable as part of the Government Fruit and Vegetable Scheme. Children in years 3 to 6 are encouraged to bring a snack for break time. Please ensure that your child only brings a piece of fruit or vegetable. Thank you.

Books

Please could you have a look at home for any library and reading books that belong to the school. We are missing some and would really appreciate it if they could be returned.

Reminders

Please can all children have a coat in school every day. For safety reasons, please can children with long hair have their hair tied back for school. Jewellery should be kept to a minimum with a simple pair of stud earrings. No jewellery should be worn on PE days. Thank you.

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 7th October. The winner for each class will be decided by Miss Purcell & Mrs Williams. There will be a small prize for all entries.

We're Back!

Join us weekly for fun with friends at our baby and toddler group at Ide Primary School!

- Sensory play
- Music
- Baby weighing scales
- Refreshments

Suggested Donation £1 per family

A new time...
Tuesdays during term time
1.15-3.15pm

The children really enjoyed their workshops with an artist from Double Elephant printing this week. We are looking forward to displaying the artwork for everyone to see.

Thank you to FIS for funding these workshops.



Things to Look Forward to

September	
Monday 30th	Individual Photographs
October	
Friday 4th	Storyteller Workshops
Friday 4th	FIS Movie Night Reception to Year 3
Monday 7th	Year 1 phonics workshop for parents 3-3.20pm
Wednesday 9th	Chestnut Sports Festival at West Exe
Thursday 10th	FIS AGM
Friday 11th	Book fair
Monday 14th	Chestnut Science Festival
Thursday 17th	Reception Vision Screening
Friday 18th	FIS Movie Night Years 4-6
Monday 21st – Tuesday 22nd	Oak Bikeability (details to follow shortly)
Monday 21st – Wednesday 23rd	Parents meetings
Monday 28th – Friday 1st November	Half Term
November	
Monday 11th	Maple and Oak Author Visit
Tuesday 19th – Thursday 21st	Year 5 Bikeability
Tuesday 19th	Flu Immunisation
Thursday 28th	Chestnut Showdown at Barnfield Theatre
December	
Wednesday 11th	Maple and Willow Christmas Production 2pm
Thursday 12th	Maple and Willow Christmas Production 2pm
Friday 13th	Oak and Acorns Nativity 2pm
Thursday 19th	Elm Carol Concert at St Ida's Church (afternoon- time to be confirmed)
Friday 20th	Last day of Term

FIS

Supporting the school to thrive

Halloween Movie and Games Night

Friday 4th October
Reception - Year 3

(Movie Night for Year 4-6 18th October info to follow.)

Showing Room on the Broom with snacks,
followed by Halloween games, crafts and decorate
your own biscuits.

3.25pm - 5pm.

Suggested donation £5 per child

Cash only please - leave in named envelope in either the drop box in entrance hall or the school office. (Please write on the envelope if your child has any allergies.)

Due to lists for teachers needing to be updated, payment before Thursday 3rd October please.

(This is open to all children in Reception - Year 3. Please let the school office know if you are experiencing financial difficulty and would like assistance to cover the cost of this event.)

Halloween Movie Night

Friday 18th October
Year 4 - Year 6.

Showing Monster High (PG) with snacks Also
crafts and decorate your own biscuits.

3.25pm - 5.30pm.

Suggested donation £5 per child

Cash only please - leave in named envelope in either the drop box in entrance hall or Lynns office. (Please write on the envelope if your child has any allergies.)

Due to lists for teachers needing to be update, payment before Thursday 17th October please.

(This is open to all children in Year 4 - 6, Please let the school office know if you are experiencing financial difficulty and would like assistance to cover the cost of this event.)



Friends of Ide School

FIS
ANNUAL GENERAL MEETING

THURSDAY 10TH OCTOBER
THE SCHOOL HALL 6.30PM

Supporting the school to thrive

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 & votes



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Community Information



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📍 Bowhill Primary School, Clyst St Mary Primary School, Cranbrook Education Campus, Pinhoe CoFE Primary School, St Sidwell's CoFE Primary School, St Michael's Academy, and St Thomas Primary School

🏹 **Activities include Archery, Gymnastics, Performing Arts, Football, Arts & Crafts, Dodgeball, Tennis and many more!**

📅 **28th October - 1st November, 0900-1530, Age 4-11, £24.99 per day**

★ **We accept payment via childcare vouchers!**

★ **30% DISCOUNT available until 22nd September**
★ **15% DISCOUNT available until 29th September**

✅ **Visit www.premier-education.com to book**

✉ **Contact dcrysell@premier-education.com for queries**

😊 **See you soon!**

**PLEASE
BRING
PLENTY OF WATER
SUITABLE CLOTHING
LOADS OF ENERGY!**

Our Holiday Camps keep children entertained, safe & on the move during the school holidays.

A bucket load of fun activities, every school holiday. With great value sports, performing arts, and games to enjoy each half term, we have plenty for your children to get stuck into in the school break.

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Find a huge selection of quality baby and children's items including clothes, toys and equipment at our

Nearly New Sale

Wonford Sports Centre

Rifford Road, Exeter, EX2 6NF

Sunday 6th October
10:30am - 12:30pm



Book Your Own Stall
Sell your outgrown children's items and keep **100%** of your stall profits!
Contact us for more information.

www.littlemonstersmarket.co.uk



What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

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.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

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