



22nd November 2024



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

Class	Values Champion	Learner of the week
Oak	Ruben for Kindness and Respect	Hugo for being a Historian
Maple	Elliot for All of the School Value	Rowan for being an Author
Willow	Alana for Kindness and Respect	Rory for being an Author
Elm	Sadie for Individual Best	Theo for being an Athlete
Chestnut	Remy for Individual Best	Arthur C for being a Historian

Next Week

Day	Morning	Afternoon	Club
Monday	PE- Willow	PE - Elm Assembly	Football (Years 1-6)
Tuesday	Walkability - Willow & Chestnut		Martial Arts (years 2-6)
	PE – Elm	PE – Maple	
Wednesday	PE - Chestnut	PE –Oak & Acorns & Willow	Gymnastics (Years R-6)
		Singing Assembly	
		Guitar Lessons	
Thursday	PE - Maple	Chestnut Premier Showdown	Multi-Sports (Years R -3)
		PE - Oak & Acorns	Science (Years 1-6)
Friday	PE – Chestnut	Celebration Assembly	Physical Fun
		Woodwind lessons	

Next Week's Menu.



SPRING MENU

Week one

Week Commencing: 4/11, 25/11, 16/12, 20/1, 10/2, 10/3, 31/4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick a MAIN	BBQ Chicken Pizza with Potato Wedges and Salad Sticks	Bacon topped Macaroni Cheese with Focaccia Bread Sweetcorn and Peas	Roast Beef and Yorkshire Puddings with Roast Potatoes, Seasonal Vegetables and Gravy	Chicken Katsu Curry with Rice and Naan Bread and Peas DF	Breaded Fish with Chips and Peas or Beans DF
Pick a MEAT-FREE MAIN	Halloumi Burger with Potato Wedges and Salad Sticks	Vegetable Fajita with Rice, Sweetcorn and Peas	Vegetable Wellington with Roast Potatoes, Seasonal Vegetables and Gravy DF	Macaroni Cheese with Focaccia Bread and Peas	Cheese and Bean Pasty with Chips and Beans
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	Fresh Fruit Platter GF/DF	Chocolate Krispie Cake	Banana Marble Cake DF	Jam and Coconut Sponge DF	Fruit Jelly GF/DF



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
WHERE POSSIBLE VEGAN ALTERNATIVES AVAILABLE

Road Safety Week

Thank you to everyone that came in wearing bright clothes for our Road Safety Day. It was really important to raise awareness of road safety and the importance of the 'Be Bright Be Seen' message and it was also wonderful to see so many bright colours around the school!

Year 5 also enjoyed their bikeability training this week. This training enabled the children to learn how to cycle safely and confidently in the local area. Thank you very much to the Bikeability team for organising this for us.



Year 6 Football Results

A huge well done to our Year 6 football team who had another great evening at the West Exe football league on Wednesday. We were really pleased with the way they represented the school and they also managed to win both matches again. Good luck to the football team for their final match next week!

Flu Immunisations

If you missed the flu immunisations this week and you would still like your child to have the vaccine, please call the immunisation team on 01392 342 678. They can then book your child into one of the community clinics to have the vaccination done.

Maple and Willow Production

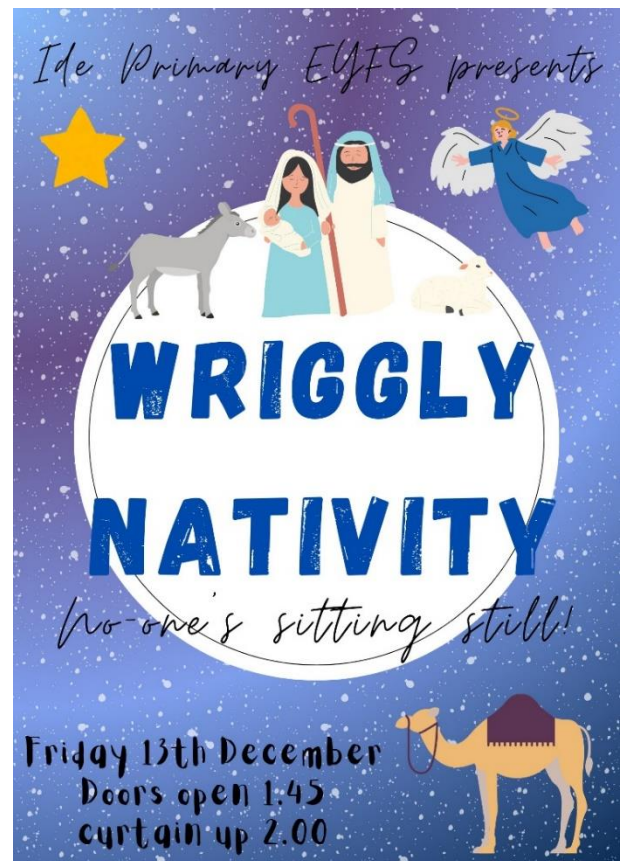
On Monday each child in Maple and Willow Class will be sent home with two tickets for each performance. If you cannot make one performance, you are welcome to swap with another family. If you do not need all four tickets, if you could kindly return them to the school office then any families who have not been able to swap can see if we have any spare tickets to change.



Chestnut enjoying a drama lesson.

Things to Look Forward to At Ide Primary

November	
Thursday 28 th	Chestnut Showdown at Barnfield Theatre
Friday 29 th	Oak Class Night Walk 5.30-6.30pm
December	
Tuesday 3 rd	FIS Wreath Workshop.
Monday 9 th	A Great Georgian Christmas at Exeter Cathedral
Wednesday 11 th	Maple and Willow Christmas Production 2pm
Thursday 12 th	Maple and Willow Christmas Production 2pm
Friday 13 th	Oak and Acorns Nativity 2pm
Thursday 19 th	Elm Carol Concert at St Ida's Church 2pm
Thursday 19 th	Acorns and Oak Christmas Cracker afternoon 2-3.30
Friday 20 th	Last day of Term





Please remember to order your Christmas cards and gift by tomorrow –
Saturday 23rd November

FRIENDS OF IDE SCHOOL FUNDRAISING EVENT



CHRISTMAS JUMPER DONATIONS

Please drop your
Christmas jumpers into
the collection box outside
the school hall

**FROM THE 18TH TO 22ND
OF NOVEMBER**



Come and make your own Christmas wreath.
7pm to 9pm at Ide School
£30 per ticket

Ticket price includes a complimentary glass of wine and
everything you need to make your own wreath to take home.

To book your tickets please email friendsofideschool@hotmail.com

This is a fundraising event for Ide school. For more details visit: www.facebook.com/friendsofideschool

Community Information and Events



UP TO 30% DISCOUNT!

PREMIER HOLIDAY CAMPS

 **INSPIRING ACTIVITY**

 **SCAN HERE FOR ADDITIONAL INFORMATION**
or visit premier-education.com/holiday-camps.

 **Trustpilot**
Based on over 20,000 reviews

 Our Christmas Holiday Camp Venues include...

Pinhoe Primary School (Exeter), St Michael's Academy (Exeter), St Sidwell's Primary School (Exeter), St Thomas Primary School (Exeter), and Wilcombe Primary School (Tiverton)

 Activities include Archery, Gymnastics, Football, Arts & Crafts, Dodgeball, and many more!

 23rd December, 30th December, 2nd January, and 3rd January
09:00 - 15:30, Age 4-11, £24.99 per day

 **30% DISCOUNT** available until 17th November

 **15% DISCOUNT** available until 24th November

 Visit www.premier-education.com to book

 Contact dcrysell@premier-education.com for queries

PLEASE BRING...

PLENTY OF WATER
A PACKED LUNCH
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.

Book now for a school holiday full of fun!



SCAN HERE FOR MORE INFORMATION

or visit premier-education.com/holiday-camps.



Based on over 20,000 reviews



**THURSDAY
19TH
DECEMBER**

Kids Christmas Disco

THE TWISTED OAK

FULL KIDS & MAIN MENU

VISIT FROM SANTA

FACE PAINTER

5PM TIL 8PM

TABLE BOOKINGS ESSENTIAL

BOOK NOW: 01392 273666



MINCE PIE INCLUDED

Carol Service

ST JAMES PARK STADIUM
@7PM (DOORS OPEN 6.30PM)
MON 9TH DEC
FREE ENTRY

JOIN US FOR A SINGALONG & A CHRISTMAS MESSAGE



10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

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cycling
uk

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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>

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