



6th December 2024



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

Class	Values Champion	Learner of the week
Oak	Teddie for Kindness and Respect	Brody for being an Author
Maple	Joel for Individual Best	Oliver for being a Geographer
Willow	Bertie for Individual Best	Bea for being an Author
Elm	Olive for Kindness and Respect	Finley for being a Historian
Chestnut	James for Curiosity	Ronnie for being an Author

Next Week

Day	Morning	Afternoon	Club
Monday	PE - Elm	Choir singing at Exeter Cathedral	Football (Years 1-6)
		Maple singing for Jubilee Club	
		Assembly	
Tuesday	PE – Elm		Martial Arts (years 2-6)
Wednesday	Chestnut – Cooking at West Exe	Maple & Willow – Born in a Barn	Gymnastics (Years R-6)
	Oak - PE	Guitar Lessons	
Thursday	Christmas Jumpers & Christmas Dinner		Multi-Sports (Years R -3)
		Maple & Willow – Born in a Barn	Science (Years 1-6)
Friday		Oak and Acorns – A Wiggly Nativity	Physical Fun
		Woodwind lessons	

Next Week's Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Bites & Wedges	Sausage & Mash	Beef Lasagne	Roast Turkey	Fish Fingers
Meat Free	Vegetarian Hot Dog	Cauliflower & Butternut Curry	Tomato & Basil Pasta	Vegetable Wellington	Red Pepper Frittata
Dessert	Fruit Platter	Iced Sponge	Fruity Flapjack	Ice Cream	Ice Cream

There are the usual jacket potatoes and yoghurts every day except for Christmas dinner day on Thursday

There has been a change to the menu next week as Christmas dinner will be on Thursday. If you had already ordered for this week then you will need to rebook meals. The children may come to school wearing Christmas Jumpers in place of their school jumper/cardigans on Thursday.

If you are able to book meals for the last week of term as soon as possible this would be very helpful in aiding the kitchen to ensure that they order the correct amount.

PE Next Week

Elm will have PE as normal next week and Oak will only have PE on Wednesday. Due to the nativity rehearsal and performances and other activities, Chestnut, Willow and Maple will not have PE as usual. The children will be doing different physical activities throughout the week but they will not need PE kit for this.

Christmas Productions

The children are really looking forward to performing next week. It would be helpful if you could arrive and be seated before the performance commences. Please remember to turn off your phone.

A Wiggly Nativity

Children may have up to four family and friends to watch them perform on Friday.

Oak and Maple Reading Books

Please can all reading books be returned next week. We will not be sending any reading books home over the Christmas holidays.

The Elves and the Shoemaker

On the morning of Friday 13th December, we will host a very sneaky dress rehearsal of The Elves and the Shoemaker, performed by the highly regarded Paddleboat Theatre Company. This is an incredible chance for our children to enjoy a professional production right here at school.

The day will also include additional benefits beyond the performance itself. Paddleboat Theatre will visit classrooms after the performance for a Q&A session. This unique collaboration allows our children to provide valuable feedback, supporting the company in developing their production further.

This live performance will enrich our curriculum in many ways, including developing key skills in oracy (a current school priority), reading comprehension, art, PSHE, and music. It will also be a fantastic Christmas treat, bringing the whole school together to foster a sense of community and create lasting memories.

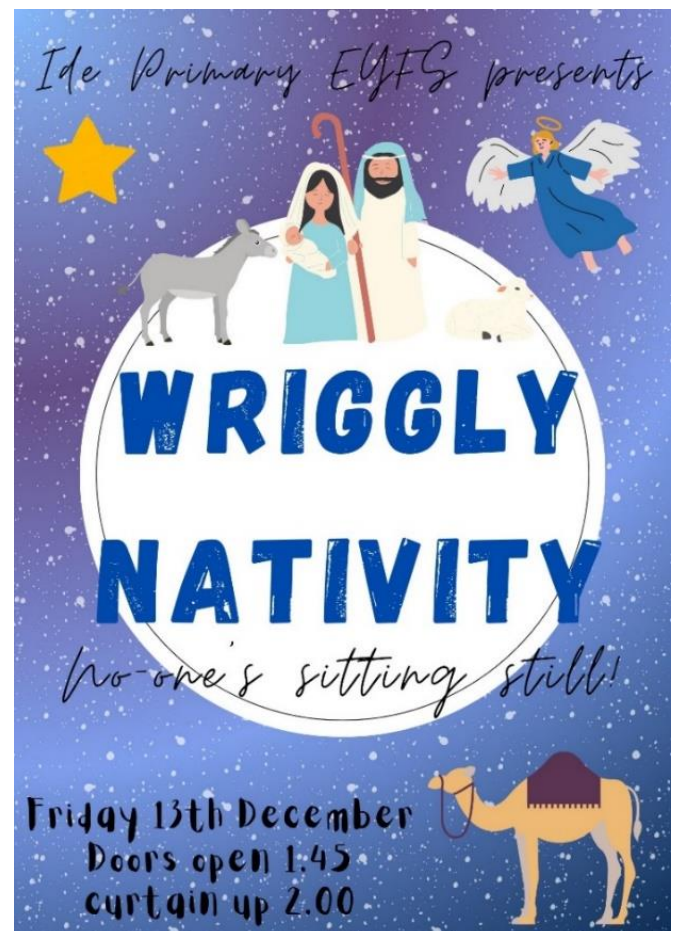


After School Club

There will be no after school club on Friday 20th December, the last day of term.

Things to Look Forward to At Ide Primary

December	
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
Thursday 12 th	Christmas Dinner and Christmas Jumper Day
Friday 13 th	Oak and Acorns Nativity 2pm
Thursday 19 th	Elm Carol Concert at St Ida's Church 1.45pm
Thursday 19 th	Acorns and Oak Christmas Cracker afternoon 2-3.30
Friday 20 th	Last day of Term



Community Information and Events



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 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

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PLENTY OF WATER
A PACKED LUNCH
SUITABLE CLOTHING
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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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Based on over 20,000 reviews



**THURSDAY
19TH
DECEMBER**

Kids Christmas Disco

THE TWISTED OAK

FULL KIDS & MAIN MENU FACE PAINTER

VISIT FROM SANTA

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



What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

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



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



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