



24<sup>th</sup> January 2025



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

| Class    | Values Champion                   | Learner of the week                |
|----------|-----------------------------------|------------------------------------|
| Oak      | <b>Evy</b> for Individual Best    | <b>Ocean</b> for being an Artist   |
| Maple    | <b>Albie</b> for Individual Best  | <b>Sophie W</b> for being a Reader |
| Willow   | <b>Finley</b> for all the values  | <b>Charlie</b> for being an Author |
| Elm      | <b>Hollie</b> for Individual Best | <b>Ted</b> for being an Author     |
| Chestnut | <b>Sophie</b> for all values      | <b>Lily</b> for being an Artist    |

### Next week at Ide Primary

| Day       | Morning                         | Afternoon         | Club                 |
|-----------|---------------------------------|-------------------|----------------------|
| Monday    | Year 6 Boys Football Tournament |                   | Football (Years 1-6) |
|           |                                 | PE - Elm          |                      |
|           |                                 | Assembly          |                      |
| Tuesday   | PE – Willow & Acorns            | PE - Chestnut     |                      |
| Wednesday | PE – Elm                        | Guitar Lessons    |                      |
|           |                                 | Singing Assembly  |                      |
| Thursday  | PE - Maple                      | PE – Oak & Acorns | Archery (Years 3-6)  |
|           |                                 |                   | Science (Years 1-6)  |
| Friday    | PE – Chestnut & Maple           | Music Assembly    | Physical Fun         |
|           |                                 | Woodwind lessons  |                      |

## Next Week's Menu




# SPRING MENU

Week two

Week Commencing: 11/11, 2/12, 6/1, 27/1, 24/2, 17/3

|                              | MONDAY                                                       | TUESDAY                                                      | WEDNESDAY                                                           | THURSDAY                                      | FRIDAY                                         |
|------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------|------------------------------------------------|
| <b>Pick a MAIN</b>           | Hunters Chicken with Wedges, Broccoli and Slaw GF            | Beef Bolognese with Spaghetti, Garlic Bread and Sweetcorn DF | Roast Pork with Roast Potatoes, Seasonal Vegetables and Gravy GF/DF | Chicken Biryani with Salad Sticks DF          | Salmon Fingers with Chips, Peas and Beans DF   |
| <b>Pick a MEAT-FREE MAIN</b> | Tomato and Vegetable Pasta Bake with Focaccia Bread and Slaw | 5 Bean Chilli with Rice, Nachos and Sweetcorn GF/DF          | Quorn Sausage with Roast Potatoes, Seasonal Vegetables and Gravy DF | Margherita Pizza with Wedges and Salad Sticks | Vegetable Nuggets with Chips Peas and Beans DF |
| <b>Pick a JACKET POTATO</b>  | Cheese / Beans / Tuna Mayo                                   | Cheese / Beans / Tuna Mayo                                   | Cheese / Beans / Tuna Mayo                                          | Cheese / Beans / Tuna Mayo                    | Cheese / Beans / Tuna Mayo                     |
| <b>Pick a DESSERT</b>        | Fresh Fruit Platter GF/DF                                    | Custard Cookie                                               | Chocolate Brownie DF                                                | Carrot Cake DF                                | Eton Mess GF                                   |





**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

WHERE POSSIBLE VEGAN ALTERNATIVES AVAILABLE

## Wildlife Champions

Our Wildlife Champions joined in with the RSBPs Big Garden Birdwatch this week and spotted 2 woodpigeons, 2 robins and 6 Jackdaws. Over the next few weeks our Champions are going to be looking at ways of encouraging more birds into our grounds. Thank you so much to everyone who has donated feeders and bird food.



## Texts from School

We may, when necessary, send a text to parents. Please note that texts from the school will come through as 07507280429. If you need to contact the school please call or email the office.

# Maple Class

## ★ 60s Day ★

Live performance  
from **Jake Dane**



Stories from the 60s with  
**Richard Poppleton**

1960s **Activities**  
throughout the day



**Feb. 11th**  
**9-3:30**

**Come dressed in your  
best 1960s clothes and  
be ready for a trip back to  
the 1960s!**



FIS PRESENTS:

# QUIZ & PIZZA



FRIDAY  
21ST  
MARCH



Ide Memorial Hall  
£10pp includes pizza  
Teams of up to 6  
Doors open 7pm -  
Quiz starts 7.30pm



BAR \* PIZZA \* RAFFLE

Limited spaces so please message us  
to book your team:

[friendsofideschool@hotmail.com](mailto:friendsofideschool@hotmail.com) or  
message Louise on 07813 142635

UP TO  
15%  
DISCOUNT!



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## Venues near you this February:

- Bowhill Primary School, Exeter, EX4 1JG**  
Multi-Activity Camp  
17th - 21st February 2025, 09:00-15:30, Age 4-11, £24.99 per day
- Clyst St Mary Primary School, Exeter, EX5 1BQ**  
Gymnastics Camp  
18th February 2025, 09:00-15:30, Age 4-11, £24.99 per day  
Multi-Activity Camp  
19th February 2025, 09:00-15:30, Age 4-11, £24.99 per day  
Dance Camp  
20th February 2025, 09:00-15:30, Age 4-11, £24.99 per day
- Pinhoe Primary School, Exeter, EX4 8PE**  
Multi-Activity Camp  
17th - 21st February 2025, 09:00-15:30, Age 4-11, £24.99 per day
- St Michael's Primary School, Exeter, EX1 2SN**  
Multi-Activity Camp  
17th - 21st February 2025, 09:00-15:30, Age 4-11, £24.99 per day
- St Sidwell's Primary School, Exeter, EX4 6PQ**  
Multi-Activity Camp  
17th - 21st February 2025, 09:00-15:30, Age 4-11, £24.99 per day
- St Thomas Primary School, Exeter, EX2 9BB**  
Multi-Activity Camp  
17th - 21st February 2025, 09:00-15:30, Age 4-11, £24.99 per day
- ★15% DISCOUNT available until Sunday 19th January 2025



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

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for queries

😊 See you soon!

PLEASE  
BRING  
PLENTY OF WATER  
SUITABLE CLOTHING  
LOADS OF ENERGY!



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INFORMATION

or visit [premier-education.com/holiday-camps](https://premier-education.com/holiday-camps).



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# EXETER FEBRUARY HALF TERM CAMP

## WHERE?

WEST EXE SCHOOL  
HATHERLEIGH ROAD  
EXETER  
EX2 9JU

## WHEN?

WEDNESDAY 19TH FEBRUARY

## WHO?

AGES 5-12 YEARS OLD

BOOK ONLINE TODAY

<https://saints-southwest.classforkids.io/camps>



#SAINTSSW



SAINTS SOUTHWEST



# 10 Top Tips for Parents and Educators

## EDUCATING CHILDREN ON SPENDING AND SAVING

Evidence shows that children's spending habits begin to form as early as seven years old. With primary schools in England not required to teach financial literacy, many young people are reaching adulthood without knowing the basics of budgeting. This guide explains how to teach young people about money in a practical way, giving them the understanding to become savvy spenders and savers.

### 1 PROVIDE POCKET MONEY

Giving children money – even a small amount – can help them learn to make their own budgeting decisions about how to spend or save it. Research shows that youngsters who receive pocket money are more likely to become adults with strong financial skills and significantly less debt.

### 2 USE A PREPAID CARD

Being able to pay by card is essential these days, with some retailers not accepting cash since the pandemic. Prepaid debit cards are available for children from the age of six, allowing them to get used to spending like they will as adults with no risk of dipping into an overdraft. Learning about money is like learning to swim – you need to get in the pool and have a go!

### 3 PRACTISE BORROWING

Although official borrowing is only available to over 18s, kids need to understand how debt and interest works before they become adults and are exposed to credit cards or 'buy now, pay later' schemes. For a safe means of teaching them about this, parents could offer them extra pocket money but explain that it needs to be paid back by a certain date, plus an extra couple of pounds as interest.

### 4 ENCOURAGE OPEN CONVERSATION

Chatting about money and how much things cost will teach children that finance is a part of everyday life and not some "scary adult thing". Parents can involve them in budgeting for the weekly shop, for example, working together to get everything on the list while keeping the total below a certain number. Letting young ones make spending decisions in a safe space can build up their confidence regarding money.

### 5 DISCUSS THE PRESSURE TO SPEND

Whether it's YouTube ads or a hint of envy at a friend's recent purchase, spending triggers are everywhere. Encourage children to notice how clever shop design (like placing sweets at the checkout) and offers such as '2 for 1' deals entice us to spend more. Challenge them to resist impulse buys by getting them to sleep on it before deciding to spend.

### 6 TELLING 'NEED' FROM 'WANT'

Learning how to prioritise spending is an important life skill: the difference between life's essentials and "nice to haves" is key to budgeting. If children pester you for treats while shopping, it's the perfect time to say "That's a want. We're getting our needs first." You could show how you budget for food, electricity and so on before buying fun things.

### 7 ENCOURAGE SAVING

Getting children saving early can set them up with a useful habit for their adult life. Suggest that they set something aside every time they receive money and help them set a target for how much to put away, so they feel motivated to continue. For example, encouraging them to save for a friend's birthday gift can get children much more invested in what they buy.

### 8 SPARK INTEREST IN INTEREST

Motivate children by telling them about interest; you can describe it as a reward for saving money. Explain how everything they put away will grow over time. As an exciting example, explain that 1p doubled every day for a month would amount to approximately £10 million. Some prepaid cards for young people also offer interest; parents and carers could also add a little to supplement what their child saves and show how it works.

### 9 PAYING FOR CHORES

This is a complex debate with no right or wrong answer: it depends on what works for each individual family. However, it can be one of the best ways to teach children that money needs to be earned and helps to create more mindful spenders. If parents aren't keen on paying for everyday chores, they could ask the children to suggest their own ideas for earning a little extra.

### 10 PROTECT CHILDREN FROM SCAMS

Scams are a terrifyingly easy way to lose money, and children are generally more likely to be taken in due to a lack of experience with these financial criminals. As a minimum, make sure they're aware of the most common scams they could be exposed to – by text, email and phone, for instance. Young people should tell a trusted adult about any unexpected message or call and never give out their personal information.

### Meet Our Expert

GoHenry is a prepaid debit card and financial education app with a mission to make every young person smart with money. Co-founder and CEO Louise Hill is a passionate campaigner for better financial literacy among school children and strongly believes that money management is a crucial life skill.

goHenry

#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/spending-and-saving>



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