



19th December 2025



Today we enjoyed a brilliant musical celebration assembly. The children performed beautifully. We hope you have enjoyed watching your children in their performances during the past few weeks and thank you to the staff who have put so much effort into organising and getting the children prepared and ready.

House Champions

This term's house Champions are the African Elephants.

School Meals

Please remember to order your meals for the first fortnight of the new term. Thank you.

Reading Volunteer

Willow class would be very grateful for a volunteer who could come in and listen to the children read each week. If you are able to help, please contact the class teachers at willowclass@ide.devon.sch.uk Thank you



Things to look forward to at Ide Primary

January	
Tuesday 6th	First day of Spring Term
Wednesday 7th	Year 6 Netball League
Wednesday 14th	Year 6 Netball League
Wednesday 21st	Willow End Ball Festival at West Exe
Wednesday 21st	Year 6 Netball League
Wednesday 28th	Year 6 Netball League
February	
Friday 6th	Numbers Day
Friday 13th	FIS Non-Uniform Day
Mon 16th – Fri 20th	Half Term
March	
Mon 9th – Fri 13th	Science Week
Mon 16th -Fri 27th	Big Walk & Wheel
Tuesday 31st	Elm Showdown at Barnfield Theatre
April	
Wednesday 1st	Maple Multi Skills at West Exe
Thursday 2nd	FIS Non-Uniform Day
Thursday 2nd	Last day of Spring Term
Monday 20th	First day of Summer Term
Monday 4th	Bank Holiday
Tuesday 21st	Year 3 and 4 Swimming
Wednesday 29th	Willow Striking and Fielding Festival at West Exe
Tuesday 28th	Year 3 and 4 Swimming
May	
Monday 4th	Bank Holiday
Tuesday 5th	Year 3 and 4 Swimming
Tuesday 12th	Year 3 and 4 Swimming
Tuesday 19th	Year 3 and 4 Swimming
Friday 22nd	FIS Non-Uniform Day
Mon 25th – Fri 29th	Half Term
June	
Monday 1st	Inset Day
Mon 8th – Wed 10th	Year 5 and 6 Residential
29th – 3rd July	Sports Week
Tuesday 30th	Sports Day
July	
Tuesday 21st	Last day of Summer Term

Term dates can be found on our website - [2025/26 Academic Calendar](#)



Oral Health Advice at
CHRISTMAS

HERE ARE SOME TIPS FOR KEEPING YOUR MOUTH HEALTHY DURING THE FESTIVE PERIOD

- LIMIT SUGAR TO MEAL TIMES AND ONE OTHER TIME
- WAIT 30-60 MINUTES AFTER EATING AND DRINKING TO BRUSH YOUR TEETH
- MAKE A FRESH-START ORAL HEALTH RESOLUTION
- KEEP UP WITH YOUR BRUSHING ROUTINE

EMERGENCY DENTAL HELPLINE: 03330 063 300

NHS Oral Health Improvement Service

Online
ORAL HEALTH IMPROVEMENT TRAINING: SUPPORTING CHILDREN

Free online training aimed at anyone who supports CHILDREN in Devon (excluding Torbay and Plymouth)

DATES OF TRAINING IN 2026

- Wednesday 14th January 2026 at 10am - 11:30am
- Tuesday 24th March 2026 at 6:30pm - 8:00pm

BOOK NOW

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Contact Us
01392 405705
rduh.oralhealtheducation@nhs.net
www.royaldevon.nhs.uk/dental

100% of attendees would recommend this course to others



NHS Oral Health Improvement Service
Devon County Council

Mental health



CHRISTMAS HOLIDAY CAMP

22ND - 23RD
29TH - 30TH
DECEMBER

8.15AM - 5.15PM
AGES 5 - 12

ST LUKE'S
CAMPUS,
EXETER



ACTIVITIES

6+ ACTIVITIES EVERY DAY!
BUBBLE FOOTBALL, NERF WARS,
GLOW-IN-THE-DARK SPORTS, ARTS
AND CRAFTS, INFLATABLES AND
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CHRISTMAS HAF PROGRAMME

MONDAY 22ND | TUESDAY 23RD |
MONDAY 29TH | TUESDAY 30TH DECEMBER



St Luke's
Campus,
Exeter



- ★ Pinhoe Primary School, Exeter, EX4 8PE
- ★ St Michael's Church of England Primary Academy, Exeter, EX1 2SN**
- ★ St Thomas Primary School, Exeter, EX2 9BB
- ★ Cranbrook Education Campus, Cranbrook, EX5 7EE
- ★ Whipton Barton Federation, Exeter, EX1 3JP*
- ★ Wilcombe Primary School, Tiverton, EX16 4AL*
- ★ St Johns Catholic Primary School, Tiverton, EX16 5LA*
- ★ Willowbank Primary School, Cullompton, EX15 1EZ*

★ Multi Activity camps available

★ Running 22nd, 23rd, 29th, & 30th December

★ Running 9am - 3:30pm & *9am - 1pm

**Extended day option 8am - 5pm including breakfast & afternoon snack

★ £24.99 / *£15.99 per child, per day

**£44.99 per child, per day
(30% discount until Monday 10th November!)

★ Available to children aged 4 - 11

★ Book at www.premier-education.com/holiday-camps
★ Contact dcrysell@premier-education.com for queries



Our 5* Holiday Clubs are the perfect place to keep your kids entertained over the winter holidays.

Join us this holiday period as we offer a wide range of fun activities, including sports, performing arts, and games, all at great value. There's something for every child to enjoy!

Book now for lots of festive fun!



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PREMIER HOLIDAY CLUBS

more fun, more friendships, more smiles
during the winter Holidays!



10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



The National College®

Source: See full reference list on guide page at:



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