



9th January 2026



Next Week at Ide Primary

Day	Morning	Afternoon	Club
Monday	PE- Chestnut & Willow	Assembly	Football (Years 1-6) Drama (Years 2- 6)
Tuesday		Maple & Willow Cheerleading Session	Dance (years R -6)
Wednesday	PE –Elm	Singing assembly	Gymnastics (Years 3-6)
Thursday	PE – Maple, Elm & Oak		Yoga (YR - 3)
Friday	PE – Chestnut	Celebration Assembly	

Next Week's Menu

 SPRING MENU WEEK TWO WEEKS COMMENCING: 12/1, 2/2, 23/2, 16/3 FRUIT AND SALAD AVAILABLE DAILY					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ONE	Tomato and Mozzarella Pasta Bake with Homemade Garlic Focaccia Bread and Peas	Sausage Roll with Potato Wedges and Salad Sticks	Roast Chicken and Gravy with Roast Potatoes, Carrots and Broccoli	Devon Pork Sausages with Mash, Cabbage and Sweetcorn	Fish Fingers with Chips and Baked Beans
MAIN TWO	Spanish Vegetable and Butterbean Casserole with Homemade Garlic Focaccia Bread and Peas	Frittata with Potato Wedges and Salad Sticks	Lentil and Vegetable Wellington with Roast Potatoes, Carrots and Broccoli	Hominy Pie with Sweetcorn and Cabbage	BBQ Vegetarian Sausage with Chips and Baked Beans
JACKET POTATO	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings	Jacket Potatoes served daily with a selection of fillings
DESSERT	Fruit Wedges or Yoghurt	Strawberry Jelly	Chocolate Shortbread	Apple Cake	Chocolate Mousse

We do please to offer a variety of allergen free options on our food menu. However, we do not have a dedicated allergen free kitchen. Our food is prepared in a kitchen where allergens are used. Therefore, we cannot guarantee that our food is 100% allergen free. We do take every possible precaution to ensure the best possible outcome for our pupils.

 **Educater**
The School Food Revolution

Lunch on Thursday

Schools funding from the government for school meals is dependent on the number of meals ordered on Thursday, so we are very keen for the maximum number of orders! Therefore, Thursday there will be a Census Day Fun Taster Menu which is shown opposite.

This funding directly benefits all pupils so the more funding we receive will mean improved provision for teaching and learning. Reception, Year 1 and Year 2 pupils are all eligible for Universal Infant Free School Meals so we would be very grateful if these pupils at least try a meal on this day. (A packed lunch can also be brought from home if you prefer as a backup!)

As there has been a change to the menu you will need to rebook your child's meal for this day. Sorry for any inconvenience this causes.



ZooTropolis Lunch

Thursday 15th Jan

Nick Wilde Chicken Bites
Or
Judy Hopps Vegetable Hot Dog
Served with
Gary de Snake Fries
and Nibbles Maplestick Sweetcorn

Mayor WindDancer Ice Cream


 **Educater**
The School Food Revolution

After School Club

We are making a change to the finishing time for After School Club on Fridays due to low uptake of spaces on this day.

From Friday, 23rd January, After School Club will finish at 4:30 pm. The cost will be £4.50, and children will still enjoy their usual snack and fun activities.

Thank you for your understanding.

Maple & Willow PE Next Week

Maple and Willow Classes have the exciting opportunity to take part in a cheerleading taster session next Tuesday. Because of this extra PE lesson, there will be some changes with the PE timetable next week. Please find the PE days for next week only below:

Maple - Tuesday and Thursday (no kit needed on Friday)

Willow - Monday and Tuesday (no kit needed on Wednesday)

Times Tables Rock Star Day

On Friday 6th February, we will be rocking out with a whole-school Times Tables Rock Stars themed day. This will be a non-uniform day, and children are invited to dress up as a rock star. Throughout the day, children of all ages will take part in a range of maths activities, with older pupils also competing in Times Tables Rock Stars battles across the school.

There will be prizes for the best dressed rock star in each year group - so bring on the denim, colourful hair and air guitars!

Arriving at School

Please can all children be in class and ready to learn by 9am. All children who arrive after 9am are marked as late which affects their attendance marks. Children arriving late miss out on valuable learning as this is the time when core subjects are taught.

A Request for Maps

We are looking for donations of any old atlases, maps, or road maps for an upcoming art project in Chestnut class.

Maps of any kind are welcome—fold-out maps, atlases, road maps, travel maps, outdated or damaged ones—would be greatly appreciated.

They do not need to be current or in perfect condition as they will be taken apart anyway. If you have any you're willing to donate, please send them in as soon as possible.



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	Times Tables Rock Star 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](#)

Community Information

CORNWALL & DEVON
School Age Immunisation Service
Provided by Kernow Health CIC

NHS

Flu Vaccination

School Age Reception - Year 11

Drop In Clinic

Saturday 17th Jan 2026
10:30 - 13:30

The Church of Jesus Christ
of Latter-day Saints
Wonford Road
Exeter
EX2 4UD

For more information
please speak with a
member of the team
Call us on
01392 342678
kernowhealthcic.schoolimmsdevon@nhs.net

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www.exetereagles.co.uk

EXETER EAGLES BMX

**Cofton Road, Marsh Barton
Exeter, EX2 8QW**

Purpose built BMX Track
Male & Female riders as
young as 3 all welcome
Bike & Helmet Hire available
First Ride & Hire FREE

Weekly Open Sessions
Qualified Coaches for
Beginner & Expert riders
Snacks & Drinks available

Friendly Volunteer Run Club

BMX Racing is an Olympic
sport & cycling has proven
physical & mental benefits.
British Cycling Accredited
Come & Try for Yourself

DEVON FAMILY HUBS

FREE Family Advice & Guidance

For Parents/Carers of children aged
0-19 and Young People aged 13-19
(25 with SEND or Care Leaver)

Single Session Appointments available
in person, via phone or online

CALL:
Advice & Guidance Line
0800 5385458
Mon-Fri 10am-4pm

SCAN

Request for Contact

Devon County Council

BEST START IN LIFE

Apply for a primary school place

Was your child born
between 1 September 2021
and 31 August 2022?

Apply online at:
devon.cc/admissionsonline
or scan the QR code. Applications open from
15 November 2025 to the 15 January 2026

If you can't access the school
admissions website you can get
more information by emailing
admissions@devon.gov.uk or
call our Education Helpline on:
0345 155 1019

You must apply through the Admissions
Team, even if you've already given details
to a school. Applications made directly to
schools or on their lists will not be accepted.

Devon County Council



UK Health
Security
Agency



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College



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