



6th February 2026



This week the following children were recognised in our Celebration Assembly -

Class	Values Champion	Learner of the week
Oak	Hannah for Individual Best	Dottie for being an Author
Maple	Eleanor for individual Best	Albie C for all subjects
Willow	S for Individual Best	All of Willow for being Authors
Elm	Bertie for Kindness & Respect	Cillian for being a Geographer
Chestnut	Erin for Curiosity	K for being a Reader

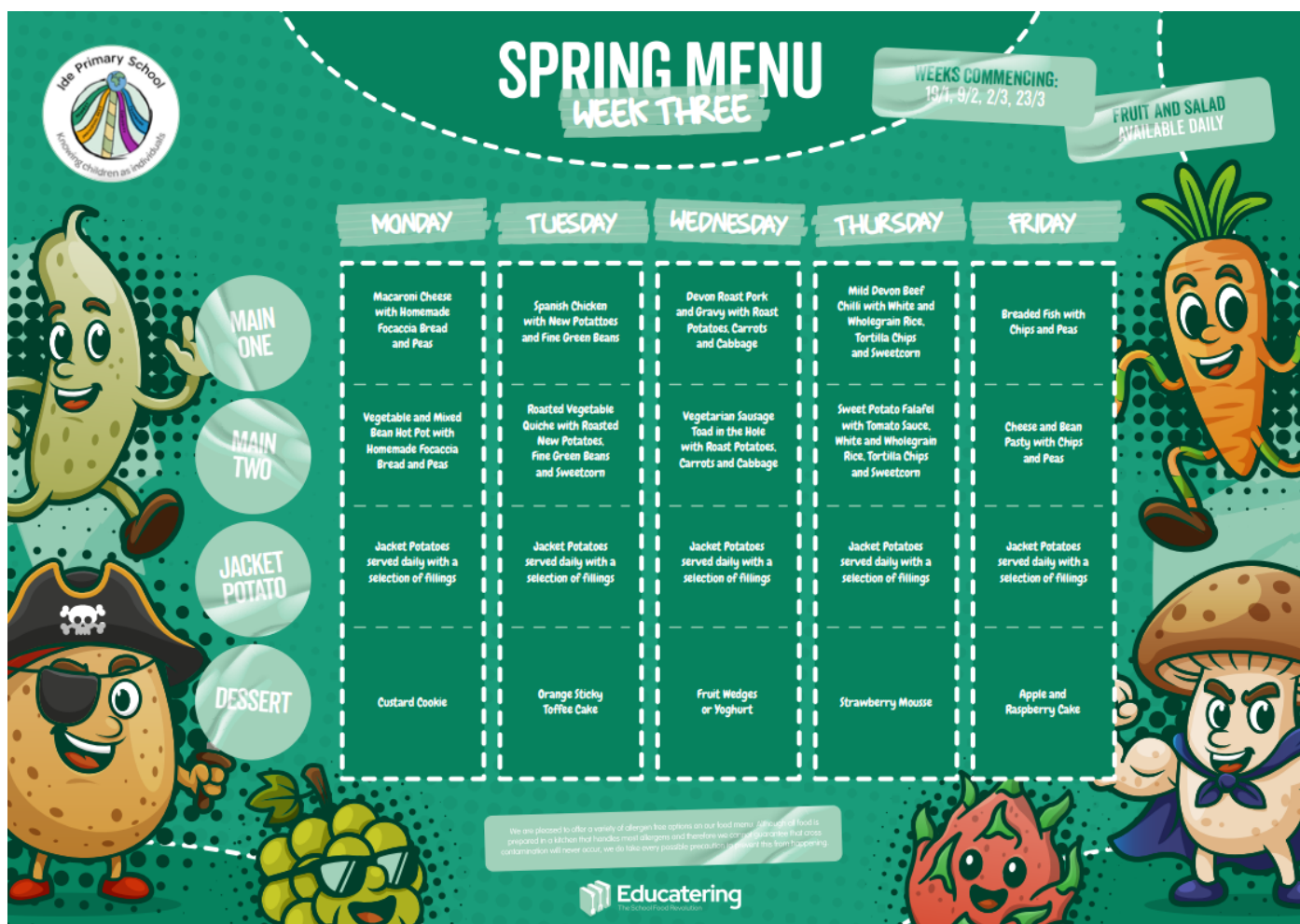
Last week the following children were recognised in our Celebration Assembly -

Class	Values Champion	Learner of the week
Maple	Skye for Individual Best	Bobby for being a Reader
Willow	Fergus for individual Best	Freddie for being a Mathematician
Elm	Mabel for Curiosity	Zac for being an Author
Chestnut	Olive for All of our Values	Freddie W for being an Athlete

Next Week at Ide Primary

Day	Morning	Afternoon	Club
Monday	PE- Chestnut & Willow	Woodwind Lessons	Football (Years 1-6)
		Assembly	Drama (Years 2- 6)
Tuesday			Dance (years R -6)
Wednesday	Year 4/5 Girls Football at West Exe	Guitar Lessons	Gymnastics (Years 3-6)
	PE –Elm & Willow	Singing assembly	
Thursday	PE – Maple, Elm & Oak		Yoga (YR - 3)
Friday	PE – Chestnut & Maple	Wildlife Champions Session	
		Woodwind Lesson	
		Celebration Assembly	

Next Week's Menu



IDE PRIMARY SCHOOL
Nourishing children as individuals

SPRING MENU
WEEK THREE

WEEKS COMMENCING:
19/1, 9/2, 2/3, 23/3

FRUIT AND SALAD AVAILABLE DAILY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN ONE	Macaroni Cheese with Homemade Focaccia Bread and Peas	Spanish Chicken with New Potatoes and Fine Green Beans	Devon Roast Pork and Gravy with Roast Potatoes, Carrots and Cabbage	Mild Devon Beef Chilli with White and Wholegrain Rice, Tortilla Chips and Sweetcorn	Breaded Fish with Chips and Peas
MAIN TWO	Vegetable and Mixed Bean Hot Pot with Homemade Focaccia Bread and Peas	Roasted Vegetable Quiche with Roasted New Potatoes, Fine Green Beans and Sweetcorn	Vegetarian Sausage Toad in the Hole with Roast Potatoes, Carrots and Cabbage	Sweet Potato Falafel with Tomato Sauce, White and Wholegrain Rice, Tortilla Chips and Sweetcorn	Cheese and Bean Pasty with Chips and Peas
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	Custard Cookie	Orange Sticky Toffee Cake	Fruit Wedges or Yoghurt	Strawberry Mousse	Apple and Raspberry Cake

We are pleased to offer a variety of allergen free options as our food menu. All allergen 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 make this food safe.

Educatering
The School Food Revolution

World Book Day

We will be celebrating World Book Day on Friday 6th March and invite all the children to dress up as a book character of their choice.

Some of the best costumes we see each year are made at home so please do not feel that you need to purchase expensive costumes.

Times Tables Rock Star Day

It was fantastic to see all the children and staff in their rock star outfits today. We hope the children enjoyed the maths activities and Times Tables battles across the school.

It was really difficult to choose as everyone looked fantastic, however the following children were awarded a small prize for being the 'Best Dressed' -

Oak- Charlie

Maple – Bobby

Willow – E

Elm – Jensen

Chestnut - Kian



Thank you to Mrs Osborne for organising this day for the children.



Willow Trip to Shillingford Farm

Willow Class will be visiting Shillingford Farm on the 17th of March. We are looking for parent volunteers to help with this. If you are available and would like to volunteer, please can you email the class email address – willowclass@ide.devon.sch.uk. More information will be sent out soon.

Sports Kit Sponsorship

We are hoping to buy new sports kits for the children so that they can look smart and can feel proud when they represent Ide. If you own or work for a company that might be interested in sponsoring a school sports kit, please contact Mrs Radford via the Willow Class email address: willowclass@ide.devon.sch.uk

Things to look forward to at Ide Primary

February	
Friday 6 th	Times Tables Rock Star Day
Friday 13 th	FIS Non-Uniform Day
Mon 16 th – Fri 20 th	Half Term
March	
Friday 6 th	World Book Day
Thursday 12 th	Science Dome
Mon 9 th – Fri 13 th	Science Week
Friday 13 th	Maple Trip to Shillingford Farm
Mon 16 th -Fri 27 th	Big Walk & Wheel
Tuesday 17 th	Willow Trip to Shillingford Farm
Tuesday 31 st	Elm Showdown at Barnfield Theatre
April	
Wednesday 1 st	Maple Multi Skills at West Exe
Thursday 2 nd	FIS Non-Uniform Day
Thursday 2 nd	Last day of Spring Term
Monday 20 th	First day of Summer Term
Monday 4 th	Bank Holiday
Tuesday 21 st	Year 3 and 4 Swimming
Wednesday 29 th	Willow Striking and Fielding Festival at West Exe
Tuesday 28 th	Year 3 and 4 Swimming
May	
Monday 4 th	Bank Holiday
Tuesday 5 th	Year 3 and 4 Swimming
Tuesday 12 th	Year 3 and 4 Swimming
Tuesday 19 th	Year 3 and 4 Swimming
Friday 22 nd	FIS Non-Uniform Day
Mon 25 th – Fri 29 th	Half Term
June	
Monday 1 st	Inset Day
Mon 8 th – Wed 10 th	Year 5 and 6 Residential
29 th – 3 rd July	Sports Week
Tuesday 30 th	Sports Day
July	
Tuesday 21 st	Last day of Summer Term

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

Community Information



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- ★ St Michael's Church of England Primary Academy, Exeter, EX1 2SN*
- ★ Bowhill Primary School, Exeter, EX4 1JG**
- ★ St Thomas Primary School, Exeter, EX2 9BB
- ★ Running 16th, 17th, 18th, 19th, & 20th February

★ Multi Activity clubs available

★ 9am - 3:30pm

*8am - 5pm extended option including breakfast and afternoon snack

**4 year olds 9am-1pm ONLY

★ FIRST DAY FREE, SECOND DAY HALF PRICE - AVAILABLE TO EVERYONE!
(Message us on Facebook @ Premier Education Devon to book)

★ £27.99 per child, per day

*£44.49 per child, per day / **£16.49 per child, per day

★ Available to children aged 4 - 11

★ Book at www.premier-education.com/holiday-camps

★ Contact dcrysell@premier-education.com for queries



Our Holiday Clubs keep children active, safe, and entertained throughout the school holidays.

Join us this February 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 this half-term!



Book now for half term fun!

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Provided by Kernow Health CIC

NHS

Flu Vaccination

School Age
Reception -
Year 11

Drop In Clinic

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consent
form here

Saturday 7th February 2026

11:00 - 13:00

Riverside Community Centre

Station Road

Bovey Tracey

TQ13 9AW



For more information
please speak with a
member of the team

Call us on

01392 342678

kernowhealthcic.schoolimmsdevon@nhs.net

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it *does* happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

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