



6th March 2026



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

Class	Values Champion	Learner of the week
Maple	Oaken for Individual Best	Sophie W for being a Mathematician
Willow	Libby Max & Joel for Teamwork	All of Willow for being Mathematicians
Elm	Alana for Kindness & Respect	Joe for being a Scientist
Chestnut	K for Curiosity	Kyan for being a Scientist

Next Week at Ide Primary

Day	Morning	Afternoon	Club
Science Week			
Monday	PE- Willow	Lou's Wild Garden Assembly	Football (Years 1-6) Drama (Years 2- 6)
Tuesday		PE - Elm	Dance (years R -6)
Wednesday	PE –Elm & Willow	Guitar Lessons	Gymnastics (Years R-6)
		Singing assembly	
Thursday	Space Dome		Yoga (YR3-6)
	PE – Maple & Oak		
Friday	Maple trip to Shillingford Farm		FIS Quiz
	PE – Chestnut & Maple	Celebration Assembly	
		Woodwind Lessons	

Next Week's Menu

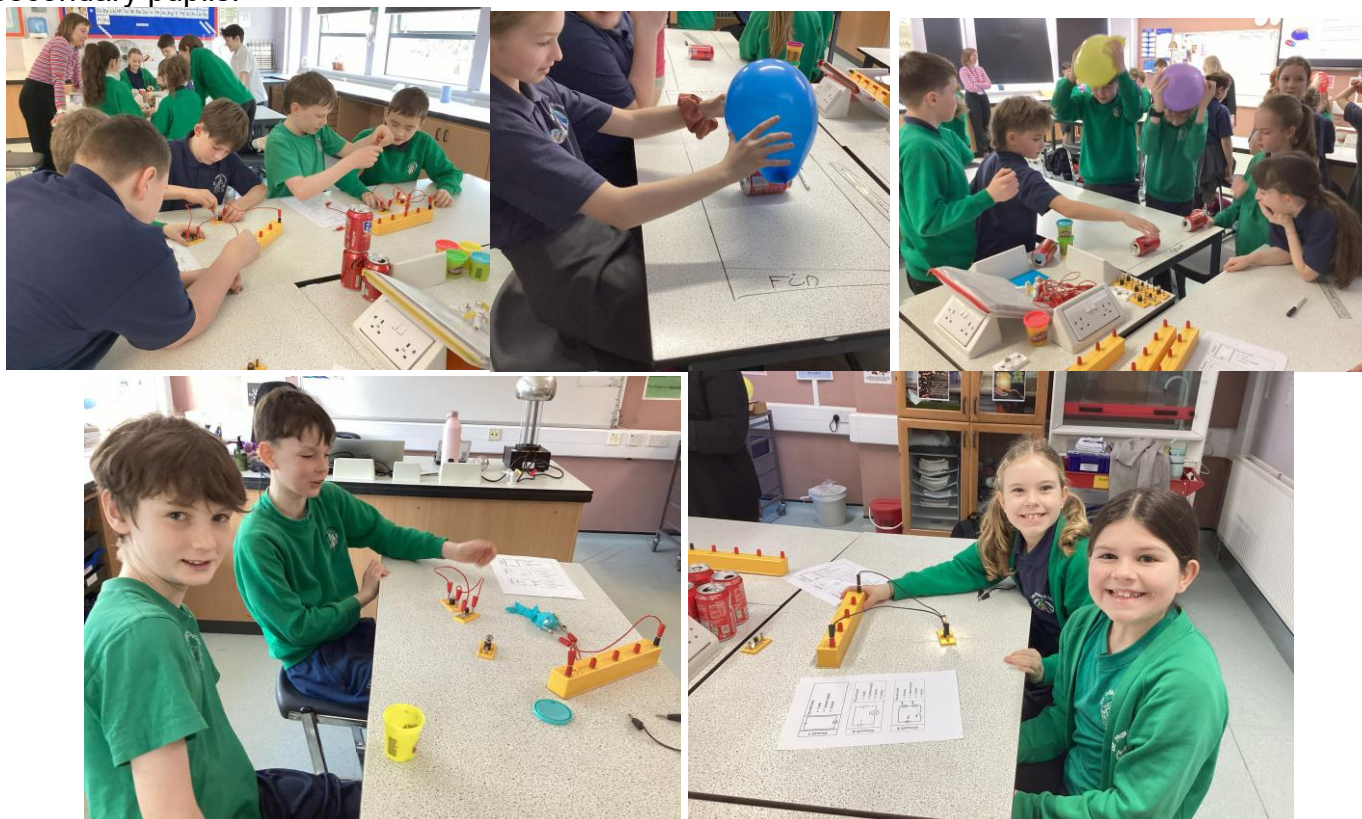
 SPRING MENU WEEK THREE WEEKS COMMENCING: 19/1, 9/2, 2/3, 23/3 FRUIT AND SALAD AVAILABLE DAILY					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN ONE Macaroni Cheese with Homemade Focaccia Bread and Peas	Spanish Chicken with New Potatoes and Fine Green Beans	Devon Roast Pork and Gravy with Roast Potatoes, 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 Roast in the Mole 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 on our food menu. However, as food is prepared in a kitchen that handles many allergens, we cannot guarantee that cross-contamination will never occur. We do take every possible precaution.



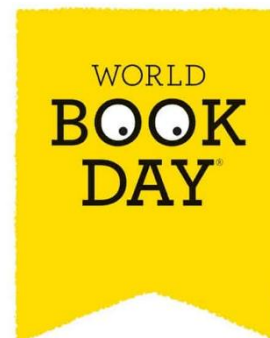
Chestnut Science Workshop

Chestnut were invited to West Exe science department for a workshop on Monday. They really enjoyed the opportunity to learn in a science lab and use the resources available to secondary pupils.



World Book Day

It was fantastic to see all the children and staff in their costumes today. The children had an extended assembly this afternoon where staff shared some of their favourite short stories followed by the costume parade. It was great to see the children so excited to share their books and enjoying reading. Thank you for your support.





Science Week is coming to Ide Primary!

Next Week is Science Week and we have some really exciting activities planned to help the children celebrate and explore the wonders of science.

Monday

We are delighted to welcome Lou from *Lou's Wild Garden*, who will be hosting a whole-school assembly all about wildflowers and minibeasts. The children will discover the importance of biodiversity, learn fascinating facts about insects and plants, and be inspired to explore the natural world around them.

Thursday

Get ready to be amazed! The children will experience an immersive space dome experience, where they will journey through space and learn about planets, stars and the universe in an exciting, interactive way. This incredible experience has been kindly funded by FIS, thank you for your support!

Science Week Competition

Ide Primary School has joined forces with Bernaville Nurseries to host a special colouring competition. Bernaville Nurseries will be providing prizes for 1st, 2nd and 3rd place in both KS1 and KS2. We can't wait to see the children's fantastic entries! Your child will be bringing home their colouring sheet soon.

It's set to be a week full of curiosity, discovery and hands-on learning. We are really looking forward to sharing the excitement of Science Week with everyone!

Please note that due to the science dome being in the hall on Thursday 12th March, we are unable to offer hot meals on this day. You may order a school packed lunch if you wish to.

Volunteers needed

We would like some additional adults on Tuesday mornings to help with the year 3 and 4 swimming lessons. Even if you are only able to help with one week, this would be a big help. We are also in need of volunteers for Willow class's visit to Shillingford Farm on Tuesday 17th March. If you are able to help with any dates, please email Mrs Radford via willowclass@ide.devon.sch.uk. Thank you.

Breakfast Club

We would like to remind parents who use breakfast club not to park in the school car park after 8am due to staff arrivals.



Things to look forward to at Ide Primary

March	
Friday 6th	World Book Day
Thursday 12th	Science Dome
Mon 9th – Fri 13th	Science Week
Friday 13th	Maple Trip to Shillingford Farm
Friday 13th	FIS Quiz & Pizza Night
Mon 16th -Fri 27th	Big Walk & Wheel
Tuesday 17th	Willow Trip to Shillingford Farm
Wednesday 25th	Elm Handball at West Exe
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
Friday 12th	Parent Meeting for Year 6 going to West Exe 14.45pm
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](#)

FRIENDS OF IDE SCHOOL PRESENTS...

FIS QUIZ

& PIZZA NIGHT!

FRIDAY 13TH MARCH

IDE MEMORIAL HALL

£10 PER PERSON - INCLUDES PIZZA!

ARRIVE FROM 7PM, QUIZ STARTS AT 7:30PM

TO BOOK YOUR TEAM

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Friday 20 March



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What Parents & Educators Need to Know about STREAMING SERVICES

WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

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.



See full reference list on our website



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