



# Newsletter

30 September, 2019

Aspiring to achieve our best: moving forward together!

t 01884 252445 | e admin@heathcoat.devon.sch.uk

Available online at [www.heathcoat.devon.sch.uk](http://www.heathcoat.devon.sch.uk)

## NEWS

Summer Holiday Reading Challenge - A huge well done to all the children who took part in the Tiverton Library Summer Reading Challenge. The children who completed the challenge have all received a certificate in assembly and many have said they thoroughly enjoyed choosing books from the library. At HPS, there were 109 children who started the challenge and 79 who completed it, meaning 20.15% of our school completed the challenge! Great effort everyone who was involved. Keep up the good reading!

Census Meal- This Thursday the lunch menu has been changed to sausage roll or cheese pizza with vegetables and potato wedges or jacket potato followed by pear and chocolate crumble or fruit or yoghurt. The census funding for the school is calculated on the number of children who have a cooked meal on this day. Please could we encourage all children to have a school dinner on Thursday, even if this is the only day that they have a school dinner.

Year 6 Open Evening – Tiverton High School are holding an open evening for the families of year 6 children, on Tuesday 1<sup>st</sup> October from 6pm-8pm.

Toys and cards - Just a reminder that toys and cards such as football or Pokeman cards such not be brought into school. They are easy to lose and this then causes upset and distress. If they are brought into the school the teacher will look after them for the day and return them to you, the parent, at the end of the day.

Vacancy - We are looking for an MTA to work for an hour every Thursday. If you applied for the previous role and would like to be considered again, please let the office know. Application forms are available at the office and the closing date is noon on Friday 4th October. We are committed to safeguarding and promoting the welfare of children and vulnerable adults, and expect all staff and volunteers to share this commitment. This role requires a DBS disclosure. This role requires the ability to fulfil all spoken aspects of the role with confidence and fluency in English.

## Learner of the week



FSDB Wyatt  
FSG Lola  
1BA Mayzie  
1P River  
2D Mason P  
2P Taylan  
3E Kingsley  
3P Miley  
4C Nathan  
4E Lizzie  
5F Grace  
6H Jaxon  
6W Harry

## Lunchtime Behaviour



FSDB Wyatt  
FSG Kaleb  
1BA Jack  
1P Poppy  
3E Neve  
3P Miley  
4C Cameron  
4E Shanaya  
5F Lily-rose  
5S Ava L  
6H Rebecca  
6W Emily P

## Best Attendance

2D – 99.1%



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## Diary Dates



School Photographs-  
Thursday 3<sup>rd</sup> October

## Term Dates



**Autumn Half Term**  
**Monday 21<sup>st</sup> October –**  
**Friday 25<sup>th</sup> October**

**Last Day of Autumn Term**  
**Wednesday 18<sup>th</sup> December**

**First Day of Spring Term**  
**Monday 6<sup>th</sup> January 2020**

**Spring Half Term**  
**Monday 17<sup>th</sup> February-**  
**Friday 21<sup>st</sup> February**

**Last Day of Spring Term**  
**Friday 27<sup>th</sup> March**

**Goodbye & Thank You** –We will be saying goodbye to Miss Hitchcock on Friday as she starts a new job at a new school next week. We would like to thank her for all her hard work over the last 13 years and wish her all the best for the future.

**Congratulations** – Congratulations to Mr Hudson who has become a dad! His daughter Pippa was born on Wednesday and both mother and baby are doing well. Mr Hudson is currently on 2 weeks paternity leave and Mr Keenan is teaching the class.

**Beetle Drive & Harvest Supper**- Tidcombe Community Church is holding a beetle drive and harvest supper at Tidcombe school hall on Wednesday 9<sup>th</sup> October from 6.15pm-7.30pm. RSVP by 2<sup>nd</sup> October, ring 01884 257242 or email [tidcombecommunitychurch@gmail.com](mailto:tidcombecommunitychurch@gmail.com)

**Sporty Stars** - Offer a range of exciting activities, from traditional sports such as Football, Cricket and Rugby to alternative sports such as Dodgeball, Volleyball and Handball. Sporty Stars will run every Friday, beginning 1st November for 7 weeks, from 17:30 - 18:30 at the Old Heathcoat Community Centre. The first week will be a taster session at half price £2.50, with the remaining 6 weeks at £5 a session. For more information please visit the website <http://www.sportystars.co.uk/after-school-clubs/>

## Heathcoat Heroes

The children below have all reached the very top of our learning behaviours and expectations system this week.

3E – Ava  
Heidi  
Ryan

4E – Gabriel

6H - Finley



Congratulations to the following pupils who have demonstrated their building learning powers in various different activities outside of school.

FSDB - Wyatt

5S - Kiaryn

Parents can share their child's wow moments regarding Building Learning Power by sending in a wow slip (available from the document stand outside the office).

## Accelerated Reader Achievement

6W highest average quiz percentages



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School Based Counselling - Hello. My name is Mrs Julie Broom. I am a qualified counsellor and am directly employed by the school to carry out school-based counselling.

Counselling provides the child/young person with the opportunity to talk about things that are a concern to them in a professional and safe manner. I will work with your child/young person to help them to find a way through whatever is bothering them.

Sometimes, it is easier for the child/young person to open up and talk to someone outside of the family. I understand that it is quite natural for parents/guardians to feel anxious about what may be said within a session, but please be assured that I will never judge you or your child.

Areas of work can be:

- Anxiety
- Self-esteem
- Low mood
- Peer relationships
- Family relationships
- Family changes
- Divorce/Separation
- School
- Bereavement
- Eating disorders
- Self-harm
- Suicide



If you feel that your child may benefit from a 6 week block of counselling session, please speak to myself, Mrs Moore (pastoral lead), Mrs Hambly (family support worker) or Mrs Shanahan (SENCo). We will then discuss any referrals as a team and make a decision.

**Community Apple Day**  
Saturday 12<sup>th</sup> October 2019  
Tiverton Pannier Market  
11am to 3.00pm

Press your family's own juice      Pedal the fruit smoothie bike

Community juice for sale      Local musicians & market stalls

**Do bring:**  
Washed and undamaged apples  
Recycled containers to take your juice home in

**Don't bring:**  
Unwashed apples - we'll make you wash them!  
More than 2 big trugs-full (you can arrange to borrow equipment for more)

**SUSTAINABLE TIVERTON**  
TIVERTON AREA COMMUNITIES TRANSITION

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**GIVE OR TAKE**  
Tuesday to Saturday Oct 15<sup>th</sup> – 19<sup>th</sup>  
10am - 2pm

**CreatIV Hub shop, TIVERTON**  
(Next to the Cinema)

Bring along stuff you don't need  
Take away anything you can use  
You don't have to Give to Take!

**All for Free**  
*The purpose is to reuse items*

- All items donated must be in fair condition and useable
- NO clothing please

**Don't let Devon go to waste**



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## Healthy tips for lunchboxes

At Heathcoat Primary School we are always looking at ways to improve lunchtimes for the children. This includes encouraging healthy food choices. Our school dinners are really delicious and nutritious. If your child usually has packed lunch, maybe they could give school dinners a try one day next week?

If your child chooses to bring a packed lunch, here are some tips.

Cut sugar with a swap! Instead of chocolate, cake bars or pudding pots, pick:

- a slice of malt loaf
- a fruited teacake
- sugar-free jelly
- fresh or tinned fruit (in juice, not syrup)
- a scotch pancake
- plain rice cakes
- chopped veg and hummus
- Plain, homemade popcorn

Pop in a lower-sugar fromage frais. Make fromage frais pots a new lunchbox fave – they're a healthier choice than split pot yoghurts.

Why not get your child to help to make their packed lunch – they can decide on the right amount of food too.

Remember that children between the ages of two and 18 should eat fewer than 7 teaspoons of added sugar per day.

Sugar Quiz (Answers at the end of the newsletter)

How many teaspoons of added sugar do you think there are in a 75g muffin?

How many teaspoons in a 330ml can of regular fizzy drink?

How many in a slice of malt loaf?

How many teaspoons of added sugar in a jam doughnut?



Sugar Quiz answers:

There are 5 teaspoons of added sugar in a 75g muffin, 7 teaspoons of added sugar in a regular 330ml can of fizzy drink. There are 2 teaspoons of added sugar in a slice of malt loaf and 3 teaspoons in a jam doughnut. If your child has a regular can of fizzy drink, they are already over/at their maximum daily allowance.