



## Newsletter

19 July, 2021

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)

### Absence reporting email

If your child is unwell, please contact the school office by 9.15am by telephone 01884 252445 or email [attendance@heathcoat.devon.sch.uk](mailto:attendance@heathcoat.devon.sch.uk), on each day that your child is absent. This email address should also be used to notify the school of absence due to Covid symptoms. Please inform the school of Covid test results by forwarding a copy of the NHS Covid-19 notification email to [attendance@heathcoat.devon.sch.uk](mailto:attendance@heathcoat.devon.sch.uk)

### School Dinners

As from 1<sup>st</sup> September 2021 the price of a school dinner will increase by 10p to **£2.40** a day.

### Outstanding Money

Just a reminder that as this is our last week at school, please could all parents clear any debts they have with the school in relation to school dinners, breakfast club, after school club and nursery sessions. All payments should be made on-line as the school is unable to accept cash payments. If you are not currently registered with Scopay, please let the school office know.

### Non-Uniform Day

Friday will be a non-uniform day to celebrate the end of the year. Children don't need to pay but we ask that children are still appropriately dressed for school. (No crop tops, strappy vests and shorts and skirts need to be knee length)

### Year 6 Lunch Money

For those Year 6 parents who pay for school lunches, please can we remind you that as we approach the end of term and your child will be leaving HPS, that all outstanding dinner money is paid. Please log in to your Scopay account to check your balance. All payments should be made on-line as the school is unable to accept cash payments. If you are not registered with Scopay, please let the school office know. If your account is in credit on the 23rd July, refunds will be made or it will be transferred to a younger sibling's account. If you have younger siblings at HPS, any outstanding balances will be transferred to their lunch account.

### Learner of the week



1BA Miller  
1P Alfie  
2D Raven  
2P Daisy P  
3E The whole class  
3P Ellie  
4F Lauren  
4K Daisy W  
5F Myles  
5S Tilly  
6H Alexis  
6W Lexi-Mai

### Lunchtime Behaviour



1BA Tommy  
2D Poppy S  
2P Saffy  
3E Dexter  
4F Katie  
4K Daisy-Mai  
5F Zach  
5S Hayden  
6H Ruby  
6W Millie J

### Best Attendance

2D – 99.3%



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### Diary Dates



**Autumn term starts  
Wednesday 8<sup>th</sup>  
September**

### Term Dates



**Last Day of Summer Term  
Friday 23<sup>rd</sup> July**

**First Day of the Autumn Term  
Wednesday 8<sup>th</sup> September**

**Autumn Half Term  
Monday 25<sup>th</sup> October –  
Friday 29<sup>th</sup> October**

**Last Day of the Autumn Term  
Friday 17<sup>th</sup> December**

**First Day of the Spring Term  
Wednesday 5<sup>th</sup> January 2022**

### Message from Miss Higginson

Well, what a challenging year it has been! We would like to say we are incredibly proud of all the children and how they have managed all the changes, they have demonstrated amazing resilience. We would like to also say thank you to all the parents too for all your ongoing support over the year.

At this time of year, we say goodbye to our year 6 pupils. We have watched them grow and develop in well-rounded young people. We proud of them all and we would like to wish them all the best for the next stage in their education journey. Please let us know how you are all doing.

We are also saying goodbye to Mr Hudson, Miss Neale, Mrs Shanahan and Mrs Drew. We would like to wish them all for the future.

In September Mrs Pickford will be team leader for EYFS (Nursery and Reception), Mrs Budden will lead KS1 (Years 1 and 2) and Mrs Firth will lead KS2 (Years 3, 4, 5 and 6).

We are still finalising plans for September with the removal of staggered starts and bubbles. Further information will be sent out. The school day will start at 8.45am with registration at 8.55am. The school day will end at 3.15pm.

We wish you all a safe and happy break and look forward to seeing you all in September.

### Heathcoat Heroes

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

**2D – Wilbur**

**3E – Mason & Martha**

**3P – Thomas, Josh & Murray**

### Payment for School Dinners in September 2021

Children who are currently in Year 2 will start paying for school dinners in September (unless they are eligible for free school meals).

Please note that school dinners cost £2.40 per day and should be paid for either on the day or in advance. Payment should be made online via Scopay and you can pay daily, for a week, month or term in advance. If you are not already registered to make payments on-line please contact the school office who will provide you with the relevant details. If you pay in advance and your child does not have a dinner for whatever reason, then the money is carried forward to the next day. Any money left in credit at the end of term will be carried forward to the next term.



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## Summer holiday fun ideas

The summer holidays are coming – here are some ideas for what you can do on those sunny (or not so sunny!) days.

### Free ideas

#### 1. Spend the day at the park.

Westexe Rec now have water in their pool. Remember to pack a healthy picnic and some suncream and make it a day out! There are also some lovely gardens and parks in Taunton and Exeter.

#### 2. Bike ride.

Maybe you could bike ride around Tiverton, or travel a little further afield. Cycle paths are free. Safety first - make sure you wear your helmets – children will wear theirs if adults do too.

#### 3. Beach fun.

A day with the sun, sand and sea is fun for all family members. Head to a local favourite such as Exmouth, Teignmouth or Paignton – or head to North Devon. You can swim, fish or investigate the rockpools. You will often find a summer fair or some market stalls to visit whilst you are there.

#### 4. Film day.

Cinemas have started to reopen and whilst they can sometimes be expensive, during the summer holidays many cinemas offer special screenings for children. Tickets can cost £2.50 or less! A real affordable treat. Or why not set up a film day at home? Popcorn and some strawberries will make it a healthy treat day.

5. Go for a walk – we have such amazing walks on our doorstep. Visit the grounds at Knighshayes for free, or walk along the River Exe or Canal. Plan a scavenger hunt for on the way. List some items to try to find or collect e.g. can you see: a duck, a house with a blue door, something square, a green car, the number 7, a bird feeder? Can you collect: a feather, a brown leaf, a smooth stone, a purple flower etc?

#### 6. Agricultural shows.

Search the internet for farming shows that you can visit. These have all kinds of fun activities for all ages – rides, bouncy castles, food stalls and watch the animal shows. Mid Devon Show is at Bolham, this Saturday 24th July. Honiton show is on 5th and 6th August. Uffculme show is 5th September.

7. Adventure playground. This is open now for children to use – check the sign outside or their website for opening times.

#### 8. Bake!

Get the children to help you to prepare the menu for the day. Can they help you to make tea, bake scones or make a carrot cake?



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Easy & healthy – super quick strawberries and icecream. Ask young children to use a plastic knife to cut up strawberries to pop in a big bowl, along with a scoop of ice-cream.

Puff Pastry Pizzas - Have fun preparing these puff pastry pizzas with your children. Chop up any veg that you have into small pieces and let everyone choose their own toppings.



Ingredients:

- 1 pack of ready rolled puff pastry
- 6 tablespoons of tomato puree
- 1 tablespoon of tomato ketchup
- 1 teaspoon of dried oregano
- 75g of mozzarella and/or cheddar grated

Topping ideas: Sweetcorn, ham, cherry tomatoes, basil, spinach, red onion, peppers, olives, anchovies, mushrooms.

1. Heat the oven to 200c/180c fan/gas 6. Unroll pastry and cut into 6 squares. Arrange on 3 baking trays lined with baking parchment. Use a knife to score a 1cm border around the edge of each square. Bake for 15 mins until puffed up but not cooked through.
2. Whilst the pastry cooks, make the sauce by mixing the tomato puree, ketchup, oregano and 1 tablespoon of water together. Grate the cheese/tear mozzarella and chop your veg into small pieces.
3. CAREFULLY remove pastry from the oven and squash the middles down with the back of a spoon. Divide the sauce between the pastry squares and spread out to the puffed-up edges. Sprinkle with cheese and then add toppings. Bake for 5-8 mins more and serve. You could serve with a delicious salad.

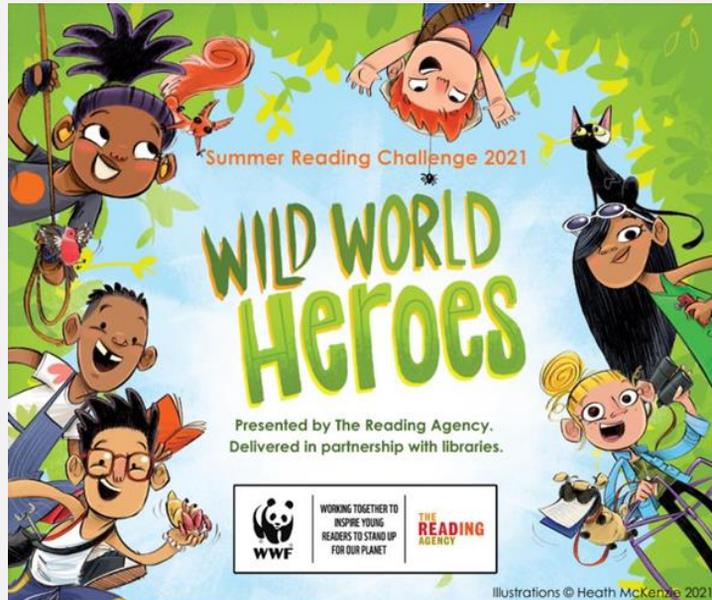


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## Go wild for reading with the Summer Reading Challenge!



Visit Tiverton Library or Tiverton Mobile Library from Saturday 10th July to take part in the Wild World Heroes Summer Reading Challenge. It is free to take part, and the Challenge runs until 10th September. This year The Reading Agency has partnered with WWF to create an exciting challenge which will inspire children aged 4-11 years old to take action for nature and the environment.

Join the Wild World Heroes for an exciting adventure in the fictional town of 'Wilderville'. Through reading books, collecting rewards and learning all about our planet, Challenge participants will help the Heroes make Wilderville a greener place to live. With stickers to collect and plenty of brilliant books to enjoy, the Challenge is the perfect summer activity to build young readers' skills and confidence during the long break from school. Children who manage to read 6 or more library books will earn a special medal and certificate and be entered into a Tiverton and Devon wide prize draw.

Watch a film that follows Bunny taking part in Wild World Heroes and reading in the wild all around Tiverton <https://youtu.be/tTJ0-za9Zk4>. How many places can you spot? You can find out more by visiting the Devon Libraries website. Or calling Tiverton Library on 01884 244644.





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## School uniform

We are proud of our school and the high expectations that all adults and children have of themselves and each other. Our school uniform helps to make us a smart school and the children feel really proud of being part of Heathcoat Primary School. Our school uniform is important because it provides all pupils with a shared identity, is practical for everyday school wear and helps to avoid the influences of current fashions.

All pupils are expected to wear this uniform correctly. We ask that all children are wearing the correct uniform when they return to school in September. Parents will be contacted and asked to provide an alternative if pupils are in incorrect uniform.

Our school uniform is:

- A royal blue sweatshirt with the embroidered school logo
- A navy-blue pullover or cardigan (with or without the school logo)
- Trousers in charcoal grey or black
- Shorts in charcoal grey or black, **worn to the knee**
- Skirt/tunic in navy blue, **worn to the knee**
- Blue and white checked summer dress, worn to the knee
- Pale blue cotton long sleeved shirt or pale blue polo shirt (with or without the school logo)
- Plain socks/tights in white, grey or navy
- Shoes should be flat and should be black, brown or dark blue. Children should wear school shoes. If children need to wear trainers, they should be plain black.
- **Jewellery:** Maximum of one stud earring in each ear. Badges issued by the school. Watches.

Children in years 1-6 should also have a PE kit in school consisting of a white T shirt or a coloured T shirt that matches their house colour, black or navy shorts and daps or trainers. We ask that all uniform should be named. **Children will continue to wear their PE kit to school on their PE days. This will be reviewed again in October.**

### **The following is not allowed:**

- Trousers: jeans, jeggings, skin-tight/stretch trousers, shiny trousers, trousers with zip adornments.
- Skirts: Skirts that are not a reasonable length (above the knee) or that do not allow a reasonable range of movement.
- Shorts: Shorts that are not a reasonable length (above the knee) or that do not allow a reasonable range of movement.
- Jumpers: Hoodies (with the exception of leavers hoodies for Year 6 when permission is given by the school).
- Shoes: Coloured trainers, coloured laces or coloured accents, heeled shoes and boots.
- Socks/tights: coloured tights or socks.
- Jewellery: More than one stud in each ear, hooped earrings, piercings other than in ears.
- Hair: No unnatural hair colours, no exaggerated hair styles.

The majority of the uniform can be brought from supermarkets and the specific Heathcoat items are available from the School Trends

website <https://www.schooltrends.co.uk/uniform/HeathcoatPrimarySchoolEX165HE>



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## Attendance

Measuring attendance has been trickier this year, due to the various lockdowns and children having to self-isolate, however as a school we are really proud that our children are making every effort to come to school when it has been possible to do so.

As you will be aware, the government target for attendance is 96%, our school target is 97% and we are currently at 96.53%

Mrs Budden has been speaking to some children about attendance, discussing what might prevent them from coming to school and what we can do to make school even more appealing and therefore improve attendance. Some of their ideas have been to have more non-uniform days, having a half termly raffle for anyone with 100% attendance and the chance to have a hot-chocolate/snack with the head teacher or their class teacher if they have excellent attendance.

Children have feedback that they feel safe in school, they like coming to school, they enjoy their learning and they are looking forward to being able to mix and play with people from other year groups when that is allowed.

We will be thinking about these ideas and trying to raise attendance further in September when we return to school.

Thank you to parents who are supporting us and bringing children to school on time every day, and congratulations to children who have achieved excellent attendance during this tricky academic year.

## Mid Devon Sports Development

MDSD, is running their popular Summer Football Roadshows at Heathcoat Primary School, Tiverton. Coaches are FA Qualified and DBS and will be there for early drop offs from 8.40am with Roadshows running from 9.30am till 3.30pm. These Roadshows will be on Tuesday & Wednesdays for three weeks. 3rd & 4th, 10th & 11th, 17th & 18th August. Please wear clothes for the weather, bring a packed lunch, snacks and lots of drink.

Cost £50 all 6 dates, 2 days together £20, 1 day £13. Ask if you want a different variation. Age groups 5 to 13.

Football Fun for All.

<https://www.facebook.com/middevonsportsdevelopment>





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## Olympic Challenge

All the children thoroughly enjoyed the Olympics challenge. It was great to do such a mix of activities from 4 different countries Australia, USA, Japan and Greece.

### Here are the final results

Year 1 - 1st Lowman 40, 2nd Barle 38, 3rd Exe 22, 4th Culm 18, 5th Dart 6, 6th Otter 4.

Year 2 - 1st Otter 62, 2nd Lowman 52, 3rd Exe 48, 4th Dart 40, 5th Culm 38, 6th Barle 16.

Year 3 - 1st Lowman 94, 2nd dart 83, 3rd Barle 70, 4th Joint Culm & Otter 64, 6th Exe 56.

Year 4 - 1st Barle 28, 2nd Lowman 16, 3rd joint Dart & Exe 14, 5th Otter 10, 6th Culm 8.

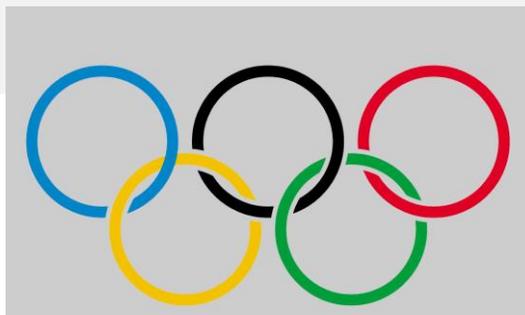
Year 5 - 1st Dart 42, 2nd joint Barle & Lowman 32, 4th Culm 26, 5th joint Otter & Exe 18.

Year 6 – 1<sup>st</sup> Exe 58, 2<sup>nd</sup> Barle 42, 3<sup>rd</sup> Lowman 27, 4<sup>th</sup> Culm 24, 5<sup>th</sup> Otter 20, 6<sup>th</sup> Dart 15

### Grand winner overall

1st Lowman 251, 2nd Barle 226, 3<sup>rd</sup> Exe 216, 4<sup>th</sup> Dart 200, 5<sup>th</sup> Joint Otter & Culm 178

A huge well done to all the children for taking part and the teachers and staff for organising it with their classes. It was a lot of fun. We are all looking forward now to the Olympics in Tokyo next week.





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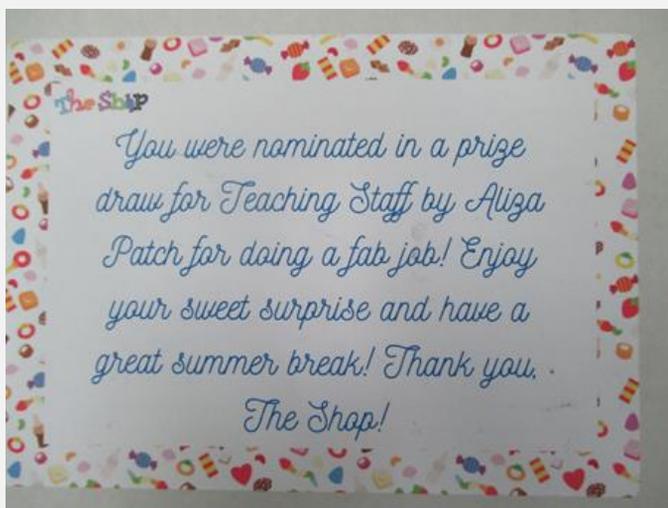
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### Thank you

Thank you to Mrs Patch for nominating HPS staff to received a sweet surprise which arrived this morning





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## Helping your child with anxiety

### What is anxiety?

Anxiety is a feeling of worry or fear through a combination of physical sensations, thoughts and feelings. All children and young people feel worried sometimes, and that is a normal part of growing up. Anxiety can become a problem when a young person feels stuck in it, overwhelmed or distressed.

If your child is struggling with anxiety, there are things you can do to help:



### Spotting the signs of anxiety

#### Physical symptoms:

- panic attacks, which can include a racing heart, breathing very quickly or shaking
- feeling sick
- sweating more than usual
- tense muscles or wobbly legs

#### Thoughts and feelings:

- nervous, on edge, panicky or frightened
- overwhelmed or out of control
- full of dread or an impending sense of doom
- worrying so much that it is difficult to concentrate and or sleep

#### Coping behaviours:

- withdrawing or isolating themselves
- repeating certain behaviours, actions or rituals
- eating more or less than usual
- self-harming





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## How to help your child in an anxious moment

Remember that everyone is different, but these strategies are a good place to start:

- **Breathe slowly and deeply together** Count to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it's working, encourage them to breathe out longer.
- **Reassure them that the anxiety will pass and that they will be okay** can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller.
- **Ask them to think of a safe and relaxing place or person** it could be their bedroom, a grandparent's house, and a place in nature, or a favourite holiday.
- **Encourage them to do something that helps them to feel calmer** this could be running, walking, listening to music, drawing, writing things down, watching a favourite film or reading a favourite book.



## How to help your child manage their anxiety

Outside of moments when your child is feeling anxious, there are things you can do to help them manage their anxiety and feel better:

- **Talk with your child about their anxiety** it can be tempting to dismiss their worries because you want to reassure them, but it's important to empathise with their experience and validate their feelings.
- **[Find our tips on starting a conversation with your child](#)**
- **Make a worry box or self-soothe box** it might help your child to write down their worries and put them in a worry box, giving them a physical place where their worries can be 'held'. Or they might prefer a self-soothe box, which they can fill with things that help them when they feel anxious.
- **Find out how to [make a worry box here](#) or a [self-soothe box here](#)**



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## Finding support

If self-help strategies are not making the situation better, it's a good idea to seek further support and information:

### Anxiety UK

Provides information and advice for anyone struggling with anxiety. Live chat service available.

Phone: 03444 775 774

Text: 07537 416 905

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

Opening times: 9.30am-5.30pm, Monday-Friday

### No Panic

Supports people struggling with panic attacks, obsessive compulsive disorder (OCD), phobias and other anxiety-related issues.

Phone: 0300 7729844 or for Youth helpline: 0330 606 1174

Email: [sarah@nopanic.org.uk](mailto:sarah@nopanic.org.uk)

Opening times: 10am - 10pm, 365 days a year

### The Mix

Offers support to anyone under 25 about anything that's troubling them. Email support available via their online contact form. Free 1-2-1 webchat service available. Free short-term counselling service available.

Phone: 0808 808 4994

Opening times: 4pm - 11pm, seven days a week