



Newsletter

5 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

Sports day

Just a reminder that its sports day this Wednesday. Please can all children come to school dressed in their PE kits and wearing a t-shirt in their house colour for sport day.

The house colours are:

- Yellow Dart
- Orange Culm
- Red Exe
- Green Barle
- Blue Lowman
- Purple/Black Otter

Please make sure that your child has a sun hat and that they have sun cream applied before school, if the weather is hot.

School Dinners

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

Breakfast & After school club

Just to let you know that the prices for all breakfast and after school club sessions will be increasing from 1st September 2021. Breakfast club will continue to offer the current 2 sessions but after school club will change to 1 session, 3.15pm-6pm and will be charged rate of £8 per child. Children can be collected earlier than 6pm if you wish. Please see the new pricing structure below:

Breakfast club

(Nursery)

7.45am	£5	£7
8.20am	£2.50	£4.50

After school club

3.15-6pm	£8
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Learner of the week



- FSDB Ellyse
- FSG Lila-Lily
- 1BA Emily
- 1P Miley
- 2D Jonah
- 2P Tia-Rose
- 3E Lilly-Mae
- 3P Joshua
- 4F Paul-John
- 4K Oaklee
- 5F Emily
- 5S Sophie
- 6H Isabel
- 6W Dylan M

Lunchtime Behaviour



- FSDB Ashleigh
- FSG Esme
- 1BA Irisa
- 1P James
- 2D Alfie R
- 2P Jasmine S
- 3E Jake
- 3P Kiki
- 4F Miley
- 4K Cailen
- 5F Emily
- 5S Noah
- 6H Ruby E
- 6W Ella T

Best Attendance

1P & 4K – 99%



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Diary Dates



Sports Day
Wednesday 7th July

Term Dates



Last Day of Summer Term
Friday 23rd July

First Day of the Autumn Term
Wednesday 8th September

Autumn Half Term
Monday 25th October –
Friday 29th October

Last Day of the Autumn Term
Friday 17th December

First Day of the Spring Term
Wednesday 5th January 2022

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.

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.

Heathcoat Heroes

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

3E – Faith-Jade, Jake & Erin

5S – Nathan

6H – Hudson

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, 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



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Whole school performance Around the world with HPS



Our virtual whole school performance has now been edited and shared in school. We are absolutely thrilled with it and wish to thank all of the children and their teachers for their hard work and dedication in making it such a success. We will be sending out a secure link for all parents to access the show soon.

Class photographs

Just a reminder that you have until Monday 12th July to order your child's class photograph and have it delivered to school before the end of term. If you order after this date home delivery is available for £5 postage and packing.

Year 2 - Judaism

On Thursday, Year 2 welcomed Jane into school to talk about worship in a synagogue. Jane is a member of the Jewish community in Exeter and had spoken to the children previously when they were in year 1. She shared how they worship in a synagogue and shows clips so the children could see what this looks like. The children were very excited to be able to taste some apple, honey, bread and grape juice as part of the experience.





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Wrong trouser day





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Healthy eating

Healthy eating is really important for us all.



Foods to be aware of...**Biscuits, some breakfast cereals, pasta sauces, cakes, chocolates, sweets, fizzy drinks and fruit juice are all considered high in sugar. One single can of fizzy drink can contain up to nine teaspoons of sugar.**

Some people believe that diet can affect children's behaviour and their ability to concentrate at school. Scientifically speaking, there are no published studies to confirm this is the case but what we do know though is that sugar can lead to tooth decay, which is the biggest cause of hospital admissions among children.

Top tips and simple swaps

- Swap high sugar breakfast cereals for 50:50 or granary toast, crumpets, bagels, plain yogurt with fruit or porridge with berries. Make sure you read the label as some cereals position themselves as high fibre and healthy, yet contain high levels of sugar. At weekends, try scrambled or poached eggs on toast for a tasty alternative.
- Instead of cakes, pastries, biscuits or sweets, try a plain scone, bread sticks, fruit and vegetable sticks, oat or rice cakes with a small amount of peanut butter (unless you suffer from a nut allergy), sliced banana, cheese or hummus.
- Rather than fizzy drinks, try sparkling water with a small amount of unsweetened fruit juice. Try ice cold milk, or you could blend some fruit, ice and milk and make a healthy, nutritious milkshake.
- Plain yogurt with lots of berries, or fruit salad are delicious. Or add a small squeeze of honey.
- Get your children to help you to prepare and cook food. If they have helped out, they're more likely to eat it.
- Be a role model –children tend to copy adult behaviour, so if they see you eating a healthy diet, they will too.

The advice isn't to just cut down on sugar – demonising one ingredient isn't always very helpful. We should encourage our children to eat healthier snacks and have more nutritious drinks, eat more fruit and vegetables and increase fibre by having wholemeal and wholegrain options. Being really active is also key, and encouraging different sports and activities is equally as important.

Last week's 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.



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Ice cream art competition

For local primary schools

- Draw or paint an image of an ice cream on 1 side of A4
- Bonus points for any references to Tiverton or Tiverton Pannier Market
- The winner will get free ice cream for 4 people on an 'Ice Cream Saturday' at the market
- The best artwork will be displayed at the market and on social media during the summer



The deadline for entries is 4pm on Friday 9th July (entries to be dropped at the market office)
Please include child's first name, age and school on the front



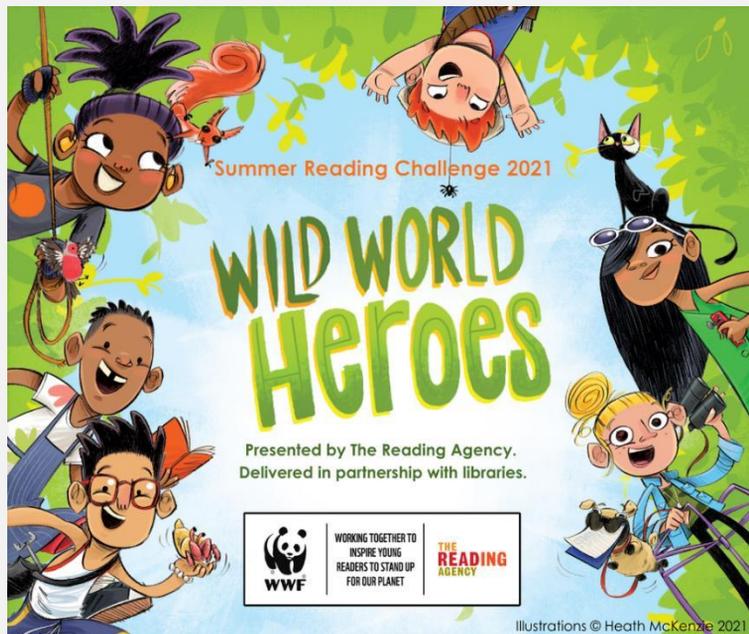


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Go wild for reading with the Summer Reading Challenge!



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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COOL TO BE ACTIVE... FUN TO BE FIT



UPLOWMAN PRIMARY SCHOOL ACTIVITY DAYS – SUMMER

Mr. Hooper and Mr. Jarad from Primary Sports and Education will be running a 3-week holiday course throughout the Summer for 4-11-year olds between 8.00am and 17.30pm. These will be specific to government guidelines to include all measures of social distancing and hygiene protocols. **There is a sibling discount offer of 10% off when booking with a sibling!!!** The dates are as follows:

- **Week 1 – Monday 26th and Tuesday 27th July**
- **Week 2 – Monday 2nd and Tuesday 3rd August**
- **Week 3 – Monday 9th and Tuesday 10th August**

BELOW ARE THE PRICES AND THE TWO OFFERS:

OFFER ONE – 8.30am to 15.30pm - £16 per child

OFFER TWO – 8.00am to 17.30pm - £21 per child

To make a booking please follow the instructions below:

- **1 – Enter our website – www.primary-sports.co.uk**
- **2 – Click on the “Booking now tab”**
- **3 – Click on the “UPLOWMAN HOLIDAY CAMP” tab**
- **4 – Complete the online booking form**
- **5 - ***PLEASE NOTE*** - To make an extended booking, click 'book now' and add to basket. You will need to amend the booking to the 'extended day' at the ticket information section on the 'day length' tab.**
- **6 – Sibling discount offer. Enter 'SIBLINGS' in the voucher code box to receive 10% off when booking with a sibling.**



Facebook.com/primarysports

Twitter.com/primarysportsgb

We will allocate an arrival and pick up time for the days they attend. This will be no more than 5 minutes apart. All bookings are NON-refundable unless the camp is cancelled due to circumstances out of Primary Sports control.

UPLOWMAN PRIMARY SCHOOL – SUMMER HOLIDAY CAMPS