



Newsletter

20 September, 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

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

Parking on Broad Lane

Over the last week we have had several complaints from Broad Lane residents regarding parent parking during school drop off and collection. Please can we remind parents to park considerately and safely, this includes not parking on double yellow lines or blocking driveways. The Broad Lane residents have informed the school that they will be reporting any further parking incidents to the police.

Nut Free school

Please remember that we are a nut-free school. This includes hazelnut chocolate spread (such as Nutella) and crepes filled with chocolate in packed lunches, as this is often hazelnut chocolate filling. Thank you for your cooperation with this.

Healthy snacks and drinks

Please remember that children should only have water in their drinks bottles that they are accessing during lesson times. No squash, fizzy water or flavoured water otherwise they are continually coating their teeth in sugar. Monday to Wednesday are healthy snacks day and children can then bring crisps on Thursday and Friday. No chocolate for snack.

Goodbye

We are sad to be saying goodbye to MTA, Mrs Rutley-Frayne. She has been a ray of sunshine, colour and positivity and we know that the children will miss her in the playground and in the hall. We wish her all the best for the future.

Learner of the week



FSDB Dexter
FSG Phoebe
1BA Flynn
1P Ashleigh
2D Tulisha
2P Grace H
3E Saffy
3P Saskia
4K Elliott
4W Joshua
5F Kingsley
5S The whole class
6C Emily
6F/J Tilly

Lunchtime Behaviour



FSDB Hattie
1BA Freya
1P Laila
2D Miller
2P Libby B
3E Orraith
3P Riley
4K Poppy
4W Lilly-Anne
5F Daisy-Mai
5S Tammy
6C Aemilia
6F/J Maggie

Best Attendance

1P – 99%



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Diary Dates



26th September
European day of
Languages

Term Dates



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

Spring Half Term
Monday 21st February-
Friday 25th February

Mental Health Ambassadors

Back in May this year, some of our year 5's were selected to become Mental Health Ambassadors for the school. They completed a one-day workshop and took part in various activities to help them learn about how best to look after both their and others mental health.

The children are now in year 6 and over the coming academic year they will be helping pupils understand the importance of looking after their mental health and ways to do this. Watch this space for updates!



Secondary School Applications

The application window for Year 7 secondary school admission in 2022 is now open. It is important that all Year 6 parents make their applications on-line at [Citizen Portal - Sign in \(devon.gov.uk\)](http://Citizen Portal - Sign in (devon.gov.uk)) by **31st October 2021**.

It is important that the application is made on time so that parents can secure a place for their child at the secondary school of their choice. More information about applying for a secondary school place can be found on the Devon County Council website [Apply for a secondary place - Education and Families \(devon.gov.uk\)](http://Apply for a secondary place - Education and Families (devon.gov.uk))

Monday 4th July 2022



School will be Closed in lieu of Bank Holiday for the Queen's Platinum Jubilee



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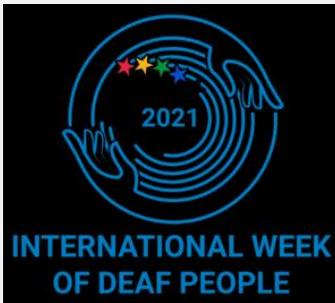
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Democracy



Tomas Williams the local education officer for Parliament came and spoke to the children in KS2 about the House of Commons and House of Lords and the roles that members of Parliament carry out. Last Wednesday was International day of democracy so children have been voting for their class representative for the school council.

Other celebrations this week



This week is International week of deaf people. It is an event that is celebrated by the global Deaf community to commemorate the first World Congress of the Week of Deaf people. It was first launched in Rome back in 1958 but is now recognised across the world. We will be sharing information with the children during assembly.

It is also European day of Languages this week which will be discussed in assembly and lesson time this week.

Short Breaks Project

Message for parent/carers

We want children and young people in Devon to enjoy experiences and activities that allow them to make new friends, learn new skills and feel confident and happy. For disabled children and young people, we do this through providing short breaks and activities, which also give parents and carers a break from the caring responsibilities.

In 2019 we [started a project to look into our short breaks offer with a view to improve it](#). The COVID-19 pandemic unfortunately meant that we had to pause that work in May 2020, but we're pleased to let you know that we have now committed to move forward again.

We talked to lots of people, including parents and carers and children and young people, and learnt lots about how you felt about short breaks before the COVID-19 pandemic, but we're keen to talk to more parents and carers, to find out if your feelings have changed over the past 18 months, or if you have had any experiences (good or bad!) that you want to tell us about.

[Please fill out our new survey](#) before the end of the month to help us build on what we've already heard, so we can use your feedback to shape our offer and provide fair, inclusive, and exciting short breaks that give children and young people with disabilities the opportunity to thrive both at home and within their communities.



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Hello from Mrs Alpey



I am writing to introduce myself to you all as the new SENDCo at Heathcoat Primary School and Rackenford C of E Primary School. I am absolutely thrilled to be joining such a dedicated, talented and positive staff team!

I have lived in Devon since I came down here from London to go to university. What a beautiful county – how lovely to have the moors, river valleys and coast to explore right on our doorsteps! I have two grown-up children and a close extended family (although they live all over Europe, which has been hard for us all during the pandemic). At home, I love to potter about in the garden and intend to work on it so that I have flowers all year round. I also love to read and I'm teaching myself to sew, inspired by the 'Great British Sewing Bee' on TV. My naughty cats (Heidi and Meg) love to play and keep me on my toes!

I come to this role with many, many years of experience in the SENDCo role and in other school leadership positions. I absolutely love my job – working with children, staff and families to make learning accessible for all children. I am passionate about all children getting the best possible start in life.

As a parent, your first port of call is always your child's class teacher (not me). The teachers are the ones who know your children best and have the skill and experience to make changes and adapt provision to meet your child's needs. I have more of a specialist, strategic role: I get involved if a child's needs warrant further support and advice.

As with all of our teaching staff, I aim to respond to emails within 2 working days – though as I work across two schools, my response time may be slower than this at times.

I look forward to getting to know your wonderful children better, and to working in partnership with many of you over the coming years.



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Walk to school day



Wednesday 6th October is walk to school day. We will be speaking to the children in assembly about road safety and also the positive impact of walking to school on their fitness and the environment.

We are aware that lots of you already walk to school, however, we would like to encourage all of our pupils to walk to and from school on this day if possible.

Please talk to your children as you walk about what you see, ways to keep safe, point out potential dangers on the roads (such as dangerous places to cross - including bends, junctions etc) and remind them of these rules:

- stop, look, listen, then look again before they cross the road
- walk - don't run
- do not cross between parked cars
- check no cars are about to move off
- use pedestrian/zebra crossings - even if it means walking a little further
- remember to be alert at all times around roads - no mobile phones. They can be a distraction and cause an accident
- wear bright clothes/reflective clothing
- your child should always walk on the inside of the pavement, so you are nearest the road
- children should hold parent's hands

Remember that children learn by copying you so try to set the best example - if you dash quickly across the road or take risks, they may too. Try to follow the safety rules yourself to help teach them.

Not sure what to do when your child is unwell?

Not sure what to do when your child is unwell?



Download the free **HANDi App** and get expert advice, support and guidance for common childhood illnesses.

Download the free [HANDi Paediatric app](#), which is available right across Devon, and get expert advice when you need it. Search for 'HANDi app' on Apple or Android.

A series of short films are also available on You Tube:

Louise - <https://youtu.be/pqBZURcyC0A>

Matt - <https://youtu.be/tukY-LFU8yo>

Jane - <https://youtu.be/Okz4BV2K2eA>

Tom - <https://youtu.be/U2FBi7cF3y4>

Gemma - https://youtu.be/U_6NSF0i8qM

Alex - <https://youtu.be/u79-HxqqqnM>



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TALKWORKS

TALKWORKS is a free NHS mental health service offering psychological therapies to adults (18+) living in Devon who are experiencing depression, stress and anxiety. We predominantly offer Cognitive Behavioural Therapy (CBT). We accept self-referrals via phone or website, as well as written referrals from professionals. There is currently a short wait of about 2 weeks for an initial assessment. We offer one to one treatment, a 6 week course (via Microsoft Teams) and an online platform called Silvercloud.

To book an assessment please call 0300 555 33 44 or visit our website www.talkworks.dpt.nhs.uk

Our open access workshops don't require an initial assessment to attend. This is a great option for people who may only need a brief intervention or for people who would like a taster of what we offer. The workshops are being delivered via Microsoft Teams. More information can be found on our website and places can be booked by calling 0300 555 33 44.

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Talking Health with TALKWORKS:

A two-hour workshop focusing on the link between mental and physical health, and managing depression and anxiety in relation to a long term health condition.

Stress Less with TALKWORKS:

A two-hour workshop introducing you to a range of CBT techniques to help you manage stress. It covers managing when worry is taking over your life; creating manageable routines and tips to help you get a better night's sleep.

TALKWORKS for Sleep:

A two-hour workshop delivering information about sleep, sleep hygiene and CBT techniques for sleep.

TALKWORKS for Wellbeing in Parenthood:

A two-hour workshop is available to families expecting a baby and with children under the age of 2. The workshop is aimed at supporting parents to build resilience and increase wellbeing in pregnancy and parenthood.

Introduction to Mindfulness Course:

A one hour 15 minute session on the potential for mindfulness to help manage stress, anxiety, low mood, and pain. The session includes some short guided meditation practices, space for some light discussions, and information on how to develop this practice further including details about our 9 week Mindfulness-Based Stress Reduction courses. **Please note that this session may not be suitable for you if you have experienced significant emotional challenges such as trauma, abuse, an acute mental health condition, recent loss or bereavement, major life changes or addiction to substances.**

Visit TALKWORKS Facebook page where information about the service including our workshops can be found: <https://www.facebook.com/TALKWORKSNHS/>



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HOPE Parents Wellbeing



Take control of your health & wellbeing

HOPE Programme for Parents

Are you a parent caring for children over 4 years old? Are you experiencing stress, anxiety, low mood and feeling isolated?

Would you like to learn about some self management techniques and connect with other parents?

HOPE is a self-care, self-management programme which takes place over eight weeks and is free to attend.

The course starts on Tuesday 21st September, 11:00 - 12:30

Each week the course covers topics like:

- managing stress
- smarter goal setting
- gratitude
- character strengths
- physical activity/eating well
- coping with fatigue
- practicing mindfulness
- communication and relationships



Register your interest today!

To register or for more info, please call **01803 210493** or email hope.devon@nhs.net

<https://www.torbayandsouthdevon.nhs.uk/services/hope-programme>





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THE VOICE KIDS 2022 APPLY NOW!

The Voice Kids is back and we're looking for super talented **SOLO SINGERS & DUOS** who have what it takes to take over The Voice Kids stage!

If you know any 7-14 year olds who want their voices to be heard, we want to hear from you!

For more information about how to enter go to
itv.com/beontv/thevoicekids
or **stv.tv/voicekids**

Applications close on
Friday 29th October 2021

We reserve the right to extend the closing date at our discretion

Other eligibility criteria and terms and conditions also apply (see entry form for full details).

Personal data provided by you will be collected and processed in accordance with the privacy notices set out in the entry form.

