



## Newsletter

7 September, 2022

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. The attendance email goes to all the office staff as well as members of the leadership team. Please **do not** email the class teachers directly to report an absence.

### Safeguarding

Safeguarding and Child Protection Safeguarding is everyone's responsibility and all child protection concerns need to be acted on immediately. If you are concerned that a child may be at risk or actually suffering abuse please contact Demelza Higginson, Becky Budden, Hannah Gleeson or Mike Payne within school or alternatively if not in school hours please contact MASH (Devon County Council multi agency safeguarding hub) who are available to discuss your concern and advise 0345 155 1071. If we have any safeguarding concerns regarding your child, we will discuss these with you unless we feel that doing so would put your child at greater risk.



Please can we remind parents that as part of our safeguarding policy we should have the names and contact details of at least 2 adults for each child on file. It is vital that we can contact someone in the case of an emergency. Only parents or carers with PR (parental responsibility) can inform us about changes to the person collecting their child. If someone different is collecting your child, please inform the office and they will let the teacher know. We cannot let children go with someone different if we have not been informed by the parent first. Only children in year 5 and 6 are allowed to work home on their own. All other children must be collected from school by someone over 16 years old.

### Healthy lunches

As we return to school, some of you may choose to provide your child with a packed lunch. Sometimes it can be difficult to come up with tempting packed lunch choices so here are some healthy ideas for lunchboxes. You may wish to ask your child to help with making food for their lunchbox (especially if they are in year 3 and above). If your child has not tried school dinners, they are really delicious, balanced and nutritious. Every day they can choose from 2 different main meal choices or a delicious jacket potato with a variety of fillings.

<http://heas.health.vic.gov.au/sites/default/files/pick-mix-lunchbox-poster.pdf>



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## Extra-Curricular Clubs

We are pleased to inform you that these extra-curricular clubs are on offer at school for this coming half term. The following clubs are on offer:

Monday: Games Club - Year 4,5,6  
Tuesday: Games Club - KS1  
Wednesday: French Knitting Club - KS2  
Thursday: Dance Club – KS2  
Friday: Reading for Pleasure Year 3 & 4

Teachers have spoken to children about the clubs that are on offer and they have had the opportunity to sign up in school. Clubs will begin on Monday 12<sup>th</sup> September.

## Welcome back to another school year!

We hope you all had a good summer holiday and enjoyed the wonderful weather.

It has been lovely to welcome all our pupils back to school, they have come into school smiling and looking smart in their school uniform. Please can you ensure that your child brings a coat to school every day as the weather is very unpredictable.

A huge welcome to our new nursery and reception pupils as well those pupils who have joined our school into other year groups.

We are looking forward to working with you over the coming year and we have lots of exciting learning to look forward to.

Miss Ford has returned from maternity leave and is our Assistant SENDCo. Mrs Scott continues to work within the SEND team as our SEND administrator. We are pleased that Mrs Hempstead has joined the pastoral team as our SEMH support worker.

## Contacting staff

If you wish to contact the class teacher you can email the year group email addresses, which goes to all the teachers who teach in that year group. These will be checked on a Monday, Wednesday and Friday during working hours and staff will respond within 48 hours. Staff are unable to check emails whilst they are teaching the children. If you need to contact your child's class teacher, please use the email addresses overleaf. If you wish to pass on any important information that needs to be addressed urgently, please contact the school office who will be able to pass that information onto the relevant staff. Staff on the gate will be unable to pass on messages, so please contact the office to share any information.

You can also speak to the teacher briefly at the end of day, once all the children have been sent home. Please remember the gates are locked at 3.25pm.



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The emails are all the same but with a different prefix for each year group:

year1@heathcoat.devon.sch.uk  
year2@heathcoat.devon.sch.uk  
year3@heathcoat.devon.sch.uk  
year4@heathcoat.devon.sch.uk  
year5@heathcoat.devon.sch.uk  
year6@heathcoat.devon.sch.uk

Nursery and Reception teachers can be contacted via Tapestry.

If you have any questions, please speak to your child's class teacher in the first instance as they know your child well and are best placed to help. If you continue to have concerns then speak to the team leader for your year group, Mrs Gunn (EYFS), Mrs Budden (KS1) and Mrs Firth (KS2)

## Assemblies

Each week children will have various assemblies celebrating special days or events such as World Book Day or National Science week. There will also be a weekly **Celebration** assembly each Friday and a **British Values** assembly each Wednesday. British Values assemblies teach children about the rule of law, democracy, individual liberty, tolerance, diversity and respect for others within our society. Look out for more information in the newsletter next week about the British Values and the assemblies. There will also be a **Healthy Me** assembly each week during which children will be taught how to look after themselves physically and mentally. Topics will include healthy eating, internet safety, road safety, what to do in an emergency (including how to ring 999), dental hygiene etc.

## Healthy snacks and water

As part of encouraging healthy eating can we please remind you that:

- drinks bottles should contain **plain water** each day. Children may have squash at lunchtimes in a bottle, however squash-type drinks throughout the day can lead to tooth decay, and when spilt in the classroom leads to a sticky mess. Squash, sugar-free squash, diluted fruit juice and flavoured waters are therefore not permitted in the water bottles that are accessed throughout the day.
- Children should have a piece of fruit as their snack **each day**. Processed fruit snacks are not permitted. Fresh fruit such as apples, bananas, oranges, grapes, strawberries, melon are all going to give children the essential vitamins to help keep them healthy. It also helps to establish good eating habits that they will hopefully continue. This is also something that Ofsted identified as an area for improvement and we thank you for supporting us in making this healthy change, which will benefit the children. Children in EYFS and KS1 will continue to receive free fruit as part of the governments provision.

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.



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## HOW TO SUPPORT YOUR CHILD'S LEARNING THIS ACADEMIC YEAR

Information taken from educational blog – Innerdrive.

### SET HIGH ACADEMIC EXPECTATIONS

[Having high expectations](#) is everything. At HPS the staff have high expectations of each child. Each child is encouraged to try their best and to challenge themselves.

In one study of parenting behaviour, researchers found that the most influential thing a parent can do to help children achieve their best grades is to have high expectations of them doing well in their learning. This motivates children to work hard and do their best.

### HAVE REGULAR COMMUNICATION

Researchers found that parents having good communication with their child about their school life to be a particularly important in children doing well at school. As we start the new school year, this can help parents to solve any potential problems before they spiral into bigger issues.

How to do it? Ask your child open-ended questions about their day. How are you finding school? What are your goals for this term? What are your goals for a job when you are older? What was the best thing about school today? Which lesson was most challenging? What did you do that made you feel proud today?

Also – please do communicate with the school. Any worries? Let us know. Anything going well? Let us know. Please chat to teachers at the end of the day and book in for parent consultations. They are scheduled in across the year and are a good way to be involved in your child's learning.

### DEVELOP GOOD READING HABITS

Developing good reading habits is important in successful learners, including parents reading frequently and regularly with their children. But why is this so important? Some benefits are:

- Improved development of brain and understanding
- A better understanding of the world around them
- Greater concentration
- Improved academic success

Often, life gets in the way. And despite wanting to read with your child, it might not feel like you have the time. However, it is important to try and develop this habit by implementing this into your daily life. By setting aside 30 minutes (or more) of reading a day, it can help your child get into this routine. This can even be during the journey to school, or before bedtime.



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If the issue is that your child is not motivated to read, then it can be useful to start a reward system. For example, for every 10 books your child reads, they can get a small reward such as picking out a treat from the shop. Having something to look forward to can bring more excitement to reading, and before you know it, your child genuinely starts enjoying it.

## ENCOURAGE PHYSICAL EXERCISE

On average, children should get at least 60 minutes of exercise per day. The benefits of exercise for the body is easy to understand, but it also helps with mental health as well as academic studies.

Too little exercise can lead to:

- Reduced memory capabilities
- Worsened concentration levels
- Feeling more stressed

What can you do to get your child exercising more?

Offer a wide range of sports activities, to encourage them to be more interested and motivated to exercise. (Try swimming club, football club, rugby, tennis, netball, dance, gymnastics, running) There are many free trials and free clubs that children can try.

But it also happens through daily habits – for example, if possible, you could start walking to and from school with your child instead of taking the car.

## EAT DINNER TOGETHER

Why is it important to eat dinner together? Researchers have found it leads to:

- Improved communication
- Increased motivational levels
- Being more optimistic about their future
- Improved self-esteem
- Reduced alcohol, tobacco and drug use

It is important to note that this study only investigated the [correlation between these influences](#), not their causation. Therefore, although there is an association between these factors, it doesn't necessarily mean that having dinner together directly leads to these benefits – but it can't hurt to try.

Use this time to chat to your child about their day, listen to their worries, celebrate their successes.



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## REDUCE MOBILE PHONE USAGE

About 81% of the population have a mobile phone and so it comes as no surprise that phone use is hard to manage and can cause a lot of damage to pupil's academic performance. It is therefore important to manage phone use at home. But how can you do this? Here are some ideas:

- Setting aside phone-free time each day
- Don't allow phones in bedrooms
- Putting the phone away when your child needs to focus
- Limiting notifications that pop up on the phone
- Regular phone checks – look at their messages, check their search history

By supporting your child and monitoring and managing their phone use, it can help improve their well-being as well as their academic performance.

## DEVELOP GOOD SLEEPING HABITS

There are so many benefits of getting a good night's sleep. Sleep improves mood as well as concentration, memory and creativity.

Therefore, it is important to implement good sleeping habits from the start of the year. You could:

- Starting a bedtime routine a few hours before bedtime e.g. read a book, bathtime, warm milky drink.
- Encourage exercise throughout the day
- Ask them to turn off their phones
- Avoid any caffeinated drinks such as tea, coffee, cola
- Avoid sugar or sweets

## VIEW FAILURE AS AN OPPORTUNITY TO LEARN

Researchers found that the way parents react to failure has a big influence on their child's mindset. When failure is viewed as an opportunity to learn, children are likely to develop a growth mindset and think "I can do this". However, if failure is viewed as a source of shame or negativity, then children are more likely to have a fixed mindset. It is important to develop a supportive but challenging environment.

This helps young learners to develop their resilience, whilst assuring them that they can improve. Mistakes are expected, respected, inspected and corrected.



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citizens  
advice

Torrige, North,  
Mid & West Devon

There cannot be a single person who has not had a conversation about the cost of living crisis which seems to be escalating at an alarming rate and this month's question is typical of the thousands of requests we get each month asking for help and advice.

*"The cost of energy and food is so high now. With the kids back to school, new uniform and all the other costs. I'm worried about how I'll put food on the table. I'm on a prepayment meter and I'm really scared we're going to be left without any gas or electric if I can't top up. What can I do?"*

As a prepayment meter customer, your energy supplier will be able to give you temporary credit if you can't afford to top up your meter. They might add this to your meter automatically, but if they don't, you can call them and ask them to do this.

If you run out of temporary credit, speak to your supplier and explain your situation. They may give you extra temporary credit if you are struggling with living costs. If you're disabled, have a long term health condition or you have children under 5 you may also qualify to get extra credit. You'll have to pay back anything extra you get, but you can agree how to do this in a way you can afford.

CA TNMWD are working with Devon County Council to manage an Energy Relief Scheme and it could be that you qualify for fuel vouchers. We also have a specially trained Energy Advice Team who will provide free, confidential and informed advice. Either visit [www.ruraldevoncab.org.uk](http://www.ruraldevoncab.org.uk) click on 'Get Advice' then go to the Energy tab. Alternatively, ring our free, local Advice Line on 0808 27 87 999. You may like to consider having a Smart Meter installed (at no cost to you) and this is something else our team can advise on.

There is more government support coming in October to help with energy bills including a £400 payment. With a prepayment meter you will be given vouchers in the first week of each month from October.

If you pay council tax and are in bands A-D you may have already received a payment of £150 which is being automatically credited by local councils. If you haven't and you qualify, check out your council's website and see how you go about making a claim.

You may find it useful to check out [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) where we have benefits calculators you can use online to assess whether you are eligible to claim anything and there is also advice on how to reduce living costs and other ways to increase your income.

School holidays put additional pressures on everyone's budget. Contact your local council to see if there is extra support available to help you. At CA TNMWD we can also help you get a referral for a food bank. You are by no means the only person in your situation so just reach out to us for help. [www.ruraldevoncab.org.uk](http://www.ruraldevoncab.org.uk) or 0808 27 87 999.

If you are reading this and thinking that you would like to be able to help people like this, email [recruitment@ruraldevoncab.org.uk](mailto:recruitment@ruraldevoncab.org.uk) and find out about volunteering opportunities with us. We give ongoing training and support and you would be helping us to meet the ever increasing demands on our services!



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# Baby Self-Weigh

Mid Devon Children's Centre

Every Wednesday from 14th September  
10 am to 1 pm

Wilcombe Children's Centre, Wilcombe Primary School, Lazenby Road,  
Tiverton, EX16 4AL

01884 250449

[middevoncc@actionforchildren.org.uk](mailto:middevoncc@actionforchildren.org.uk)