

## NEWSLETTER Thursday 28<sup>th</sup> March 2024

Dear Parents,

I can hardly believe that the spring term is at an end. It's been another busy term and I think both children and adults are ready for a rest!

### LANDSCOVE LEARNERS

**Class 1** enjoyed a rather wet Welly Walk last week – finding their way to the village and getting to know their local environment – particularly the park!



Miss Pritchard reports that **Class 2** had a wonderful day at Forest School. They were very lucky with the weather and enjoyed most of their activities in the sunshine! The children had a full day including making elder wood necklaces, cooking popcorn and making hot chocolates, going on a signs of spring treasure hunt and lots of exploring! Well done Class 2 for making the most of a fantastic day!



**Class 3** have had a busy couple of weeks. Firstly, they put on a brilliant assembly for their grown-ups. Thank you so much to the adults that volunteered to join in with being mummified and dancing like an Egyptian – it was so much fun! We also enjoyed our science day which was full of wonderful experiments and our firm favourite was making slime!



**Class 4** have had a busy fortnight! They have showcased all their learning about World War Two in a class assembly, providing a recount of the visit to R.A.F Harrowbeer, sharing descriptive writing about air raids and singing two wartime songs. They also had a fabulous time at Occombe Farm learning all about the Farm to Fork process, made pizzas with herbs from the garden, and even had a tour of the paddocks, getting to meet and cuddle lots of animals!

This week they had a very sporty start to the week competing in a hockey tournament against other schools in the trust. They played with incredible skill and demonstrated excellent team spirit - as always! Mrs Neville was most impressed. I should imagine class 4 are ready for a holiday!

### SCIENTISTS FOR A DAY!

Everyone enjoyed a whole-school science show led by Ruth from Devon Science last week. It was captivating and fascinating - particularly the 'elephant toothpaste' experiment and setting Mr Ansermoz and Ruth on fire! Each class then had their own workshop with Ruth, where they explored making 'fizzy rainbows', slime, bath bombs and rockets!



### ETHOS & VALUES

Our Ethos Group met with a representative from Christian Engineers in Development - a charity that offers professional engineering support to people in rural areas of the developing world who are trying to provide basic infrastructure for their communities. Their main focus is on providing clean drinking water. Carrying ten litres of water a few steps was hard enough for us. We imagined lifting the container on our heads and walking a considerable distance barefoot across rough terrain in blazing heat. The children will share their learning with the rest of the school and plan any actions they want to take as a result.



## SAFEGUARDING & ATTENDANCE

Attendance: (Our school target is 97%)	
Whole school	94.4%
Class 1	92.9%
Class 2	95.2%
Class 3	92.1%
Class 4	97.7%
Well done to Class 4!	

If you are concerned about a child's wellbeing, please contact the school or in non-school hours contact MASH on 0345 155 1071.

Our designated safeguarding officer is Mrs. Ryder and the deputy safeguarding officer is Mr. Ansermoz

This free information guide provides some expert tips on helping children feel able to talk frankly and honestly. Please follow the link below.

[Top Tips for Parents: Encouraging Open Conversations at Home \(nationalcollege.com\)](https://www.nationalcollege.com)

### FOLS ~ a message from Michelle

A bit of a quieter term for FOLS but we hope the children enjoyed the movie night in February and the Easter trails during Easter in a day, we were so lucky with the weather.

Bags2school will return in May so spread the word to friends and family to keep hold of any unwanted clothes and textiles ~ we all have clothing in our wardrobes that we haven't worn in ages, but when it comes to a clear out what do you do to make sure the environment comes off best? Bags2school has the answer ~ collect all your unwanted items and drop off at school first thing on the 17th May.

A few spends this term ~

£36.96 ~ Bags of kindness

£430 ~ Science Day

£13.41 ~ Easter lollies

We have a few things planned for next term so watch this space, in the meantime thank you all for your continued support and we hope you have a fantastic Easter break.

Many thanks,

Michelle

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://www.nationalcollege.com).

## 10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

- 1 CREATE A SAFE SPACE**  
Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.
- 2 CONSIDER OTHER OUTLETS**  
Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.
- 3 NORMALISE CHATS ABOUT FEELINGS**  
Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"
- 4 LISTEN ACTIVELY**  
When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or "teenage angst" – or to assume that they'll simply "get over" whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.
- 5 ASK OPEN QUESTIONS**  
Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"
- 6 RESPECT THEIR BOUNDARIES**  
If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.
- 7 LEAD BY EXAMPLE**  
Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.
- 8 HAVE REGULAR CHECK-INS**  
Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.
- 9 PROVIDE RESOURCES**  
It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist. If necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as *sooth* or *YoungMinds*.
- 10 CELEBRATE EMOTIONAL EXPRESSION**  
It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

**Meet Our Expert**  
With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

**#WakeUpWednesday**  
The National College

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## SCHOOL LUNCHES

Mrs Grant has asked me to remind you to go onto Parent Pay during the holidays and book school lunches for the coming term. Thank you. Please see menu below.

The Link Academy Menu Spring/Summer 2024 Child's name:  Class:  Allergies:

**Week 1** W/C: 15 Apr / 6 May / 3 Jun / 24 Jun / 15 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Ham Macaroni	Pork Sausage in a Roll	Roast Chicken Breast	Pepperoni Pizza	Breaded Fish
<b>Veggie</b>	Cheese & Tomato Pasta	Quorn Sausage in a Roll	Savoury Cheese Muffin	Margherita Pizza	Veggie Nuggets
<b>Sides</b>	Homemade Garlic Bread, Mixed Veg or Salad Bar	Sweetcorn, Homemade Coleslaw	Roast Potatoes, Broccoli, Baby Carrots, Veggie Gravy	Diced Potatoes & Sweetcorn	Chips, Beans & Peas
<b>Jacket/Roll</b>	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham
<b>Dessert</b>	Apple Flapjack, Fruit or Yoghurt	Victoria Sponge, Fruit or Yoghurt	Vanilla Shortbread & Vanilla Ice Cream, Fruit or Yoghurt	Toffee & Banana Muffin, Fruit or Yoghurt	Chocolate Biscuit & Sultana Slice, Fruit or Yoghurt


**Week 2** W/C: 22 Apr / 13 May / 10 Jun / 1 Jul / 22 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Beef Burger in a Bun	Chicken & Bacon Pasta Bake	Pork Sausage Toad in the Hole & Gravy	BBQ Chicken Pizza	Fish Fingers
<b>Veggie</b>	Vegan Burger in a Bun	Cheese & Tomato Pasta Bake	Quorn Sausage Toad in the Hole & Veggie Gravy	Margherita Pizza	Baked Cheese & Tomato Wrap
<b>Sides</b>	Roasted Diced Potatoes, Mixed Veg or Salad Bar	Homemade Garlic Bread, Broccoli or Salad Bar	Roasted Potatoes, Baby Carrots, Green Beans or Salad Bar	Jacket Wedges, Sweetcorn or Salad Bar	Chips, Peas or Beans
<b>Jacket</b>	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham
<b>Dessert</b>	Vanilla Cheesecake & Homemade Berry Compot, Fruit or Yoghurt	Carrot Cake with Cream Cheese Frosting, Fruit or Yoghurt	Chocolate Ice Cream and Chocolate Shortbread, Fruit or Yoghurt	Strawberry Jelly & Fruit Cocktail, Fruit or Yoghurt	Rich Chocolate Cookie, Fruit or Yoghurt


**Week 3** W/C: 29 Apr / 20 May / 17 Jun / 8 Jul

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Beef Bolognese & Pasta	All Day Brunch	Roast Gammon & Gravy	Cheese & Ham Pizza	Cod Fish Bites
<b>Veggie</b>	Quorn Bolognese & Pasta	Veggie All Day Brunch	Savoury Welsh Onion Cake & Veggie Gravy	Margherita Pizza	Vegan Burger
<b>Sides</b>	Mixed Veg or Salad Bar	Baked Beans or Salad Bar	Roast Potatoes, Broccoli & Baby Carrots or Salad Bar	Jacket Wedges, Sweetcorn or Salad Bar	Chips, Peas or Beans
<b>Jacket</b>	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna Mayo or Beans Roll with Cheese, Tuna or Ham
<b>Dessert</b>	Pip Organic Rainbow Lolly, Fruit or Yoghurt	Lemon Drizzle Cake, Fruit or Yoghurt	Strawberry Ice Cream & Berry Compot, Fruit or Yoghurt	Apple Cake & Squirry Cream, Fruit or Yoghurt	Chocolate Fudge Cake, Fruit or Yoghurt


**The Guide to Goodness**




Many of our homemade desserts contain at least 50% fruit or hidden veg




The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers

## DATES FOR YOUR DIARY

15 <sup>th</sup> April	Non Pupil Day – staff training
16 <sup>th</sup> April	Children back to school
29 <sup>th</sup> April	Year 5/6 visit to London (no Mrs Grant in school today)
1 <sup>st</sup> May	Class 1 to Stover Country Park
3 <sup>rd</sup> May	May Day Event on the village green ~ 2:15
8 <sup>th</sup> May	Y3/4 football tournament - Mr Tanner
13-17 <sup>th</sup> May	KS2 (Y6) SATS week
15 <sup>th</sup> May	EYFS/KS1 multi skills event – Mr Tanner
20 <sup>th</sup> May	Spirited Arts Week
22 <sup>nd</sup> May	Y3/4 invasion games– Mr Tanner
24 <sup>th</sup> May	Break up for half term
Looking further ahead...	
3 <sup>rd</sup> June	Second half of Summer term begins
5 <sup>th</sup> -7 <sup>th</sup> June	Y5/6 residential at Pixies Holt
Week beg 10 <sup>th</sup> June	Y6 Bikeability
17 <sup>th</sup> June	Sports Day – 9:30 KS1, 1:30 KS2
23 <sup>rd</sup> July	Leavers service @ St Matthew's 10am

That's all the news for now. Enjoy the Easter break and see you on Tuesday 16<sup>th</sup> April for the start of the new term.

*Jill Ryder.*