



# East Allington Primary School and Nursery

[www.eastallingtonprimary.org.uk](http://www.eastallingtonprimary.org.uk)

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**READ READ READ! Just 10 minutes every day.**  
**Please take a look at some of the great ideas from other parents in  
our 'parent to parent' reading guide!**

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Please remember next Friday (18<sup>th</sup>) is a **NON-PUPIL DAY**. Teachers  
will be at Rydon Primary school (another ESW school) for training  
and further development of our curriculum so we can offer our  
children the very best!

**28 October - first day back after half term is Tempest Photos.**

## FSU needs you!

We need contributions of;

- Tractors and farm vehicles
- Girl's pants
- Socks
- Toy cars
- Doll's house
- Doll's house furniture
- Small cutlery
- Role play items- shop, kitchen, fire station, police station, vets, space, construction, hairdressers.

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11 October 2019



## Upcoming Events

**Class 2 Wildlife Champions trip:  
15 October**

**Dartmouth Food Festival:  
Classes 2 & 3: 17<sup>th</sup> October-**

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**NON-PUPIL DAY: 18 October**

**HALF TERM: 21-25 October**

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**Return to school: 28 October**

**Tempest Photos: 28 October**

**Class 1 Kent's Cavern Trip: 1  
November**

**Class 2 Viking Workshop: 5  
November**

**Flu Vaccinations: 8 November**

**Theatre Performance for  
Foundation Stage: 14  
November**

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**END OF TERM: 21 December –  
5 January**

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**SPRING TERM 2020: 6 January**

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- Please can Reception class have any cardboard tubes (kitchen roll etc).

**Out and About:** Class 3 had a brilliant trip to Bristol to enrich their science learning. Coming up - our year 4s are out learning more about how we can look after hedgehogs from Devon Wildlife Trust; we'll experience Gingerbread men; Journeys into caves and lots of lovely local food at the Dartmouth Food Festival!

**Administrator:** Rebecca has decided to hand in her notice so we will be looking for a new administrator for the school. An advert will be placed as soon as possible and Rebecca will ensure transition to the next administrator. We are very grateful to Rebecca for all she has done for the school. We have been in discussion with Lucy and Denise to gain the PTFA views, and with Chloe Toorneini our new governor. We have been keeping the new arrangements under review, and are now considering what amendments we might wish to make going forward. We will keep you informed.

**SENDCo:** We would like to thank Miss Risby for all her valuable work with children and families with SEND across the primary schools in the South hub of our Multi-Academy Trust. We wish her the very best of luck as she begins her maternity leave and we look forward to meeting her new arrival very soon! Sarah Simnett will be filling Emily's shoes until she returns.

**Rights Respecting School:** Thank you to those who came to the Steering Group meeting to help in our drive to develop children's understanding of their rights.

**Parent meetings: w/beginning 14th October:**

Please book in with your child's teacher if you have not done so already. Meetings will last 10 minutes.

Monday 14th Oct	Class 2 Mrs Ward 3:30 – 6:00
Tuesday 15th Oct	Class 1 Mr Pether 3:30 – 6:00 Class 2 Mrs Ward 3:30 – 6:00
Wednesday 16th Oct	Class 3 Mrs Rosewarne & Mrs Howells 1:00 – 5:00 EYFS Mrs Partridge 3:30 – 5:30
Thursday 17th Oct	Class 1 Miss Pollard 3:20 – 4:50 EYFS Mrs Partridge 3:30 – 6:30

**Talk to your child's teacher:** If you would like to have a chat with your child's teacher, please make an appointment – we are always happy to talk. If you wish to communicate with your child's teacher

via email, please use the school email address and not their personal or work email addresses.

[parent@eastallingtonprimary.org.uk](mailto:parent@eastallingtonprimary.org.uk)

**Volunteers:** We still need as many volunteers as possible; **Can you help?** Just a few hours reading support can make a massive difference and even change a life. Working with children is exciting and fulfilling. If you have any time to spare – even an hour, please contact us.

**Parent Pay:** Please help us become a cashless school by using Parent Pay. Any questions please ask the office.

### Current Attendance YTD:

Reception	97.83%
Class 1	97.97%
Class 2	97.22%
Class 3	93.78%
School	96.76%

Overall, we are above our target of 96% however we should always aim higher.

### PTFA – Dates for your diary

- 31st October (Thursday) Halloween Breakfast
- 16th November (Saturday) Pub Quiz & Basket Meal... gather your team
- Christmas craft clubs and fayre dates are to be confirmed.

### Job vacancy – Cook in Charge

- 20 hours per week: 9.30am to 1.30pm Monday to Friday
- 38 weeks per year (term time only)
- £9.36 per hour starting ASAP

East Allington Primary school requires a permanent cook to produce a balanced, healthy and seasonal daily menu for the students and staff at the school. This position includes menu planning (including maintenance of allergen info records), ordering and preparing food from scratch. It also includes the maintenance of stock levels as well as daily cleaning. Previous experience required.

For more information on the position and application form please visit

<https://www.educationsouthwest.org.uk/single-post/2019/10/01/Cook-in-Charge>

(note the deadline has been extended to 18 October 2019)

## Internet safety information:

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Parent Info is a free web service providing information to parents and carers:

<https://parentinfo.org/>

Advice from NSPCC on social networks, apps and games: <https://www.nspcc.org.uk/ShareAware>

A non-profit organisation working with others to help make the internet a great and safe place for children: <https://www.childnet.com/parents-and-carers>

## SEND SIGNPOST



### World Mental Health Day 2019

#### What are mental health problems?

Our mental health is just like our physical health: everybody has it and we need to take care of it. Mental health problems affect around one in four people in any given year. They range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder.

#### What can we do to improve our mental health and wellbeing?

1. **Talk about your feelings** - Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.
2. **Keep active** - Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.
3. **Eat well** - Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.
4. **Drink sensibly** - We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.
5. **Keep in touch** - There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

6. **Ask for help** - None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you and can be accessed through the Early Help scheme.

7. **Take a break** - A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

8. **Do something you're good at** - What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity, you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

9. **Accept who you are** - We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

10. **Care for others**

**'Friends are really important... We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.'**

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.



EAST ALLINGTON PTFA ARE  
HOSTING A QUIZ NIGHT

*JUST £10 A TICKET*

*TO INCLUDE A LOCALLY PRODUCED  
BASKET MEAL*

*MAXIMUM TEAM SIZE 6*

*RAFFLE & GAMES ON THE NIGHT*

*FUN QUIZ FOR EVERYONE*

*PLEASE RESERVE YOUR TABLE WITH  
KELLY BARONS*

*PRIZE FOR WINNING TEAM*

**QUIZ NIGHT AT  
THE FORTESCUE ARMS  
EAST ALLINGTON**

**SATURDAY 16TH NOVEMBER 7.30PM**



*PTFA Cake Raffle*



*Tickets just 50p each*



*On sale both before and after school every day  
From Sarah Hepburn-McCarthy and Bex Hiley*



*Winner drawn every Friday*