



# Newsletter

No. 2. 26th September 2025

Website: [www.ourladys.devon.sch.uk](http://www.ourladys.devon.sch.uk)

Telephone: 01271 345164

In Our Lady's Catholic Primary School we learn about God and try to follow his footsteps by showing care and respect for one another.

We would like to say a huge thank you to everyone who joined us for our Macmillan Coffee this Morning. It was wonderful to see so many parents, carers, and friends come together for such an important cause. Thanks to your generous support—whether through baking, donating, or simply enjoying a cup of coffee and a chat—we were able to raise £255 of much needed funds for Macmillan Cancer Support.

Your kindness helps to make a real difference to families affected by cancer, and we are so grateful for your continued support.

We would like to thank you for your continued support of your child's learning. Your encouragement and involvement at home make a big difference in their growth and success at school.

One of the most powerful ways you can support your child is by making time for regular reading at home. Reading together builds vocabulary, strengthens comprehension, and fosters a lifelong love of learning. Even just a few minutes a day—whether it's reading aloud to your child, listening to them read, or sharing stories together—can have a lasting impact. In school we will be celebrating the children's reading through a series of certificates, badges and special gifts so please keep an eye for these and engage with your children about their successes in school.

Thank you for your support of the new school dinners ordering system. If you are still having difficulty accessing the online system please come and see the office so we can help you and ensure the children get the dinner choice they want.

**Rob Meech, Executive Headteacher and Eve Daunton, Acting Head of School**

## Autumn Term Dates

Mon 29th Sep	Bikeability
<b>Tue 30th Sep</b>	<b>Bikeability</b>
Wed 1st Oct	Bikeability
<b>Thu 2nd Oct</b>	<b>Bikeability</b>
Wed 1st Oct	Y6 Swimming
<b>Mon 6th Oct</b>	<b>Bikeability</b>
Tue 7th Oct	Bikeability
<b>Wed 8th Oct</b>	<b>Y6 Swimming</b>
Fri 10th Oct	Individual School Photos
<b>Wed 15th Oct</b>	<b>Y6 Swimming—last one</b>
Fri 24th Oct	PTFA Non Uniform Day—£1
<b>Fri 24th Oct</b>	<b>Last day of half term</b>
Mon 27th Oct	Half Term Holiday
<b>Fri 31st Oct</b>	<b>Deadline for secondary school places</b>
Mon 3rd Nov	Non Pupil Day—School Closed
<b>Tue 4th Nov</b>	<b>Pupils Return to School</b>
w/c 10th Nov	Parent/Teacher Consultations

## Bikeability

Don't forget that the first two groups of Bikeability is running from Monday 29th September to Thursday 2nd October. Please come into school in your PE Kit and with a coat in case of rain. Don't forget your bike and helmet if you are using your own.

There will be a further group of Bikeability from Monday 6th October.



**The next newsletter will go home on:  
Friday 10th October 2025**



## Barn-a-b's at Our Lady's

Barn-a-bs are taking part in some mathematics training. This is a really interesting course, it is giving us lots of new ideas for maths activities inside and outside.

We will be collecting lots of interesting shaped boxes, tubes, bottles etc. Please bring in any interesting things you find. There are lots of parent resources on the training, which we will share with you.

We are getting to know all our children really well. Children can be shy with new people initially, we may ask you questions about how your children communicate with you at home, particularly if they are quiet with us. Children develop at different rates and learn in different ways. We are keen to help children learn in the ways that they need. There are other services that can help us- and you; such as speech therapy, nursery plus, health visitors. Please talk to us if you have any questions. Tapestry is a great way to stay in touch with us too.

It's been great to see the children developing their independence, they have been putting their belongings on their peg. Some children are putting on their own shoes, boots and coats. They have been learning the routine, learning new names and making new friendships. Well done everyone.

**Cathy, Jane, Liia, Lisa and Tracey**



## October is Black History Month.

Every year Barnstaple Library celebrates with book displays, events & activities but this year is going to be extra special...

We have teamed up with Rose Young-French to curate a day of interactive, fun, friendly & informative activities for all on Saturday 11th October 10-4pm.

Rose says " Our 'Let's Celebrate Together!' occasion is an opportunity to showcase and highlight cultural diversity right here in North Devon "



To find out more about the free drop in activities & to book on to an uplifting singing session with Fran Andre & an exciting dance workshop with Rebecca Jeffery please click on links below

<https://www.eventbrite.com/e/1394747048969?aff=oddtcreator>

### Black History Month - Lets Celebrate Together!

Everyone welcome to a day of discussion, crafts, music, & stories celebrating Black History Month.

[www.eventbrite.com](http://www.eventbrite.com)

### Singing in the Spirit with Fran Andre

Learn to sing joyful & uplifting gospel songs with choir leader Fran - all welcome!

Fran's singing workshop at 12.45 see here [www.eventbrite.com/e/1605333308139?aff=oddtcreator](http://www.eventbrite.com/e/1605333308139?aff=oddtcreator)

### African Dance Workshop with Rebecca Jeffery

Learn an African cultural dance with dance practitioner Rebecca Jeffery

[www.eventbrite.com](http://www.eventbrite.com)

## Year 6 Parents

You should have received details about how to apply online for a secondary school place for your child as this opened on 1st September. You need to apply for a school place online by 31st October. If we can be of any help in the process please do not hesitate to contact Mrs Welland in the school office.

As always it is crucial that applications are received by the deadline of 31st October. Online applicants will receive immediate confirmation of their preferences, but can change their minds any time until midnight on 31st October, and can log in to see their offers on the morning of Monday 2nd March 2026. Please apply at:

[www.devon.gov.uk/admissionsonline](http://www.devon.gov.uk/admissionsonline)

Detailed information on how to apply for your child's transfer to Secondary Education in September 2026 can be found at:

<https://new.devon.gov.uk/educationandfamilies/school-information/apply-for-a-school-place/apply-for-a-secondary-school-place>

## PE Days

When your child has PE they should be coming into school in their PE kits and remaining in them all day.

**Robin Class** Tuesday & Thursday

**Heron Class** Monday & Friday

**Puffin Class** Tuesday & Thursday

**Owl Class** Thursday & Friday

**Eagle Class** Wednesday & Friday

**Kingfisher Class** Monday & Wednesday

**Swallow Class** Monday & Tuesday

PE lessons will continue to be held outside even in the rain so please ensure that your child has a waterproof coat, they may even need gloves and hats as we progress into the winter months.

As the weather gets colder, if you have not done so already, you can purchase, for £15, a PE Hoodie with the school logo for children to wear for PE.

Alternatively children can wear their school jumper for PE. Please order these via the school office.

Don't forget that Swallow class will be attending swimming lessons every Wednesday afternoon from Weds 10th September until Weds 15th October. Swallow class can wear their PE kits on a Wednesday during this time.

Don't forget that school photos will take place on Friday 10th October.

## A Poem by Abel S Year 3

### Thank you

Thank you for my feet,  
because they help me play.  
Thank you for my hands,  
because they help me to pray.  
Thank you for my head,  
it helps me to go to sleep.  
Thank you for my mouth,  
it helps me to speak.  
I am created and loved by God.

Dear Lord,

Bless our school,

That by working together and  
playing together.

We may learn to serve you

And to serve one another

Amen.





## Absence guidance for Parents/Carers

### What YOU must do:

Telephone the school (ideally before 8.30am) **each day** of your child's absence.

Tell the school in advance of any medical appointments and bring in appointment cards/letters.

If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival.

Have a backup plan for if your child misses transport, call on a family member, neighbour or friend.

If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!

### What WE will do:

Check your child's attendance every day.

Phone home to discuss your child's attendance with you.

Invite you into school for attendance meetings if we are concerned.

If we cannot establish a reason for absence, then we may make a welfare home visit.

## PTFA

Our wonderful PTFA raised an incredible amount of money during last academic year. Our heartfelt thanks go to all of our parents and friends who supported our different events:-

Bingo £343.45

Autumn Non-Uniform Day £168.50

Christmas Disco £360

Chocolate Raffle £110

February Cake Sale £290

Summer Non-Uniform Day £70

July Summer Fete £923

July Disco £180

The PTFA funded several wonderful activities for the children to participate in last year including the Christmas Grotto, a Cinema trip, a visit from the ice-cream van and ice-creams in the park.

### Upcoming Events

The PTFA are planning further activities this year with a non-uniform day on Friday 24th October, a bingo event in November, school Christmas disco and Grotto and a chocolate raffle.

If you would like to join in with helping on the PTFA then please contact Mrs Scott (Chair), Mrs Welland (Secretary) or Miss Beveridge (Treasurer) via the school office.

Your continued support with all our events past and future is very much appreciated.



**Attendance Matters**

Every student. Every day.

Very well done to **Owl Class** who had the highest attendance at **99.6%** closely

followed by **Kingfisher** class at **98.1%**.

Keep up the good work. Every day in school counts!

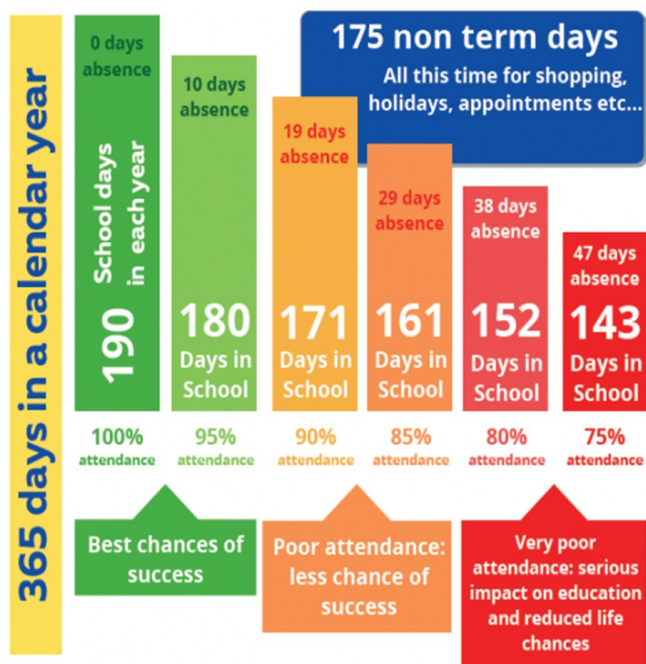
**EVERY  
SCHOOL DAY  
COUNTS**

### School Website

Please keep a check on the school website as this will be updated regularly. The class pages will be updated with class newsletters, photos, areas of topic etc. You will find details on all our key documents and policies together with the current school dinner menu.

Please visit:- [www.ourladys.devon.sch.uk](http://www.ourladys.devon.sch.uk)

# ABSENCE



Please don't let your child miss out on the education they deserve.

**EVERY SCHOOL DAY COUNTS!**

### Headteacher's Awards

Well done to the following children who have recently received Headteacher's awards:-

Olivia- May	Steph
Reva	Jackson
Nellie	Lucas
Harleigh	Emilia
Abel S	Alice
Brody	Liam S



### Heart of Gold Awards

Well done to all the children who have achieved our Heart of Gold Award for displaying our school rules. We are so proud of you:-



Riley W	Suki
David	Lucas
Nellie	Frankie
Bethany	Liam
Maya O	Kahlil
Faith	Olaedo
Eliza	Frey-Mae

# DANCING FEET ACADEMY OF DANCE



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[info@dancingfeetacademy.co.uk](mailto:info@dancingfeetacademy.co.uk)

01271 603121

Our Lady's School takes incidents of bullying, including on-line safety seriously. For further information the school's policy is available on our website or please see your child's class teacher if you have any concerns. [www.safer.internet.org.uk](http://www.safer.internet.org.uk)



# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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