



Newsletter

No. 3. 10th October 2025

Website: 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.

Dear Parents and Carers

A huge thank you to everyone who supported our Macmillan Coffee Morning. Together we raised an amazing £266! Your generosity and community spirit are truly appreciated.

Parents' Evening will take place during the week beginning 10th November. Sign-up sheets will be sent out very soon. We look forward to welcoming you into school to discuss your child's progress and celebrate their learning achievements.

Congratulations to all the children who took part in the Bikeability programme. Every one of you passed and represented the school brilliantly – well done!

It has been wonderful to see the children so engaged in their maths fluency lessons around school. They are making fantastic progress with their number skills. Thank you for the support you continue to give at home – it really makes a difference!

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

Autumn Term Dates

Wed 8th Oct	Y6 Swimming
Fri 10th Oct	Individual School Photos
Wed 15th Oct	Y6 Swimming—last one
Thu 16th Oct	Stephens Shield Cross Country (by invitation)
Fri 24th Oct	PTFA Non Uniform Day—£1
Fri 24th Oct	Last day of half term
Mon 27th Oct	Half Term Holiday
Fri 31st Oct	Deadline for secondary school places
Mon 3rd Nov	Non Pupil Day—School Closed
Tue 4th Nov	Pupils Return to School
Wed 5th Nov	Kingfisher Class Swimming wk1
w/c 10th Nov	Parent/Teacher Consultations
Wed 12th Nov	Kingfisher Class Swimming wk2
Fri 14th Nov	Cake Sale for North Devon Hospice
Wed 19th Nov	Kingfisher Class Swimming wk3
Fri 21st Nov	PTFA Bingo
Wed 26th Nov	Kingfisher Class Swimming wk4
Wed 3rd Dec	Kingfisher Class Swimming wk5
Mon 8th Dec	PTFA Christmas Grotto
Wed 10th Dec	Kingfisher Class Swimming—last one
Fri 12th Dec	PTFA School Disco
Fri 19th Dec	Last day of Term
Mon 5th Jan	Pupils Return to school

The next newsletter will go home on:
Friday 24th October 2025

Parents are reminded that if they need access to the school site during the day they must report to reception to sign in, particularly at the beginning or the end of the day.
Thank you.

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

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 have their last swimming session on Wednesday 15th October. Swallow class can wear their PE kits on a Wednesday during this time.

From Wednesday 6th November it will be Kingfisher Classes turn to go. They will then go swimming every Wednesday afternoon until Wednesday 10th December.

Please can you ensure that your Kingfisher class child is wearing their PE kit on a Wednesday and always has their swimming kit and a coat with them.



“...our love is not to be just words or mere talk, but something real and active...” 1
John 3:18

School Dinners

Don't forget to order your school dinners before 8am every morning or book ahead for the whole week or longer. Please go to Parent Pay to do this. For next week we have the following main meals as options, along with other delicious choices:-

Monday—Macaroni Cheese

Tuesday—BBQ Chicken Pizza

Wednesday—Roast Beef

Thursday Beer Bolognese

Friday—Fish and Chips



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

Upcoming Events

The PTFA are planning further activities this year:-

Non Uniform Day

Friday 24th October will be a non uniform day.

Children can wear whatever they like—don't forget to bring in your £1.



Cake Sale

Friday 14th November will be a Cake Sale raising money for the North Devon Hospice.

Bingo

Friday 21st November will be our Bingo event. More information to follow soon.



Christmas Events

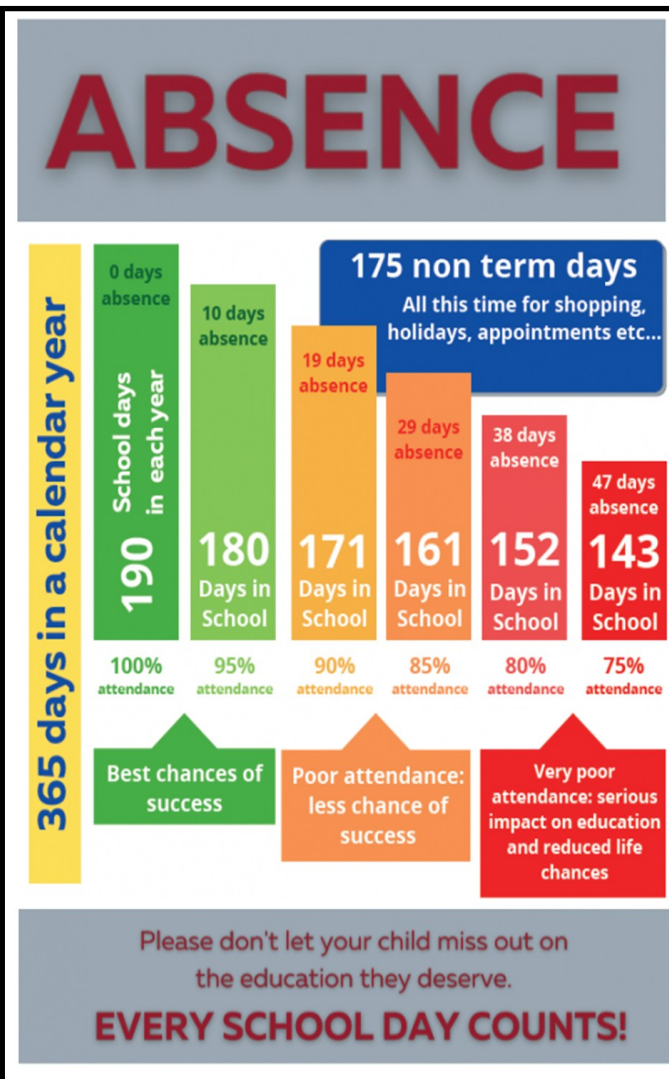
Monday 8th December—Children's Christmas Grotto. Parents will be invited to have their photo taken with Santa and the children for £1.00.

Friday 12th December will be our Christmas School disco.



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 **Kingfisher Class** who had the highest attendance at **99%** for this week. Attendance for the whole school this year so far is 96.1%.

**EVERY
SCHOOL DAY
COUNTS**

10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



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