



WEST ALVINGTON  
CHURCH OF ENGLAND ACADEMY



# West Alvington Church of England Academy Family Support Newsletter December 2022



<https://www.visitsouthdevon.co.uk/blog/read/2022/11/where-to-meet-santa-in-south-devon-2022-b505>

If you haven't already you might like to go and see the fabulous Christmas lights display at Churchstow, its very beautiful and lovely for the children.



## Make a Popcorn Garland

Sometimes you just need your little humans to sit and chill. And what better way to keep them occupied than by engaging them in a craft that's a distraction, decoration and snack all at the same time? [This tutorial](#) is a good place to start, but in order to create the perfect popcorn garland, all you need is a fresh batch of popcorn, some [crafting string](#), a pair of scissors and [a crafting needle](#) and then you're good to go. (Note: The crafting needle makes this activity best suited for bigger kids.) Mix in some cranberries for that additional Christmas-y touch.



## How to Make Playdough

There are many ways to make playdough – using a stove-top or using a kettle with boiling water. Personally, we prefer the stove-top method. We find it's easier to mix the ingredients in the pot. There are also no-cook playdough options, but we also prefer this cooked playdough recipe. We find this recipe to last the longest and be the softest. This recipe only takes a few minutes to make, and it will last for months!

**Here are the ingredients you'll need:** Flour, Cream of Tartar, Water, Oil, Food Colouring, Salt. Skip down to the recipe card below to see the full recipe instructions and video.

**Do you need cream of tartar?** Yes, if you want a soft playdough and want it to last longer, you need to add a little bit of cream of tartar. We tested different amounts and found 2 teaspoons to be the perfect amount to make the playdough super soft. If you skip the cream of tartar your dough may turn out a bit drier and crumblier. It also helps your playdough last longer.

**How do you get vibrant playdough colours?** We like to use [this liquid food colouring](#). It makes the playdough much more vibrant than regular food colouring. If you're using regular food colouring, you'll need to add in a lot of drops. And don't mix after you make the playdough – add it into the water instead which is so much easier and less messy!



## Track Santa

In case you missed it, the North American Aerospace Defence Command (NORAD) has been using their GPS to help kids home in on Santa's whereabouts for more than 50 years. Excited kids are sure to get a kick out of this online service, which starts tracking Santa's route on December 1 and can be accessed here-

<https://www.noradsanta.org/en/>

## What's on.....



### Cinderella

From Saturday 17 December to Monday 2 January

<https://www.exetercornexchange.co.uk/whats-on/cinderella/>



Make magical memories at the Totnes Christmas Markets and Late-Night Shopping on **Tuesdays 6, 13 and 20 December 3pm-9pm**. The whole town will be getting into the festive spirit with entertainment, good food and drink, gnomes, fairy lights, artisan shopping and much more...



- HOW TO SURVIVE CHRISTMAS ·
- DON'T HAVE HIGH EXPECTATIONS
- DON'T TRY TO DO EVERYTHING
- SLEEP · SHARE THE LOAD WITH YOUR FAMILY
- FOCUS ON POSITIVES
- AVOID DISASTER THINKING
- TREAT YOURSELF WITH KINDNESS AND COMPASSION
- DO TAKE SOME TIME OUT – GET SOME 'YOU' TIME
- DON'T OVER DO THE EXPENSE
- BUY SECOND- HAND TOYS/ GIFTS
- DONT MISS OUT ON THE MAGIC THAT YOU HAVE CREATED



### MONEY SAVING TIPS

- DO SECRET SANTA ·HOMEMADE PRESENTS (IF YOU HAVE THE TIME AND ENERGY)
- COME TO AN ARRANGEMENT WITH FAMILY TO NOT BUY GIFTS THIS YEAR OR A SET A LOW BUDGET PER PRESENT
  - REMEMBER IT'S THE THOUGHT THAT COUNTS
  - SPEND A BIT MORE TIME LOOKING FOR BARGAINS
  - SKIP OBLIGATIONS SUCH AS:
    - NEW DECORATIONS, FILLING STOCKINGS, SENDING XMAS CARDS
- ALLOW YOURSELF TO SIMPLY SAY 'I CAN'T MAKE IT THIS YEAR', NO OTHER EXPLANATION IS NEEDED
- REAL FRIENDS WILL WANT YOU TO SUCCEED WITH YOUR CHRISTMAS BUDGET

[www.ceop.police.uk/Safety-Centre/](http://www.ceop.police.uk/Safety-Centre/)

[www.thinkuknow.co.uk/](http://www.thinkuknow.co.uk/)

[www.gov.uk/government/organisations/department-for-education](http://www.gov.uk/government/organisations/department-for-education)

[www.nhs.uk/conditions/head-lice-and-nits](http://www.nhs.uk/conditions/head-lice-and-nits)

[www.devon.gov.uk/educationandfamilies/health/public-health-nursing](http://www.devon.gov.uk/educationandfamilies/health/public-health-nursing)

<https://www.kingsbridgefoodbank.org.uk/>

<https://www.pinpointdevon.co.uk/>

[Domestic violence information and support-Splitz Support Service - Devon](#)

Contact us

[www.splitz.org](http://www.splitz.org)

Helpline: Mon-Fri 9am-5pm: 0345 155 1074

If you are concerned that a child is being abused, please call  
0345 155 1071

Or email [mashsecure@devon.gov.uk](mailto:mashsecure@devon.gov.uk)

If it's an emergency call 999.

Have a very merry Christmas and a happy new year!

Natasha Ive

Family Support Worker.

