

Dear Families,

It's been an exciting week here at West Alvington Academy as we dive into the festive season! The first flurry of snow created excitement for everyone on Thursday, so we dashed outside to enjoy it! Adding to the festive cheer, our children have begun practising Christmas carols in readiness for our Christmas events.

We're looking forward to more festive activities in the coming weeks and can't wait to share the joy with the whole school community.

### **Important Information for Parents**

Below, you'll find some useful updates and reminders:

- **Workshops:** Please check the schedule and sign up to join in.
- **Health Tips:** As winter sets in, staying healthy is essential. Look out for our guide on managing seasonal colds and maintaining well-being during this busy time.

Have a great weekend,

Miss Coombe

### **Keeping your kids healthy this school year**

The Government's UK Health Security Agency (UKHSA) is reminding parents of the simple steps they can take to reduce the spread of stomach bugs and winter illnesses to ensure that their family stays healthy.

Regularly washing your hands with soap and warm water for 20 seconds or using hand sanitiser, is one of the most effective ways to stop the spread of germs. The UKHSA's e-bug resources can help you to explain and discuss hygiene habits and their importance, to your child or teenager.

Stomach bugs spread easily in schools and nurseries, so it's important not to return to school, nursery or work until 48 hours after diarrhoea and vomiting symptoms have stopped. Visit the NHS website for more guidance about managing winter illness at home.

Children aged two and three years old and all primary school and secondary school aged children up to Year 11 are eligible for the flu vaccine. It's also important to ensure

your children are up-to-date with their routine vaccinations, which protect against diseases such as measles, mumps, rubella, diphtheria and polio.

Don't forget to download the HANDi app for up-to-date advice about common childhood illnesses and how to treat them. Parents answer a series of questions about the symptoms their child is experiencing. The app then advises on the best course of action, whether that's to treat at home, to make a GP appointment, or to head to A&E.

### Parent Workshops Offered in Devon

#### Autism & Us programmes:

- 4 weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:
- weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Programme 1	Programme 2
1	Autism overview	Tues 21 Jan 10am – 12pm	Thurs 6 Mar 4.30 – 6.30pm
2	Sensory	Tues 28 Jan 10am – 12pm	Thurs 13 Mar 4.30 – 6.30pm
3	Communication	Tues 4 Feb 10am – 12pm	Thurs 20 Mar 4.30 – 6.30pm
4	Understanding and supporting behaviour	Tues 11 Feb 10am – 12pm	Thurs 27 Mar 4.30 – 6.30pm

Apply direct by email to: [educationlearnersupport@devon.gov.uk](mailto:educationlearnersupport@devon.gov.uk)

Topic	Date/Time
Introduction to DIAS (Devon Information & Advice Service + the Ambassador Volunteer Programme)	Tues 1 Apr 10am – 12pm
Autism – Sensory processing + integration	Tues 25 Mar 9.30am - 12.30pm
Autism and Girls	Weds 12th March 9.30am - 12.30pm
Autism – Demand avoidance + PDA	Thurs 13th Feb 10am – 12pm
Autism – Communication (Speaking children – support strategies)	Tues 11 Mar 10am – 12pm
Autism – Managing stress + anxiety	Thurs 20 Mar 10am – 12pm
Autism – Vulnerability + online safety	Thurs 27 Feb 10am – 12pm
Autism – Communication (Non/Limited Speaking children – support strategies)	Thurs 6 Mar 10am – 12pm

## **Devon Digital Services - upcoming FREE Webinars and Workshops for Parent Carers**

Bookings are via Eventbrite: <https://www.eventbrite.com/cc/devon-digital-webinars-bite-sized-info-sessions-1462829?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

**Upcoming FREE Webinars in November & December**

Date	Time	Event Title
NOVEMBER 07	10AM - 11AM	The importance of PLAY for children Webinar
NOVEMBER 07	1PM - 2PM	Sensory strategies for Tweenagers Webinar
NOVEMBER 12	7PM - 8PM	SEND - Cognition & Learning Webinar
NOVEMBER 25	7PM - 8PM	SEND - Sensory or Physical needs Webinar
NOVEMBER 27	10AM - 11AM	Supporting children to talk and read at home Webinar
DECEMBER 03	10AM - 11.30AM	SEND - coping with Christmas Workshop

**Book via Eventbrite (see links in post)**

All events take place via Microsoft Teams

### **School Nursing service for parents/carers and primary aged children**

If you're a parent/carer you can contact the public health nursing team (health visitors and school nurses) for information and advice via our parent texting service on **07520631721**.

You can also call or email via your local PHN hub:

**Teignbridge, South**

**Hams and Tavistock area** [southernphnhub@devon.gov.uk](mailto:southernphnhub@devon.gov.uk)

T: 0333 234  
1901

You can request support from us online via a short form. Find out more about how to do this and what information we need <https://www.healthforkids.co.uk/devon/school-nurses/>

We also have a <https://www.healthforkids.co.uk/devon/> that's split into a kids zone and a parent's zone with information about a range of health and wellbeing needs and sources of support if you need it.

Devon County Council logo at the top left.

**IF YOU'RE 11-19 YEARS OLD TEXT A SCHOOL NURSE**

**07520 631722**

WE HELP YOUNG PEOPLE WITH ALL KINDS OF THINGS LIKE...

**RELATIONSHIPS**  
**MENTAL BULLYING SELF HEALTH ALCOHOL HARM**  
**HEALTHY EATING**  
**DRUGS SMOKING**

*Text us for confidential advice & support*

Small text at the bottom: <https://www.healthforteens.co.uk>

Logos for app-reading.com and ChatHealth at the bottom.

Devon County Council logo at the top right.

**HEALTH FOR TEENS**

**TEXT YOUR SCHOOL NURSE FOR CONFIDENTIAL HEALTH ADVICE AND SUPPORT:**

**07520 631722**

**OR SCAN THE QR CODE FOR MORE INFO:** [QR Code]

**GET HELP WITH ALL KINDS OF THINGS LIKE...**

**HEALTHY EATING | RELATIONSHIPS | SMOKING**  
**EMOTIONAL HEALTH | BULLYING | SELF HARM**  
**ALCOHOL & DRUGS | ANXIETY | SLEEP | PUBERTY**

**WWW.HEALTHFORTEENS.CO.UK/DEVON** [QR Code]

**SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES, AND FIND OUT THE TRUTH BEHIND THE RUMOURS**

FIND US ON INSTAGRAM: @health\_forteens #HealthforTeens

Small text at the bottom: <https://www.healthforteens.co.uk>

ChatHealth logo at the bottom right.

Some important information for next week-

Forest School Dates -

27<sup>th</sup> November (Hazel and Chestnut)

11<sup>th</sup> December (Oak and Chestnut)

28<sup>th</sup> November- Flu immunisation at school

SATs Booster Club - Tuesday and Friday 8am start

Art Club - KS2 Wednesday 3.15 - 4pm

Sports Club - Tuesday and Thursday 3.15 - 4pm

### Save money on your childcare costs

The cost of childcare can take up a large chunk of the family budget. Whether you have babies, toddlers or teens, you could get support.

There are several Government schemes to help families with childcare costs, each one tailored to different needs, incomes and children's ages. They're not just to help pay for nurseries and childminders during term time, they can also cover wraparound childcare before and after school as well as help during the holidays.

To find out about all the schemes, visit the Government's Child Care Choices website and enter your details to see how you can save money on your childcare.

We have a duty to ensure there is enough childcare to meet parents' needs. Use our online form to tell us if you haven't been able to find the childcare you need.

### Get a healthy start this autumn

If you receive certain benefits and are more than ten weeks pregnant, or have at least one child under four years old, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card, with money added every four weeks to buy cow's milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses and infant formula milk based on cow's milk.

You can also use your card to collect Healthy Start vitamins to support you during pregnancy and breastfeeding and vitamin drops for babies and young children suitable from birth to four years old.

<https://www.healthystart.nhs.uk/how-to-apply/>

# West Alvington Academy Weekly Bulletin

Welcome to our weekly bulletin. Below you will find lots of useful information and lovely news from your child's classroom.

## Chestnut - Nursery



### WOW Words!

We will introduce and explore new and exciting words with the children. Some we have been using...



TAPESTRY  
ONLINE LEARNING  
JOURNAL

### Tapestry Tuesdays!

It would be wonderful if you could all upload a photo from your adventures over the weekend for our Tapestry Tuesday! It doesn't need to be something extra special; it could just be a walk in the woods or even snuggling up for a family movie night.

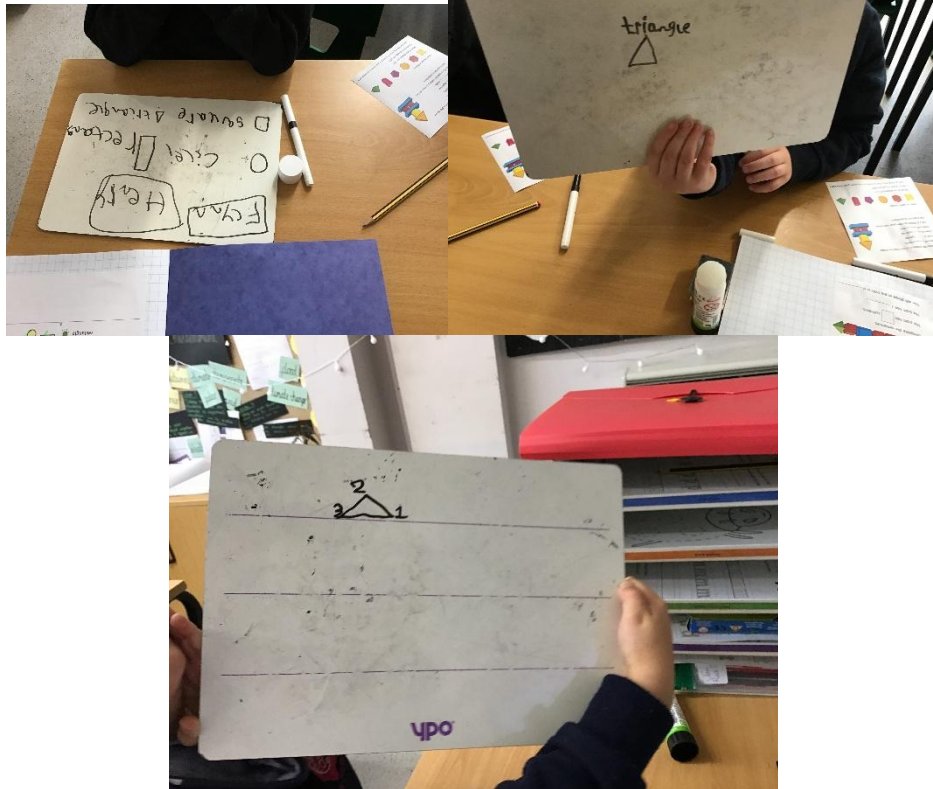
We can't wait to see!

## Hazel Years R-2

As designers, this week we have been experimenting with different joining techniques, we used paper to see which joining technique we thought was the strongest. We used staples, selliotape, masking tape, glue and sewing.

As geographers, we have been thinking about global warming and how this is affecting animals like the polar bears. We wrote some sentences about the affects that it has on these animals.

As Mathematicians we have started our new unit of shape, we have learnt the names of all 2D and 3D shapes. We can also describe the properties of 2D shapes. We started to learn our Nativity songs this week and we are so excited!



### Spellings – KS1 only :

Year 1- foxes, bushes, wishes, dishes

Year 2- bony, cheesy, breezy, curvy

- Reading

Reading is key to everything your little one will do in school, and we want every child to be confident readers with a love of books. Your support with reading at home is key to this. Your child will bring home their reading record along with their RWinc

book bag book and library book. It is important that they read the book bag book with you at least three times a week. Library books are important for their reading comprehension. Please make a note of any comments in their reading record and we will follow them up in class.

*RWinc book bag book and completed reading record due in: Thursday*

*New books : Friday*

*Oxford owl:*

*You will have all received your Oxford Owl logins, there will be a quiz set on there for your child to complete by next Thursday*



*Reception children:*

*It would be wonderful if you could all upload a photo from your adventures over the weekend for our Tapestry Tuesday! It doesn't need to be something extra special; it could just be a walk in the woods or even snuggling up for a family movie night.*

*I can't wait to see!*

**Star of the Week!**



**Star of the Week**

*Arthur for trying so hard with his phonics this week and spelling so many words!*



**Attendance**

*Our attendance target is 98%*

*Last week's attendance was 100%*

*Well done Everyone!*



## Oak Years 3-6

### This week in Oak Class...

In our DT lesson this week, the children learnt how to join textiles together using cross stitch, running stitch and back stitch. We continued our history learning about the Windrush and how British culture has been shaped and transformed by the hundreds of thousands of people who brought their culture to Britain. In RHE we discussed how it feels when we find something difficult or fail the first time and how can being positive help?

Look at these fantastic solar system creations from art club this week – aren't they fabulous!



### Home Learning

Home learning consists of reading, spellings, Maths and curriculum themed projects.

#### Reading

Reading is key to everything your child will do in school. At West Alvington, we want our children to be confident readers with a love of books. Your support with reading is essential. Children are expected to read at least four times a week with a parent. Please record the name of the book your child has read and the pages they have read and remind the children to bring their reading diaries into school every day.

#### Home Learning

This week, I have asked the children to recreate a model of the Empire Windrush. This can be made from any materials – including cake! Home learning due in two weeks please – 6<sup>th</sup> December 2024.

#### Spellings

Each week I will be giving children the spellings, which we have learnt in class together, to bring home. Please ask them to explain the spelling rule to you and challenge their fluency in spelling the words.

Star of the Week!

Star of the Week



*Junior*

*Well done for continuing to wow us all with your incredible learning – what a superstar!*

*Attendance*

*Our attendance target is 98%*



*Last week's attendance was 98%*

*Well done Everyone!*

**Dates for your Diary**

**Thursday 28<sup>th</sup> November – Year 5 & 6 Residential Meeting**

**Monday 9<sup>th</sup> December- Craft sale**

**Tuesday 10<sup>th</sup> December @ 2.15pm - KS1/EYFS Nativity**

**Thursday 12<sup>th</sup> December – Christmas Jumper Day**

**Friday 13<sup>th</sup> December – EYFS & KS1 Pennywell Farm trip**

**Monday 16<sup>th</sup> December @ 2.30pm – KS2 Carols @ All Saints' Church**

**Thursday 19<sup>th</sup> December – KS2 Theatre Trip**