

Dear Families,

We've had a great week at West Alvington. As we prepare for Christmas the sound of carols is ringing through the school! This week I have spoken to lots of families in Oak Class about internet safety and have shared some further information below Please do get in touch if you have any concerns or queries.

Please see the dates in our newsletter for more information about our exciting Christmas events.

Have a great weekend,

Miss Coombe

Internet Safety

This week, alongside Mrs Ruston (Headteacher at Charleton Academy), I've been discussing online safety with our children. Lots of our children were able to speak eloquently about how to stay safe online and what to do if they had concerns, they were less sure on what rules and controls grownups could put in place to keep them safe online. Below is some useful information for families.

Helping Children Thrive: Limits on Device & Internet Use

In today's digital age, devices and the internet play a central role in our children's education and entertainment. However, too much screen time can pose risks to their physical health, emotional well-being, and academic focus. To ensure a healthy balance, we encourage families to set clear limits on device and internet use at home. This includes designated "screen-free" times, monitoring online activity, and ensuring appropriate content.

Excessive or unmonitored internet use may expose children to cyberbullying, inappropriate material, or excessive social media influence. Encouraging offline activities, such as reading, sports, and family interaction, can help foster better habits and protect their mental health. Together, we can guide our children to make responsible and safe digital choices.

Some useful resources

- <https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/digital-parenting-pro/>
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

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

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

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

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

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.



Some important information for next week-

Forest School Dates -

Tuesday 3rd December (Oak)

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 scientists, we have been thinking about what the word 'hygiene' means and why animals need to be hygienic. We used an experiment with water, pepper and skewers to see what would happen to the pepper. We noticed that when there was hand sanitiser on the skewers the pepper dispersed like germs would.

We have been working hard practicing our nativity and the songs. We can't wait for you all to see it!

As historians this week we were learning about Sir Francis Drake's role in the Spanish Armada and how he helped to defeat the ships. We wrote our own newspaper article about the Spanish Armada.



Homework:

Can you make a Christmas decoration to add to our collection in class

Spellings – KS1 only :

Year 1 – playing, singing, seeing, feeding

Year 2 – buzzing, chuckling, cracking, baking

- 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

Michael for always trying his hardest and pushing himself in every lesson, well done!



Attendance

*Our attendance target is 98%
Last week's attendance was 97%
Well done Everyone!*

Oak Years 3-6

This week in Oak Class...

As scientists this week, Year 3 & 4 classified leaves and learnt the difference between evergreen and deciduous trees. Year 5 & 6 investigated how nutrients are absorbed in the body using sweets. As geographers, the children learnt how water can become contaminated using egg boxes, green food colouring and lentils - ask them what they discovered! We have also been very busy writing our Big Write letter to persuade based on Scrooge. We are looking forward to sharing these with you at the end of term.

Look at these fantastic Windrush 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.

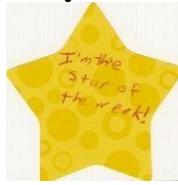
Home Learning

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 - 6th 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

Hunter

Always a pleasure to have in class – helpful and kind AND always has something to add to our class discussions. Well done!

Attendance

Our attendance target is 98%



Last week's attendance was 99%

Well done Everyone!

Dates for your Diary

Tuesday 3rd December – Forest School Oak

Monday 9th December- Craft sale

Tuesday 10th December @ 2.15pm - KS1/EYFS Nativity

Wednesday 11th December – Christmas lunch

Thursday 12th December – Christmas Jumper Day

Friday 13th December – EYFS & KS1 Pennywell Farm trip

Monday 16th December @ 2.30pm – KS2 Carols @ All Saints' Church

Thursday 19th December – KS2 Theatre Trip