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"Let Your
Light Shine"
Matthew 5:16



Remember to book your child's school dinners for the coming week

Newsletter **Friday 11th February 2022**

Last week's
attendance
was:
95.9%

Dear parents/carers,

Last Friday, children in Key stage 2 participated in their first Cross Country Event at Simmons Park organised by OCRA. The event provided the opportunity to bring together schools across the DMAT and it was lovely to see so many children enjoying the first of many events we have planned for the rest of this academic year. The children did remarkably well, and despite the heavy downpour of rain on the morning of the race, the sun did manage to make an appearance in the afternoon! Well done to all our children who took part. The results of this race will carry over to our next cross-country event that will take place next half term, with the final event scheduled in the summer term.



This week as part of our PSHE lessons, the children had an afternoon of activities that focused on highlighting the importance of looking after our mental health and well-being. The children shared activities that help to make them feel good, created their own 'worry dolls', explored their own aspirations using the S Club 7 song 'Reach for the Stars' and talked about the importance of looking after and caring for something; planting their own cress seeds to take home and look after. There was lots of valuable discussion within each of the groups, and it was lovely to see the caring and responsible roles our older children took with supporting the younger children within their groups. We hope to carry this work forward by setting up scheduled times throughout the week for these groups to meet to discuss topics based around looking after our mental health, giving the

children opportunities to share worries and anxieties and exploring ways to overcome these together. A huge thank you to Mrs Lee for organising a fantastic afternoon for all the children. Please see our 'Mental Health Awareness' page showing the range of activities the children took part in.

We have managed to secure seats for a performance of the popular book by author David Walliams '**Gangsta Granny**', at the Queen's Theatre in Barnstaple. The trip has been arranged for the whole school (reception to year 6) on **Friday 27th May**. More information will come home next week with finalised arrangements and ticket prices.



Our Parents Evening appointments held on Teams, have now gone live in '**Arbor**' and parents can now book appointment/s with your child/ren's class teacher. Our parents evening will take place on **Tuesday 8th March** (times will vary). If you would prefer a phone call, please state this in the notes section, along with the number you would like to be contacted on.

The 10-minute consultation will provide an opportunity for teachers to discuss your child/ren's progress and the targets set for the spring/summer term. If you are unable to make the date scheduled, please do speak to your child's class teacher to arrange an alternative appointment time.

Children will come home next week with a copy of their reviewed targets which were set in the Autumn term. These will be discussed as part of the parent consultation evening.

Wishing you all a wonderful weekend,
Mrs Cook

<i>School Diary</i>	
<i>February</i>	
Monday - 14th	OCRA Unihoc after-school club, 3:30-4:30pm
Tuesday - 15th	Dance after-school club, 3:30-4:30pm
Wednesday - 16th	Tuck Shop , 3:15-3:30pm Art after-school club – Art club will return after half term
Thursday - 17th	Martial Arts club, 3:30-4:30pm
Friday - 18th	Celebration Assembly, 9:15-9:30am- <i>Pupils only</i> PE lessons- Class 1 & 2

*Your child must be booked onto our after-school clubs through School Gateway, in order to take part.



Safer Internet Day – Monday 14th February

As the internet and the use of devices whether it is computers, tablets or mobile phones are becoming increasingly popular with our children, it is important that

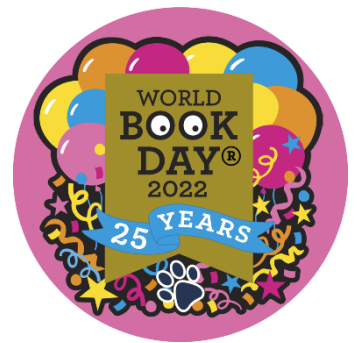
we educate them as best we can on how to keep themselves safe whilst using the internet. The statistics show that children as young as 5 are accessing a wide range of sites and apps available online.

- * 45% of 5-15s use live streaming sites or apps
- * 55% of 5-15s use social media sites or apps
- * 71% of 5-15s play online games
- * 97% of 5-15s use video sharing platforms

Our School Safer Internet Day 2022 will be explored on Monday, with the theme ***'All fun and games? Exploring respect and relationships online'***. From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers. I plan to lead an assembly discussing how our children can ensure that they are keeping themselves safe while using a wide range of materials available to them online. We will then look at how our school council group will continue with this work, creating information posters to display around the school. For more information, please click on the link: [Advice for parents and carers - UK Safer Internet Centre](#)

World Book Day

I met with our School Librarians this week to discuss a range of activities they would like to host on World Book Day which will take place on **Thursday 3rd March**. The theme of World Book Day this year is ***'You Are a Reader'***. The librarians would like the children to practice reading a small piece from their favourite book to read aloud to the rest of the class on the day. The librarians will be available in the library next week to help children to choose one of their favourite books and practice reading the extract. They also plan to organise their own treasure hunt and of course children can come to school that day dressed as a character from their favourite book. For ideas on costumes, please click on the link: [World Book Day Dress Up Ideas](#)



CHILDREN'S MENTAL HEALTH WEEK

This week was Children's Mental Health Week and the adults in school provided the children with some activities to calm your mind and support your mental health. The children were able to make **criss heads, goals** and **Malaysian worry dolls**. The **criss heads** meant that not everyone grows at the same time. The Malaysian worry dolls are used to tell all of your worries to and then put them under your pillow and

they allow you to sleep soundly and not think about your worries. Children also made goals such as jobs they want to do when they grow up, things they want to do and lots of other ideas. The children got to learn the song 'Reach for the Stars' by **S Club 7**. We now have a new '**well-being well**' and when children in school are struggling or worried they can take a piece of paper out of the well and read it.

Some of the comments from children were:

"DOING THE POSITIVE MENTAL HEALTH ACTIVITIES WAS RELAXING" - AOIFE

"IT WAS REALLY RELAXING DOING THE ACTIVITIES AND MY FAVOURITE PART WAS MAKING MY STAR GOAL BECAUSE IT MADE ME WANT TO TRY AND ACHIEVE MY GOAL MORE." - WINNIE

"I LIKED YESTERDAY BECAUSE IT WAS FUN AND I REALLY LIKED MAKING THE WORRY DOLLS BECAUSE I CAN USE IT." - ALFIE

"I LIKED DRAWING MY IDEAS ONTO THE STARS" - NOAH

"I LIKED DOING THE PLANTS BECAUSE I WANT TO LOOK AFTER A LIVING THING" - BEN

"IT WAS SATISFYING WRAPPING THE STRING AROUND THE DOLL AND THE ACTIVITIES GAVE US IDEAS OF WHAT TO DO IF WE ARE FEELING STRESSED" - DARCIE

"THE ACTIVITIES MADE US FOCUS ON WHAT WE WERE DOING AND COULD DO RATHER THAN FOCUSING ON OUR WORRIES." - GRACE

"IT WAS NICE TO BE ABLE TO JUST RELAX AND BE YOURSELF." - MILLIE



Woodland Champions

This week, we were really happy to have an expert, Sarah Augbaya come in and help us to develop the garden area. Next week, we will get a night camera and hope to record some footage of some animals. We are hoping to see animals such as squirrels, owls, slow worms and hedgehogs to see what they are up to during the night. We are making new compost

bins out of our extra pallets and with that compost, we will be planting lots of different plants and flowers. At the moment we are planting blackcurrant bushes in the spiritual area, which have kindly been donated by a local enthusiastic gardener. These will hopefully grow so that we can make blackcurrant jam and blackcurrant crumble to share. It was a really good experience spending this time outdoors and we are looking forward to Sarah returning so that we can share our progress and discuss what we have seen on the wildlife camera.

-Woodland Champions

Children's Mental Health Week 7th-13th February



- We have a **Tree of Life at Okehampton Library**. Children can share their thoughts or feelings by writing them on a leaf and sticking it on our tree.
.. someone or something that makes them happy... what makes them feel good or what makes them feel bad etc.
- We also have a **'Reading Well' collection of books for children**. Reading Well for children recommends reading to help youngsters deal with worries, feel better and boost their mood. The books in this collection have been chosen by children, carers, health experts and librarians. Call in and take a look at the lovely selection of books available for loan all year round.
- **Half term event. Colourful Chameleons! ~ Monday 21st February, 14:00-15:00**

Make your own colour changing chameleon. This activity is suitable for children aged 5+. £1 per child. Numbers are limited so booking is essential.

- **The Gathering – Finding connections Through Loss ~ February – 22nd March**

This project is responding to issues of loneliness, social isolation, bereavement, and loss in the community. Feelings of disconnection or loss can be amplified in the dark winter months, so Honeyscribe are inviting people to take part in a collective act of co-creation by dedicating a pressed flower to someone special.

The project is the creation of an illuminated artwork containing preserved flowers and leaves gathered from across the community. The finished artwork will be exhibited at libraries and tour to care homes and support facilities who were involved in its making.

Anyone who would like to dedicate a flower for this project can collect a pack with everything they need from Okehampton and Holsworthy libraries or press a flower when visiting either branch.

- **World Book Day Tea Party. Thursday 3rd March 15:45-16:45.**
- Dress up as your favourite book character (optional), join in our fun tea party with light refreshments, party games and prizes. Free event, suitable for ages 5+, numbers limited so booking in advance is essential!
- **The Secret Book Quest**
A completely FREE year-round reading challenge for 5-12 year olds across Devon. To take part, children need to sign up, read 50 books, collect stickers and solve the secret cipher.

Question of the Week

Do you have ways of promoting your positive mental health?

95% Yes

~ Talking to my friends makes me happy.
~ I enjoy playing with friends.
~ I like going to see my friends & family.
This makes me smile.

5% No

~ I'm too busy during the week but after our activities this week I think I might try to find some time!



Congratulations to Zac who read at least 5 times this week and won the chance to take home the reading basket.



Reach for the Stars

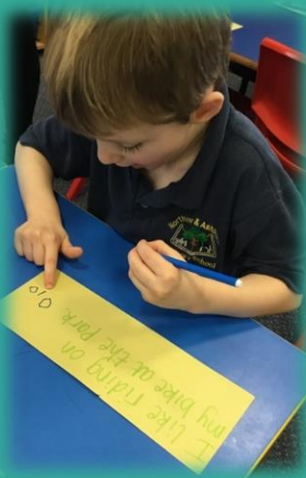
We sang the song 'Reach for the Stars' together and then wrote our own goals on a paper star.



"It was nice to be able to just relax and be yourself"

Well-ness Well

We looked at techniques to promote positive mental health.



"Doing the positive mental health activities was relaxing"

Worry Dolls

We made our own worry dolls to share our worries with and take home to use at bedtime.



"It was satisfying wrapping the string around the doll and the activities gave us ideas of what to do if we are feeling stressed"



Cress Heads

We made these to demonstrate that everybody develops & progresses at different rates.



Visit Website:
www.place2be.org.uk

GOLD STAR award

*Congratulations to the following children for achieving
their **gold star** certificates!*



SILVER AWARD

150 stars

Class 1

Laila

Esmé



Class 2

Ethan

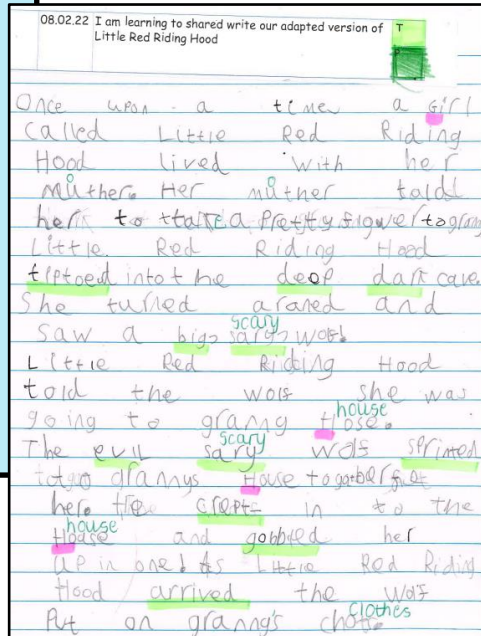
Izabella

Millie

Super Learners of the Week!

Class 1

Esmé has been working exceptionally hard in all areas of school this week and has produced some brilliant writing in our shared write. She shared great vocabulary with the class which she has remembered from prior learning and is beginning to take more time with her handwriting. Well done, Esmé!



Class 2

Willow has been making brilliant progress with her maths learning. She has been adding fractions, explaining her understanding to others and also applying her skills to solving problems with fractions. Keep up the super learning Willow!



Christian Ethos - 'Friendship'

Class 1

Since September **Isabel** has become more confident to talk to her peers and play with them on the playground. She is regularly seen now playing with lots of different members of the class and chatting away to everyone! It is lovely to see the change in her and the different friendships she has made across the school.



Class 2

It has been lovely to see **Arabella** playing with a variety of children on the playground, in particular trying to include other children who she spends less time with. Arabella always demonstrates the values of being a good friend. Well done Arabella!

