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

Newsletter

Friday 14th May 2021

Last week's
attendance
was:
96.9%

Dear parents/carers,

This week is mental health week and in our PSHE lessons the children have been exploring ways to manage different emotions that we feel. They have looked at using meditation strategies, breathing techniques and have been completing daily diaries to express their state of wellbeing through daily journals. In our assembly this week, the children explored a variety of ways to help support them with their mental health.

We are keen to develop our spiritual area and are asking for parent volunteers to come and help over the half term holidays. It would be great to have the spiritual areas grand opening at the end of the summer term to commemorate the fantastic efforts and attitude children, parents and the community have shown throughout the last year during lockdown. We would be grateful if parents could spare some time (even if it's only half an hour) to come and help us prepare the area so that the children can use it during break/lunchtimes. If you can offer any time during the week, please contact the office to let us know when you are available.

After the last year of lockdown, we would like to celebrate the children's determination and efforts with their remote learning and how they have managed with their return to school. I will be meeting with the PTFA Chair next week to discuss hosting a summer fayre in the school playground. We hope this will bring the whole community of Northlew together to celebrate everyone's achievements. I hope to have a date in next week's newsletter to share with you.

Hope you all have a wonderful weekend.

Mrs Cook

School Diary

May 2021

Monday - 17th	Bikeability Cycling Proficiency (Yr 5&6) Yoga after-school club, 3:30-4:30pm
Tuesday - 18th	Forest School (Class 1) Bikeability Cycling Proficiency (Yr 5&6) Ethos Singing after-school club, 3:30-4:30pm
Wednesday - 19th	Supply teacher Mrs Hawkins in KS1- all day Bikeability Cycling Proficiency (Yr 5&6) Forest School (Class 2) Tuck Shop , 3:15-3:30pm Art after-school club, 3:30-4:30pm (<i>final session</i>)
Thursday - 20th	Bikeability Cycling Proficiency (Yr 5&6) Swimming-Class 1, 1:30-2:30pm (6/7) Martial Arts after-school club, 3:30-4:30pm
Friday -	PE (<i>kit + trainers worn to school</i>)

*All clubs must be booked through School Gateway & cancelled should your child not be attending a booked session.



Mental Health Week

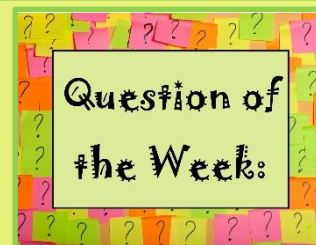
This week in school we have been focusing on mental health as it is Mental Health Week. The focus this year is nature as due to the lockdown many of us have found

more time to spend with nature so we are encouraging the children to continue this as it will help with their mental health. Have a look at the separate document attached with this email, to inspire you with activities that you can do and remember the breathing techniques and meditating we have been doing so that you can teach others at home.



Year 5&6 Bikeability Sessions

Your child will need to bring their bike & helmet into school on the morning of **Monday to Thursday** this week. Please make sure they are suitably dressed in uniform, track bottoms are probably best (no shorts, skirts or dresses please) and have a waterproof coat.



Question of the Week:

Could lunchtime be better in the hall?

Yes- 75%

No- 20%

Unsure- 5%

The children said...

- The choices of dinners available could be improved.
- They would like to choose who they sit next to.
- They would like to be sat in year groups.

Spiritual Area- Plea to Parents

We are desperately in need of more resources for our spiritual area. Please search your greenhouses/garden sheds and houses for any unwanted equipment including:

- **Rubble**
- **Bricks**
- **Stone**
- **Plant pots (*various sizes*)**
- **Gravel**
- **Sand**
- **Membrane**

If any parents would be willing to help with some of the manual labour over the half term holidays, to help with setting up the foundations of the pathways please get in touch so that we can arrange a time.



Ethos Singing: After-School Club

We are now offering an additional club to children in class 2. The Ethos Singing club will run every **Tuesday, 3:30-4:30pm** with Mrs Quick. The first session will begin this week. If your child would like to take part, please book them on the sessions through School Gateway.

EXPRESS YOURSELF WITH OUR TIPS FOR GOOD MENTAL HEALTH



Positive relationships



More and better sleep



Understand feelings



Have plans ahead



Be physically active



Help others



Eat healthy



Visit green spaces

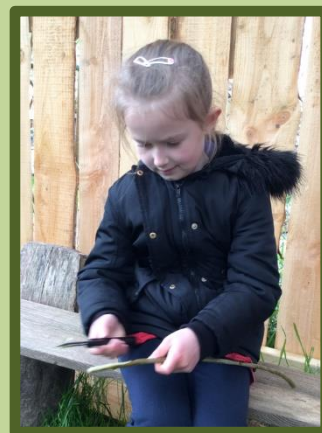


CHILDREN'S MENTAL HEALTH AWARENESS WEEK 2021

www.mentalhealth.org.uk

Forest School News

This week in Forest School we have been peeling some sticks using vegetable peelers! These may seem like unusual tools to be using for woodwork, but they provide a safe alternative to knives when children are first learning how to handle tools outdoors. We discussed the safety rules which apply whenever we use tools during sessions and made sure that everybody followed them. We found that the peelers took a bit of getting used to, but they performed well!





£12
Partnership / Subsidised Price

TUESDAY
1st JUNE 2021
9.30AM-3PM

TRAIN LIKE A CHIEF
COMMUNITY CAMP

With Exeter Rugby Community Chiefs

Exeter Chiefs' Community Department will be running their Train Like a Chief rugby camps at Okehampton College on Tuesday 1st June for all children in Year 6.

Developed and designed by Exeter Chiefs team of professional coaches using the most up to date techniques, the rugby camps aim to offer young people the best possible experience and insight into the modern-day game.

Campers will not only learn the basic elements of the game, but at the same time improve their skill set in a range of activities and match-like scenarios.

The key focus for the Chief's Community Team is on encouraging and inspiring young players to become the best they can be and to reach their full potential.

The camps are supported by Exeter Chiefs professional coaching staff, who will use their experiences to pass on top tips and training techniques.

So who better to learn from? **Year 6 come and join us!**

How to Book:
Email: ltownsend@okehamptoncollege.devon.sch.uk
Tel: 01837 650910 ext 257 to speak to Mrs Townsend

Tickets cost £12 per person, which is a subsidised/partnership price and can be paid to your primary school.

Only 80 places available.

Exeter Rugby Community Chiefs

Dartmoor
MULTI ACADEMY TRUST

sw comms

Super Learner's of the Week!

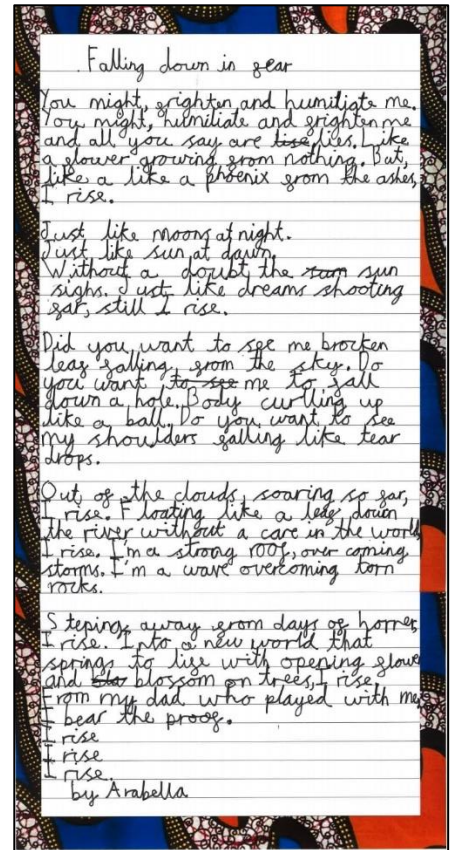
Class 1

Zac D has shown superb endurance with all his learning and is now making fantastic connections in maths, reading & swimming. Zac is also amazing at reversing a tractor and trailer into a small space! Well done Zac!



Class 2

Arabella has a great attitude towards her learning. She has been fantastic with her writing this week, she has independently attempted writing her final poem and has written a beautiful piece including all the grammatical features we have been learning about.



Christian Ethos - 'Trust'

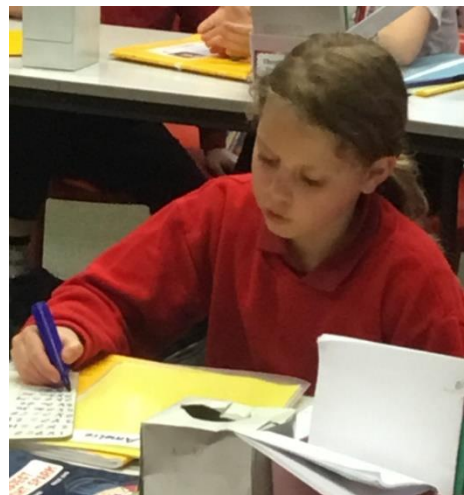
Class 1

Esmé found some money on the school playing field and happily handed it in to Mrs Quick, showing her friends and staff that she can be trusted. Esme returned the money to Alfie who had lost it. Fabulous honesty Esmé. Well done!



Class 2

Amelie has shown that she is extremely trustworthy as she has been making mature and responsible decisions ensuring that she is fully prepared for the school day. It is brilliant to see how Amelie is developing these skills. Well done Amelie!



Dartmoor Line Logo - send us your ideas

Later this year, we will be bringing daily trains back to Okehampton for the first time in nearly 50 years.

Just like our other community branch lines on the Great Western Network, we'll be giving the Dartmoor Line its own logo, and we are asking for the local community and schools to share their ideas of what Dartmoor, Okehampton and the local area means to them.



Email your artwork to **GWRSocialMedia@GWR.com** by Sunday 23 May 2021

Please include a brief description [250 words max] of why you chose your idea. as well as a contact telephone number and home address, should we need to contact you about your idea.

To find out more on the reopening of the Dartmoor Line visit:
www.Dartmoorline.com