



**Dartmoor  
Multi Academy  
Trust**

...everyone in our Trust.



***Northlew & Ashbury C of E Primary School – Let Your Light Shine Matthew 5:16***

**12/1/2024**

### **Notes from Lead Teacher**

Welcome back to the new term! The children have returned to school with positive attitudes and have enjoyed sharing what they have been doing during the holidays. Having been in both classes this week, it has been a real pleasure to see the focus of the children on their learning during the lessons. This week the Year 6 children have completed a mock SATs week in the same format as they will during May, we are extremely proud of how they engaged with this and the respect that the other children in the school showed whilst these were being completed.

PE days: Originally, we had planned to deliver PE on a Thursday and Friday afternoon for both classes. There has been a slight change to our timetable and until further notice we will be delivering PE on a Monday afternoon and a Friday afternoon, so please can children come to school on Monday and Friday in PE kits. All other days require full school uniform. If your child is attending Martial arts on a Thursday, please bring PE kit in separately.

### **Super Learner**

**Albie** - Albie has begun to produce a great piece of writing in English this week. He has remembered to include lots of different grammatical techniques. Albie has also hugely improved with his spellings recently and now consistently remembers the correct spelling for his tricky red words. Well done, Albie!

Zac UT – Zac wrote a really thoughtful poem about the topic 'Dreams' in one of our English sessions this week. He thought about the passion needed to develop a moving poem. Well done, Zac!



### **School Value- Friendship**

**Kason** – Kason has been a great friend this week to everyone in Class 1. He is always happy to help other children find a piece of equipment or peel a piece of fruit for them. Well done, Kason!

**Izabella** – Izabella has coped really well since one of her friends have moved school. She has developed friendships with other children in the class and within other year groups. It is lovely to see how you have flourished so quickly. Well done, Bella!

### **Attendance**

A good start to the term - thank you for your support, especially at this time of year when there are coughs and colds about.

**Whole School**

**Attendance: 97.22%**

## School Uniform

A reminder that children should be wearing full school uniform each day. This includes formal school trousers, school jumpers and black school shoes. If you are unsure of the uniform requirements, please speak to your child's teacher.

## Reading playtimes

To promote reading, we have begun an extra play session for the children who have read at least 5 times throughout the week. These playtimes are based on the 'reads' that have been recorded in your child's reading record with a comment from the parent or carer. It was lovely to see so many of you with extra play. Well done, Northlew!

## Reading Raffle

The PTFA have kindly continued to donate a book to each child in order for them to develop their love for reading and the choice of books within the library. The winner of the reading raffle on 12th January was Kenzie. **If your child has already received one of these books, and has read it, please can this be returned ASAP to school to be checked in to the school library for other children to read.**

## Toddler Session

On Wednesday 17<sup>th</sup> January, 'Out and About' will be holding a session for parents and toddlers. It will be held at Bow Garden centre at 10 am. Please search for Out and About West Devon Parent and Toddler Touring Group on Facebook to see more information and to sign up for the free event.

## Year 4 Times Tables Check

As Year 4 parents will be aware, children in Year 4 have a times table check in June which tests their recall of times tables up to 12 x 12. Next week we will be completing a practise times table check with the Year 4s. So please, as always, continue to learn these times tables at home; just 10 minutes on Times Table Rockstars a day will make a huge difference. If you are unsure of your child's log in, please speak to their class teacher.

Come and join us at Bow Garden Centre for a FREE session exploring the story of 'Sharing a Shell' through craft, an exploration of Bow Garden Centre's amazing aquatic centre and soft play area. See the event for more details and to book tickets.



WED, 17 JAN AT 10:00

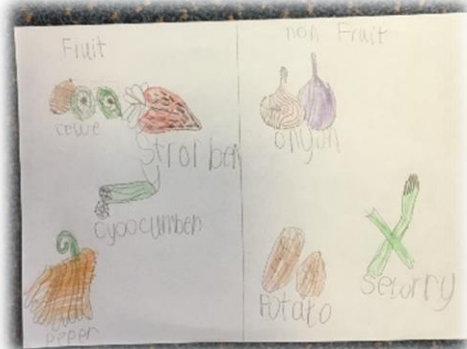
Out and About: Sharing a Shell

Bow Garden Centre

★ Interested

## Class 1 DT

This week Class 1 have begun their new DT topic. We started it by learning about how we can categorise foods into fruits and non-fruits, depending on whether they have seeds or not. It was very interesting finding out some of our favourites are actually fruits!! The topic will finish with us designing and making our own smoothies.



## Gymnastics with Miss Spooner

Miss Spooner has begun taking Gymnastics lessons for the children in both classes and Friday's session was a massive hit! The children used lots of different apparatus and as you can see in the photos, showed off their brilliant jumping skills. Thank you Miss Spooner for sharing your brilliant skills and enthusiasm with the school!



## Okehampton College Transition

On Tuesday 9<sup>th</sup> January, children from Year 4,5 and 6 had a visit from Jenny Harris, Director of SEND at Okehampton College. She introduced the structure of the day to the children and made them aware of staff who will be involved in their journey through Okehampton College. It was a great opportunity for the children to discuss their fears and ambitions and has prompted lots of further discussions and questions.



## Week Beginning 15.1.24

Monday	Lunchtime Sewing Club KS1 & KS2 PE lesson- Please come to school in your PE kit.
Tuesday	Year 6 Lunchtime SATs Club
Wednesday	Lunchtime Gardening Club
Thursday	Lunchtime Reading Club *Martial Arts 3:30-4:30pm
Friday	KS1 & KS2 PE lesson- Please come to school in your PE kit.

\*Your child must be booked into after-school clubs via School Gateway in order to take part.

Mrs Lee

Lead Teacher [slee@northlewprimary.org.uk](mailto:slee@northlewprimary.org.uk)

01409 221420

**Parent Consultations 7<sup>th</sup> February 2-5pm** – Further to our communication earlier this week, please remember to book a parent consultation with your child's teacher. Contact admin by either email or text to organise a suitable time. Thank you.

A vibrant purple and blue poster for a 'BINGO NIGHT' event. The title 'BINGO NIGHT' is written in large, bold, white letters. Above the title, there are three bingo cards (purple, green, and red) and several bingo balls with numbers like 8, 9, 24, 36, 3, 44, 2, 30, 3, and 33. The text 'Bingo dabbers £1' is written in white. Below the title, a yellow banner says 'Friday 19 Jan | Door Open AT 7:00pm'. Further down, it says '6 games for £5' and 'Bridestowe Village Hall'. Below that, it says 'BINGO - RAFFLE - PRIZES' in yellow. At the bottom, it says 'RSVP to 07549887535 with numbers.' and 'This is a fundraiser to support 6 athletes from Devon competing at the world championships in Florida.'

**BINGO NIGHT**

Bingo dabbers £1

Friday 19 Jan | Door Open AT 7:00pm

6 games for £5

**Bridestowe Village Hall**

**BINGO - RAFFLE - PRIZES**

RSVP to 07549887535 with numbers.

This is a fundraiser to support 6 athletes from Devon competing at the world championships in Florida.



# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2023