

Chief Executive Officer: Mrs Alison Nettleship
Head of School: Mrs Kathryn Catherwood
Acting Assistant Head of School: Mrs Tania Hawker



Weston Mill Community Primary Academy
Ferndale Road
Camel's Head
Plymouth
PL2 2EL

01752 365250
Westonmill.desk@discoverymat.co.uk

Newsletter 7th July 2023

Another busy week as we approach the end of term. It was lovely to see so many parents in school this morning for London Class assembly - the final class assembly of the year. Next Friday is the school Summer Fayre from 3pm - 5pm. The PTFA have been busy with the final preparations, and we are really looking forward to it. The children will be making products to sell as part of our Enterprise Week next week.

This week, Year 6 visited Mount Edgecumbe to participate in an orienteering event. The children used their collaboration skills to compete in a series of challenges. It looked like they had a great day and managed to avoid the rain. Children in EYFS also enjoyed a trip to Wembury Beach where they completed a number of beach activities.

Next week, children in Year 3 and 4 will be going on a trip to Plymouth Hoe on Monday and Tuesday. If you have not returned your consent forms, please ensure that these are returned by Monday morning.

Have a lovely weekend.

Mrs Kathryn Catherwood

Head of School

Wellbeing at Work would like to congratulate Discovery MAT for achieving Bronze in our Wellbeing Awards Programme! Such a fantastic achievement and we look forward to seeing more from you in the future for wellbeing at work!

"Completing the Wellbeing at Work award has allowed Discovery MAT the opportunity to review existing support for staff within our Trust. Wellbeing has always been important to us and our Mental Health and Wellbeing Leads continually work with the team to find creative ways to support and guide our staff and children. We have a fantastic team and as our most valuable resource this award recognises our commitment to them" Alison Nettleship, CEO of Discovery Multi Academy Trust

Discovery Staff Wellbeing Hub
Livewell Southwest



[Beat the heat](#) - provides information on who is at greatest risk of ill health from the heat, how to recognise when health may be affected by heat, what preventative actions can be taken in and outdoors and what to do if you or someone else becomes unwell as a result of the heat.

Other assets that might be useful to share include the following

Blogs

<https://ukhsa.blog.gov.uk/2023/06/01/come-rain-or-shine-adverse-weather-matters-for-our-health/>

NHS webpages

You may find the following NHS webpages useful to signpost your audience to:

Heatwave: how to cope in hot weather - <https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

Heat exhaustion and heatstroke - <https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>



START OF THE SCHOOL DAY & ATTENDANCE

Our school gate leading to the playground will remain open until 9:10am every morning.

Please use this entrance only when bringing your child to school.

Reception entrance via the staff car park must not be used before this time. You will be asked to walk around, unless there has been an arrangement made with Mrs Catherwood or Mrs Powney.

In the unusual event of your child arriving extremely late for school, after 9:10am (gates closed), the reception entrance should be used to ensure that your child is registered and their lunch choice has been taken.

Please be aware that crossing patrol is available for children arriving to school between 8:30 and 9am each morning. There will be no crossing patrol after 9am each morning.

Important reminder: the school register is taken at 08:55am!

BEING LATE AFFECTS YOUR CHILD'S ATTENDANCE

Children arriving after this time will be registered late, which has an enormous impact on attendance figures.

After 9.10am it is recorded as an **unauthorized** absence. By law we are required to register in this way. We must also report over a certain amount of unauthorized absences to the Educational Welfare Officer.

On average around 10% of our children are registered late everyday!

If your child is unwell please phone the school before 08.55am **every day that they are unwell.**

Let's work on improving our attendance together!

If you need support with this, please let us know.

Please see our Attendance Policy

[Weston Mill Community Primary Academy - Important Policies](#)

Weekly attendance for 3rd July– 7th July

The UK Government expectation is **96%**. We are striving for children to achieve this as there is a direct link between attendance and achievement .

This week, our whole school attendance is **90.7%**

This week's winners are : **LONDON Class** and
CANBERRA Class



LONDON	95.9%
NAIROBI	93.5%
MOMBASA	92.5%
CAPE TOWN	92.3%

SAN FRANCISCO	92.5%
TOKYO	82.9%
SANTIAGO	86.7%
CANBERRA	93.9%
DUBAI	79.2%
OSLO	93.8%



Oak Villa Car Park

Following an incident, please ensure any parents using the Oak Villa Car Park take care when driving and parking, and hold your child's hand, if appropriate, when walking through the car park. This is to ensure that all children remain safe whilst arriving and leaving school each day. We appreciate your continued support with this to support our school community.



SUMMER FAYRE

Friday 14th July
3pm to 5pm

WESTON MILL
PRIMARY ACADEMY

JOIN US FOR LOTS OF FUN!

- Refreshments •
- Raffle •
- Crafts and gifts •
- Books •
- Jewellery •
- Wax melts and fragrance •
- Class enterprise stalls •
- Community stalls •
- and much more!



Ice creams -
Just chilling Ice Cream van hire



Bouncy castle -
Bouncing Crazy Bouncy castle hire

For information about booking a table please email:
westonmill.desk@discoverymat.co.uk

Early Years Beach Party

Monday 24th July



To celebrate the end of term, Plymouth and London classes will be having a “beach party” on Monday 24th July.

The children are invited to come to school dressed as a pirate or mermaid. Throughout the day they will enjoy lots of pirate/mermaid themed activities.

Communication and Reminders



We use **ParentPay** as our main method to communicate **important messages**, send weekly newsletters, book breakfast and after school club, payments for school dinners, clubs, educational visits (including residential) and discos.

A GREAT BIG CONGRATULATIONS! 100% OF PARENTS HAVE ACTIVATED THEIR PARENTPAY ACCOUNT

Please continue to sign into your ParentPay account when personal details require updating.

We ask that you ensure a mobile number and email address has been added to your account, so all future information is received. **PLEASE TURN ON YOUR EMAIL NOTIFICATIONS.**

IT IS IMPORTANT THAT YOUR DETAILS ARE ALWAYS KEPT UP TO DATE!

You may already have an account but we would like to highlight the importance of adding all your children.

If a message is sent for a specific child, in a specific class and you have not added that child, you will not receive those messages.

If you need support with adding children or activating an account for the first time, please ask Mrs Powney or Mrs Searle.

A NUMBER OF PARENTPAY ACCOUNTS ARE IN DEBT FOR LUNCHES, AFTER SCHOOL CLUB AND BREAKFAST CLUB. PLEASE CHECK YOUR ACCOUNTS AND ENSURE ALL PAYMENTS ARE UP TO DATE. WE WILL ENDEAVOUR TO SEND REGULAR REMINDER EMAILS TO THOSE WHO ARE STILL IN DEBT. TO HELP PREVENT DEBT MOUNTING.

FOLLOW THE LINK BELOW FOR OUR SCHOOL MEALS DEBT POLIICY.

[Weston Mill Community Primary Academy - Important Policies](#)



Medication In School.

As we are fast approaching the end of term, we would like to remind you that all medication will be returned home at the end of term.

If you are expecting medication to return and do not receive it please see Mrs Powney in September.

We have a number of unlabeled asthma inhalers which, unfortunately, we will need to dispose of as we cannot identify their owner.

At the start of the new academic year if your child has asthma, please check your details are up to date on their file held at school and an inhaler is in school.

IT MUST BE BOXED, WITH A PRESCRIPTION LABEL AND INSTRUCTIONS, FRESH CONSENT WILL ALSO NEED TO BE COMPLETED AT RECEPTION.

This will also apply to all other medications.

[Weston Mill Community Primary Academy - Important Policies](#)



SUPPORTING CHILDREN WITH MEDICAL CONDITIONS POLICY

Approved and signed by the Board of Trustees

26.09.22

Renewal Date: May 2024

Managing medicines on school premises and record keeping

At Discovery Multi Academy Trust the following procedures are to be followed:

- Medicines should only be administered at school or nursery when it would be detrimental to a child's health or school attendance not to do so;
- No child under 16 should be given prescription medicines without their parents written consent (see template B) - except in exceptional circumstances where the medicine has been prescribed to the child without the knowledge of the parents. In such cases, every effort should be made to encourage the child or young person to involve their parents while respecting their right to confidentiality;
- It is trust policy to **not** administer non-prescription medication on school premises
- Where clinically possible, medicines should be prescribed in dose frequencies which enable them to be taken outside school hours;
- The trust academies and nursery will only accept prescribed medicines, with written permission from parent/carer that are in-date, labelled, provided in the original container as dispensed by the pharmacist and include instructions for administration, dosage and storage. The exception to this is insulin which must be in-date, but will generally be available to schools inside an insulin pen or a pump, rather than its original container;
- All medicines will be stored safely in a locked first aid cupboard/fridge. Children should know where their medicines are at all times. Where relevant, they should know who holds the key to the storage facility.
- Medicines and devices such as asthma inhalers, blood glucose testing meters and adrenaline pens should be always readily available state where and not locked away. Asthma inhalers should be marked with the child's name.
- During trips the first aid trained member of staff will carry all medical devices and medicines required;
- We will keep all controlled drugs that have been prescribed for a pupil securely stored in a non-portable container and only named staff will have access. Controlled drugs should be easily accessible in an emergency. A record should be kept of any doses used and the amount of the controlled drug held in the school;
- Staff administering medicines should do so in accordance with the prescriber's instructions. The trust's academies and nursery will keep a record (see template C and D) of all medicines administered to individual children, stating what, how and how much was administered, when and by whom. Any side effects of the medication to be administered at school should be noted. Written records are kept of all medicines administered to children. These records offer protection to staff and children and provide evidence that agreed procedures have been followed;



UK Health
Security
Agency

NHS

A practical
guide
for staff

Managing **infectious** cases of **diseases** in all education and childcare settings

The online guide offers information and resources for the following:

Introduction to infection control in all education and childcare settings

Prevention and control

Outbreak management

Immunisation

Staff health, pet and animal contact

Cleaning the environment

Managing specific infections

Exclusion table

Diarrhoea and vomiting outbreak action list



Advice and guidance

To find out more, visit www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities or bit.ly/2xiJpPZ.





UK Health
Security
Agency

NHS

Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

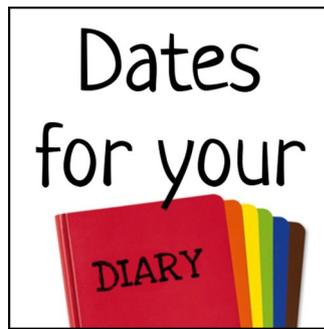
Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



July

10th & 11th July **Year3/4** Hoe Trip

11th July Rock Steady Summer Concert

12th July **NEW** Reception Intake 2023-Settling in Session 9.30am-11.00am

13th July-**Oslo** Class Reading Session @ 2:15pm

14th July-Summer Fayre 3pm-5pm

19th July **London./Plymouth** Come & Play 2pm-3pm

20th[†] July-**Year 6** Leavers' Disco 5pm-7pm

24th July **Plymouth and London Classes** Early Years Beach Party

24th July **Year 6** Leavers' Assembly @1pm

25th July – Last Day of Summer Term

September

6th September-First Day of Autumn Term



IMPORTANT CHANGE

SANDWICHES CAN ONLY BE ORDERED ON TUESDAY & THURSDAY SUMMER MENU

WEEK 01	WEEK BEGINNING: 17 th APRIL • 8 th MAY • 5 th JUNE • 26 th JUNE 17 th JULY • 11 th SEPTEMBER • 2 nd OCTOBER	WEEK 02	WEEK BEGINNING: 24 th APRIL • 15 th MAY • 12 th JUNE • 3 rd JULY 24 th JULY • 18 th SEPTEMBER • 9 th OCTOBER	WEEK 03	WEEK BEGINNING: 1 st MAY • 22 nd MAY • 19 th JUNE • 10 th JULY 4 th SEPTEMBER • 25 th SEPTEMBER • 16 th OCTOBER
MONDAY	CHOICE 1 Jerk chicken with rice and peas H/V 	CHOICE 2 Vegan balls with pasta H/V 	MONDAY	CHOICE 1 Spanish chicken served with new potatoes H 	CHOICE 2 Vegan nuggets with pasta H/V
PUDDING	Fruit salad, yoghurt H/V and fresh fruit		PUDDING	Real fruit ice lolly, yoghurt and fresh fruit v	
TUESDAY	CHOICE 1 Macaroni cheese with garlic bread H 	CHOICE 2 Courgette burger in a brioche bun H/V 	TUESDAY	CHOICE 1 Cheese wheels served with seasoned diced potatoes H/V 	CHOICE 2 Vegetable Korma with rice and naan H/V/V
PUDDING	Strawberry dessert whip H/V, yoghurt and fresh fruit		PUDDING	Yoghurt and fresh fruit v	
WEDNESDAY	CHOICE 1 All day breakfast H 	CHOICE 2 Vegan all day breakfast H/V 	WEDNESDAY	CHOICE 1 Crispy Piri Piri chicken burger in a brioche bun with herby wedge H 	CHOICE 2 Vegetable frittata served with garlic bread H/V
PUDDING	Custard biscuit and fruit H/V, yoghurt and fresh fruit		PUDDING	Fruity flapjack H/V, yoghurt and fresh fruit	
THURSDAY	CHOICE 1 Roast chicken with Yorkshire pudding, roast potatoes H 	CHOICE 2 Butternut squash parcel served with roast potatoes, gravy H/V 	THURSDAY	CHOICE 1 Roast gammon, roast potatoes, gravy H 	CHOICE 2 Vegetable sausage served with roast potatoes, gravy V
PUDDING	Yoghurt and fresh fruit v		PUDDING	Fruit salad H/V, yoghurt and fresh fruit	
FRIDAY	CHOICE 1 Fish fingers and fresh chips H/V 	CHOICE 2 Baked vegetable omelette with fresh chips H/V 	FRIDAY	CHOICE 1 Fish croquettes and fresh chips H 	CHOICE 2 Cheese and tomato pizza with fresh chips H/V
PUDDING	Vegan orange cake H/V, yoghurt and fresh fruit		PUDDING	Vegan chocolate brownie H/V, yoghurt and fresh fruit	
MONDAY	CHOICE 1 Sausage roll with seasoned diced potatoes H 	CHOICE 2 Mexican bean quesadilla with rice H/V 	MONDAY	CHOICE 1 Yoghurt and fresh fruit v	
PUDDING	Yoghurt and fresh fruit v				
TUESDAY	CHOICE 1 Homecooked ham and pineapple pizza with wedges H/V 	CHOICE 2 Vegetable and tofu Chow mein H/V 	TUESDAY	CHOICE 1 Fruity rocky road H/V, yoghurt and fresh fruit	
PUDDING	Fruity rocky road H/V, yoghurt and fresh fruit				
WEDNESDAY	CHOICE 1 Spaghetti and meatballs H 	CHOICE 2 Vegan chilli and rice H/V/V 	WEDNESDAY	CHOICE 1 Fruit salad H/V, yoghurt and fresh fruit	
PUDDING	Fruit salad H/V, yoghurt and fresh fruit				
THURSDAY	CHOICE 1 Roast chicken with Yorkshire pudding, roast potatoes, gravy H 	CHOICE 2 Broccoli and potato cheese bake with roast potatoes, gravy H/V 	THURSDAY	CHOICE 1 Jam and coconut sponge H/V, yoghurt and fresh fruit	
PUDDING	Jam and coconut sponge H/V, yoghurt and fresh fruit				
FRIDAY	CHOICE 1 Oven baked battered pollock fillet and fresh chips H 	CHOICE 2 Cheese and tomato quiche with fresh chips H/V 	FRIDAY	CHOICE 1 Fruit and jelly H/V, yoghurt and fresh fruit	
PUDDING	Fruit and jelly H/V, yoghurt and fresh fruit				



Weston Mill Nursery Lunch Menu

Week A (17th April, 8th May, 5th June, 26th June, 17th July, 11th September, 2nd October)

Monday	Tuesday	Wednesday	Thursday	Friday
Jerk chicken with rice and peas H/V 	Macaroni cheese with garlic bread H 	All day breakfast H 	Roast chicken with Yorkshire pudding, roast potatoes H 	Fish fingers and fresh chips H/V
Fruit salad, yogurt	Strawberry desert whip	Custard biscuit and fruit	Yogurt and fresh fruit	Vegan orange cake

Week B (24th April, 15th May, 21st June, 3rd July, 24th July, 18th September, 9th October)

Monday	Tuesday	Wednesday	Thursday	Friday
Spanish chicken served with new potatoes H 	Cheese wheels served with seasoned diced potatoes H/V 	Crispy Piri Piri chicken burger in a brioche bun with herby wedge H 	Roast gammon, roast potatoes, gravy H 	Fish croquettes and fresh chips H
Real fruit ice lolly	Yogurt and fresh fruit	Fruity flapjack	Fruit salad	Vegan chocolate brownie

Week C (1st May, 22nd May, 19th June, 10th July, 4th September, 25th September, 16th October)

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage roll with seasoned diced potatoes H 	Homecooked ham and pineapple pizza with wedges H/V 	Spaghetti and meatballs H/V 	Roast chicken with Yorkshire pudding, roast potatoes, gravy H 	Oven baked battered pollock fillet and fresh chips H
Yogurt and fresh fruit	Fruity rocky road	Fruit salad	Jam and coconut sponge	Fruit and jelly



School Uniform.

Over the last few weeks we have noticed children coming to school wearing the incorrect uniform. As part of our home-school agreement, we ask that our children come to school dressed in their school uniform and with the correct PE kit. Your child's class teacher will have notified you of PE days, but we recommend having a PE kit in school each day. Please see details of the our school uniform below.

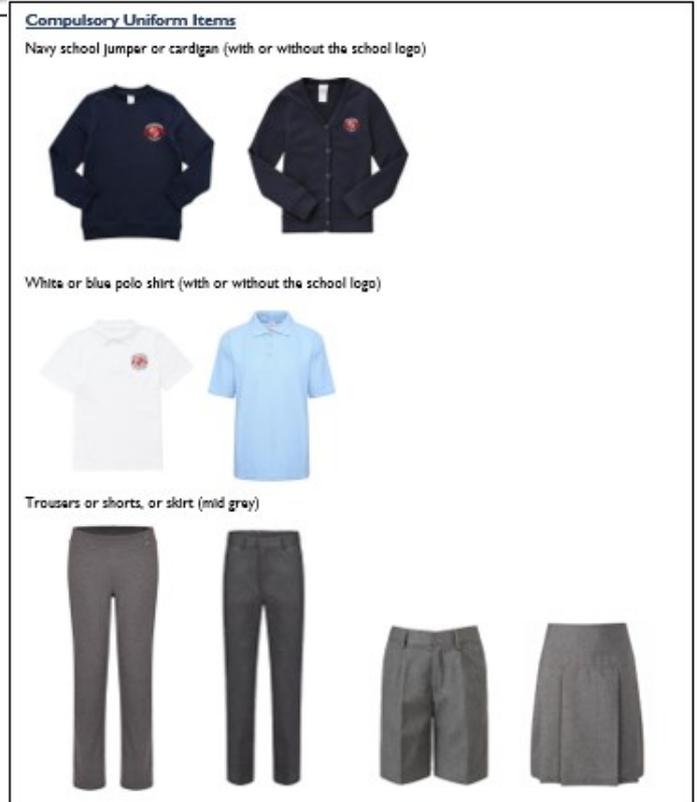
School uniform at Weston Mill is as follows:

Navy jumper or sweatshirt

White or light blue shirt or polo shirt

Grey trousers or skirt

Black school shoes



PE kit:

White t-shirt

Plain Black/Navy shorts or jogging bottoms

Trainers



LINK FOR OUR SCHOOL UNIFORM POLICY

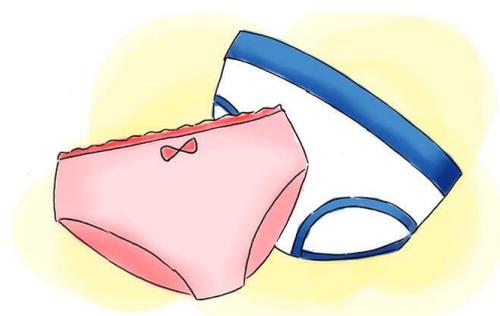
[Weston Mill Community Primary Academy - Important Policies](#)

Spare Underwear Appeal

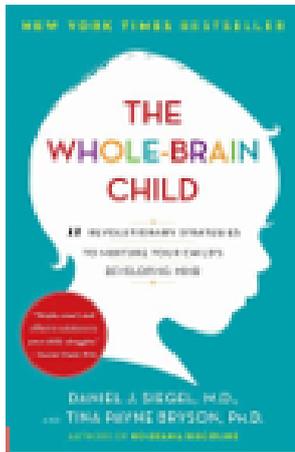
Please could we make an appeal for clean pants , socks, tights and vests for those little accidents for children of all ages.

If your child has needed any spare clothes please ensure they are washed and returned.

**A GREAT
THANK**



**BIG
YOU!**



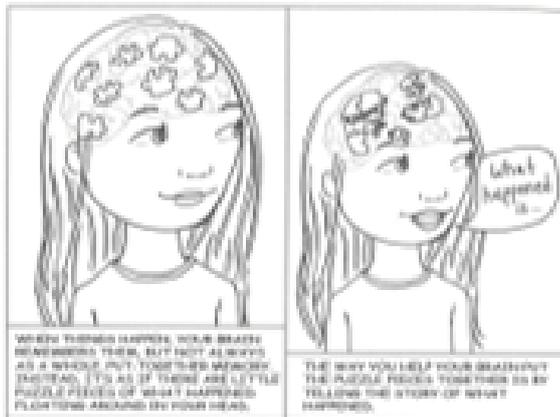
Some of the teachers across have been reading this book and are keen to share some of the strategies with you. These are things that we will be using in our classrooms and HUTs but also things that the group have used to support their own children and families at home. If you would like further information or ideas to support your child's behaviour please contact your schools Family Support Worker.

Beechwood – l.armstrong@discoverymat.co.uk

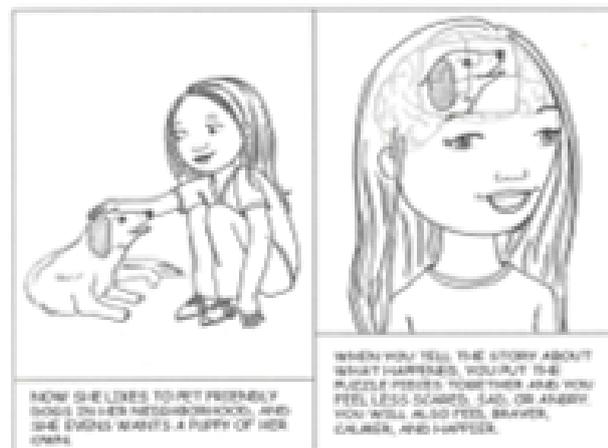
Oakwood- m.horne@discoverymat.co.uk

Weston Mill – m.antell@discoverymat.co.uk

WHOLE-BRAIN KIDS Teach Your Kids About Making Their Depict Memories (Episodes)
PUTTING PUZZLE PIECES OF MEMORY TOGETHER



FOR DAWMIE





The following link provides ideas for mark making, art, and early writing activities. Before letter, numbers or pictures come simple marks. Mark-making is a great start to writing and art. Marks are how children learn to express themselves and portray the world around them. So, get mark making and have some fun along the way. Use hands, fingers and feet. Squishing dough, swirling colours together – there are lots of ways to experiment with marks.

[Make-a-mark,-make-a-start.pdf \(pacey.org.uk\)](https://www.pacey.org.uk/partners/school-ready/preparation/)

PACEY is the Professional Association for Childcare and Early Years. Formed in 1977. PACEY is a charity dedicated to supporting everyone involved in childcare and early years to provide high quality services, information and advice to children, their families and carers. Further information regarding school readiness can be found here:

<https://www.pacey.org.uk/partners/school-ready/preparation/>

School Readiness messages for parents/carers

As follow on from last week's activities, here are two further activities to support your child with their communication:

Family Photographs

Looking at photos together is a great way to get conversation flowing. Your child will be fascinated by pictures of themselves when they were little and old family albums from before they were born.

Practice makes perfect

Encourage your child to talk to 'safe' adults when you're out and about, for example greeting friends' parents, paying for something in a shop, or asking for something at the supermarket

School Ready - PACEY

Follow the link below for information to signpost your parents/carers to as they support their children to be School Ready:

[Preparation for starting school | PACEY](https://www.pacey.org.uk/partners/school-ready/preparation/)



Summerhouse Services

'Supporting Brighter Futures'



Safe Spaces For Young People's Mental Health

We are a small, Plymouth-based, holistic, not-for-profit organisation promoting mental health, resilience and free thinking for children, young people and those adults that inhabit their world. We provide a range of human-centred, outcome-led, orbital and unique training and support services.

We have in person and virtual offers for all services, for which we have a nationwide remit.

While we are only just over a 18 months old as an organisation, the work and unique approach we use has been in the making and continually shaped in response to need for over 20 years in the voluntary sector by Founder and Director Penny.

Our creative, engaging, enjoyable and supportive offers are easy access, friendly and professional and never use power point, even for our virtual training ! The focus instead is on lively interaction, enjoy as you learn and participation to own level of comfort.

ALL offers are generic and for EVERYONE and we never target audiences with specific issues, as our services are both preventative and supportive in nature and importantly, NONE of our offers are therapy or counselling, although ALL the spaces we create facilitate climates that are potentially, therapeutic, motivational and healing in nature.

We have had a fantastic reception since starting up in May 2021 and adults that come to our training use words such as 'game changing', 'ground breaking', 'new', 'pioneering', 'straightforward' and 'value for money' and young people generally find us 'helpful' 'validating', 'relaxing', 'interesting' and 'really fun' !

To find out more, please take a look around our website and if you would like a chat about any aspect of what we do or have any queries as to how we may help, please do not hesitate to get in touch....we always like a chat !

Contact Details

Tel: 07869173154

Email: summerhouse.services@gmail.com

www.summer-house.org

<https://www.facebook.com/supportingbrighterfutures>

<https://www.instagram.com/summerhouseservices/>

Company Number 13427929



Sainsbury's





Summerhouse Services
 'Supporting Brighter Futures'

Practitioner Training One Day Workshop

'Trigger Happy'

Empathic, Student-Centred, Effective & Fun Approaches

To Help Children & Young People Cope With Stress & Anxiety

**Friday 14th July
 10.00 - 3.30**

End of Term FREE OFFER! (Usually £90pp)

General Refreshments Provided But Not Lunch For Discounted Offers.

Venue - Saltash Social Club . The Mansion . Fore Street . Saltash PL12 6JL

This preventative and supportive workshop has been designed in response to identified need, predominantly from young people, parents and carers and also practitioners themselves, to be equipped with easy, fun, quick to learn, inexpensive and effective tools and supportive approaches with which to help young people cope with anxiety and stress and its holistic manifestations ! It offers you the opportunity to learn techniques and approaches, some of which are taken from the highly regarded workshops and programmes that we have delivered to young people, parents and practitioners this year. Here is feedback from 2 young people reflecting on how the techniques gained from a 3 hour workshop helped them....*'The workshop was brilliant; we used all the techniques before and when we were doing our exams and we both felt really calm and could concentrate much better..... I am on the school council and I am going to tell them that I think this should be available to all 6th formers and also further down the school. It would really have helped me in Year 10 and 11 too. Thank you !'*

Feedback has been gained from hundreds of young people, following delivery of our highly regarded DRIFTS Resilience Programme and 'Coping with Exams' and 'After Maths' workshops over the last 12 months. You will hear what **really** helps young people to feel supported, together with what is less helpful and how this inhibits learning and exacerbates their stress and anxiety.

Outcomes fall within the Healthy School, DFES, Safeguarding, SEND and Whole School Guidance. Groups are small, friendly and relaxed, using creative and engaging approaches throughout.

Outcomes

- Empathically explore the spectrum of experience young people face regarding anxiety and stress and the impacts on their resilience and mental, physical, emotional and behavioural health.
- Increase insights into anxiety and stress as a natural, healthy response to life experiences and the impact of environments on this, including the issues of 'celebrity and mental health' and 'school environmental factors'.
- Understand how to create 'orbital', neutral, positive and student-centred supportive spaces, climates and interactions, for young people, to address stress and anxiety and thereby promote symbiotic (mutually beneficial) relationships between practitioners and young people in groups, classrooms, one to one and in other youth settings.
- Explore the relative benefits of offering young people generic, non-targetted support and how this impacts positively on their stress and anxiety and other mental health issues and facilitates safe working practices.
- Gain techniques, toolkits, tips, 'tapping' and tricks that young people themselves acknowledge as being helpful, safe, fun and effective in coping with stress and anxiety.
- Realise the importance of the ability of those adults in a young person's orbit to manage their own stress and anxiety effectively, for promoting safe and appropriate responses to them.
- Acquire local and national signposting options to support young people and practitioners safely and effectively and avenues for further holistic training.

Company Number 13427929

Feedback From Young People That Have Accessed Programmes And Short Workshops Using This Approach.

'I have learnt lots of different ways of managing my stress that I will definitely use them to help me. Tapping was my favourite.' Year 12

'I felt really validated when my view was read out anonymously in the group.' Year 13

'This is the favourite workshop of this type I have ever been to. Thank you.' Year 12

'Much better than expected. I felt heard and comforted to know I am not alone in my feelings' Year 11

'I really look forward to coming and it has really helped me. I don't know why but it is. I come along and listen and sometimes I join in and sometimes nothing much happens in the session but it really helps me.' Year 8

'Thank you for helping me learn about how my body responds to stress and anxiety and what I can do about it . It has been really good and I want to do a part 2. I loved the tapping.' Year 10

.....And Words That Practitioners Use About This Approach

'Ground-breaking', 'Game-changing', 'Safe', 'Pioneering', 'Straightforward', 'New', 'Unique', 'Enjoyable', 'Dooable', 'Pivotal', 'Transformational', 'Truly Student-centred', 'Excellent Value For Money', 'Reciprocal' and more !

Booking Details

Cost - FREE

Venue - Saltash Social Club . The Mansion . Fore Street . Saltash . PL12 6JL

(Free Parking On Site)

For bookings or enquiries please contact Penny at penny.logsdail@summerhouseservices.org

Contact Details

(Please note this is not the venue address)

Summerhouse Services

154 Crossway . Plymouth . PL7 4JA

T. 07869173154

E. penny.logsdail@summerhouseservices.org

U. www.summer-house.org

F. <https://www.facebook.com/supportingbrighterfutures>

<https://www.instagram.com/summerhouseservices/>



DRIFTS



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FREE NSPCC Online Safety Workshops for Parents & Carers



The NSPCC is running a series of free **Online Safety Workshops for Parents & Carers** in during the summer term and beyond via Zoom.

The workshops are 1 hour and will help parents and carers to find out about:

- What children and young people are doing online
- Parental concerns
- What the risks are for young people in terms of what they see, do, and who they meet online
- How to manage these risks as a parent/carer
- Sources of help and support

Each workshop will also focus on a combination of the following topics:

- Gaming
- Social Media
- Online Bullying
- Parental controls
- Mental health and well being
- Modelling good behaviour
- Online challenges, hoaxes and scams
- Persuasive design and screen time vs screen use

We would encourage that a lead professional from your setting is present on the training, so that you are aware of any concerns and can follow up appropriately. You will also benefit from hearing the same key messages as your parent/carer community. However, this is not mandatory.

For more information and to request joining details please email

parentworkshops@nspcc.org.uk

Date	Time	Content
16 th May	4-5pm	Core + Online bullying, social media +modelling good behaviour
24 th May	5-6pm	Core + Online bullying + Online friendships + Parental controls + Social Media
1 st June	7-8pm	Content TBC
6 th June	7-8pm	Core + Online Gaming + Parental Control
15 th June	4-5pm	Core Content + Online Bullying + Mental Health Well-Being + Modelling Good Behaviour
21 June	6-7pm	Core + Mental health and wellbeing + Online friendships+ Parental controls
28 June	7-8pm	TBC
3 July	6-7pm	Core + social media + controls + role modelling
13 July	5-6pm	Core + Gaming + Social + Bullying + Parental Controls
18 July	7-8pm	TBC
16 Aug	7-8pm	Core + Gaming + Social Media + Sharing Nudes + Parental Controls

**Do you have a child
0-5 years old?
Or
Are you expecting a baby?**

Let's Get Chatting!

If you answered 'yes' and you live in Devon, we would love you to answer a few questions about how children learn to communicate. You can find the questions at <https://forms.office.com/r/ELSUTvz7A6> or use the QR code

One Devon

Let's Get Chatting
#letsgetchattingdevon

Children need adults who will support them as they learn to communicate and talk.

Notice...
How does your child communicate with you?

Respond...
Each time your child communicates give a response.

Chat...
Chat about everyday life.

Follow the Livewell Southwest Facebook page over the coming months for more advice on how to support your child's communication development.

One Devon

Let's Get Chatting

Text to accompany Social Media Posts - Please copy and paste

Pre Q post...

A child's ability to communicate with the special people around them is one of the most important things they learn in the first few years of their life. Parents play a really big part in helping their children to learn to communicate and talk. We want to understand how parents in Devon see the role of supporting their children's communication, where they might go to find information and support and what they are already doing that has been helpful. If you are a parent living in Devon and you have a child aged 0-5 years, or you are expecting a baby in the coming months please help us by answering a few questions about supporting your child's communication development. You can find the questions here

- <https://forms.office.com/r/ELSUTvz7A6>

And look out for the 'Let's Get Chatting' social media campaign over the coming months for more information to support your child's developing communication.

Let's Get Chatting digital poster...

A child's ability to communicate with the special people around them is one of the most important things they learn in the first few years of their life. Parents play a really big part in helping their children to learn to communicate and talk. That's why over the coming months you will see an invitation to 'let's get chatting' - a focus on the importance of early communication, how to support children, when to get support and people that can help. Look out for further information on the Livewell Southwest Facebook Page and 'Let's Get Chatting'!

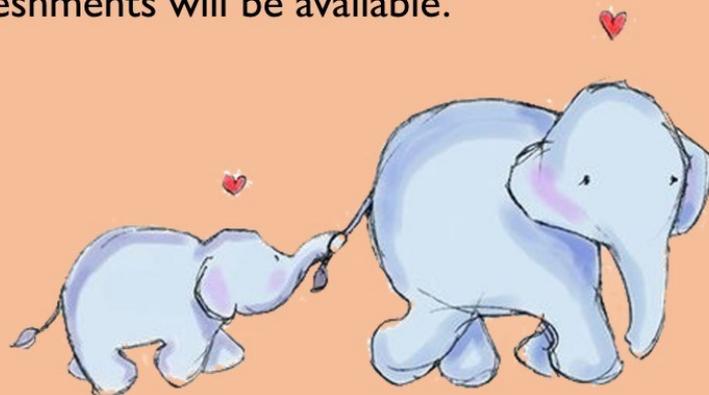
Parent and Toddler Group

Weston Mill Community Primary Academy will be starting a Parent and Toddler Group. This group will be run by Maggie Antell, our Family Support Worker, and Emma Palmer, one of our Mealtime assistants.

The group will be held every Wednesday between 9-10am and will start on the 25th January 2023.

Our Parent and Toddler Group will be held in the additional HUT room. Please arrive through the main reception door from the school playground. A member of staff will be at the door to greet you.

Refreshments will be available.





Weston Mill Community Primary Academy

NURSERY

**Spaces are currently available
for 2, 3 and 4 year olds within
our Nursery.**

**We offer 15 funded hours per child,
opening during term time only.**

Me2 funding now accepted.

**Please see the contact details below to
express an interest in applying for a
nursery place.**



For more information, please contact the
school on **01752 365250** or email
westomill.desk@discoverymat.co.uk.

CALLING ALL DADS OR DADS TO BE



"What I liked most about Dad's group was the opportunity to talk to other dads and have space to chill with my kids".

Dads your kids and coffee, how does that sound?

Start the weekend having some time with your child/ren and meet other local dads.

Opportunity to share stories of vomit, poop and sleep deprivation.

Try your hand at some new activities.

Find out about services available for you!!

Sessions will run monthly on a Saturday morning 10am – 12pm

- 18th March
- 22nd April
- 20th May
- 24th June
- 15th July

Please book to reserve your space



LARK CHILDREN'S CENTRE

Sure Start Community Room (around the back of Ham Drive Nursery PL2 2NJ)
01752 313293 | michelle.caiels@larkcluster.co.uk |

NEW ! On Course South West are running a number of "Dad Clubs" Location: LARK Children's centre on Ham Drive Activities include fairy houses, wood weaving, forest schooling and outdoor cooking Dates : 20th May 24th June 15th July www.onsourcesouthwest.co.uk

The Garden House in Buckland Monachorum.

We are a charity, our aim is to further the science of horticulture and to preserve, enhance and present the gardens for the education and enjoyment of the public.

This summer we will be running some wonderful events that the children may love to come to.

Boxtree Productions will be performing A Midsummer Night's Dream on Saturday 29th July at 2pm and 6pm.

Street food will be available for all theatre events catering for all tastes. Just bring your picnic blankets, stretch out your legs and join us in the open-air for an experience the whole family will enjoy.

We also have the Scarecrow Trail throughout the Summer holidays for children to come and view and vote for their favourite. The winning scarecrow will win free entry to the garden for 4 people. This will run from Saturday 15th July until Sunday 3rd September. There is still time to submit and entry if you would like to.



Our Teddy Bear Picnic will be on Thursday 10th August. There will be face painting, story-telling, a teddy bear trail, a FREE teddy bear cookie and a teddy bear picnic available to purchase on the day for kids (and grown up kids too!) There will be the chance to win a soft toy donated by Toy Cupboard in Tavistock and a Charlie Bear donated by Charlie Bears in Launceston. We will also have a selection of lawn games available to play.

Bring your own teddy bear and lunch, or teddy bear picnics will be available to purchase on the day for kids (and grown up kids too!)

For more information <https://www.thegardenhouse.org.uk/whats-on/teddy-bear-picnic-10th-august-2023/>

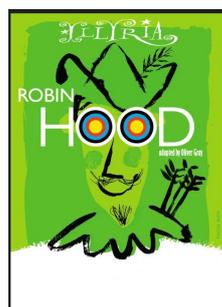


Members and up to 3 of their children have free entry to the gardens. Non-member tickets will be payable on the day.

All information is found on www.thegardenhouse.org.uk/whats-on/

We just wanted to let you know about our theatre event on 9th September at 2pm in the garden. Illyria are presenting Robin Hood the play featuring tales of camaraderie, good against evil, swashbuckling action and riotous comedy. The play is suitable for ages 5+ (younger children also welcome) and is a fast-moving, fun-packed family show.

For booking go to <https://www.thegardenhouse.org.uk/whats-on/illyria-theatre-presents-robin-hood-9th-september-2023/>





TOYS IN SCHOOL

There has been an increase in children bringing toys to school over the last few weeks, including Pokemon cards. Please ensure your child is not bringing toys into school unless a prior arrangement has been made with the school INCO Mrs O'Brien, to support SEND needs or for a class event.



WEBSITE

[Weston Mill Community Primary Academy - Home](#)

CALENDAR

[Weston Mill Community Primary Academy - Calendar](#)

TERM DATES

[Weston Mill Community Primary Academy - Term Dates](#)

IMPORTANT POLICIES

[Weston Mill Community Primary Academy - Important Policies](#)

NEWSLETTER

[Weston Mill Community Primary Academy - Newsletters](#)



Please follow us on our Facebook

[\(1\) Facebook](#)

Fit and Fed

Summer Activities

2023



Fit and Fed Plymouth

Fit and Fed

Summer Activities 2023

Teen Taster Activity Sessions

Teen Tasters are a cool way to enjoy a range of exciting activities over the summer. Our new programme enables young people to attend one or multiple sessions depending on what suits them.

Activities are for young people aged 12 to 16 eligible for the Fit and Fed programme. Food will be provided after each activity.

Day	Activity	Time	Venue
Mondays 31 July, 7, 14, 21 Aug	Trampolining & Indoor Assault Course	11am to 1pm	Adrenalin Leisure, The Ship, Brest Road, Plymouth, PL6 5XN
Mondays 24, 31 July, 7, 14, 21 Aug	Football	5.30pm to 7.30pm	Brickfields Sport Centre, Madden Road, Plymouth, PL1 4NE
Tuesdays 25 July, 1, 8, 15, 22, 29 Aug	Football	5.30pm to 7.30pm	Plymouth Life Centre, Mayflower Drive, Plymouth, PL2 3DG
Wednesdays 2, 9, 16, 23 Aug	Go Karting & Laser Tag	11am to 1.30pm	Plymouth Karting Emesettle Industrial Estate Emesettle Lane, Plymouth, PL5 2SA
Thursdays 3, 10, 17, 24 Aug	Ten Pin Bowling	1.30pm to 3.30pm	Ten Pin Bowling, Barbican Leisure Park, Coxside, Plymouth, PL4 0LG
Fridays 4, 11, 18, 25 Aug	Go Karting & Laser Tag	11am to 1.30pm	Plymouth Karting Emesettle Industrial Estate, Emesettle Lane, Plymouth PL5 2SA
9, 10, 11 Aug	Sailing with Island Trust	9am to 4pm	Yacht Haven, Shaw Way, Mount Batten, Plymouth, PL9 9XH

Spaces are limited and must be booked, some activities have limitations on number of attendances.



Trampolining



Go Karting



Football



Department
for Education

To book a place please email FitandFed@plymouth.gov.uk

plymouth.gov.uk/fitandfed

RARE PLYMOUTH UK, SUMMER 2024! **RARE**

A CLEAN, Age Free, Old skool RAVE, Evoking Fun . Freedom Energy....The Vibe That Defined The Emerging House Scene...
TO CELEBRATE ALL THAT YOUNG PEOPLE ARE TODAY

RARE

RESILIENT . AWARE . RELATIONAL . EMPATHIC

Behind the idea so far...  Education & Bass  LUSH Cosmetics  Clean Our Patch  City Col. Plymouth
     & many more! +  LOTS of the people we work with who are keen to help make RARE 2024 happen!

...ASKING FOR HELP IS A STRENGTH!

Please email Director Penny at summerhouse.services@gmail.com to get involved !

www.summer-house.org . <https://www.facebook.com/supportingbrighterfutures> . <https://www.instagram.com/summerhouseservices> . Co No 13427929



• Two weeks free
• Free uniform
• & money back
guarantee
For new members

ATTENTION PARENTS!

ONLY 6
WEEKS UNTIL
THE SUMMER
HOLIDAYS

GIVE YOUR CHILD
NEW CONFIDENCE,
FITNESS AND
WELLBEING, ROUTINE
OVER SUMMER AND
MUCH MUCH MORE

Special
offers for
children in
Plymouth
and
surrounding
areas

CLASSES STARTING NOW IN

Plympton - Plymstock - Peverell -
Honicknowle - Torpoint - Ivybridge

CLICK HERE TO BOOK YOUR FREE TRIAL CLASS

WWW.MATTFIDDES.COM



Holiday Club

Enjoy a happy and healthy unique holiday experience at Plymouth Life Centre!



Our vibrant and varied holiday club provides a safe and fun environment where children can experience a wide range of activities.

Morning 8am to 9am - £2.50 | Core 9am to 3pm - £30.00
Afternoon 3pm to 5pm - £5.00 | Food Lunch & Snack - £4.00

Book Now

www.plymouthactive.co.uk/activities/holiday-activities

Fit and Fed

Fit and Fed funded places

We are delighted to be working in partnership with the Fit and Fed programme which offers children on benefit-related free school meals funded places to our holiday club. For more information contact us on fitandfed@plymouth.gov.uk

 PlymouthActive (@plymouthactiveleisure)

 @plymouthactive

 Plymouth Active - YouTube

Plymouth Active manages these facilities in partnership with Plymouth City Council



FREE FUNDED HOLIDAY CLUB PLACES AVAILABLE ACROSS THE CITY!

Q: When do the Holiday Clubs run?

A: Funded Holiday Clubs operate Easter, Summer and Christmas.

Q: What age?

A: Fit and Fed is for school aged children from reception to year 11 (inclusive).

Q: Who is it for?

A: Fit and Fed is primarily for children who receive benefit-related free school meals. We are also able to fund places for Looked After Children, Children with Education Health Care Plans, Children under Child Protection Plans, Young Carers and Children of Recognised Refugees or Children from Asylum Seeking and Ukrainian families.



Inflatable Fun



Fun sports games



Free lunch

**TO BOOK A PLACE PLEASE VISIT
WWW.PLYMOUTH.GOV.UK/FITANDFED**

**FOR MORE INFORMATION EMAIL
SPORTSDEV@PLYMOUTH.GOV.UK**



Department
for Education

Fit and Fed

Plymouth Science

SUMMER CAMPS 2023

FREE for children who are eligible for Free School Meals*
or
£20 per day
(bring your own lunch)
£25 per day
(Hot lunch provided by CaterEd)

Venue: St Peters Primary School,
Brentford Ave, Plymouth PL5 4HD
Dates: Mon 31st July – Friday 25th
August
Timings: 9am-3pm
Age: 6-11 years

DURING THE FOUR WEEKS, EACH DAY WILL HAVE IT'S OWN UNIQUE THEME. SOME OF THE ACTIVITIES INCLUDE...



FOREST SCHOOLS



ROCKETS



BEACH SCIENCE



STEM CHALLENGES



FOOD SCIENCE



ANIMAL EXPERIENCES

THE FULL EVENT CALENDAR CAN BE FOUND ONLINE AT WWW.PLYMOUTHSCIENCECIC.CO.UK – PLEASE NOTE ALL ACTIVITIES ARE SUBJECT TO CHANGE.

To book your place visit our website and click on the poster or scan the QR code above
For any questions, please email us (bookings cannot be done via email).

Web: www.plymouthsciencecic.co.uk

Email – plymouthscienceteam@gmail.com

Tel: 07933 055 506 (only during camp dates)

* Eligibility for free places is for children who receive Free School Meals. This DOES NOT include children in Foundation/Key Stage 1 who receive Universal Free School Meals. If you are unsure of your status, enquire with your school office. Eligibility will be checked by Plymouth City Council, and full payment will need to be made for sessions if your child is ineligible for Free School Meals. Terms and Condition apply.



#thinklikeanengineer

#thinklikeacreative

OPEN DAY - SAT 9TH SEPT 2023

An exciting opportunity to visit both schools.

No need to book!

UTC: 9AM to 1PM

Millbay: 10AM to 2PM (Buses available between sites)

Extra Millbay Event: 27th Sept, 5PM - 7PM



UTC, 1 Ross St, Devonport, Plymouth PL2 1DN

MILLBAY ACADEMY, 22 Millbay Road, Millbay, Plymouth PL1 3EG



TERM DATES 2023/24



Teaching days (statutory)	190
Professional development days	5
Occasional days	5
Sub-total	200
School holidays	53
Bank holidays	8
Saturdays and Sundays	104
Total	365

term	start	end	days
1	04-Sep-23	20-Oct-23	35
2	30-Oct-23	19-Dec-23	37
3	03-Jan-24	09-Feb-24	28
4	19-Feb-24	28-Mar-24	29
5	15-Apr-24	24-May-24	29
6	03-Jun-24	23-Jul-24	37
Total			195

	SEPTEMBER				
Monday		4	11	18	25
Tuesday		5	12	19	26
Wednesday		6	13	20	27
Thursday		7	14	21	28
Friday	1	8	15	22	29

	OCTOBER				
	2	9	16	23	30
	3	10	17	24	31
	4	11	18	25	
	5	12	19	26	
	6	13	20	27	

	NOVEMBER				
	6	13	20	27	
	7	14	21	28	
	1	8	15	22	29
	2	9	16	23	30
	3	10	17	24	

	DECEMBER				
	4	11	18	25	
	5	12	19	26	
	6	13	20	27	
	7	14	21	28	
	1	8	15	22	29

	JANUARY				
Monday	1	8	15	22	29
Tuesday	2	9	16	23	30
Wednesday	3	10	17	24	31
Thursday	4	11	18	25	
Friday	5	12	19	26	

	FEBRUARY				
	5	12	19	26	
	6	13	20	27	
	7	14	21	28	
	1	8	15	22	29
	2	9	16	23	

	MARCH				
	4	11	18	25	
	5	12	19	26	
	6	13	20	27	
	7	14	21	28	
	1	8	15	22	29

	APRIL				
	1	8	15	22	29
	2	9	16	23	30
	3	10	17	24	
	4	11	18	25	
	5	12	19	26	

	MAY				
Monday		6	13	20	27
Tuesday		7	14	21	28
Wednesday	1	8	15	22	29
Thursday	2	9	16	23	30
Friday	3	10	17	24	31

	JUNE				
	3	10	17	24	
	4	11	18	25	
	5	12	19	26	
	6	13	20	27	
	7	14	21	28	

	JULY				
	1	8	15	22	29
	2	9	16	23	30
	3	10	17	24	31
	4	11	18	25	
	5	12	19	26	

	AUGUST				
	5	12	19	26	
	6	13	20	27	
	7	14	21	28	
	1	8	15	22	29
	2	9	16	23	30

School's Out

Take an emotional health check



Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child**, **read their behaviour** and **help them look after their emotional health**.



inourplace.co.uk

Understanding your child online course has been paid for by **Cornwall & Isles of Scilly LMS** and **Devon LMS**, so you can access it **completely free** using the code **TAMAR**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.

www.solihullapproachparenting.com



Wellbeing at Work

Bronze Award