

WE ARE A NUT, CHICKPEA AND SESAME FREE SCHOOL

Dear Parents and Carers,

Well done to all the children who have been on trips and taken part in activities in the local community. In the words of Mrs Brewer " the children have been fantastic ambassadors for Instow Primary School.'

Thankyou to the members of School Council who came to the St Michael's Nursery open event - again they were a great advert for the school.

Have a great weekend,

Mrs Mardling and team

New dates for your diary

Fri 28th Nov: CI 2&3 cinema trip

Fri 28th Nov: Christingle Service 2:30pm
at St John's the Baptist Church

Thurs 4th Dec: School choir at Affinity Devon

Wed 10th Dec: CI 2&3 afternoon performance

Thurs 11th Dec: CI 2&3 afternoon performance

Fri 12th Dec: Christmas Fayre and Carols

Mon 15th Dec: Santa Run- **new date**

Wed 17th Dec: Early Years Nativity

Thurs 18th Dec: Christmas Lunch

Thurs 18th Dec: Guitar assembly

Fri 19th Dec: Children break up

Mon 5th Jan: Children return to school

Please look on the website calendar to keep up with the dates for the whole academic year.

Little Butterflies update

The afternoon provision will continue in September. If numbers pick up, this will carry on in the new year.

However, if numbers remain low, Little Butterflies will run a pickup service instead. Please could you contact Little Butterflies if you would like to secure a place for September.

Contact details are:

01271 321277

littlebutterfliesdaynursery@gmail.com

Attendance

Well done to this week's winners

Class 3 with a score of 97.90%.

Class 4: 97.10%

Class 5: 95.5%

Class 2: 94.80%

Class 1: 89%

LUNCH MENU

Week 1 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chilli (DF)	Burger (DF)	Roasted sausages (DF)	Tomato pasta (DF)	Chicken nuggets(DF)
Vegetarian	Veggie chilli	Veggie burger(DF)	Lentil loaf		Veggie nuggets (DF)
Sides	Rice, nacho chips	Potato wedges	Potatoes, gravy carrots, brocolli	Garlic bread	Chips or pasta and peas
Jacket Potato	Beans (DF)	Cheese	Beans (DF)	Beans and cheese	Tuna mayo
Pudding	Banana cake(DF), yoghurt, fruit	Ice cream (DF), fruit or yoghurt	Fruit salad or yoghurt	Chocolate cake(DF), chocolate custard, fruit or yoghurt	Toffee crisp (DF), fruit or yoghurt

DF - Dairy Free

Dairy free yoghurts available every day

Safeguarding

As you may be aware, this week has been anti-bullying week. The Anti-Bullying Committee delivered an assembly and organised a poster competition to support the learning about this important topic.

Devon County Council have a very clear approach to bullying and there is a wealth of information on their website.

Follow the links below to find out more:

[Bullying information](#)

Please also refer to our Anti-Bullying policy which can be found on our website.



Children in Need

Thank you for all the donations of pennies, the children enjoyed making Pudsey with them.

British Values

Children are thinking about the importance of celebrating differences.

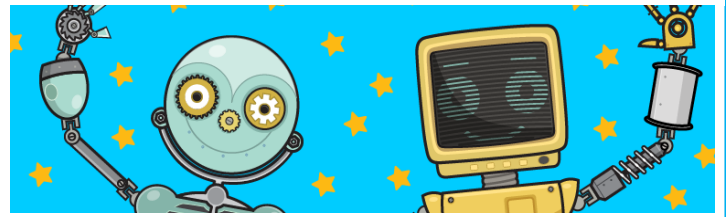
In KS1, the children have read two books that really help to teach this message.



Other good books that reinforce this message:

Shine by Sarah Asuquo, All Are Welcome by Alexandra Penfold and The day You Begin by Jacqueline Woodson.

Your Top Doodling Classes this week!



Here are the Top Doodling classes at Instow Community Primary School for the last seven days:

DoodleMaths: Trinity Class Y6 English (50% of pupils in the green zone)

DoodleTables: Lundy Year 5 (36% of pupils in the green zone)

DoodleEnglish: Lundy Year 4 (17% of pupils in the green zone)

DoodleSpell: Lundy Year 4 (33% of pupils in the green zone)

Congratulations to all of the pupils in the green zone – they should be really proud of themselves!

CELEBRATION CERTIFICATES

A huge well done to all the children who have been recognised this week for their outstanding attitude towards learning or for their citizenship skills.

We are all very proud of you.

Windmills: Whole class for the fantastic cinema trip

Eddystone (C12): Sonny and Arthur

Hartland (C13): Albie and Sofia

Lundy (C14): Amelia and Ethan

Trinity (C15): Whole class for being super Instow School ambassadors on their trips this week



Super Doodlers!

Evie A – 100 day streak in DoodleMaths

Grace L – 50 day streak in DoodleMaths

Ruairi Mc – 50 day streak in DoodleEnglish

Emmett P- 50 day streak in DoodleEnglish

Olivia B – 50 day streak in DoodleMaths

Well done.



INSTOW SCHOOL'S
CHRISTMAS
FAYRE & CAROLS

Friday 12th December 3pm
EYFS Unit - Cakes/Biscuits
bring in morning of 12th
Class 2 - Good cuddly toys
Class 3 - Chocolate
Class 4 - Sweets for sweet
cones or popcorn
Class 5 - Small prizes
**All - Jazzy Jars - a jar filled
with sweets/chocolate/little
toys/craft bits etc**

Donations and jazzy jars can now be brought into school

If any parents/grandparents/friends would like a stall then please email
classsupport@instowcps.co.uk or see Miss Graves.

Apply for a primary school place

Was your child born
between 1 September 2021
and 31 August 2022?



Apply online at:

devon.cc/admissionsonline

or scan the QR code. Applications open from
15 November 2025 to the **15 January 2026**

If you can't access the school admissions website you can get more information by emailing admissions@devon.gov.uk or call our Education Helpline on:

0345 155 1019



You must apply through the Admissions Team, even if you've already given details to a school. Applications made directly to schools or on their lists will not be accepted.

Devon
County Council 



MONTHLY MONDAYS!

ST PETER'S CHURCH HALL

3.30 - 4.30PM

8 SEPT AUTUMN 13 OCT
10 NOV 8 DEC

FREE
games, activities, drink and snack
for families

COME AND JOIN US!

CHILDREN TO BE ACCOMPANIED
BY AN ADULT



www.ttec.org.uk



STARTING 3RD NOV

BUMPS AND BABIES

ST PETER'S CHURCH HALL
FREMINGTON

MONDAYS DURING TERM TIME
11AM - 12 NOON

A GROUP FOR EXPECTANT
AND NEW PARENTS OF
0-6MONTH BABIES

£2 PER FAMILY

JUST TURN UP
OR
EMAIL CYF@TTEC.ORG.UK



www.ttec.org.uk