

**WE ARE A NUT, CHICKPEA AND SESAME FREE SCHOOL**

Dear Parents and Carers,

## 2026 The Year of Reading

Thank you to the parents who have come into class to read their favourite children's book.

If you would like to read to your child's class, please get in touch using the class support emails.

Wishing you a peaceful weekend,

Mrs Mardling and the Instow School Team

### Little Butterflies update

Please could you contact Little Butterflies if you would like to secure a place.

Contact details are:

01271 321277

littlebutterfliesdaynursery@gmail.com

### New dates for your diary

Mon 26<sup>th</sup> Jan: 3pm Open afternoon – come and look at your child's work

Fri 30<sup>th</sup> Jan: PTFA Meeting 9am at school

Thurs 5<sup>th</sup> Feb: 2.45pm CI4 assembly

Fri 6<sup>th</sup> Feb: Year 4 girls football at Kingsley – new date

Thurs 12<sup>th</sup> Feb: U11's Boys Cup

Fri 13<sup>th</sup> Feb: PTFA cake sale/non uniform day

Fri 13<sup>th</sup> Feb: Last day of term

Thurs 5<sup>th</sup> Mar: World Book Day

Thurs 19<sup>th</sup> to Fri 20<sup>th</sup> Mar – Y4 residential Rock n Rapids

Fri 27<sup>th</sup> Mar: Y3 sleepover

Tues 31<sup>st</sup> Mar: 5pm to 7pm Parents evening

Wed 1<sup>st</sup> Apr: 4pm to 6pm Parents Evening

Thurs 2<sup>nd</sup> Apr: 2.30pm Easter Service

Last day of term

Fri 19<sup>th</sup> June: Summer Fayre (new date)

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

## Important Reminders:

**Bristol Residential Oct 2026:** Please remember to pay the deposit. This is really important as we need to book theatre tickets.

**Years 4/5/6 Toast:** You can purchase this term's toast via the Parentmail app.

# LUNCH MENU

## Week 3 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spaghetti bolognaise(DF)	Pizza (DF)	Roasted sausages (DF)	Tomato pasta (DF)	Chicken nuggets(DF)
Vegetarian	Veggie bolognaise (DF)		Homity pie		Veggie nuggets (DF)
Sides	Crusty bread	Potato cubes	Potatoes, gravy carrots, green beans	Garlic bread	Chips or pasta and peas
Jacket Potato	Beans(DF)	Cheese	Beans (DF)	Beans and cheese	Tuna mayo
Pudding	Fruit flapjack (DF), fruit or yoghurt	Ice cream(DF), fruit or yoghurt	Fruit salad or yoghurt	Jam sponge (DF), pink custard, fruit or yoghurt	Chocolate cracknell, fruit or yoghurt

DF - Dairy Free

Dairy free yoghurts available every day



**FERDINAND FOOTBALL CLUB**  
FC DEVON

**AFTER SCHOOL FOOTBALL**

Join our fun filled after school football club  
PE or sports wear, water bottle & shin pads recommended  
Girls & Boys

<https://devon.ferdinandcollective.com/football/fc-schools>

Monday | Reception - 3 | 3.30 - 4.30pm  
Thursday | Years 3 - 6 | 3.30 - 4.30pm  
12/01/26 - 30/03/26 | 11 weeks | £77  
15/01/26 - 02/04/26 | 11 weeks | £77

INSTOW PRIMARY SCHOOL

## Road Safety

The children had a Road Safety lesson in assembly this week. The children talked about what they needed to remember to keep safe when walking to and from school.

1. Stay with their adult
2. Walk next to the hedge with their adult the other side
3. If they have travelled on a bike or scooter to dismount and push the bike or scooter up/down the lane.
4. Be very careful near the blind corner

Please can you reinforce these messages at home.

## Sunrise Club

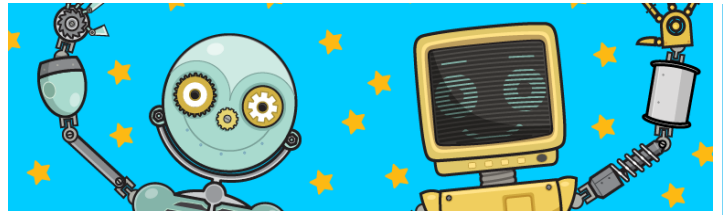
This is a quick reminder to please book all Sunrise Club sessions in advance using the ParentMail app.

Using the booking system helps us ensure correct staffing levels and keeps Sunrise Club running safely and smoothly for all children.

Thank you for your cooperation and continued support.

[sunriseclub@instowcps.co.uk](mailto:sunriseclub@instowcps.co.uk)

## 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 (18% of pupils in the green zone)

**DoodleEnglish:** Lundy Year 5 (9% of pupils in the green zone)

**DoodleSpell:** Year 2 (25% of pupils in the green zone)

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

## Super Doodler

Lilly O: 100 day streak in DoodleMaths

**Well done!**

## 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: Molly and Megan**

**Eddystone (CI2): Harrison and Summer**

**Hartland (CI3): Layla and Ozzie**

**Lundy (CI4): Rose and Leighton**

**Trinity (CI5): Luke and Ruben**



## Attendance

**Well done to this week's winners**

**Class 4 with a score of 97.9%.**

Class 1: 96.7%

Class 5: 95.9%

Class 2: 94.80%

Class 3: 92.40%

## Young Carers Support

A young carer is someone under 18 years old who provides (or intends to provide) care for another person. This can be caring for a family member or friend of the family. For parents of young carers in North Devon, the key resource is the **Devon Young Carers service, accessible via Devon Carers website or by calling 03456 434 435**, offering support, assessments, and information for families to help young carers manage their responsibilities and access opportunities, with specific local help from services like **Carewise North Devon** for practical and emotional support. You can register your child to access services and share their caring role with professionals like schools, or simply seek advice for your family.

**Carewise North Devon: Offers practical and emotional support for young carers up to 18 in North Devon & Torridge.**

**Phone: 01237 479380**

**Services: Support for family and young carers, can take direct referrals.**

## School Nursing Advice Line – easier access to support

The Public Health Nursing team is making it easier for families to get advice and support from the school nursing service.

They are currently trialling a **dedicated advice line**, where parents and carers can phone or text to speak directly with a healthcare professional.

### How it works:

- **Children aged 0–8 years:** Calls are answered by the Community Health Worker team.
- **Young people aged 9–19 years:** Calls will soon be answered by staff nurses from the School Nursing team.
- Health visitors and school nurses support the service and also respond to calls and texts.

This service aims to provide families with quicker access to trusted health advice when they need it.

**Northern** – North Devon, Torridge & Okehampton

Taw View, Civic Centre, North Walk, Barnstaple, EX31 1EE



0333 234 1904 |



[northernphnhub@devon.gov.uk](mailto:northernphnhub@devon.gov.uk)

**Class 2 and 3 have produced some wonderful artwork that will be available to see at the Burton Art Gallery as part of the Annual Schools Exhibition from 30th January until 15th March.**

# **B BURTON AT BIDEFORD**



30 January – 15 March 2026

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## **The Annual Schools Exhibition**