

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

Dear Parents and Carers,

Welcome back! We hope you are all feeling refreshed after the half term break.

We have another busy half term ahead, dates are available here and on the school website. A reminder that Year 4 have a meeting this Monday about their residential trip. If you are unable to attend but have questions, please contact Mr Bedford via the class support email:

[class4support@instowcps.co.uk](mailto:class4support@instowcps.co.uk)

Mrs Mardling and the Instow School Team

## Attendance

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

**Class 1 with a score of 98.60%.**

Class 4: 98.20%

Class 3: 97.20%

Class 2: 92.80%

Class 5: 92.50%

## 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](mailto:littlebutterfliesdaynursery@gmail.com)

## New dates for your diary

Mon 2<sup>nd</sup> March: Class 4 Multi-skills event at ARC

Mon 2<sup>nd</sup> March 3:30pm: Year 4 parents – meeting about Rock & Rapid residential. Meeting will be held in Class 4.

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

Fri 13<sup>th</sup> Mar 2:30pm: PTFA AGM

Thurs 19<sup>th</sup> March 2:45pm: Class 3 assembly

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

Thurs 26<sup>th</sup> Mar 9am: Guitar concert

Thur 26<sup>th</sup> Mar: Easter Raffle

Fri 27<sup>th</sup> Mar: Reception & Y6 National Childhood Measurement Programme

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

Wk beg 11<sup>th</sup> May: SATS week

Mon 1<sup>st</sup> June: Non Pupil Day

Tues 2<sup>nd</sup> June: Children back to school

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

## LUNCH MENU

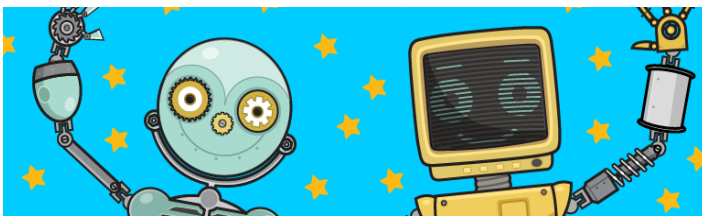
### Week 1 menu

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.

## Your Top Doodling Classes this week!



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

**DoodleMaths:** Trinity (73% of pupils in the green zone)

**DoodleTables:** Year 2 (13% of pupils in the green zone)

**DoodleEnglish:** Hartland Class - Year 3 (14% of pupils in the green zone)

**DoodleSpell:** Year 2 (19% of pupils in the green zone)

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

## Donations for Forest School

If anyone has any pots of vaseline, cotton wool balls, bird seed/feeders they no longer want we would love some donations for forest school. Please bring to Mrs Brewer, Miss Harvest or Miss Graves.

Thank you .

## 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: Isla and Barnaby**

**Eddystone (CI2): Eoghan and Layton**

**Hartland (CI3): Bella and Henry**

**Lundy (CI4): Lilly O and Phoebe**

**Trinity (CI5): Edie**



## **Behaviour Policy**

Following the half term break, the children have revisited our School Charter.

### Instow Community Primary and Preschool School Charter

At Instow Community Primary and Preschool we believe that all children have the **right to be safe**, have the **right to learn** and have the **right to play**.

**Ready, Respect, Safe**

We will ensure this by following these rules:



<p><b>We are safe</b></p> 	<p><b>Look out for each other</b>  <b>Be kind to everyone</b>  <b>Be sensible</b>  <b>Think calmly about choices</b>  <b>Be gentle</b></p>
<p><b>We can learn</b></p> 	<p><b>Always try our hardest</b>  <b>Show active listening</b>  <b>Be curious</b>  <b>Work as a team</b>  <b>Make mistakes</b>  <b>Be resilient</b></p>
<p><b>We can play</b></p> 	<p><b>Respect everyone</b>  <b>Have a big heart</b>  <b>Be creative and imaginative</b>  <b>Include others</b></p>

## **Online Safety – Online health**

### **Top Tips For Parents**

*Digital health is just as important as physical health. Here is how to support your child:*

- **The "Digital Sunset":** Blue light from screens stops the "sleepy hormone" (melatonin). Aim for a tech-free hour before bed to ensure a better night's rest.
- **Quality over Quantity:** Not all screen time is equal. Creating a digital video or learning a language is more "nutritious" for the brain than passive scrolling.
- **Build a "Safety Net":** Ensure your child knows who their **Trusted Adults** are. Use the NSPCC Online Safety Hub for tips on starting these conversations.
- **Check the Rating:** Use Common Sense Media to check if games like *Roblox* or *Fortnite* are appropriate for your child's age.
- **Set the Rules Together:** Use a Family Agreement from **Childnet** to decide on "Tech-Free Zones" like the dinner table.

## World Book Day

Thursday 5th March.

A Big thank you to all those people who have donated preloved costumes for our World Book Day rail.

We have had a great selection of costumes donated - the rail can be found at the back of the hall.

We look forward to a fantastic day!

## World Book Day

### Book Cover Competition

Your child should have come home with a book cover template to design their own cover. Designs need to be in school by Wednesday 4<sup>th</sup> March.



**BOOK COVER COMPETITION**

**Design your own book cover**

**£1 to Enter**

**Deadline 4th March Wednesday**

**Win a £10 Gift Card!**

**EVENT RULES**

- Open to ALL students.
- Each entry must have a title, the student's name and class on a cover page.
- One winner per class.
- Entry and fee, please give to their class teacher by Wednesday, 4<sup>th</sup> March.
- Winners will be announced on World Book Day.

To celebrate **WORLD BOOK DAY**, the children are invited to create a book cover inspired by their favourite book or a book they dream of writing one day!

We can't wait to share their amazing creativity, imagination and love of reading!

INSTOW SCHOOL P.T.F.A.

INSTOW PRIMARY AND PRE SCHOOL P.T.F.A

## WORLD BOOK DAY 5<sup>TH</sup> MARCH



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### DRESS UP AS...

We are excited to celebrate World Book Day this year with a splash of creativity and lots of imagination!

Dress up as your favourite book character. There are 3 Golden Ticket prizes for the best costumes to be won (**Free Entry**).

### GOLDEN TICKET PRIZES

- Free Non Uniform Day for you and your whole class.
- Crazy Hair Day for you and your whole class.
- A hot chocolate for you and your whole class.

**Pre-loved Costumes:** We will have a rail of preloved costumes in the school hall. You are very welcome to donate any costumes that no longer fit and find a "new" costume to wear.

### BOOK SWAP

**Thursday, 5th March:**

Please bring a book to swap with a preloved book to keep, read and love.

### BOOK COVER COMPETITION

Get creative and design your own book cover! Any theme or genre.

**Entry: £1** (one entry per child)

**Prize: One winner per class wins a £10 gift card**

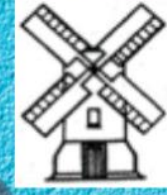
**Deadline: Wednesday,**

**4<sup>th</sup> March** (winners to be announced on

Thursday, 5<sup>th</sup> March)



# JOIN US AT INSTOW SCHOOL !!



**SATURDAY**

**14th**

**MARCH**

**Doors open 5.30 to eat pre booked food  
Eyes down at 6.30pm**



**£10 - bingo games, flyer, two slices  
of pizza and chips**

**£4 - extra 2 slices of pizza and chips**

**Raising money for the Seedlings Charity  
which sponsor our child in Gambia**

WE'RE TAKING OURSELVES

**FUNNY** ★

FOR MONEY THIS  
RED NOSE DAY

WHAT? Wear Red  
and bring your best joke

WHEN? Friday 20th March

WHERE? Instow School



← SCAN QR CODE  
TO DONATE  
or bring a donation

COMIC  
RELIEF

RED  
NOSE  
DAY

Registered with  
**FR** FUNDRAISING  
REGULATOR

Get more posters at [comicrelief.com/resources](https://comicrelief.com/resources)

Red Nose Day is an initiative of Comic Relief, operating name of Charity Projects, registered charity in England & Wales (326568) and Scotland (SC039730) and company limited by guarantee registered in England & Wales (01806414), registered address 6th Floor, The White Chapel Building, 10 Whitechapel High Street, London, E1 8QS.

FRIDAY 20 M