

WE ARE A NUT, CHICKPEA AND SESAME FREE SCHOOL

Dear Parents and Carers,

What a great half term! It has been a very busy week so we will be learning more about Online Safety when we come back. Please find more information following the links below:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026>

<https://www.esafety.gov.au/newsroom/whats-on/safer-internet-day>

Wishing you a wonderful half term,

Mrs Mardling and the Instow School Team

Attendance

Well done to this week's winners

Class 4 with a score of 96.70%.

Class 3: 95.30%

Class 2: 94.80%

Class 5: 94.50%

Class 1: 87.60%

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 23rd Feb: Online Safety Week

Wed 25th Feb: Reception Vision Screening

Mon 2nd March: Class 4 Multi-skills event at ARC

Thurs 5th Mar: World Book Day

Fri 13th Mar 2:30pm: PTFA AGM

Thurs 19th to Fri 20th Mar – Y4 residential Rock n Rapids

Thur 26th Mar: Easter Raffle

Fri 27th Mar: Reception & Y6 National Childhood Measurement Programme

Y3 sleepover

Tues 31st Mar: 5pm to 7pm Parents evening

Wed 1st Apr: 4pm to 6pm Parents Evening

Thurs 2nd Apr: 2.30pm Easter Service Last day of term

Wk beg 11th May: SATS week

Mon 1st June: Non Pupil Day

Tues 2nd June: Children back to school

Fri 19th June: Summer Fayre (new date)

LUNCH MENU

Week 3 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato pasta (DF)	Pizza (DF)	Roasted sausages (DF)	Spaghetti bolognaise (DF)	Chicken nuggets (DF)
Vegetarian			Homity pie	Veggie bolognaise (DF)	Veggie nuggets (DF)
Sides	Garlic 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.

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: Hartland Class - Year 3 (23% of pupils in the green zone)

DoodleEnglish: Trinity (20% of pupils in the green zone)

DoodleSpell: Year 2 (38% of pupils in the green zone)

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

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.

If anyone has a spare clothing rail we could borrow we would love to hear from you!

We look forward to a fantastic day!

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 .

Medicine in School

Parents and carers are required to bring all medication to the school office and complete a Parental Agreement for the Administration of Medication form. Without a completed and signed form, the school is unable to administer either prescription or non-prescription medication. All medication must be provided in its original packaging and clearly labelled. Only reasonable quantities will be accepted, with no more than one week's supply at any time.

If your child has not previously taken the medication, the first dose must be administered at home to ensure they do not experience an adverse reaction.

Thank you for your cooperation.

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: Naya and Max

Eddystone (CI2): Tommy and Ru

Hartland (CI3): Albie and Emilia

Lundy (CI4): Jessica and Ethan

Trinity (CI5): Grace and Luke



National Year of Reading

Class 5 – When the Sky Falls by Phil Earle.

Over the last few weeks Class 5 have been reading "When the sky falls" – this is a fiction book set in World War 2. This book has really gripped them, its intensity has engaged them and the great vocabulary has started to appear in their writing.

"I already want to read it again" Grace

"If you like cliffhangers then this is definitely the book for you" Aoife

"I really liked all the contrasts and the good vocabulary" Alfie

"If you like a book which provokes a variety of emotions then this is probably the book for you" Hanna

"Every chapter could be a book on its own" Edie.

"I liked all of the action and the whole storyline" Dan.

The book scored a resounding 9/10 Over the half-term break why not visit the library and find another book by Phil Earle.



Ashleigh Church of England Primary School
Bevan Road, Barnstaple, EX32 8LJ



Here is the booking link:

<https://eequ.org/book/romar-sports-haf-holiday-club-barnstaple-with-romar-sports-devon-limited-14408>

Personal, Emotional and Health Education

This half term the children have been thinking about their dreams and goals. We watched the iconic performance of the US figure skater Ilia Malinin and the children were truly inspired.

When we come back after the holiday the children will start the 'Healthy Me' units.



Tuesday 17 February, 10-12.30
St Mary's Hall, Appledore

FREE ENTRY

Suitable for
4-11 year olds

Refreshments
available



Our Fabulous Footballers

Congratulations to all our footballers!

The girls showed skill and determination winning the U9 Bideford competition. They are through to the next round – what an achievement. The boys showed excellent teamwork and reached the semi-finals. Despite their best efforts and skill, they just missed out coming 3rd overall.



INSTOW PRIMARY AND PRE SCHOOL PTFA

WORLD BOOK DAY

5TH MARCH



1

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

2

Thursday, 5th March:

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

3

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, 4th March (winners to be announced on Thursday, 5th March)



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.

BURTON AT BIDEFORD



30 January – 15 March 2026

The Annual Schools Exhibition