

WE ARE A NUT, CHICKPEA AND SESAME FREE SCHOOL

Dear Parents and Carers,

FOOTBALL VICTORY - Y4 GIRLS

Well done to our girls who took part in the football competition at Kingsley. They did a fantastic job of representing the school and we are very proud of them. They won the competition which means they go through to the area final - what an achievement!

Wishing you a peaceful weekend,

Mrs Mardling and the Instow School Team

Attendance

Well done to this week's winners

Classes 2 and 3 with a score of 95.5%.

Class 4: 94.3%

Class 1: 91.40%

Class 5: 90.70%

School Garden Safety

We kindly ask that children do not play in the school garden during wet weather, as the ground becomes easily damaged and slippery proving to be a safety risk.

We would also appreciate your support in reminding children not to climb the tree in the garden. This is unsafe and has unfortunately been causing damage to the garden area.

Thank you

New dates for your diary

Thurs 12th Feb: U11's Boys Cup

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

Fri 13th Feb: Last day of term

Wed 25th Feb: Anti Bullying Day

Wed 25th Feb: Reception Vision Screening

Thurs 26th Feb: Reception & Y6 National Childhood Measurement Programme

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

Thurs 5th Mar: World Book Day

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

Fri 27th Mar: 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

Fri 19th June: Summer Fayre (new date)

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

Super Doodlers

Lily O: 100 day streak in DoodleEnglish

Flynn H-P: 750 day streak in DoodleEnglish

Well done!

LUNCH MENU

Week 2 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Lasagne	Sausage rolls	Roasted sausages (DF)	Tomato pasta (DF)	Chicken nuggets (DF)
Vegetarian	Veggie lasagne	Veggie sausage rolls (DF)	Veggie plait		Veggie burger
Sides	Crusty bread	Potato crunchies, baked beans	Potatoes, gravy carrots, peas	Garlic bread	Chips or pasta and peas
Jacket Potato	Beans (DF)	Cheese	Beans (DF)	Beans and cheese	Tuna mayo
Pudding	Carrot cake (DF), fruit or yoghurt	Ice cream(DF), fruit or yoghurt	Fruit salad or yoghurt	Banana toffee pancakes (DF), fruit or yoghurt	Custard biscuit, fruit or yoghurt

DF - Dairy Free

Dairy free yoghurts available every day

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

World Book Day

We have been making plans ready for World Book Day which is on

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!

1st Fremington Rainbows and 1st Fremington Brownies
1st Fremington Rainbows meet each Wednesday in term time at the Scout Hut in Fremington. They currently have spaces for girls 5-7 years old. If you are interested in finding out more please contact Lydia 07454 134216. The Brownie unit meets on Tuesdays for girls 7-10 years and also have a few spaces available - for more information speak to Mrs Brewer in class 5 or register interest at www.girlguiding.org.uk

Safeguarding

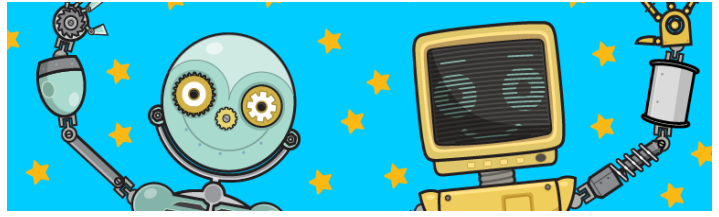
Online Safety Day: Tues 10th Feb

Safer Internet Day 2026 will take place on the 10th of February 2026, with celebrations and learning based around the theme '**Smart tech, safe choices – Exploring the safe and responsible use of AI**'.

Follow the link to find information and helpful resources

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

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

DoodleEnglish: Trinity (27% of pupils in the green zone)

DoodleSpell: Trinity (27% 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: Rosa and Molly

Eddystone (C12): Harriet and Robyn

Hartland (C13): Charlie S and Arthur

Lundy (C14): Teddie L and Amelia T

Trinity (C15): Evie and Aoife



The Back-to-School Competition



To take part, encourage **every pupil in your class to work in the green zone** (achieve their target number of stars) for 14 consecutive days **from Friday the 30th of January until MIDNIGHT on Thursday the 12th of February**.



After the 12th of February, we'll count up the % of pupils in your class who were in the green zone during this time. The class with the **highest % of pupils in the green zone** in each programme will **WIN a bundle of games**, each worth £75!*

There will be four £75 prizes: one for DoodleMaths, one for DoodleEnglish, one for DoodleTables and one for DoodleSpell.

Plus, if pupils are in the green zone on the 5th of February and the 12th of February, they'll automatically unlock a **virtual back-to-school badge!**



LOTS OF ACTIVITIES: WEDNESDAY & THURSDAY

Wednesday 18 & Thursday 19 February
10am - 2pm
Ages 5 - 11 years



FEBRUARY CLUB



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>

Taw & Torridge
Estuary Churches
Fremington, Instow & Westleigh

MONTHLY MONDAYS!

ST PETER'S CHURCH HALL

3.30 - 4.30PM

SECOND MONDAYS DURING TERM TIME

FREE
games, activities, drink and snack
for families

COME AND JOIN US!

CHILDREN TO BE ACCOMPANIED
BY AN ADULT

www.ttec.org.uk

Safari Storytime AND Play

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

FREE ENTRY

Suitable for 4-11 year olds

Refreshments available

INSTOW PRIMARY AND PRE SCHOOL PTFA



CAKE SALE



&

NON UNIFORM DAY



FRIDAY, 13TH FEBRUARY



**Please bring:
£1 for non uniform donation
&
50p for a cake**

ALL PROCEEDS GO TO
ACTIVITIES & RESOURCES FOR
THE CHILDREN.

**DONATIONS OF
NUT FREE CAKES WOULD BE
GREATLY APPRECIATED.**

Please bring donations of cakes
to the office on Friday morning.

For homemade cakes, please list
ingredients.

Thank you

FOR YOUR SUPPORT!

INSTOW PRIMARY AND PRE SCHOOL PTFA · CHARITY REGISTRATION NO: 1085357

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

Thursday, 5th March:

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

2

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)

3



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

The Annual Schools Exhibition