

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

Dear Parents and Carers,

Please take a look at the Instow Online safety Newsletter this month. There is also a monthly video that will cover one of the topics in the newsletter. This month the video is 'Navigating Group Chats'. If you are interested in watching the videos, they are available on the following link:

[Online Safety Monthly Videos](#)

**TOGETHERNESS**  
Bringing the Selftalk Approach to the world

About Us • Train • Learn • Activate

**Cornwall, Devon, Plymouth and Torbay families: Build everyday emotional resilience!**

Your free online learning. Big feelings, how the brain works, and relationship ideas for happier lives.

Cornwall, Devon, Plymouth and Torbay Councils gives families free access to Togetherness resources to support wellbeing. For parents, carers, grandparents, and young people.

Learn from NHS clinical psychologists, practitioners, and other parents. The pathways will help you and your family understand and manage emotions in everyday life.

## Did you know these wellbeing courses are free for all Devon families?

Devon families can access free online Togetherness courses to support everyday emotional wellbeing. Topics include big feelings, brain development, sleep, friendships and school transitions, with tailored pathways for parents, carers, grandparents and teenagers.

The courses are created by NHS clinical psychologists and can be completed at your own pace.

[Sign up for free online learning](#)

**New** dates for your diary

Thurs 7<sup>th</sup> May: Class 2 assembly at 2:45pm

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

**Fri 15<sup>th</sup> May: Sports Day, parents can arrive from 12:15 pm**

Wed 20<sup>th</sup> May: Class 5 trip to Northam Burrows

Thurs 21<sup>st</sup> May: Devon U9 Girls Football Final @ Newton Abbot (Yr 4 Girls Football team)

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

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

**Wk beg: 8<sup>th</sup> June: Phonics screening week**

**Wed 10<sup>th</sup> June: CI 4&5 performance @ 2:30pm**

**Thurs 11<sup>th</sup> June: CI 4&5 performance @ 6pm**

**Tues 23<sup>rd</sup> June: Yr 6 Sailing**

Fri 26<sup>th</sup> June: Summer Fayre (new date)

**Mon 13<sup>th</sup> July: Yr 6 Cookout**

**Thurs 16<sup>th</sup> July: Yr 6 Pizza and beach evening**

**Fri 17<sup>th</sup> July: Yr 6 Leavers assembly @ 2:30pm**

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

# 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.

## Your Top Doodling Classes this week!



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

**DoodleMaths:** Lundy Year 4 (28% of pupils in the green zone)

**DoodleTables:** Hartland Class (19% of pupils in the green zone)

**DoodleEnglish:** Hartland Class - Year 3 (13% 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!

## ★ Super Doodlers

Louis L: 50 day streak in DoodleMaths

### 2000 day streaks!

Congratulations to **Aoife** for a 2000-day streak in Maths and Tables

Congratulations to **Luke** for a 2000-day streak in Maths

Congratulations to **Noah** for a 2000-day streak in Maths

## Attendance

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

**Classes 2,3 & 4 with a score of 97.9%.**

Joint second: Classes 1 & with 96.20%



## Speech, language, and communication Easy access drop-in sessions - Children and Family Health Devon

As part of the Balanced System, Children and Family Health Devon are starting easy access drop ins for pre-school children. Please feel free to share the below message with families in your settings.

Would you like any advice and support for your child's speech, language and communication skills? Visit one of our easy access drop ins with your child to see a Speech and Language Therapist. Get advice, support and strategies from the team.

Drop-in sessions are now being held in different locations across Torbay, South Devon and North Devon. Exeter, East and Mid Devon.

If you would like to attend a drop in, there is no need to book, simply use the table below find a location and time that works for you.

Dates are found here:

[Speech, language and communication Easy access drop in sessions - Children and Family Health Devon](#)

## 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:**

Oliver E and Bethany

### **Eddystone (C12):**

Bea and George

### **Hartland (C13):**

Joshua and Nala

### **Lundy (C14):**

Ivy W and Emilia

### **Trinity (C15):**

Edie and Ruben

## Sports Day

Our Sports Day will take place on **Friday 15th May** at Instow Cricket Club.

Parents are welcome to arrive from 12:15pm, with races beginning promptly at 12:30pm. The first event is usually the Year 2 flat race.

Please note that the finish time is approximate; based on previous years, the event typically concludes around 2:30pm.

If your child is in Sandcastles, please note the date. Timings may vary slightly, and further information will be shared with you shortly.

We kindly ask that all spectators remain off the central area of the cricket pitch, as requested by the cricket club.

At the end of Sports Day, children may be taken home directly from the venue, provided they have been signed out with a member of staff from their class. Any children who are not collected will return to school on foot with staff.

## What to do if you have a safeguarding concern?

You can talk to our Designated Safeguarding Lead, Mrs Mardling or one of our deputy Safeguarding Leads; Sharon Goodwin or Katy Graves.

If it is outside the school day and you are worried about a child's safety, report it immediately. For immediate danger, call the police on **999**. Otherwise, contact the Devon Multi-Agency Safeguarding Hub (MASH) on **0345 155 1071** or use the [online request for support form](#) to report your concerns to social care.



**SEND Workshops for Families and Professionals in Devon or Torbay**

**Learn. Empower. Advocate. Prepare.**

A programme of workshops helping families and professionals better understand and support children and young people with Special Educational Needs and Disabilities (SEND).

**Take part online**  
Join in via your computer, tablet or smartphone



[Follow this link to find out more. Spaces are limited.](#)

SAVE THE DATE!

INSTOW SCHOOL

PTFA

# SUMMER

# FAYRE

FRIDAY, 26<sup>TH</sup> JUNE 2026

DOORS OPEN AT 3PM



GAMES



FOOD



MUSIC



STALLS



TATTOOS



AND FUN!



SUPPORTING OUR SCHOOL • BUILDING OUR COMMUNITY



# DONATIONS NEEDED

SPORTS DAY COLOUR HAMPERS



CURLEW - YELLOW



WHIMBREL - ORANGE



DUNLIN - BLUE



EGRET - RED



GREENSHANK - GREEN

We need your help with donations for the Sports Day "House Colour" Hampers.

We would be grateful if you could donate an item of your child's house colour (please see photos for ideas). Any non-perishable items are welcome.

Please drop your donations in the office by Wednesday, 13th May.  
Donations will be bundled for the Sports Day Colour Raffle.  
Tickets will be available to purchase at the event for £1 a ticket.

*thank you*



CHARITY REGISTRATION NO. 1043357 | RECTORY LANE INSTOW EX32P 4LU

