

WE ARE A NUT, CHICKPEA AND SESAME FREE SCHOOL

Dear Parents and Carers,

Well done to all the children for their efforts at Sports Day. They all gave 100% and enjoyed the day. I was most impressed by the support and care shown for each other. Thank you to the sports leaders and Mr Bedford for the organisation and running of the day. Those who stepped up for the mums and dads race did themselves proud - superb effort all round.

Thank you to everyone who donated raffle prizes and to the PTFA for sorting the raffle and organising ice lollies for the children.

Mrs Mardling and the Instow School Team

Wonderful email ...

When we returned to school after Sports Day, there was an email waiting from a member of the public recognising what fantastic children we have:

Hi, I've just returned from walking 2 dogs on Instow beach & when walking back up the path alongside the Army Camp your children were walking down on their way to sports day.

I waited for them all to pass & almost every child smiled, said hello, passed comment on the dogs or thanked me for waiting.

A wonderful group of kids, credit to you, the school & themselves.

Please share this with your children and remind them of the positive impact they can have on other people.

New dates for your diary

Wed 20th May: Class 5 trip to Northam Burrows

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

Mon 1st June: Non Pupil Day

Tues 2nd June: Children back to school

Wk beg: 8th June: Phonics screening week

Wed 10th June: CI 4&5 performance @ 2:30pm

Thurs 11th June: CI 4&5 performance @ 6pm

Tues 23rd June: Yr 6 Sailing

Fri 26th June: Summer Fayre (new date)

Mon 13th July: Yr 6 Cookout

New Date Tues 14th July: Yr 6 Pizza and beach evening

Fri 17th July: Yr 6 Leavers assembly @ 2:30pm

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

Friday 22nd May

Non-Uniform day

**Bring a bottle for the
bottle stall at the
Summer Fayre.**

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: Lundy Year 5 (36% of pupils in the green zone)

DoodleTables: Lundy Year 5 (36% of pupils in the green zone)

DoodleEnglish: Hartland Class - Year 3 (17% of pupils in the green zone)

DoodleSpell: Lundy Year 5 (36% of pupils in the green zone)

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

Attendance

Well done to this week's winners

Class 5 with a score of 98.60%.

Class 3: 97.50%

Class 1: 97.10%

Class 4: 94.30%

Class 2: 93.10%



Super Doodlers

Reu A: 250 day streak in DoodleMaths

Congratulations to these three year 6 children for completing the Doodle Spring Challenge:

Luke D

Noah D

Poppy B

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.

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:

Aiden and Isabelle

Eddystone (CI2):

Nancy and Layton

Hartland (CI3):

Daphne and Rugan

Lundy (CI4):

Amber and Charlie

Trinity (CI5):

Year 6 for their SATs

Year 5 for being so supportive



Each day will focus on the benefits of walking. Day 1- mental health and well being. Day 2 – Road safety, Day 3 – physical health. Day 4 –Sustainability. Day 5 – Community and Inclusivity. We hope you can take part – if you have to drive, park in the lay-by and walk the last stretch up the hill.

Appledore Music Festival

Singing Workshop For Kids

The Seagate - May 30 @ 10:30 am - 12:00 pm

FREE EVENT

The Seagate is hosting a fun family workshop for kids. For this family half term event, Kelly Cracknell will be leading the workshop, working on an original song for kids to learn and sing. Some instruments e.g. tambourines and kazoos will be available.

KIDS SINGING WORKSHOP



SEAGATE HOTEL SAT 30 MAY

The event must be pre-booked via the Seagate web site. If you click on the "Book Now" link then select "Parties & Events" you can select the FREE Kids Singing Workshop and book.



SCAN ME

appledoremusicfestival.co.uk
For event details and tickets



SCAN ME

Appledore Music Festival



Appledore Music Festival

Rootnotes Family Music Workshop

Saturday - May 30 @ 1:30 pm - 3:00 pm

FREE EVENT



Becki Driscoll of Rootnotes (rootnotes.org.uk) is holding a family music workshop at Appledore Baptist Church, as part of the 2025 Appledore Music Festival.

Children of all ages are welcome. There will be lots of instruments to try. The session will involve, following a warm up, some or all of these activities:

- Learn and sing a simple round
- Explore the instruments
- Learn a simple pattern on the instruments
- Play as a band
- singing with a songwriting exercise around a sea shanty.

At 3:30pm, soon after the workshop ends, there will be a **Rootnotes family concert** in the Baptist Church which will feature music from the workshop. We hope families will be able to stay for the concert.

Please obtain a free ticket from appledoremusicfestival.co.uk



SCAN ME

appledoremusicfestival.co.uk
For event details and tickets



SCAN ME

Appledore Music Festival



SNUG

snugfest

SAVE THE DATE!

Sunday 7th June

LOTS TO DO!

LIVE BANDS - DJ - FOOD
FAMILY FUN - STALLS
BOUNCY CASTLE & SO MUCH MORE

INSTON CRICKET CLUB
NORTH DEVON
LOTS MORE TO BE ADDED

11AM TO 3PM
TICKETS WILL GO ON
SALE SOON!



SAVE THE DATE!

INSTOW SCHOOL
— PTFA —



SUMMER FAYRE

FRIDAY, 26TH JUNE 2026

DOORS OPEN AT 3PM



GAMES



FOOD



MUSIC



STALLS



TATTOOS



AND FUN!



SUPPORTING OUR SCHOOL • BUILDING OUR COMMUNITY



Ferdinand Collective

MAY HALF TERM FOOTBALL IS HERE!



FUN & FRIENDSHIPS



DEVELOP YOUR GAME



ALL ABILITIES WELCOME



EARLY BIRD PRICES UNTIL 15 MAY

A HUGE WEEK OF FUN, FOOTBALL & FRIENDS ACROSS MULTIPLE VENUES - SOMETHING FOR EVERYONE!



BOYS & GIRLS 5-14 YEARS ALL ABILITIES WELCOME!

TARKA LEISURE CENTRE (3G PITCH)

TUE 26 | WED 27 | THU 28 MAY

9:00AM - 4:00PM

£22.50 PER DAY
EARLY BIRD UNTIL 15 MAY

BOOK ALL 3 DAYS FOR JUST £60

GIRLS ONLY SESSION



TUESDAY 26 MAY

10:00AM - 1:00PM

£12.50

EARLY BIRD UNTIL 15 MAY



FINISHING SCHOOL

SMALL GROUP - MAX 6 PLAYERS

TUESDAY 26 MAY

TARKA LEISURE CENTRE
£20 10am - 12pm

Come and score TONS of goals! Work on all types of finishing - techniques, distances & scenarios with Coach Faz & Andy.

MAXIMUM 6 PLAYERS - MAXIMUM TOUCHES & GOALS!

1:1 SESSIONS WITH COACH FARREN



TUESDAY 26 MAY

TARKA 3G
HOURLY FROM 9AM - 3PM
Personalised coaching to take your game to the next level!

WORLD CUP EVENT @ TARKA

U6 - U12

FRIDAY 29 MAY

10:00AM - 1:00PM

FREE FOR HUBS+ & ACADEMY PLAYERS

£5 FOR EVERYONE ELSE

Represent your country, compete, and have FUN!

THE KINGSLEY SCHOOL (3G PITCH)

WED 27 & THU 28 MAY

10:00AM - 3:00PM

£17.50
EARLY BIRD UNTIL 15 MAY

BOOK BOTH DAYS FOR JUST £30

GIRLS ONLY SESSION



WEDNESDAY 27 MAY

THE KINGSLEY SCHOOL 3G

£12.50

EARLY BIRD UNTIL 15 MAY

1:1 SESSIONS WITH COACH FARREN



WEDNESDAY 27 MAY

KINGSLEY 3G

Personalised coaching to take your game to the next level!

ILFRACOMBE ACADEMY (3G PITCH)

TUESDAY 26 MAY

10:00AM - 2:00PM

£15

BRAND NEW!

GREAT TORRINGTON SCHOOL NEW

WEDNESDAY 27 MAY

10:00AM - 2:00PM £15



COMPETITIONS / MATCHES / TOURNAMENTS / CHALLENGES & SO MUCH MORE!



LIMITED SPACES ACROSS ALL SESSIONS!
BOOK NOW TO SECURE YOUR PLACE!

devon.ferdinandcollective.com

SCAN HERE TO BOOK!



**BARNSTAPLE
RFC**

BARNSTAPLE RUGBY CLUB

GIRLS RUGBY

SUMMER SESSIONS

Touch Rugby - every Friday in August

6:00 – 7:00pm



**Year 5 to Year 11 – no experience
necessary**

Contact:

girlslead.barnstaplerugby@gmail.com