

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

Dear Parents and Carers,

I would like to take this opportunity to thank you all for your support and understanding regarding the school closure on Wednesday and Thursday afternoon, as well as the changes to lunches.

Closing the school is never an easy decision. We know that many of our parents work full-time and may not have family nearby to support them. However, this step was necessary for the safety and well-being of the children and staff; temperatures in some of the classrooms peaked at 34°C by lunchtime.

Thank you again for your continued support, and I wish you all a wonderful weekend.

Mrs Mardling and the Instow Team.

## New dates for your diary

Mon 29<sup>th</sup> June: musical theatre sponsored silence

Tues 30<sup>th</sup> June: EYFS sponsored bikes/trikes or scooter ride

Thurs 2<sup>nd</sup> July: Class 1 assembly at 2:50pm

Fri 3<sup>rd</sup> July: Class 2 Instow beach walk

Fri 10<sup>th</sup> July: Digital school reports sent out

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

Tues 14<sup>th</sup> July: Piano assembly at 2.45pm

**New Date** Tues 14<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.**

## Atlantic Racquet Centre: FREE Family Open Day!

Looking for some active, family friendly fun? Join the team at Atlantic Racquet Centre (ARC) on Saturday, 18th July, from 1pm – 4pm for a free community Open Day. From kids' tennis and badminton tasters to free play for all ages in a variety of sports, it's a great way to try a new sport and meet the local community. No booking required, just turn up, play, and have fun!

More details

at [www.atlanticracquetcentre.co.uk](http://www.atlanticracquetcentre.co.uk). Or visit our Facebook page for more details:

[ARC Facebook Link](#)

## 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.

# LUNCH MENU

## Week 1 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Tomato Pasta (DF)	Jacket Potato with beans and cheese	Roasted sausages (DF)	Spaghetti bolognese (DF)	Chicken nuggets(DF)
Vegetarian			Veggie plait	Veggie bolognese (DF)	Veggie nuggets (DF)
Sides	Garlic bread (DF)		Roast potatoes, carrots, broccoli (DF)	Garlic bread (DF)	Chips or pasta and vegetables (DF)
Jacket Potato	Not available today		Beans (DF)	Beans and cheese	Tuna mayo (DF)
Pudding	Ice cream (DF), fruit or yoghurt	Fruit or yoghurt	Fruit salad (DF) or yoghurt	Jelly (DF), fruit or yoghurt	Oaty cookie (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 4 (32% of pupils in the green zone)

**DoodleTables:** Lundy Year 5 (17% of pupils in the green zone)

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

**DoodleSpell:** Trinity (13% of pupils in the green zone)

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

## Super Doodler's

Thomas L: 250 day streak in DoodleMaths

Ruairi: 250 day streak in DoodleMaths

**Well done!**

**NORTH DEVON TAIKO PROJECT**

**TAIKO TUESDAYS TASTER**  
Yr 4, 5, 6

Tuesday, 14<sup>th</sup> July 2026  
5.15 - 6pm  
East the Water Primary School  
Mines Road  
Bideford, EX39 4BZ

To book:  
Contact Gillian Ashcroft  
email: ndtaiko@gmail.com

FREE

Devon Music Education Hub  
Supported using public funding by  
ARTS COUNCIL ENGLAND

# Sunset Runfest



Well done and thank you to everyone who took part in this years event.

## **New Classes for 2026–2027**

Class 2 – All current reception children and current Y1 with a birthday falling in May to August

Class 3 – All current Y2 children and current Y1 children with a birthday falling in September to April

Class 4 – All current Y3 children and Y4 children with a birthday falling between March to August

Class 5 – All current Y5 children and any Y4 children with a birthday falling between September and February.

We have whole school transition days on Tuesday 7<sup>th</sup> July in the morning and Thursday 9<sup>th</sup> July in the afternoon.

The children will get to spend that time with their new class and teacher.

## **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:**

Megan and Fred

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

Tommy and Ru

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

Ensley and Louis

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

Freddie and Emilia

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

Daniel and George



## Taiko Drumming



A big thank you to Mrs Ashcroft and the North Devon Taiko Project for coming in for the morning on Wednesday. The children from Classes 4 and 5 all had a great time learning about these Japan drums and learning some pieces.



# Join the Doodle Summer Challenge!

1st July – 31st August



Earn exclusive pin badges and certificates by Doodling 'little and often'!

Scan the QR code or visit [doodlelearning.com/challenge](https://doodlelearning.com/challenge) to find out more

