

Dear Parents and Carers,

Thank you for all your support this academic year.

We hope you all have a wonderful summer and look forward to seeing you refreshed and revived in September!

Warmest Wishes,

The Instow Team

New dates for your diary

Summer Holiday

Mon 7th Sept: Children return

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



On behalf of the children, staff and school community, I would like to take this opportunity to thank Donna for everything she has done for the school as Chair of the PTFA. Sadly, Donna has had to stand down due to other commitments, but I am truly grateful for the difference she has made to the children.

Over the years, we have been very lucky at Instow with our PTFA who have all been amazing. Hopefully, there will be parents willing to step forward and continue the good work of previous members.

If you think this is something you would be interested in, we'd love to hear from you in September.

WE ARE A NUT, CHICKPEA AND SESAME FREE SCHOOL

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.

Little Butterflies

Please contact Little Butterflies if you would like to secure a place at their after school provision. Contact details are: 01271 321277

littlebutterfliesdaynursery@gmail.com

LUNCH MENU

Week 1 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Spaghetti bolognaise (DF)	Burger (DF)	Roasted sausages (DF)	Tomato pasta (DF) (V)	Chicken nuggets(DF)
Vegetarian	Veggie bolognaise (DF)	Veggie burger(DF)	Veggie plait		Veggie nuggets (DF)
Sides	Garlic bread (DF)	Potato cubes, vegetables (DF)	Roast potatoes, carrots, broccoli (DF)	Vegetables, Garlic bread (DF)	Chips or pasta and vegetables (DF)
Jacket Potato	Beans (DF)	Cheese	Beans (DF)	Beans and cheese	Tuna mayo (DF)
Pudding	Banana cake(DF), yoghurt, fruit	Ice cream (DF), 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.

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 to find out more

Super Doodler

Lilly O: 250-day streak in Doodle English

Well done!

Doodle Super Star

Aoife

2000 day streak in both DoodleEnglish and DoodleSpell

Well done Aoife!

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Attendance

Well done to this week's winners

Class 4 with a score of 96.40%.

Classes 3: 95.40%

Class 2: 95.30%

Class 5: 95%

Class 1: 94%

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:

Whole class for a wonderful first year

Eddystone (CI2):

Tilly and Finley S

Hartland (CI3):

Henry and Dexter

Lundy (CI4):

Archie and Phoebe P

Trinity(CI5):

Aoife and Primrose



We are excited that Instow Community Primary and Pre-School is joining our stocked range at Brand it, we look forward to helping with your uniform needs.

Come and see us in store

From 01-08-26 we will have items in stock ready to take away, with **FREE PARKING** right outside the door.

Or if you prefer call or email to arrange delivery.

Seven Brethren Bank
Barnstaple
EX31 2AS
01271 377222

brandit@customtops.co.uk
at BJ's Value House



Monday to Saturday 9.00 to 5.30

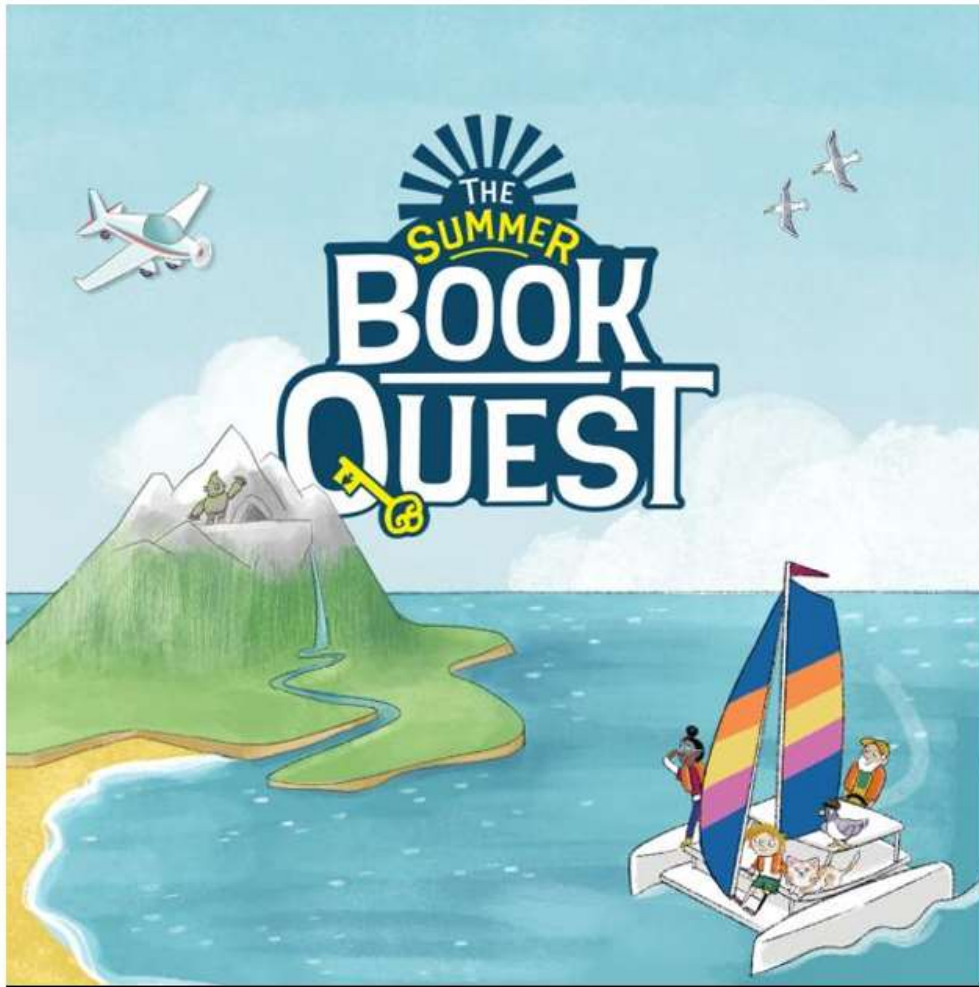
Road Safety Reminder

Please can we remind drivers to be mindful of our parents who walk up and down the lane to drop off and pick up. There was a near miss yesterday involving one of our families that caused them considerable distress. We ask that drivers wait for pedestrians rather than trying to squeeze past.

Thank you for your cooperation with this.

Summer Book Quest

Mission to Wayfarer Island



This Devon libraries brilliant Summer Book Quest is being launched on Saturday 11th July at libraries all over Devon.

We would love to encourage the children to get involved with the book challenges.

<https://www.librariesunlimited.org.uk/the-summer-book-quest-2026/>

If the children bring their Book Quest certificates in to school in September they will receive 10 house points!

Happy reading everyone! 😊

CALENDAR OF EVENTS



Throughout the summer holidays - free trail and craft activities - pop to the visitor centre to join in.

Thurs	23rd July	Poisonous plants guided walk	Meet at the Northam Burrows Visitor Centre at 2pm.
Tues	28th July	Big Butterfly Count	Drop in at the Northam Burrows Visitor Centre.
Thurs	30th July	Teddy bears' picnic	Stories and crafts on the grass by the Visitor Centre.
Tues	4th Aug	Seashore scramble	Meet on the Westward Ho! slipway at 2pm
Thurs	6th Aug	Sandcastle competition	On the beach near Sandymere lifeguard hut.
Tues	11th Aug	Get ready for the solar eclipse!	Drop in at the Northam Burrows Visitor Centre.
Thurs	13th Aug	Art on the beach!	Drop by on the beach near Sandymere lifeguard hut.
Tues	18th Aug	Big Seaweed Search	Meet on the Westward Ho! slipway at 2pm
Thurs	20th Aug	PIRATE DAY! Trail & crafts	Drop in at the Northam Burrows Visitor Centre.
Tues	25th Aug	Wonderful weather	Drop in at the Northam Burrows Visitor Centre
Thurs	27th Aug	Photo orienteering	Drop in at the Northam Burrows Visitor Centre
Tues	1st Sept	Rock pool ramble	Look for the blue banner near the W. Ho! slipway.

Activities run from 2pm to 4pm unless otherwise stated. Children must be accompanied by an adult. No booking required. For full details of each event, visit our website and social media pages or check the posters at the Visitor Centre and toll booths.

northam.burrows@torridge.gov.uk



01237 479708



BARNEY TO BEACH 2026



SUNDAY
SEPTEMBER 13
/ 11:00



CHILDREN'S RACE

SCAN TO REGISTER



- One mile race across the dunes at Crow Point
- Suitable for under 16s (under 5s to be accompanied by an adult)
- Families can tackle the full 8-mile route
- Help raise money for Families in Grief supporting local families in need
- Event village with games, music and more

GET INVOLVED

We're always looking for volunteers to help marshal on the day. Please contact info@familiesingrief.org

**[www.sientries.com/
barneytobeach](http://www.sientries.com/barneytobeach)**