

Dear Parents and Carers,

Welcome back! We hope you had a good summer break. It has been lovely to welcome the children back and they have settled well into their new classes. A special welcome to our new Windmills class who have managed their first week very well.

Mrs Mardling and the Instow Team.

New dates for your diary

Wed 14th Sept: House captains & vice captains elections.

Fri 18th Sept: PTFA meeting 9:15am

Wed 23rd Sept: School Council elections

Tues 29th Sept: Appledore Book Festival visiting authors: KS2: Kieran Larwood KS1 & EYFS Duncan Beedle

Tues 13th Oct: Parents evening – time tbc

Thurs 15th Oct: Parents evening – time tbc

Wed 21st Oct – Fri 23rd Oct: Y5/Y6 Bristol residential trip

Mon 26th Oct – Fri 30th Oct: Half Term



Jayne Poole Photography

01805 622353

www.jaynepoole.co.uk

jayne@jaynepoole.co.uk

School & Nursery
Photography

School Portraits

Your Photographer will be
here on
Wednesday 30th September
At 8.30am



ParentMail Contact Details:

Please can we ask all parents and carers to ensure that their email address and contact phone numbers are up to date, you can do this via the IRIS ParentMail app.

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 2 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cottage pie (DF)	Pizza (DF)(V)	Roasted chicken thighs (DF)	Tomato pasta (DF) (V)	Chicken nuggets (DF)
Vegetarian	Veggie pie (DF)		Homity pie		Baked bean, cheese potato pasty
Sides	Vegetables (DF)	Potato crunchies, vegetables (DF)	Roast potatoes, carrots, peas(DF)	Vegetables and Garlic bread (DF)	Chips or pasta and vegetables (DF)
Jacket Potato	Beans (DF)	Cheese	Beans (DF)	Beans and cheese	Tuna mayo (DF)
Pudding	Carrot cake (DF), fruit or yoghurt	Ice cream(DF), fruit or yoghurt	Fruit salad (DF) or yoghurt	Fruity flapjack (DF), fruit or yoghurt	Iced fruit smoothie(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: Trinity Year 5 (60% of pupils in the green zone)

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

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

DoodleSpell: Trinity Year 5 (40% 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

Reu A: 365 day streak in DoodleEnglish and DoodleMaths

Evie A: 365 day streak in DoodleEnglish and DoodleMaths

Arlo: 365 day streak in DoodleEnglish

Well done!

School Uniform

Can you please make sure your children are wearing correct uniform. This includes appropriate jewellery (small studs only) and no nail varnish.

Let's Talk Safer Families

Let's Talk Safer Families is a platform designed to support parents, carers, professionals, and communities to have open conversations about issues that can affect children's safety. The platform provides free, accessible information, advice, and resources on a range of topics to help families build resilience, recognise risks, and know where to access support when needed.

Website link: [Let's Talk Safer Families](https://www.lets-talk-safer-families.com)

Attendance

Well done to this week's winners

Class 1 with a score of 100%.

Classes 4: 99.1%

Class 2: 97.5%

Class 3: 95.50%

Class 5: 95.40%

CELEBRATION ASSEMBLY

Change to certificates

We are changing the format of our certificates. There will be a 'Star of the Week' certificate and a fortnightly Star Writer certificate.

Morning drop-off

We were very impressed with the number of children who walked into school on their own this week.

We do ask, for safeguarding purposes, if your child is Y1 and above, that they are dropped at the gate and walk in on their own. This is to reduce the number of adults onsite first thing. If your child is struggling, please talk to their class teacher and a plan will be put in place. Thank you for your support with this.



Ferdinand Collective

AFTER SCHOOL

FOOTBALL AFTER-SCHOOL SESSIONS DESIGNED FOR CHILDREN OF ALL ABILITIES.

 **INSTOW** 

DAY | MONDAY | 1530 - 16 30
SCHOOL YEARS | 3 - 6
DATE BLOCK | 14/09/26 - 08/12/26
PRICE | £84

DAY | THURSDAY | 1530 - 16 30
SCHOOL YEARS | RECEPTION - 3
DATE BLOCK | 17/09/26 - 11/12/26
PRICE | £84

PE KIT OR SPORTS WEAR
WATER BOTTLE & SHIN PADS RECOMMENDED

DEVELOP YOUR GAME
WITH OUR EXPERIENCED &
QUALIFIED COACHES

BOOK ONLINE HERE

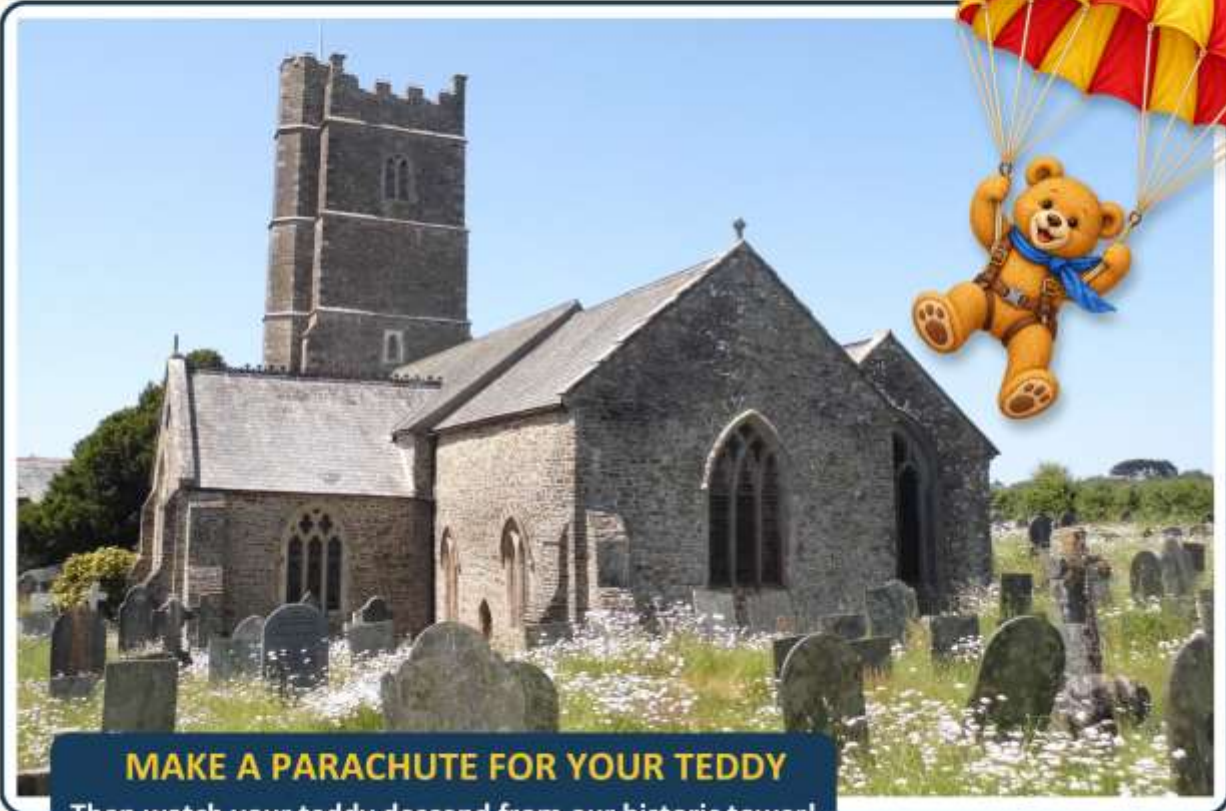


[WWW.DEVON.FERDINANDCOLLECTIVE.COM/FOOTBALL/FC-SCHOOLS](https://www.devon.ferdinandcollective.com/football/fc-schools)

A family afternoon at St Peter's Church, Westleigh

Teddies off the tower

Marking the Devon Historic Churches Trust Open Day



MAKE A PARACHUTE FOR YOUR TEDDY

Then watch your teddy descend from our historic tower!

SATURDAY
12 SEPTEMBER 2026
1pm ONWARDS

**The Rt Revd Moira Astin
is coming!**



The Bishop of Crediton



Bring the family, bring your friends - and don't forget your teddies!

ST PETER'S CHURCH, WESTLEIGH



**Taw & Torridge
Estuary Churches**

PREMINSTON WESTLEIGH WESTON



**DEVON HISTORIC
CHURCHES TRUST**



cfhd
Children & Family Health Devon

NHS

CFHD Open day 2026

Join us for a fun-filled day for everyone! Enjoy crafting and games, advice from CFHD professionals, tasty treats, wellbeing activities and much more.

Evergreen House
Victoria Park Road
Exeter
Devon EX2 4NU
what3words: ///things.merit.popped

Crating and games

Talk with CFHD professionals

Face painting

Tasty treats

Saturday
19 September
2026
09:30AM-
3:00PM

To register your interest, visit our website or use the QR code provided:
www.childrenandfamilyhealthdevon.nhs.uk




NORTH DEVON TAIKO PROJECT

TAIKO TUESDAYS TASTER
Yrs 5 - 9

Tuesday, 15th September 2026
5.15 - 6pm
East the Water Primary School
Mines Road
Bideford, EX39 4BZ

FREE

Limited spaces.
To book contact: Gillian Ashcroft
email: ndtaiko@gmail.com
(Term starts 22nd September)

Devon Music Education Hub

Supported using public funding by:
Department for Education

ARTS COUNCIL ENGLAND

ATLANTIC RACQUET CENTRE

 **FREE FAMILY OPEN DAY**

TRY RACQUET SPORT FOR FREE!

Saturday 19th September 2026 | 1pm-4pm |

Atlantic Racquet Centre, Bideford.

Click the link below for more details

[ARC Open Day 19th Sept](#)