

Dear Parents and Carers,

The Year 6 pupils who put themselves forward for the role of House Captain and Vice Captain made a huge effort and their posters and speeches were excellent. Well done to all!

Reminder – flu nasal vaccines on Monday.

Mrs Mardling and the Instow Team.



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



Guitar lessons:

Tim de Vos has a couple of slots available for his guitar lessons which he runs on a Thursday at school for children in years 4 above. If you are interested please contact Tim directly at:

timdvos@yahoo.com

New dates for your diary

Wed 23rd Sept: School Council elections

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

Mon 12th Oct: 2:30pm Harvest Festival

Tues 13th Oct: Parents evening – 4-6pm

Thurs 15th Oct: Parents evening – 5-7pm

Fri 16th Oct: Non-uniform/ PTFA Cake sale

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

Sat 31st Oct: Last day to enter the pumpkin competition

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

Mon 2nd Nov – Y4 Forest School

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

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; Mr Bedford, Miss Harvest or Sharon Goodwin.

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 3 menu

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mild chicken curry (DF)	Sausage roll (DF)	Roasted sausages (DF)	Tomato pasta (DF) (V)	Chicken nuggets(DF)
Vegetarian	Veggie curry (DF)	Veggie sausage roll (DF)	Creamy veg cobbler		Tomato cheese pin wheel
Sides	Rice and Naan bread (DF)	Potato wedges, beans and vegetables (DF)	Roast potatoes, carrots, green beans	Garlic bread (DF)	Chips or pasta and vegetables (DF)
Jacket Potato	Beans(DF)	Cheese	Beans (DF)	Beans and cheese	Tuna mayo (DF)
Pudding	Toffee apple cake (DF), fruit or yoghurt	Ice cream(DF), fruit or yoghurt	Fruit salad or yoghurt	Angel delight fruit or yoghurt	Chocolate cracknell, 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: Year 2 (38% of pupils in the green zone)

DoodleTables: Trinity Year 5 (10% of pupils in the green zone)

DoodleEnglish: Trinity Year 5 (20% of pupils in the green zone)

DoodleSpell: Year 2 (24% 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

Evie 365 day Doodle streak in English, Maths & Spell

Arlo 365 day Doodle streak in English, Maths, Tables & Spell

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](#)

Attendance

Well done to this week's winners

Class 1 with a score of 98.90%.

Classes 4: 98.60%

Class 3: 98.20%

Class 2: 94.70%

Class 5: 93.70%

House Group Captain and Vice Captain Election Results:

Egret

Captain: Lauren

Vice Captain: Daniel

Dunlin

Captain: Toby

Vice Captains: Hanna & Flynn

Whimbrel

Captain: Arnie

Vice Captain: Esme

Curlew

Captain: Flo

Vice Captain: Evie

Greenshank

Captain: Seb

Vice Captain: Charlie

CELEBRATION ASSEMBLY

This week's stars

CI2: Fred

CI3: Paisley

CI4: Olivia

CI5: Arlo

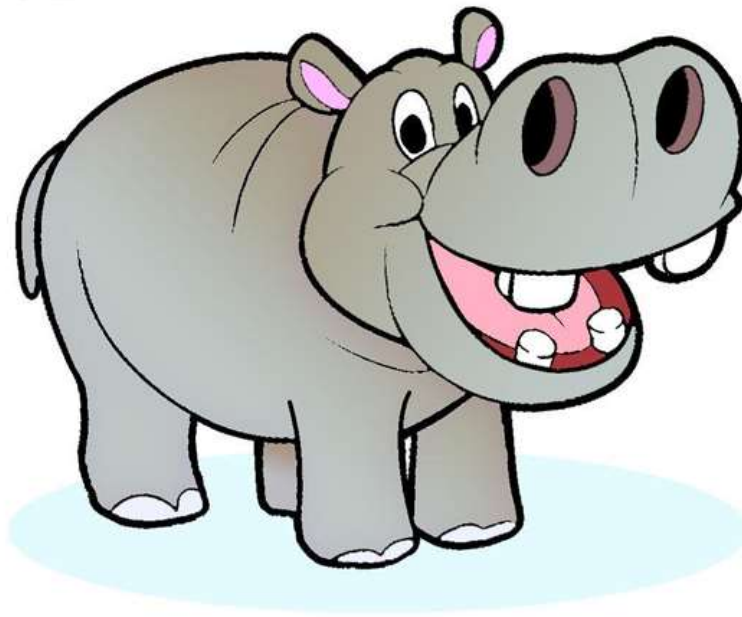
Well done to Sandcastles and Windmills for a great start to term.

PTFA Update: Welcome to our Interim Team!

A huge thank you to Kate Bennet and Melissa Scott for putting themselves forward as Interim Chair and Interim Secretary at our recent meeting. They were co-opted into these roles just in time, ensuring our PTFA can continue all the fantastic work it does for our school community.

We are incredibly keen to keep this momentum going and would love to welcome new faces to our team. Whether you are a parent, grandparent, or local community member, we would love for you to join us! Please get in touch if you would like to find out more.

Birthday Hippo



When it is your birthday at Instow School, (as a treat) you can wear your own clothes on the day, or nearest school day to a weekend.

In return, we ask that you pay **£1** – this can be done via parentpay or an adult needs to bring the money to the office.

The money is spent on resources for the school and decided by the school council.



FREE
Family Advice
& Guidance

**For Parents/Carers of children aged
0-19 and Young People aged 13 –19
(25 with SEND or Care Leaver)**

Single Session Appointments available
in person, via phone or online

CALL

Advice & Guidance Line

0800 5385458

Mon-Fri 10am—4pm

SCAN



Devon



Request for Contact

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](#)



**NORTH
DEVON
TAIKO
PROJECT**

TAIKO TUESDAYS
Drumming Workshops for
adults and school staff

Tuesdays 6pm - 6.45pm
East the Water Primary School
Mines Road
Bideford, EX39 4BZ
£20 for a 5 week block
Starts 22nd Sept, 2026

Contact Gillian Ashcroft
email: ndaiko@gmail.com
First block FREE for school staff

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



**NORTH
DEVON
TAIKO
PROJECT**

TAIKO TUESDAYS
Drumming Workshops for
children & young people

Tuesdays 5.15 - 6pm
East the Water Primary School
Mines Road
Bideford, EX39 4BZ
£20 for a 5 week block
Starts 22nd Sept, 2026

Contact Gillian Ashcroft
email: ndaiko@gmail.com
Suitable for Year 5 and above

Devon Music Education Hub
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