

Dear Parents and Carers,

A huge thank you to Appledore Book Festival and Mrs Tuohey for organising the author visits. The children took part in some inspirational workshops and had lots of fun.



Important Consultation News

We would like to let parents and carers know that the Governing Body of Instow Community Primary and Pre-School is consulting on a proposal to extend the school's age range from 4-11 years to 2-11 years from 1 December 2026.

At present, our pre-school provision for 3 and 4 year olds is run separately from the school as an extended service. Extending the age range would allow this early years provision to become part of the school, helping to make management of the setting simpler and more effective.

This proposal reflects the fact that our pre-school already admits some children as rising 3 year olds when they are 2 years old.

We value the views of our school community and invite parents and carers to take part in the consultation. You will receive further information about the consultation and how to respond in a separate email.

WE ARE A NUT, CHICKPEA AND SESAME FREE SCHOOL

New dates for your diary

Wed 7th Oct: 9am Reception parents phonics talk.

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 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: Lundy Year 5 (50% of pupils in the green zone)

DoodleTables: Lundy Year 5 (33% of pupils in the green zone)

DoodleEnglish: Lundy Year 4 (17% of pupils in the green zone)

DoodleSpell: Trinity Year 6 (29% of pupils in the green zone)

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

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

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

Classes 1 and 5: 96%

Class 3: 94%

Class 4: 95%

Class 2: 94%

School Council Elections

Well done to all the children who took part. The elected school council are:

Year 2- Emily S, Georgia

Year 3 – Flo A, Louis L

Year 4 – Josh, Dulcie, Year 5 – Olivia, Evelyn

Year 6 – Ethan, Isabelle

CELEBRATION ASSEMBLY

This week's stars

CI2: Flo

CI3: Nancy

CI4: Emilia E

CI5: Ivy



Important reminder about road safety and respectful behaviour

We must remind all parents and carers that the one-way traffic system around school is in place to help keep everyone safe. Please drive slowly, carefully and responsibly, and do not put children, families or staff at risk.

We have also been made aware of some unacceptable verbal behaviour towards other parents. We expect all members of our school community to treat one another with respect at all times.

We would be grateful for your full cooperation in helping to maintain a safe and respectful environment around the school.

RESPECT

We are learning about the value RESPECT this half term.

The children are taught that respect is treating people, places and things with care.

It means using kind words, listening carefully and helping other people feel safe and valued.

Respect is for everyone, every day.

The Freedom Centre Harvest List

Our Harvest Festival is on **Monday 12th October at 2:30 pm** in St John's Church, Instow. We are collecting the following donations for the The Freedom Centre, please bring your donations to school on Monday 12th October.

Meals in a tin e.g. chilli, stew and curry

Tinned fruit e.g. pineapple hunks, pears, rhubarb, apple or mandarins

Custard powder

Chopped tomatoes

White easy cook rice

Coffee

Pot noodles

Granola bars

Chocolate bars, large and small

Orange juice – large or small cartons

White Flour – self raising and plain

Granulated white sugar and caster sugar

Icing sugar

Jelly – any flavour

Tomato puree and Worcestershire sauce

Herbs and spices: Rosemary, thyme, cumin and garam masala

Lemon juice and Vanilla essence

Sunflower oil

Washing up liquid

We have a huge amount of the following, so can we please ask you **NOT TO SEND:**

Tinned soup, pasta and spaghetti and tea

Also needed are:

Men's spray deodorant, toothpaste and toothbrushes

INSTOW PRIMARY AND PRESCHOOL



CAKE SALE



& NON UNIFORM DAY

FRIDAY, 16TH OCTOBER



Please bring:
£1 for non uniform donation
&
50p for a cake

**ALL PROCEEDS GO TO
ACTIVITIES & RESOURCES FOR
THE CHILDREN.**

**DONATIONS OF
NUT FREE CAKES WOULD BE
GREATLY APPRECIATED.**

Please bring donations of cakes
to the school office on Friday morning.

For homemade cakes, please list
ingredients.

Thank you
FOR YOUR SUPPORT!



Upcoming LEAP workshops

Leap Workshops help parents, carers and professionals to better support children and young people with SEND.

Upcoming events online include:

- **Understanding Autism and Related Needs:** Friday 2 October, 7pm to 9pm
- **Parent Carer Health and Wellbeing:** Tuesday 6 October, 10am to 12pm
- **Increasing Independence over 12s:** Tuesday 6 October, 12pm to 2pm

The Parent Carer Forum Devon and Family Voice Torbay in collaboration with Children and Family Health Devon (CFHD), are pleased to be funding and delivering a new programme of workshops online designed to support families and professionals to better understand neurodiversity. [LEAP timetable](#)

♥ PEAK Devon Online Community Session for SEND Families ♥

Are you a parent or carer of a child or young person with SEND or additional needs?

Join us for a friendly and informal online session where you can find out more about the support PEAK can offer you and your family.

This is also a chance to connect with other parents, ask questions, share experiences and talk through some of the challenges you may be facing in a supportive and understanding space.

During the session, we will explain the different ways PEAK can support families, including our free consultation pathway and our 10-week family support programme through Early Help. Whether you are struggling to know where to turn, would like some practical advice, or simply want to connect with other families who understand, you are very welcome to join us.

 Online session

♥ Friendly, informal and supportive

 Open to parents and carers of children with SEND

[Book using this link](#)