

Dear Parents and Carers,

Thank you to everyone who completed our parent questionnaire. If you haven't done so yet, could we ask that you complete one and return to school. If you need a paper copy, please ask at the office.

Well done to all those who took part in the Stephen's Shield Cross Country, you all made a spectacular effort.

Mrs Mardling and the Instow Team.

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.

CELEBRATION ASSEMBLY

Well done !

This week's stars

CI2: Arthur

CI3: Flo A

CI4: Thomas

CI5: Arnie

WE ARE A NUT, CHICKPEA AND SESAME FREE SCHOOL

New dates for your diary

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

Fri 13th Nov: Children in Need, non-uniform and bring a penny to build a Pudsey

Fri 20th Nov: Non Uniform and bring a bottle for the Christmas Fayre

Fri 11th Dec: Christmas Fayre @ 3pm

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

School drop off reminder

For safeguarding reasons, we kindly ask that children in **Year 1 and above** are dropped at the gate and come into school on their own.

We have noticed that quite a few parents are coming on site first thing in the morning, and we would appreciate it if only parents with an agreed plan in place with their child's teacher were on site.

If your child is struggling with this, please do speak to their class teacher and we will work together to put a plan in place.

Thank you for your continued support.

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.

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 (29% of pupils in the green zone)

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

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

DoodleSpell: Trinity Year 6 (24% of pupils in the green zone)

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



Join the Doodle Autumn Competition, an exciting event where pupils can WIN 1 of 10 Doodle goodie bundles! 🍁

Please see guide which was emailed via ParentMail.

Attendance

Well done to this week's winners

Class 4: 99.30%

Class 5: 98.70%

Class 1: 97.80%

Class 3: 97.10%

Class 2: 96.30%

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](#)

Messages for KS2

Wednesday 21st October

The coach for Y5/6 Bristol residential will need to be in the entrance of layby from 7.50am please park further down the layby so that we can ensure all children board safely and that all luggage can be loaded safely.

2nd November

Homework Club for Years 5/6 starts

9th November 3.30pm

Year 6 parents meeting - SATs information



The EYFS team are asking for donations of the following for their Wish Tree:

Flour, washing up liquid, art and crafts bits – sequins, lolly sticks, googly eyes, craft match sticks, dot stickers, old cardboard tubes, packets of jelly cubes.

They are also asking for some winter bedding plants.

Sunrise Club

Please could we remind parents and carers to use the ParentMail booking system to book their child into our breakfast club provision, Sunrise Club.

This enables us to ensure that we provide the correct staffing for every session.

Thank you for your co-operation.

From Rockpool Rambles to Spooky Trails: Enjoy Free Half Term Fun at Northam Burrows this October



Are you looking for free family fun this October half-term? The Rangers at Northam Burrows have a fantastic, free line-up of events planned! Whether you're looking to keep the children entertained, explore the great outdoors or simply enjoy some fresh air together, there's something for everyone to enjoy.

Key dates for your diary are:

- **Tuesday 27th October, 2pm – 4pm:** Drop in at the Northam Burrows Visitor Centre to build your own bird or bat box, make paper plant pots, learn about wildlife-friendly gardening projects, and take away seeds to grow over winter as part of a *Wildlife Friendly Gardening Event*.
- **Thursday 29th October, 10.30am – 12pm:** Meet the Rangers at the Visitor Centre at 10.30am for a fun and educational guided walk called *Fungi Foray* and learn to spot fungi on the grasslands of Northam Burrows.
- **Thursday 29th October, 2pm – 4pm:** Find the Rangers on the beach near Westward Ho! Slipway and enjoy a *Rockpool Ramble*.

There will also be a *Spooky Trail* available between Saturday 24th October and Sunday 1st November. Collect a trail map from the visitor centre any day between 10am and 5pm and solve the clues to discover the hidden secret.

The above events are free to attend, with no booking required – simply turn up and join in! Children must be accompanied by an adult and appropriate clothing and footwear is recommended.

Message from the School Immunisation Team

Flu Vaccine Information for Parents

If you had already consented but your child missed the school visit, you should have received an email with a link to book a clinic appointment.

If you missed the consenting process, please call us on **01392 342678 for Devon & 01872 221105 for Cornwall**. We can complete the consent process with you and guide you on available clinic appointments.

Our clinics are running:

Through October half term

From 1st December

Clinics are available in various locations across Cornwall and Devon. While some clinics may already be full, there are plenty of other opportunities available & new clinics are always being added.





Ferdinand
Collective

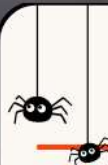
FC CAMPS



OCTOBER HALF TERM



FOR AGES 5 - 14
DESIGNED FOR CHILDREN OF ALL ABILITIES



TARKA

26 - 30 OCTOBER
9AM - 4PM

KINGSLEY

26 & 27 OCTOBER
10AM - 3PM



ILFRACOMBE

28 OCTOBER
10AM - 2PM



BOOK ONLINE HERE

WWW.FERDINANDCOLLECTIVE.COM





If you or anyone you know would like a stall then it is £10 and a raffle prize please email classsupport@instowcps.co.uk

We would also welcome any company donations for our raffle.