



WB: Monday 9th March

SCIENCE WEEK

Next week is our school science week. Therefore, on Thursday, as well as our visit from the Space Odyssey, the children will spend the afternoon taking part in science activities within their classes.

EXMOOR CHALLENGE

There was a good turnout for the first training walk last weekend which was very successful; thank you to all the parents who came along in support.

We are having to reschedule the next training walk to either Sun 22nd or Sat 28th March. An email has been sent home asking for views on which is the preferred date for families. We will let you know the revised date as soon as we get feedback.

HEATREE RESIDENTIAL

Our visit to Dartmoor was again very successful. Despite the cold weather, all activities were much enjoyed and the children will need a good rest this weekend (as will the staff!). Please check out the blog for photos of all the fun.

TEXTS AND EMAILS



We are sending more information via text and email these days. Please make sure we have your most up to date details to make sure you don't miss vital information.

We are now also sending emails via the Teachers2Parents application (same as we use for texts) and have found that some are going into the spam/junk folder. Please can you check to see if any of the recent emails are there and, if so, change your settings so that they go to inbox instead.

PTA BAKE OFF

The PTA would like to remind all families about the PTA Bake Off next Wednesday. All entries should be brought in in the morning, ready for judging. Prizes will be awarded during the Assembly in the afternoon. Get baking!

CELEBRATION ASSEMBLY AND POP-CAFE

On Wednesday 18th April, the school will be holding a Pop-Up Café at 1.45pm followed by the Celebration Assembly at 2.30pm. All are most welcome and we hope to see you there.

Weekly Achiever

Class 1: Lola

Class 2: Max

Class 3: Tommy

Class 4: All of Year 6

House Points



Ruby	1493
Amber	2252
Sapphire	1799
Emerald	2073

CORONAVIRUS UPDATE

We continue to monitor the Department for Education advice to schools closely.

Having now moved to the 'delay' phase of the response, latest instructions are that anybody (children or adults) showing flu-like symptoms including a raised temperature and/or a new, continuous cough should self-isolate for 7 days. Families and staff should adhere closely to this please.

We continue to encourage increased hand-washing and use of sanitising gel throughout the day for all children and staff.

If anyone is planning any foreign trips over the Easter break, particularly if they involve some of the more high risk areas, please make sure you inform us. If anyone feels they have come into close contact with an affected individual (whether abroad or in the UK), again, please let us know as soon as possible as additional self-isolation procedures will need to be followed. Thank you for your co-operation.

SCHOOL ACCOUNTS

We are rapidly approaching the end of the financial year (end of March). At this stage of the year, all family accounts need to be cleared, so we would welcome any outstanding payments as soon as possible please.

Payments can be made to the school office or via SchoolPay (where you can also see details of amounts outstanding). If you need assistance with SchoolPay, please contact the office. Thank you.

FUTURE DATES & EVENTS

These are subject to change and additions, so please keep checking

March	
Wed 18 th	Celebration Assembly, Pop-Up Café and Bake off
Thurs 19 th	Space Odyssey Visit (Years 1- 6)
Sat 21 st	Exmoor Challenge Training 2
Tues 24 th	Fire Service Visit (Years 1 - 6)
Wed 25 th	Governors meeting, E Anstey, 6.15
Fri 27 th	Easter Assembly and Family Lunch
Fri 27 th	Wear a Hat day & Last day of term

Easter Holiday	
Monday 30th March - Tuesday 14th April	
Holidays	
Mon 30 th March	Sports Camp (full day during the holidays)
Sat 4 th April	Hawkridge Hike (during Easter holiday)
April	
Wed 15 th	Children return to School



Advice on the coronavirus for places of education

How serious is the coronavirus?

- It can cause flu-like symptoms, including fever, cough & difficulty breathing
- The infection is not serious for most people, including children
- There is currently no vaccine
- Most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- You can only catch it if you have been close to a person who has the virus
- The chance of being in contact with the virus is currently low in the UK
- If you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

If you need to cough or sneeze



Catch it with a tissue

Bin it

Kill it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser



After breaks & sport activities

Before cooking & eating

On arrival at any childcare or educational setting

After using the toilet

Before leaving home

- ✓ Try not to touch your eyes, nose, and mouth with unwashed hands
- ✓ Do not share items that come into contact with your mouth such as cups & bottles
- ✓ If unwell do not share items such as bedding, dishes, pencils & towels

Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: campaignresources.phe.gov.uk/schools

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call NHS 111 for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19). Parents can visit NHS.UK to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Wuhan and Hubei Province in China should self-isolate, and NOT attend education or work for 14 days. See NHS.UK for advice on coronavirus.



If there is an emergency, call 999 immediately

DO YOU WANT TO SLEEP BETTER?

Struggling to get off to sleep or waking up a lot? Lying awake worrying? Still feeling tired when you wake up?

WE CAN HELP

A good night's sleep can make all the difference and is important for health, wellbeing, work and family life.

We offer sleep workshops or, if you prefer, one-to-one appointments to discuss your sleep problems and how we can help.

To register with the service and book a place:

North Devon

t: 0300 555 3344

e: dpt.talkworks.northdevon@nhs.net

FREE NHS SLEEP WORKSHOP

15th April,
5pm-8pm,
Chivenor

Learn all about sleep and proven techniques to make you sleep better.

TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

@DPT_TALKWORKS

We are a free NHS service. Call or email to register and book a place.

As an NHS service we will need to take a few details including your name, address and GP

www.TALKWORKS.dpt.nhs.uk

**107/19

We have a range of **FREE*** Level 2 courses that aim to give you a greater understanding in a number of areas, including:

- Awareness of Mental Health Problems **FREE***
- Care and Management of Diabetes **FREE***
- Understanding Children & Young People's Mental Health **FREE***
- Common Health Care Conditions **FREE***
- Introducing Caring for Children and Young People **FREE***
- Principles of Care Planning **FREE***
- Understanding Autism **FREE***
- Understanding Behaviour that Challenges **FREE***
- Understanding Common Childhood Illnesses **FREE***
- Understanding Nutrition and Health **FREE***
- Understanding Specific Learning Difficulties **FREE***

You have to start somewhere, so why not start with a **FREE*** level 2 course, in the comfort of your own home?

To find out more, please go to
www.petroc.ac.uk/distance-learning

PETROC
COLLEGE OF FURTHER
& HIGHER EDUCATION



*These courses are part-subsidised by the Education & Skills Funding Agency and so there is no cost to you or your employer, but if you do not complete the course inside the agreed timescale without a valid reason, you will be charged £125.

beaford in Yeo Mill

exploring our land, lives and future



Scratchworks Hags: A Magical Extravaganza

With mind-blowing illusions, stupendous stunts and the occasional disappearing rabbit, 'Hags' sets the record straight for thousands of women falsely accused of witchcraft.

Thursday 19 March,
Anstey Village Hall, Yeo Mill
7.30pm (doors 7pm).
Tickets £15.
£31.50 family (2 adults, 2 under 16s).
All tickets include a 2 course meal.
Call 01398 341106/01398 341507 or
email ansteyarts@westanstey.uk
for tickets. Bar available. Raffle.

More info and book tickets:

beaford.org