

Enrichment at the heart of our school

This week's Family Voice session was focused on curriculum enrichment and personal development. The notes from the session are attached. It is great to recognise the amazing efforts of the school staff to plan, organise and facilitate such enrichment for the children and the list of events is certainly impressive. What has shone through this week, from Owlets' and Tawny Owls' visit to the Space Lab, Snowy and Barn Owls' visit to Paignton Zoo, Owlets and Tawny Owls' Animal Encounter or the cross country event, is that the children in our school learn and grow as the whole child, not just in academic terms, from these experiences.

A special thank you, again, to FoBS who have continued to support our enrichment offer without question.

Stars of the Week

Alfie – showing *ambition* during phonics sessions

Holly – *Flourishing* in independent writing, using great language

Liam - for showing *ambition* on our school trip by engaging in the activities and asking great questions

Josie - for showing *ambition* in her writing and perseverance in Maths.



Snowy Owls and Barn Owls - for outstanding and *respectful* behaviour on the zoo trip and representing the school so well

Team Points: Ash

Dress to Express for Mental Health



Children's Mental Health week runs from 6th – 12th February, and the whole of the Dartmoor Multi Academy Trust will be taking part in a non-uniform day on 10th February to celebrate this. Children are invited to express themselves – they could wear something that gives them confidence, or makes them feel happy, or something to reflect their personality for example, if they wish. Or just comfortable everyday

clothing! There is a suggested donation of £1, which will be split between the charity 'Place2Be' and a Trust-based project which the charity will be leading on. As we are a cashless school, please make your donation via School Gateway.

Please **DO NOT** send cash into school as we are unable to accept it.

Family Consultations

We are pleased to offer a family consultation on Wednesday 1st March in the afternoon.

Please complete this form to book a time slot: <https://forms.office.com/e/EbCYsv1cZg>

Your 10 minute appointment will be confirmed no later than Tuesday 21st February.

If the 1st March is not suitable for you, please speak to your class teacher about an alternative day/time.

Two Pages of Tawny Owls and Owlets News

Space Lab



Owlets and Tawny Owls had a fantastic morning on Wednesday with friends from Lydford Primary when visiting the Space Lab at Bridestowe Village Hall. The children learnt about our solar system and galaxy with a local expert. The children learnt many facts such as how to find the North Pole star, the phases of the moon and that 100 Earths could fit across the diameter of the sun. Tawny Owls made their own

space rockets, and Owlets made rockets to take Baby Bear to the moon!



Animal Encounter



On Monday 30th January we welcomed Marie Pullman from Animals2USouthwest into school for an Animal Encounter with Owlets and Tawny Owls. Marie brought along 4 animals – a ferret, a millipede, a snake and a gecko.

Every child enjoyed the interesting, engaging and informative talk from Marie. They learnt about the different classifications of animals, their features, what they eat and where they live, as well as taking the opportunity to handle the animals.



Cross Country

Well done to the children who represented the school alongside friends from Lydford at Simmons Park today. Everyone did extremely well and we will share results soon. Thank you to our parent helper, Kirstie Floyd-Walker, for her support.

Team GB Athlete Visit

We are delighted to be welcoming Team GB athlete Kirsty Way to the school on Wednesday 29th March. During this inspirational visit Kirsty will lead an assembly discussing her journey into international sport, the benefits of healthy lifestyle, regular exercise, and a healthy diet. The children will have the chance for questions and answers before a sponsored physical exercise workshop with Kirsty.



This event is run in collaboration with Community Interest Company, Sports for Champions. Sports for Champions support Team GB athletes in their quest to maintain professional standards of competition through financial support.

To support this aim, they have requested a donation from the school for Kirsty's visit. We are asking children to collect sponsorship from friends and family for the exercise workshop. To cover the cost of Kirsty's visit, each child would need to raise just **£3.79**.

However, any money raised above this amount will be shared between the school and Sports for Champions – 60% for the school and 40% for the athlete fund.

This is a fantastic opportunity for the children to be engaged in fundraising for both the school and a positive cause, with the reward of meeting Kirsty in March.

As a cashless school, we would prefer monies be paid straight to the crowdfunding page, here: [Bridestowe & Lydford Primary School's Fundraiser - a Sports crowdfunding project in Okehampton by Sports For Champions UK \(CIC\) \(crowdfunder.co.uk\)](https://www.crowdfunder.co.uk/bridestowe-lydford-primary-schools-fundraiser)

Advance Notice – teacher training

Mrs Lammas will be undertaking paediatric first aid training on the 6th and 7th of February. Film Club has therefore been cancelled next week. Mr Hill will teach Tawny Owls on Monday, and Mrs Harris will teach the class on Tuesday.

Homework Share 8th Feb

The 8th February at 3pm will be our half termly homework share. We have split this event from book looks to give parents more time to focus on multiple children within the school.

Music opportunities in the community

The 'Made to be played' family orchestra workshop is taking place on the 11th February in Torquay, details of this free event can be found here: [The 'Made to be Played' Family Orchestra Workshop - Devon and Torbay Music Education Hubs](https://www.devonmusic.org.uk/made-to-be-played-family-orchestra-workshop)

Music workshops can be accessed for £25 from Devon Music hub, details can be found here: [Music Workshop with Joe Steer - Devon and Torbay Music Education Hubs](https://www.devonmusic.org.uk/music-workshop-with-joe-steer)

KS2 Zoo Trip

Snowy and Barn Owls enjoyed an amazing trip to Paignton Zoo on Wednesday. We were treated to an engaging and informative talk from Jo, one of the experts at the Zoo. All of the children responded beautifully to the animals, and were fascinated by their antics. The children behaved superbly, and the whole day was a fantastic and fun learning experience.





Fire Service Visit

We are pleased to welcome the Devon and Somerset fire service education officer to school on Friday 10th February to speak to the children in Y2 and Y5 about fire safety.

Y6 Normandy Residential Meeting

Bridestowe Primary is hosting the next parent meeting on 18th April for the Y6 residential to France. The meeting starts at 4pm and information will be shared about the itinerary, risk assessments and kit lists.

Swimming Lessons

A reminder that swimming for Owlets and Tawny Owls will begin after half term, every Friday afternoon. Please ensure you have given consent and made payment via School Gateway. Please also check you have paid for KS2 swimming, which ends on Friday 10th February.

Tesco Blue Tokens for Treetops

Tesco in Tavistock has Treetops Pre-School and Childcare as one of the choices in the blue token collections, continuing until the 31st March. Please consider Treetops if you're visiting Tesco as this will greatly support their fundraising efforts.



Clubs After Half Term

We are pleased to offer the after-school clubs below next half term. Please book sessions via School Gateway.

DAY	CLUB	YEAR GROUPS	RUN BY	TIME
MONDAY	RRR Club	Year 6	Mrs Reid	3.15-4.15pm
MONDAY	Forest School Club	Years 1 and 2	Ms Baker	3.15-4.00pm
TUESDAY	Film Club	Years 3-6	Mrs Lammas	3.15-4.00pm
WEDNESDAY	Board Games	Years 1 and 2	Mrs Harris/Mrs Sharland	3.15-4.00pm
WEDNESDAY	Basketball	Years 3-6	OCRA	3.15-4.15pm
THURSDAY	Recorder Club	Years 2-6	Mrs Sherring	3.15-4.00pm
THURSDAY	Cheerleading	Years 2-6	Miss Spooncer	3.15-4.00pm



PE Lessons

The children have been learning the game of netball in PE with Mr Pugh. Over the half term they have been learning new skills and building up to play a match against each other.

Next Week

Monday	Mr Hill teaching Tawny Owls *RRR Club, Y6 only 3.15-4.15pm
Tuesday	Mrs Harris teaching Tawny Owls *Film Club CANCELLED Safer Internet Day FoBS Fundraising Meeting – 8pm, The White Hart
Wednesday	Forest School – EYFS, Years 1-3 Homework Share – 3.00pm *OCRA Club 3.15-4.15pm; *Board Games Club 3.15-4.00pm
Thursday	*Cheerleading Club 3.15-4.00pm; *Recorder Club 3.15-4.00pm
Friday	KS2 Swimming – final session Place2Be Dress to Express - non-uniform day Fire Service Talk – Y2 and Y5 Last Day of Term

*Your child must be booked into after-school clubs via School Gateway in order to take part

Diary Dates

February

13 th – 17 th	Half Term Break
20 th	Children return to school
22 nd	Forest School – EYFS, Years 4-6
24 th	EYFS and KS1 Swimming – first session Heart Heroes – wear red non-uniform

March

2 nd	World Book Day
3 rd	Year 5/6 Activity Day EYFS and KS1 Swimming
6 th	Year 5/6 Activity Day
7 th	Dog's Trust Visit Swim Gala – selected children
8 th	Forest School – EYFS, Years 1-3
10 th	Open the Book Assembly EYFS and KS1 Swimming
17 th	EYFS and KS1 Swimming
21 st	Forest School – EYFS, Years 4-6 Odd Socks Day
24 th	EYFS and KS1 Swimming
27 th	Parental Book Look – 09.00am
29 th	Sport 4 Champions Athlete
31 st	EYFS and KS1 Swimming – final session Last Day of Term

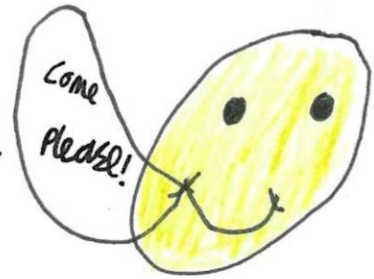
Mr A. Hill – Principal
ahill@dmatschools.org.uk
 01837 861361

Whole School Attendance

95.4%

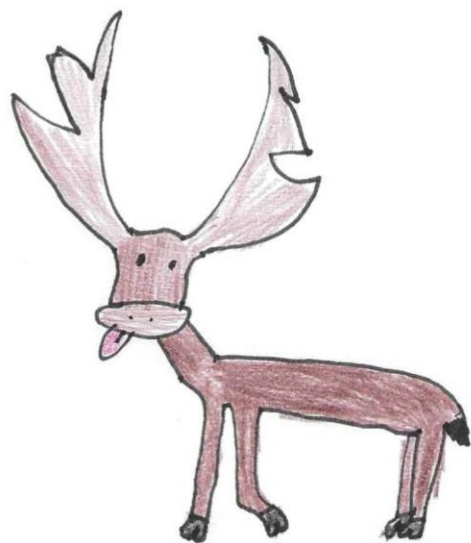
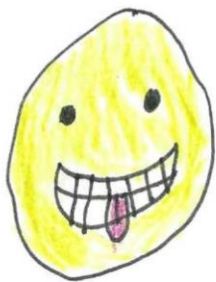


please join us at our



Fobs FUNDRAIS- ING MEETING ON

Tuesday 7th February 8pm
The white hart, Bridestowe



See you there!

**FRIENDS OF THE
SANCTUARY**



**Cornish Seal
Sanctuary**

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**MEMBERSHIP
INCLUDES:**

- 12 MONTHS RE-ENTRY
- 20% OFF IN THE CAFÉ
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To thank you for your continued support, we're bringing back our discounted Friends of the Sanctuary Membership for 2023!

£14.50 per adult and £11.50 per child for 12 months entry!

(Only available to residents with TR, PL and EX postcodes. Proof of address will be required.
Available until 28th February 2023)

SEAL PUP MANIA!

**Dive into an ocean of fun this
February half term!**



Stories with Seals

Join Lily the Seal in our underwater viewing area for a special daily reading of 'Stardust' - a story all about a pup caught in hard times!

Weigh the Pup competition

Take part in our new competition to guess the weight of the pup in our hospital! Donate £1 and the closest winner will land a special prize.

Conservation Club (13th – 15th Feb, £12opp)

Discover a whole new world when you learn about our marine residents, seal pup rescue, conservation and more with this 3-day club. To book, call 01326 221361.

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for affect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RASE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



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