

EXCELLENCE IN EDUCATION AND OPPORTUNITY FOR ALL



APRIL

Wednesday 29th	Year 3 pupils commencing swimming. Please ensure that suitable swimming kit is brought in each Wednesday.
Wednesday 29th	Emotions & Anxiety Free Workshop for parents/carers to attend at 8.45am in the main school . Please see poster.
Wednesday 29th	Coffee & Chat with Miss Stevens at 2:30pm. See attached flyer.

MAY

Friday 1st	Year 5 Festival of Sport at Newton Abbot College.
Monday 4th	Bank Holiday.
Tuesday 5th	Deaf Awareness Week.
Tuesday 5th	Year 5/6 football match vs Bradley Barton (home)
Wednesday 6th	Year 3 swimming.

UPCOMING TRIPS

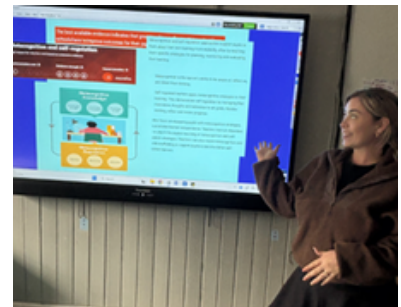
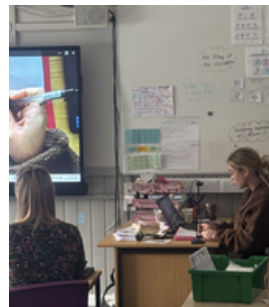
Year	Trip	When	Payment By
5 & 6	Paignton Zoo	19 th May 2026	1 st April 2026
6	Residential	8th, 9th, 10th July	31 st March 2026
5	Mamma Mia	21 st January 2027	1 st July 2026
1 & 2	Lyme Regis	9 th July 2026	1 st May 2026

Summer Term Friday 24th April 2026

Dear Parents & Carers,

STAFF DEVELOPMENT

This week, Mrs Fran Toms led an excellent teacher training session on high quality modelling in the classroom using visualisers to support teaching.



Mrs Kerry Slade led a session with our mealtime assistants exploring playground rhymes and songs. Thank you everyone for engaging so enthusiastically in these sessions.



SCHOOL VALUES

This term we are focusing on RESILLIENCE. Please see the following links if you would like to explore this further with your child.

Years 3-6: Wellbeing For Children: Resilience

Years R-2: Resilience for Kids | Emotional Well Being. Rainbow Kiddies Stories for Kids



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www.highweekprimary.co.uk



www.facebook.com/highweekprimaryschool



highweekprimary



CURRICULUM

New learning plans are now on our website www.highweekprimary.co.uk/classes

This term, we have many exciting opportunities planned, including swimming (yr 3), educational visits, and special events that will support both learning and personal development. We will continue to focus on fostering a love of learning, encouraging curiosity, and ensuring every child feels supported and valued.

A few reminders as we start the summer term:

- Please ensure children arrive on time each day, ready to learn.
- Check that all uniform and personal items are clearly labelled.
- WANTED- normal clothes for dressing up boxes: hats, scarves, adult shoes, bags, shirts etc. please drop them into Nicky in the office- thank you
- Healthy snacks and water only please!
- Please do not park on the pavements outside the school. This is extremely dangerous and frustrating for the whole school community



POLITE NOTICE

Please refrain from parking on pavements or blocking driveways. This helps ensure the safety of our pupils and the wider community. Thank you for your cooperation.



- Please keep an eye on school communications for updates and important dates. We post regularly on Facebook- please follow us and share our posts.

We greatly value the strong partnership between home and school, and your continued support makes a real difference to the children's success. If you have any questions or concerns, please do not hesitate to get in touch with your child's teacher or the school office.

Thank you for your ongoing support. I look forward to a happy, productive, and successful term for all.



THE NEXT FRIENDS OF HIGHWEEK
(PTFA) MEETING WILL BE HELD ON

WEDNESDAY 20TH MAY 2026 AT
9AM IN THE MAIN SCHOOL.

WOULD YOU LIKE TO JOIN OUR FRIENDLY PTFA
(FRIENDS OF HIGHWEEK), OR KNOW SOMEONE WHO
MIGHT BE INTERESTED? WE'D LOVE TO WELCOME
YOU, WHERE NEW FACES ARE
ALWAYS WARMLY RECEIVED.

REFRESHMENTS AVAILABLE





WHAT HAVE WE BEEN UP TO THIS WEEK?

KS2 CRICKET

We were delighted to welcome a cricket coach into school on Wednesday to work with our KS2 pupils.

The weather was sunny and the children had a brilliant time practising their batting and fielding skills.

Great fun was had by all!

A big thank you to our coach for a fantastic session.



YEAR 5 MINI POLICE

Year 5 enjoyed an exciting start to their 'Mini Police' sessions with PC David Piper. The children were proudly presented with their Mini Police uniforms and began learning about the important roles of the police, as well as others who help keep our community safe.

It was a fantastic session, and the children were highly engaged throughout. They are already looking forward to their next session!



KS1 IMPACT DAY

Highweek's final Impact Day involved EYFS and KS1 pupils taking part in five active lessons focused on movement and teamwork. Nursery and Reception classes worked on movement, balance, and coordination through imaginative activities like animal movements, balancing exercises, beanbag challenges, and obstacle courses. KS1 pupils took part in longer team-building sessions aimed at improving communication, resilience, and problem-solving. Through group challenges such as line-ups, hoop passing, river crossing, and games like tower building and parachute activities, they developed teamwork skills while collaborating to solve tasks.

Overall, the day combined physical activity with skill development in a fun and engaging way.



LOST & FOUND



We have a huge amount of lost property in the main school reception area some of these items look brand new!

If your child has misplaced any of their belongings, please feel free to pop in and have a look through. We would love to reunite these items with their owners!

**Pretty* Please!*

If anyone has any artificial flowers they no longer need, Mrs Lowe would greatly appreciate donations for a school display. Many thanks.



MINI MELODIES

Interactive music sessions for ages 0-5

Every Tuesday 9:10 - 10:00am
(Term time only)
EYFS Hall @ Highweek Primary School

No need to book, just come along!



We would like to warmly invite parents and carers to a Coffee & Chat afternoon with our Family Liaison Officer Miss Sophie Stevens.

These sessions will take place every fortnight on a Wednesday, starting on Wednesday 29th April 2026, from 2:30-3:15pm in the main school.



JOIN US EVERY FORTNIGHT



Starting on
Wednesday 29th April 2026
2:30pm - 3:15pm

NO BOOKING REQUIRED!

Everyone is very welcome to attend. This is a relaxed opportunity to:

- Ask questions
- Seek support for yourself or your child
- Find out about local services and resources

Whether you have something specific in mind or just fancy a chat, we look forward to seeing you there.



FROZEN FRIDAY IS BACK

AFTER THE EASTER BREAK WE WILL BE SELLING ICE POLES AT THE END OF THE SCHOOL DAY EACH FRIDAY.

THESE WILL BE AVAILABLE ON THE KS1 & KS2 PLAYGROUNDS & THE EYFS EXIT. ICE POLES ARE 50P EACH.

ACCELERATED READERS!

50,000 words	Rowan Cole, Elloisa Locke, Madison Smith, Serenity Perry-Feecham.
100,000 words	Islay MacTaggart, George Davis, Serenity Perry-Feecham, Theo Fairweather, Sara Rousr & Sam Heywood.
250,000 words	Diego Larios Balladares, Alexia Rhodes, George Davis, Eleanor Hardy, Evelyn Wilkes, Paisley Hamlyn & Primrose Tremlett.
500,000 words	Felicity Godfrey & Ethan Evans.
750,000 words	Rose Liju.
1 Million words	Noah Coleman-Desouza.



Well done to our Friday Flyers. Our Friday Flyers promote our work around developing Growth Mindset and a can do attitude.

Theme	Embracing Challenge	
Date	Friday 24th April	
Mole	Ethan Mathias	Maya Wolska
Bovey	Freya Bowles	Alisa Filonenko
Dart	Amiya Loder	Zion Oluwatayo
Exe	Tommy Wines	Harmony Hambley
Mardle	Arthur Payne	Sofiia Kott
Plym	Alex Perring	Millie Harrison
Tamar	Archie Hopkins	Caroline Hooper
Tavy	Phoebe Mansfield	Georgie-Ray Stevens
Teign	Gregory Cooper	Alisa Malishevskia
Torridge	Macie Dawes	Sam Palmer

Well done to **Torridge** class who had **99.3%** attendance for the period of 23rd - 27th March 2026

Well done to **Bovey & Torridge** class who both had **97.8%** attendance for the period of 30th March - 2nd April 2026

Remember our whole school attendance target for the year we are working towards is 96.2%.

Class	W/C 23rd March	W/C 30th March
Taw	81.7%	86.8%
Mini Mole	96.1%	90.3%
Mole	93.3%	96.9%
Mardle	93.5%	91.6%
Bovey	98.2%	97.8%
Tavy	93.8%	95.2%
Dart	94%	95.8%
Plym	91%	95.5%
Exe	93.3%	97.2%
Torridge	99.3%	97.8%
Teign	96%	94%
Tamar	96%	96.5%

Talk about feelings

If your child resists school, gently explore why:

- Are they worried about friends?
- Finding work too hard?
- Feeling overwhelmed?
- Reassure them and involve the school if needed.



Wraparound Care at Highweek

All bookings must be made via your MCAS app

Contact: Mrs Carole Rogers
07968 891535
carogers@highweekprimary.co.uk

Costs: 3:30pm - 4:30pm £5.50
After a free club until 6pm £6.00
3:30 - 6pm £8.50



3:30pm - 3:45pm Registration
3:45pm - 4pm Snack
4pm - 5pm Outdoor Activity
5pm - 5:45pm Indoor Play
5:45pm - 6pm Tidy Up

BOOKING IS ESSENTIAL

Cooking will take place on a Monday & Friday for both KS1 & KS2 pupils. All you need to do is book them in!

APRIL & MAY

Date	Monday Cooking club	Tuesday	Wednesday	Thursday	Friday Cooking club
20 th April	Quiche	Nibble Wheels	Bagels	Wraps	Quiche
27 th April	Fruit tarts	Mighty Crunch	Dough Main Event	Toasties	Fruit tarts
8 th May	Pizza pockets	Nibble Wheels	Bagels	Wraps	Pizza pockets
11 th May	Fruit flapjack	Mighty Crunch	Dough Main Event	Toasties	Fruit flapjack
18 th May	Fish pie	Nibble Wheels	Bagels	Wraps	Fish pie

Highweek Community Primary & Nursery School

☀️ Summer Car Boot Sale ☀️



Saturday 13th June

Come along for a morning of bargains, treasures,
and community fun!

🚗 Sellers arrive from: 8:00am

🛍️ Buyers welcome from: 9:00am

🕒 Last entry: 11:00am

💷 Pitch Prices

🚗 Cars – £6

🚚 Vans – £8

📌 Booking Required

All pitches must be booked and paid for in advance.

To reserve your pitch please contact

Mrs Lowe. 01626 216300

🛍️ Buyer Entry: £1

Bring your friends, grab a bargain, and
support our school community!



hw HIGHWEEK
Primary School

TQ12 1TX



Parent and Carer Lumi Nova Discovery Workshop

Wednesday 29th April 2026 - 6-7pm

Joining link below!

NICE recommended for ages 7-12

Find out more about the free Lumi Nova app and the support it can offer for your young person.

Learn about CBT, exposure therapy and the science behind Lumi Nova.

Supportive space to download the app with MHST Lumi Nova Champions.

Microsoft Teams
Meeting ID: 399 221 272 523 28
Passcode: pX3ve2bn



Microsoft Teams
Join us online




MHST Parent and Carer Summer Term Workshops

Wednesday 29/04/2026 6-7pm

- Lumi Nova Digital Therapy for Ages 7-12

Join us on Microsoft Teams

Meeting ID: 399 221 272 523 28


Passcode: pX3ve2bn  Microsoft Teams

Wednesday 24/06/2026 6-7pm

- Supporting a Successful Transition to Secondary School

Join us on Microsoft Teams

Meeting ID: 319 109 280 827 09


Passcode: Be77Zx35  Microsoft Teams

Wednesday 15/07/2026 6-7pm

- Supporting the Use of Devices

Join us on Microsoft Teams

Meeting ID: 345 784 004 151 21

Passcode: hM3gu2oa  Microsoft Teams





Digital therapy enabling children to self manage their fears and worries

Recommended by **NICE**



What is Lumi Nova?

Everybody worries sometimes, but sometimes worries stay and can have a big impact on your child's life.

Lumi Nova can support your child by helping them set goals and challenges to overcome their worries, one step at a time.

- ★ **NICE recommended digital therapy** through a fun mobile game (smartphone/tablet)
- ★ For **7-12 year olds**
- ★ Supports **mild to moderate fears, worries & anxiety***
- ★ **Based on Cognitive Behavioural Therapy (CBT)** and provides Psychoeducation and **Exposure Therapy** - The gold standard of care for treating anxiety
- ★ Safe, effective & easy to use



Using Lumi Nova can help your child:

- ✓ Learn **life long skills** on how to self manage their worries
- ✓ Learn how to **breakdown fears and worries into manageable steps**
- ✓ **Build confidence and resilience** by completing small challenges in the game and in real life
- ✓ **Understand what worry and anxiety is** so they can learn to cope
- ✓ Talk about their own worries in a way that is **non-stigmatising**



*Lumi Nova is for children aged 7-12 experiencing mild to moderate anxiety. It is not recommended for use by children with severe anxiety, in crisis, experiencing suicidal thoughts, or at risk of self-harm without the support of a mental health professional.

Does your child
struggle with their
emotions?



Does your child
struggle with
anxiety?

Come to our FREE workshop!
Supporting your child with their
behaviour & anxiety

29th April 2026
8.45am (after drop off)

**At Highweek Primary
School**





Ways to Wellbeing

Summer 26 Issue #1

WELCOME

Welcome back Highweek!

You are now over half-way through the school year, which is both scary and exciting!



Welcome back & preparation for the term

The start of the summer term can feel different for everyone – exciting, scary or like nothing at all!

It can be really good to start off a new term by thinking about gratitude and what we are thankful for. That can be a conversation with friends, with family or a teacher.

Here are some ideas:

- What are you proud of yourself for doing this school year so far?
- What are your funniest memories from this year?

For some of you year 6s, you will have your SATs coming up this term – and others of you will have end-of-year tests soon. Tests can feel especially scary or worrying for some people, for lots of different reasons – and that is totally okay and understandable!

Here are some ideas of how you can help look after yourself and prepare for your end-of-year tests:

- Make sure you are eating, drinking & sleeping well
- Talk to someone you trust about your worries
- Picture how you will feel once the test is over and it is the summer holidays!

The Mental Health Support Team (MHST) have made a booklet specifically about how to prepare and cope with pre-test worries – have a look..

<https://childrenandfamilyhealthdevon.nhs.uk/wp-content/uploads/2025/03/cfhd-Exams-Booklet-Mar-2025-8pp-A5-lo-res.pdf>

If you need support for your mental health, please talk to a trusted adult at school or home.

Call 111 and select option 2 for mental health. In an emergency, call 999.