

UPCOMING

EVENTS

OCTOBER

Tuesday 21st	Year 5 & 6 WW2 Day supported by Cleverchefs.
Wednesday 22nd	Year 5 & 6 pupils swimming.
Thursday 23rd	KS1 trip to Exeter Cathedral.
Friday 24th	MHST Coffee morning 8:45am to 9:30am. School closes for the half term break.

NOVEMBER

Monday 3rd	School re-opens
Wednesday 5th	Year 4 Residential to Pinkery. Year 5 & 6 pupils swimming.
Friday 7th	Year 4 return from Pinkery residential. Non-Uniform- Please bring in items for Elfridges. <i>More details to follow.</i>
Monday 10th	Anti bullying week.

EXCELLENCE IN EDUCATION AND OPPORTUNITY FOR ALL

Autumn Term 2025

Friday 17th October

Learning

EYFS- All of our children are enjoying exploring our new musical instruments. The nursery children are loving their dough disco sessions- these are designed to develop their fine motor and listening skills. Our reception children are continuing to work hard on their phonics and handwriting skills.

Year 1 and 2- KS1 have been learning all about what makes a city! In preparation for our upcoming trip to Exeter Cathedral, we've been exploring the physical and human features of a city and comparing the differences between Cape Town and London. The children have really enjoyed discovering what makes each city unique. We are all very excited about our trip next Thursday, where we'll take part in a special art activity inside the beautiful cathedral, ready for the Cathedral's exhibition in December.

Year 3 and 4- This week, Year 3 and 4 have been busy finishing their stories based on Jack and the Dream sack. The children have planned and written their own fantasy voyage-and-return tales, filled with imaginative "dreamthings" and creative adventures. In science, they've been exploring Light and Shadows, using both natural light and torches to investigate how shadows are formed. The highlight was creating our shadow puppets and performing mini puppet shows. In history, we are concluding our topic on Ancient Egypt. This week, the children have been learning about Egyptian beliefs surrounding the afterlife — discovering how the 'ba' (soul) was believed to leave the body and be guided by Anubis on its journey to the next world. We are very much looking forward to rounding off our History topic next week with an exciting Ancient Egypt workshop to bring our learning to life!



01626 216300

admin@highweekprimary.co.uk

www.highweekprimary.co.uk

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Year 5 and 6- Wow- I have been so impressed with the children's recent writing around the Shakespeare's Macbeth. The children are really enjoying this famous dark tale! This week they have met the character 'Lady Macbeth'. They have clarified the meaning of and performed key scenes including the famous Dagger Soliloquy. Year 5 and 6 are enjoying studying 'Black and British' by David Olusoga which discusses the experiences of black people throughout various periods in British history; this week's chapter is WW2. We are all looking forward to our WW2 themed day next week!

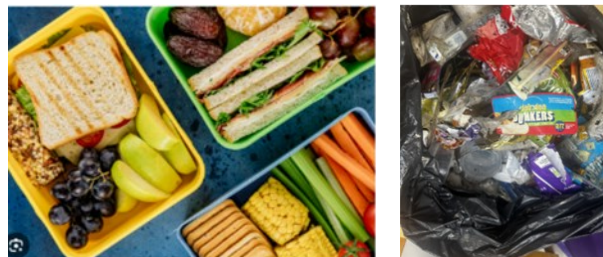
Parents Evening

Thank you to everyone who attended parents evening this week. If you weren't able to secure a slot, please get in touch.

What a load of rubbish!

Following on from last our last newsletter regarding rubbish.

From now on, all packed lunch and snack wrappers will be sent home with the children. This helps you see what your child has eaten and also helps us keep our school clean and tidy. Thanks for your support!



PTFA

It was so nice to see old and new members at the coffee afternoon yesterday and last week. A big thank you to everyone who turned up and especially to the lovely bakers- you know who you are!!

Finally

A Huge Congratulations to Mrs. Carole Rogers!

Over the summer holidays, Mrs. Rogers organised a fantastic bingo event in support of the Ricky Grant Unit — and thanks to her hard work and the generosity of everyone who attended, an incredible **£1,100** was raised!

Thank you to everyone who took part and helped make this event such a success. Your contributions will make a real difference.

As always if you have any concerns or questions please make an appointment with the school office to arrange a meeting with myself.

Thank you for your continued support.
Ms Claire Redwood.



Last Monday, our Year 3 and 4 children celebrated the Harvest with a special performance at Highweek Church. They took parents and staff on a magical journey from the golden fields of Ancient Egypt to the vibrant supermarkets of modern-day Devon. It was a wonderful event, with many families coming along to watch. The children brought the story to life with lively songs, energetic signing, interesting poems and expressive acting. It was amazing to see how harvest celebrations have changed, and yet stayed wonderfully the same over 5,000 years. The children made us proud with their energy and professionalism!

Well done year 3 and 4!



Accelerated Readers

100,000 words

Alfie Mitchell
Sam Palmer
Alfred Smith



Thank you to those who attended their child's parents' evening appointments this week. If you were unable to attend and would like to speak with your child's class teacher, please contact them directly.

Parents' evening



Next week, we will have our Royal British Legion Poppy Box available in the school office. You can purchase poppy merchandise to show your support.

All items are available for a suggested donation of £1.00.

The Poppy Box will be available at the front office window daily from 15:30 to 16:00.

Thank you for your support!



Wraparound Care at Highweek October 2025

Costs: 3:30pm - 4pm £4.50 3:30pm - 5pm £7.00 3:30pm - 6pm £8.50

Date	Monday	Tuesday	Wednesday	Thursday	Friday
6th Oct	Pancakes with fruits Free Play	Strawberry trifle Movie Night	Bread sticks and dips Games	Cheese straws Cooking	Garlic bread Crafts
13th Oct	Sandwiches with various fillings Free Play	Pizza with various toppings Crafts	Bagels with various toppings Movie Night	Muffins with various toppings Games	Croissants with various toppings Cooking
20th Oct	Waffles with maple syrup Free Play	Rice cakes with various toppings Cooking	Pancakes with various toppings Crafts	Crackers with various toppings Movie Night	Wraps with various fillings Games
Outdoor Activity	Archery 	Dodgeball 	Football 	Tag Rugby 	Multi-Sports 

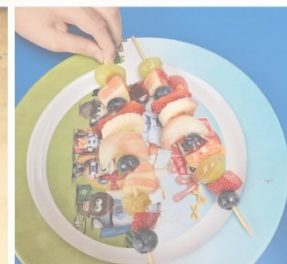
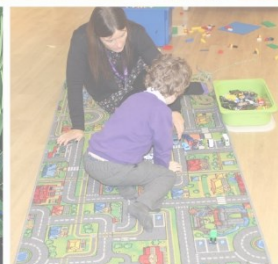
3:30pm - 3:45pm Registration
3:45pm - 4pm Snack
4pm - 5pm Outdoor activity
5pm - 5:45pm Indoor play
5:45pm - 6pm Tidy up

Please note:
A £10 fee applies to late collections.
All cancellations are non-refundable.

Contact: Mrs Carole Rogers

Number: 07968 891535

Email: carogers@highweekprimary.co.uk



Afterschool Club Reminder

Please note that children will not be able to attend Afterschool Club unless payment has been made in advance via Bromcom.

Bookings must be completed by 12:00 noon on the same day through MCAS.

If no booking is received, or if there is an outstanding balance, we will be unable to admit your child to the club.

Thank you for your cooperation.

A Halloween-themed poster for Year 1 & 2. The background is dark grey with silhouettes of bats and stylized, glowing green tree branches in the corners. The text is white and centered.

Year 1 & 2

Halloween Disco

Thursday 23rd October

3:30pm – 4:45pm

£5 per pupil

This will include a food bag & drink
Please purchase your child's ticket
through the MCAS app.

A Halloween-themed poster for Year 3, 4, 5 & 6. The background is black with silhouettes of bats and stylized, glowing orange tree branches in the corners. The text is white and centered.

Year 3, 4, 5 & 6

Halloween Disco

Thursday 23rd October

5pm – 6:30pm

£3 per pupil with unlimited drinks.

Pupils can bring in spending money to buy
spooky treats.

Please purchase your child's ticket through
the MCAS app.



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

Theme	Able to examine mistakes		Find lessons and inspiration in the success of others	
Date	Weekending Friday 10th October		Weekending Friday 17th October	
Bovey	Betzy Boddington-Pearce	Freya Bowles	Felix Jones	Lucas Torres Ruiz
Dart	Franny Johnson	Riley Atkinson	Isabelle Lawson	Clay Ellison
Exe	Khalid Shaibu	Rose Green	Ryana Douglas	Ruby Brighton
Mardle	Margot Allen	Finley Bowles	Lola Bligh	Arlo Stephens
Plym	Samuel Heywood	Isaac Allen	Oscar Freeston	Paisley Hamlyn
Tamar	Laiyla Peart	Mia Smith	Anna Abhilash	Tommy Walton
Tavy	Jessica Gater	Jenson Rusell	Franklin Owen	Arthur Mason
Teign	Nora Mounce-Jeffreys	Holly Exon	Tony Lee	Jorgie-Mae Sharrock
Torridge	Freya Paris	Jamie Dale	Nathan Jewell	Ella Bell

Well done to **Plym** class who had **97.9%** attendance for the period of **29th Sept - 3rd Oct**

Well done to **Teign** class who had **99.6%** attendance for the period of **6th - 10th Oct**

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

It is essential for children to attend as much school as possible if they are to get the most from their education and achieve their full potential.



Class	W/C 29th September 2025	W/C 6th October 2025
Taw	84.2%	83%
Mini Mole	84.4%	97.1%
Mole	93.8%	91.9%
Mardle	96.1%	88.7%
Bovey	93.5%	94.1%
Tavy	94.4%	96.7%
Dart	97%	94.7%
Plym	97.9%	97.4%
Exe	90%	91.1%
Torridge	95.7%	98.9%
Teign	96.8%	99.6%
Tamar	96%	96%

1. Build strong routines

- Set a regular bedtime and wake-up time — children thrive on consistency.
- Lay out uniform, packed lunch, and school bag the night before.

2. Make mornings calm, not rushed

- Wake up with enough time for breakfast and getting ready calmly.
- Avoid screen time before school — it slows things down!

3. Prepare for transport hiccups

- Have a plan B for getting to school — another parent, neighbour, taxi fund, or earlier bus if needed.

ATTENDANCE MATTERS!

The Department for Education tracks attendance carefully and we aim to have an attendance figure in excess of 96%. Our attendance figure to date is 95%.

Regular attendance is very important for children to achieve the best they can. If children are absent from school, it not only affects their education but they will miss out on the social side of school which affects their ability to make and keep friends and can dent their self-confidence to attempt new work and work alongside each other.

We appreciate that attendance levels can be affected by illness, particularly colds and tummy bugs. We would therefore encourage all parents to send their children into school wherever possible. However, if they have been ill with sickness and/or diarrhoea, please keep them off school until they have been symptom free for a minimum of 48 hours to prevent the bug spreading throughout the school community as this has a significant, adverse effect on attendance levels of both staff and children.

Attendance Letters

Each week we look at whole school attendance, including all the reasons for absence, and we will contact, by letter via email, those parents whose child has an attendance level below 93%

- We currently have **98** children who have **100%** attendance.
- We currently have **50** children whose attendance is below **90%**, which is class as persistent absence. This is more than two whole classes.
- We currently have **2** children who have attendance between **90%** and **93%**.

We aim to work with parents/carers to help improve a child's attendance so that all children can benefit from being in school regularly and achieving their full potential.

If you would like any support or advice on attendance or punctuality, please speak to your child's class teacher, the attendance officer

Claire Joint or the **Headteacher Ms Claire Redwood**.



WHISKED
by Cleverchefs

MAIN COURSE

SIDES

MEAT-FREE

DESSERTS

MONDAY

PEPPERONI PIZZA
MADE WITH OUR SUPER 7 SAUCE

SWEETCORN BAKED WEDGES

MARGHERITA PIZZA
MADE WITH OUR SUPER 7 SAUCE

STRAWBERRY MOUSSE

TUESDAY

COWBOY HOTPOT
SAUSAGE & MIXED BEANS IN A SHOKEY SUPER 7 SAUCE TOPPED WITH SLICED POTATO

BROCCOLI

VEGGIE COWBOY HOTPOT
VEGGIE SAUSAGE & MIXED BEANS IN A SHOKEY SUPER 7 SAUCE TOPPED WITH SLICED POTATO

SPRINKLE CAKE

WEDNESDAY
The carvery

ROAST CHICKEN

YORKSHIRE PUDDING, STUFFING, RUFFLED 'SKIN ON' ROASTIES, CARROTS, PEAS AND GRAVY

ROAST VEGETABLE TAGINE

FRUIT JELLY

THURSDAY

PASTA BOLOGNAISE
SUPER 7 SAUCE AND BEEF RAGU WITH PASTA

GARLIC BREAD

VEGGIE BOLOGNAISE
SUPER 7 SAUCE VEGGIE RAGU WITH PASTA

FRUIT YOGHURTS

FRIDAY

FISH FINGERS AND CHIPS

BAKED BEANS OR GARDEN PEAS

QUORN NUGGETS AND CHIPS

CHOCOLATE COOKIE

AVAILABLE DAILY

FRESH BAKED BAGUETTE
Choice of ham, cheese or tuna mayo.

HOT PASTA BAR
Freshly cooked pasta served in a homemade super 7 tomato sauce.

OVEN BAKED JACKET POTATO
CHOOSE: served plain | with cheese | with beans | with tuna mayo

ALTERNATIVE DESSERT
Wedges of fresh fruit available

SALAD TABLE
Carrot sticks | Cucumber sticks | Iceberg lettuce | Tomato Wedges | Rainbow pepper sticks |

HOMEMADE FRESH BREAD ALSO AVAILABLE DAILY FROM THE BREAD STATION

OUR MEAT IS RED TRACTOR APPROVED!


Autumn / Winter 2025_26
WEEK ONE
Dates: 3/11 - 24/11
15/12 - 5/1 - 26/1
9/3 - 30/3
Devon Whisked Autumn Winter 25/26

WHISKED
by Cleverchefs

ALLERGENS & INTOLERANCES

At Cleverchefs we take food allergies and intolerances very seriously. If your child has any food allergies or intolerances you need to make us aware prior to ordering any food with us. We have a full breakdown of the 14 allergens on our primary school menu link on our website www.cleverchefs.co.uk


SCAN ME FOR ALLERGEN INFORMATION

WHISKED
by Cleverchefs

MAIN COURSE

SIDES

MEAT-FREE

DESSERTS

MONDAY

CHEESEBURGER PASTA BAKE

SWEETCORN

MACARONI CHEESE

CHOCOLATE FUDGE BROWNIE

TUESDAY

BANGERS & MASH
BUTCHER PORK SAUSAGES WITH MASH & GRAVY ON THE SIDE

BROCCOLI

VEGGIE BANGERS & MASH
VEGGIE SAUSAGES WITH MASH AND GRAVY ON THE SIDE

CHOCOLATE ORANGE CAKE

WEDNESDAY
The carvery

ROAST GAMMON

YORKSHIRE PUDDING, STUFFING, RUFFLED 'SKIN ON' ROASTIES, CARROTS, PEAS AND GRAVY

CAULIFLOWER CHEESE & HERB CRUST

FRUIT JELLY

THURSDAY

CHEESY CHICKEN
STRIPS OF FRESH RED TRACTOR CHICKEN BREAST BAKED SMOTHERED IN CHEDDAR CHEESE

GREEN BEANS NEW POTATOES

CHEESY QUORN FILLET
STRIPS OF QUORN FILLET BAKED SMOTHERED IN CHEDDAR CHEESE

FRUIT YOGHURTS

FRIDAY

FISH FINGERS AND CHIPS

BAKED BEANS OR GARDEN PEAS

QUORN NUGGETS AND CHIPS

FLAPJACK

AVAILABLE DAILY

FRESH BAKED BAGUETTE
Choice of ham, cheese or tuna mayo.

HOT PASTA BAR
Freshly cooked pasta served in a homemade super 7 tomato sauce.

OVEN BAKED JACKET POTATO
CHOOSE: served plain | with cheese | with beans | with tuna mayo

ALTERNATIVE DESSERT
Wedges of fresh fruit available

SALAD TABLE
Carrot sticks | Cucumber sticks | Iceberg lettuce | Tomato Wedges | Rainbow pepper sticks |

HOMEMADE FRESH BREAD ALSO AVAILABLE DAILY FROM THE BREAD STATION

OUR MEAT IS RED TRACTOR APPROVED!


Autumn / Winter 2025_26
WEEK TWO
Dates: 10/11 - 1/12
12/1 - 2/2 - 23/2
16/3
Devon Whisked Autumn Winter 25/26

WHISKED
by Cleverchefs

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SCAN ME FOR ALLERGEN INFORMATION

MAIN
COURSE

SIDES

MEAT-
FREE

DESSERTS

**BIG
BREAKFAST**
SAUSAGE, SCRAMBLED EGG, HASH
BROWN BITES & BEANS

**BAKED
BEANS**

**VEGGIE BIG
BREAKFAST**
VEGGIE SAUSAGE, SCRAMBLED EGG,
HASH BROWN BITES, BEANS

**FROSTED BANANA
SQUARE**

**COTTAGE
PIE**

BROCCOLI

**VEGGIE COTTAGE
PIE**

MARBLE CAKE

ROAST PORK

YORKSHIRE PUDDING
STUFFING
RUFFLED 'SKIN ON' ROASTIES
CARROTS, PEAS AND GRAVY

**QUORN
FILLET**

FRUIT JELLY

**CHICKEN CURRY
RICE**

**HOMEMADE
POPPADUM**

**VEGGIE CURRY
RICE**

FRUIT YOGHURTS

**FISH FINGERS
AND CHIPS**

**BAKED BEANS
OR GARDEN PEAS**

**QUORN NUGGETS
AND CHIPS**

**CHOCOLATE CHIP
BITES**

AVAILABLE DAILY

FRESH BAKED BAGUETTE

Choice of ham, cheese or tuna mayo.

HOT PASTA BAR

Freshly cooked pasta served in a homemade super 7 tomato sauce.

OVEN BAKED JACKET POTATO

CHOOSE: served plain | with cheese | with beans | with tuna mayo

ALTERNATIVE DESSERT

Wedges of fresh fruit available

SALAD TABLE

Carrot sticks | Cucumber sticks | Iceberg lettuce | Tomato Wedges |
Rainbow pepper sticks |

HOMEMADE FRESH BREAD
ALSO AVAILABLE DAILY
FROM THE BREAD STATION

OUR MEAT
IS RED
TRACTOR
APPROVED!



ALLERGENS &
INTOLERANCES

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SCAN ME
FOR ALLERGEN
INFORMATION

Autumn / Winter 2025_26

WEEK
THREE 3

Dates: 17/11 - 8/12
19/1 - 9/2 - 2/3
23/3

Devon Whisked Autumn Winter 25/26

WHISKED
by Cleverchefs

THE MENTAL HEALTH SUPPORT TEAM & HIGHWEEK
PRIMARY SCHOOL INVITE YOU TO OUR

MHST
COFFEE
MORNING

FOR PARENTS/CARERS



24th October 2025 | 8.45am-9.30am

JOIN US FOR A FREE COFFEE MORNING & CHAT ABOUT THE
MENTAL HEALTH SUPPORT TEAM.

WHERE? AT HIGHWEEK PRIMARY SCHOOL.

WHAT WE WILL BE EXPLORING?

- WHO WE ARE
- WHAT SUPPORT WE OFFER PARENTS, CARERS & FAMILIES





Ways to Wellbeing

Autumn 25 Issue #4

BOX BREATHING

HOLD EXHALE



Mindfulness

Mindfulness is all about paying kind, honest attention to the present moment – what you can feel, hear or notice going on around you.

Mindfulness helps build self-esteem, manage stress and improves focus, academic performance and emotional resilience.

Some children find practicing mindfulness really easy, but for others it can take some practice – and that's okay!. Here are some ideas that you can practice with your trusted adults at home and school...

- Colour counter – Look around and count how many objects you can find of your favourite colour.
- Finger breathing or box breathing – Use these prompts to slow down your breathing.
- 54321 – Notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell & 1 thing you can taste.
- Clouds of gratitude – Look up at the clouds and think of 1x thing you are grateful for as you watch it float around.



**Stop
Take a breath
Observe
Plan
Proceed**

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.