

## EXCELLENCE IN EDUCATION AND OPPORTUNITY FOR ALL



### MARCH

Tuesday 31st	PTFA meeting at 9am in the main school.
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### APRIL

Thursday 2nd	School closes for the Easter break.
Monday 20th	School re-opens.
Tuesday 21st	Year 5 Mini Police commences and will run for 6 weeks. See details over the page.
Friday 24th	Frozen Friday. 
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.

### MAY

Friday 1st	Year 5 Festival of Sport at Newton Abbot College.
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### UPCOMING TRIPS

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

### Spring Term Friday 27th March 2026

Dear Parents and Carers,

#### PARENTS EVENING

Thank you everyone who attended this week. If you were unable to attend, please contact your child/ren's teacher to arrange an alternative date.

#### SINGING CLUB

Last Sunday, our singing group, Singing Stars performed at Coombeshead Academy as part of the Music for Youth Devon. Thank you to all the children and parents who gave up a sunny Sunday to attend.

#### EASTER BINGO

Thank you to everyone who supported this event by providing eggs and/or attending on the night to raise money for the school. A big thank you to Mr Waldron for his excellent calling skills. around £700 was raised for the school.

#### LEARNING ABOUT ELECTRICITY

This week we spent an afternoon without electricity. This gave us all the opportunity to reflect on why we use electricity and how much we rely on electricity in the modern day. The children were very excited when the lights went off!



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## HEALTHY EATING

This week, Miss Alex Davies delivered an engaging and informative assembly focused on the importance of healthy eating. The children were particularly surprised to learn just how much sugar is hidden in many everyday snacks and drinks, helping them to better understand why it is important to monitor and reduce sugar intake as part of a balanced diet.

Through clear explanations and relatable examples, the assembly encouraged pupils to make healthier choices, think more carefully about what they consume, and recognise the long-term benefits of a nutritious lifestyle. The session also reinforced key messages about maintaining good physical health, supporting concentration in class, and promoting overall wellbeing.

We are very grateful for the continued support from families in reinforcing our healthy eating policy. By working together, we can help children to develop positive habits that will benefit them both now and in the future.

## STAFF DEVELOPMENT

Following on from a highly successful and engaging Science Week, we have continued to build on that momentum by ensuring that all staff remain up to date with the very latest approaches and developments in science education. As part of this ongoing commitment, Mrs Nicola Hartley led a dynamic and hands-on professional development session for staff.

The training provided an opportunity for colleagues explore innovative teaching strategies, and deepen their understanding of current best practices in science teaching. Through collaborative activities and discussion, staff were able to reflect on their own classroom practice, share ideas, and gain confidence in delivering high-quality, inspiring science lessons. This session not only reinforced key principles introduced during Science Week but also supported our wider goal of academic excellence.

## WRITING

This week, all of our children have been fully immersed in their final Big Write of the spring term.

I am really looking forward to reading their imaginative myths, engaging stories, and the Year 5/6 pupils' thoughtful and detailed "journeys of food," which showcase both their writing skills and their understanding of how food reaches our tables.

It has been wonderful to see the pride the children are taking in their work, carefully planning, editing and refining their ideas. This final piece is a fantastic opportunity for them to demonstrate their progress and end the term on a high, celebrating all they have achieved in their writing.

Thank you, as always, for your ongoing support in making our school such a positive and thriving community.

Ms Claire Redwood



We are pleased to inform you that we have added **TikTok** to our school's social media platforms.

Before we begin using this platform, we kindly ask that you review and update your child's social media photograph permissions. If you do not wish for your child to appear on any of our social media channels **Facebook, Instagram and TikTok**, please let us know by either sending a message via MCAS or emailing us at [admin@highweekprimary.co.uk](mailto:admin@highweekprimary.co.uk)

We will then update our records accordingly.

Thank you for your continued support.



## MORE INFORMATION

- **Thank you** to everyone who came along to Parents' Evening! If you didn't manage to book a slot, just get in touch with your child's class teacher to arrange a time that works for you both.
- **Please check MCAS** for any outstanding balances related to trips and residential. Unfortunately, if payments are not received by the deadlines stated on MCAS, we will need to cancel upcoming events.
- **Year 3 Swimming Lessons.**  
Year 3 swimming lessons will commence on Wednesday 29<sup>th</sup> April and continue until 8<sup>th</sup> July 2026. Pupils will need to bring their swimming kit to school every Wednesday. Please ensure payment is made via MCAS in the clubs section by Wednesday 1<sup>st</sup> April 2026. The school heavily subsidises the cost of pool hire and swimming coaches, so the contribution required from parents is £2 per lesson.
- **Staff Car Parks.**  
Please ensure that no ball games take place in either of the staff car parks at any time. This is essential to maintain the safety of both pupils and staff, as vehicles are frequently entering and exiting during drop-off and collection periods.  
Thank you for your cooperation.
- **School Meal Price Update.**  
From 1st April 2026, the cost of a school dinner will be £2.95 per meal, which equates to £14.75 per week.  
We remain committed to providing high-quality, nutritious meals for all our pupils and appreciate your understanding and continued support.
- **Calling Year 2 & Year 4 Parents.**  
We are looking for:
  - A beginner guitarist in Year 4
  - A beginner ukulele player in Year 2This is a great opportunity for your child to buddy up with another pupil in their year group and share the cost of lessons.  
If you're interested, please contact Laura Mortimore on **07515 805812**
- **Reminder: All school clubs have now finished.**  
However, Saints South West clubs (**Monday:** Tag Rugby, **Tuesday:** Netball, **Wednesday:** KS2 Gymnastics, and **Thursday:** KS2 Football) will continue to run until Thursday 2nd April.  
A new set of clubs is now available to book on MCAS for after the Easter break.



The next Friends of Highweek (PTFA) meeting will be held on



# Tuesday 31st March 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



## ACCELERATED READERS!

50,000 words	George Davis & Amiya Loder.
100,000 words	Sive Williams, Frayah Jowitt, Holly Exon & Macie Dawes.
250,000 words	Frayah Jowitt & Peter Searle.
500,000 words	Rose Liju & Amelia Sims.
750,000 words	Nora Mounce-Jeffreys & Noah Coleman-Desouza.
1 Million words	Clay Ellison & Nora Mounce-Jeffreys.



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

Theme	Find lessons and inspiration in the success of others		Learning from feedback	
Date	Friday 20th March		Friday 27th March	
Mole	Dominic Tataru	Chloe Christie	James Smith	Ava Theobald
Bovey	Betzy Boddington-Pearce	Leo Kucuk	Ben Palmer	Jack Barr
Dart	Ross Sims	Belle Bolton	Lydia Bourne	Zoey Rutherford
Exe	Ryana Douglas	Harley Newman	Harry Tooley	Madison Smith
Mardle	Carter Wilschere	Leo Fare	Oliver Broome	Harper Trays
Plym	Kayden Breslan	Eleanor Hardy	Harper Stevenson	Samuel Heywood
Tamar	Alfred Smith	Mia Smith	Chloe Duggan	Ufedo Audu
Tavy	Roy Grant	Eli Heavens	Noah Northcott	Reuben Blackmore
Teign	Ophelia Parker	Alex Avery	Theo Fairweather	Ethan Holdway
Torrige	Hana Ziubryniecicz	Oakley Maghaireh	Ezekiel Benoy	Amaya Daniels

Well done to Mardle class who had 96.1% attendance for the period of 9th - 13<sup>th</sup> March 2026

Well done to Mardle class who had 96.5% attendance for the period of 16th - 20th March 2026

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

Class	W/C 9th March	W/C 16th March
Taw	86.3%	77.1%
Mini Mole	93%	90.7%
Mole	95.1%	78.6%
Mardle	96.1%	96.5%
Bovey	87.6%	93.5%
Tavy	93.3%	89.8%
Dart	95%	88.3%
Plym	92.5%	89.5%
Exe	93.9%	95.6%
Torrige	95%	95.7%
Teign	92%	90.8%
Tamar	95.2%	94.8%

### 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.



# WELCOME

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.



**HIGHWEEK**  
Primary School

**JOIN US**  
**EVERY**  
**FORTNIGHT**



Starting on  
**Wednesday 29<sup>th</sup> 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 FRIDAYS 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.



# 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 <sup>th</sup> April	Quiche	Nibble Wheels	Bagels	Wraps	Quiche
27 <sup>th</sup> April	Fruit tarts	Mighty Crunch	Dough Main Event	Toasties	Fruit tarts
8 <sup>th</sup> May	Pizza pockets	Nibble Wheels	Bagels	Wraps	Pizza pockets
11 <sup>th</sup> May	Fruit flapjack	Mighty Crunch	Dough Main Event	Toasties	Fruit flapjack
18 <sup>th</sup> May	Fish pie	Nibble Wheels	Bagels	Wraps	Fish pie

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



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!



**H** HIGHWEEK  
Primary School



## 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



# Ways to Wellbeing

Spring 26 Issue #6



## Neurodiversity Celebration Week

10-16<sup>th</sup> March was 'Neurodiversity Celebration Week'.

What does that have to do with Mental Health & Wellbeing?

### Neurodiversity Celebration Week

#### What is Neurodiversity?

'Neuro' = Brains

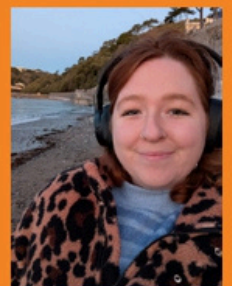
'Diversity' = Different & unique

E.g. I love dogs, hate maths and struggle telling the time sometimes - but you might prefer cats and be really good at maths & getting the time from clocks.

Everyone's brain is special and unique in its own way - we are ALL 'neurodiverse' because we are all unique!

#### Your challenge from me:

Over the holidays, draw a picture or write a thank you letter to yourself for all the amazing things your brain does to keep you safe and well. Mine takes me for walks on the beach and loves listening to music - like I'm doing here!



**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.**

Although all brains are unique, most brains work in generally similar ways and can be grouped into the 'norm' - so are called 'Neurotypical'.

Some people's brains don't work like this at all - so they can be called 'Neurodivergent' (i.e. diverging or 'working differently' from the 'typical'). There are lots of ways people can be 'Neurodivergent' - e.g. ADHD, Autism, Dyslexia and Dyspraxia.

Neurodiversity Celebration Week is about celebrating the different ways our brains work and all the different & unique talents we have!