



The EPICentre of Learning

Design the Cover for "Scene" Magazine – competition for Rec-Year 6: The School Learning Team have shared this art opportunity for everyone today. If your child would like to get involved, see the details below:

Do you love drawing and painting? The people who make our village magazine, Scene magazine, need your help! They want YOU to design the front cover for their big Spring and Easter issue. Imagine your artwork being delivered to every house in the village!

What should I draw? You can choose anything that makes you think of **Spring or Easter**. Think about:

The Rules: To make sure your design can be printed, please follow these steps:

- **Keep it flat:** Use pencils, crayons, felt tips, paint, or pastels. Please do not use 3D items like cotton wool, glitter, or googly eyes!
- **Paper size:** Use a piece of A4 paper.
- **The right way up:** Make sure your paper is Portrait (tall like a door, not wide like a TV).
- **Your details:** Write your name and class on the back of your picture.

How to Enter

1. Finish your masterpiece by **Friday, February 6th**.
2. Hand it in to Mrs Whalley or take it to the School Office.

The makers of the magazine will pick one lucky winner to be on the front cover for everyone to see!

Family Learning Conferences: these are now live and available to book via MCAS. For full details on how to book please see the communication which went out earlier this week.

Early Epic and Epic Eve: Bookings for Spring 2 (February and March) will open on MCAS at 3pm next Tuesday 27th January.

Krispy Kreme Doughnuts!



On the last day of this half term, Friday 13th February, the ESA will be selling Krispy Kreme Doughnuts for only £1! What a bargain!

They will be at the front gate after school so don't forget to pick some up on your way home! Cash and cards accepted, first come first served.

Children at clubs will be given the opportunity to pre-order a doughnut.

National Online Safety Guides: Please see attached this week's guide on SNAP CHAT.

Friday 23rd January 2026

Future Dates

Fri 23rd Jan – Movie night FS/KS1

Mon 26th Jan – **Deadline to order lunches** for w/c 2 Feb 2025

Tues 27th Jan – **Early Epic and Epic Eve** – bookings go live at 3pm

Fri 30th Jan – Movie night KS2

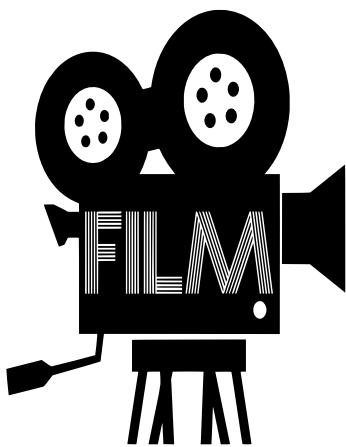
Thurs 5th Feb – **Family Learning Conference** – bookings available

Mon 9th Feb – **Family Learning Conference** – bookings available

Fri 13th Feb – **Krispy Kreme Doughnuts sale**

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Movie dates for the diary! Don't forget our upcoming movie nights.

Reception and KS1 will be watching Dog Man tonight. Pick up will be from classrooms at 5pm. Ticket sales close at midday today for tonight's screening.

KS2 movie night is next Friday the 30th January, straight after school. You can still vote for your film choice between In Your Dreams and Bad Guys 2
<https://forms.gle/AQH9QMwBN2X4z9j67>

Tickets are £3 each and will include the film and sweets. These are available through clubs on MCAS. Children should bring their own water bottles for refills.

Mental Health Awareness: Essential well being strategies for the family

Looking after our mental well-being is vital at every age. When we prioritise positive well-being, we enable ourselves and our children to:

- Build **confidence and self-esteem**.
- Develop **positive and fulfilling relationships**.
- Cope constructively with **anxiety and challenges**.
- **Adapt to change** in a productive way.

Positive well-being doesn't mean always being happy, but it allows us to handle life's inevitable challenges in a practical and resilient manner. Below are some strategies to encourage emotional health.

Strategy	Tip for Parents
It's Good to Talk	Let your children know you're available. If you're busy, promise a specific time later in the day when you can give them your full, undivided attention.
Writing and Drawing	Encourage a private journal or notebook for older children and teens. Younger children can draw their feelings. Private means private unless they choose to share it.
Create a Worry Box	Work together to decorate a box. When anxious, your child can write or draw their worries and "post" them inside. Review the box together later to tear up worries that have passed .
"This Feeling Will Pass"	Remind your child that emotions—from happiness to sadness—are constantly changing. No matter how intense a feeling is, it will not last forever .
Self-Soothing Box	Help your child fill a box with items that provide comfort: favourite books, photos, a stress ball, a fidget toy, or happy mementos from trips.
Practise Gratitude	Each night, before bed, discuss the three best things that happened that day and why you are both grateful.

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Strategy	Tip for Parents
Mindfulness & Meditation	Practice slowing down your breathing together. Mindfulness is about noticing thoughts and feelings in the moment without judging them.
Time in Nature	Spending time in parks or forests has a powerful calming effect. Listening to nature helps focus on the present moment and offers a relaxed time for conversations.
Get Creative/Learn New Things	Creativity helps release stress and tension. Learning a new skill (baking, a hobby) builds a strong sense of achievement and self-belief .
Nutrition & Hydration	Encourage water and raw fruits/vegetables for essential vitamins and minerals. Avoiding high-sugar snacks helps prevent dramatic blood sugar crashes that can affect mood and energy levels .
Get Active	Introduce fun exercise (running, dancing, Simon Says). Walking to school instead of driving is a great way to combine exercise and connection time.
Prioritize Sleep	Sleep is vital for restoration. Teens may need up to 10 hours per night . Ensure their room is dark, cool, quiet, and try to avoid electronic devices before bed.



Thank you to everyone who responded to our request for sporting guest speakers. We are really looking forward to them coming in and inspiring future generations.

Westbank Stay and Play sessions: A reminder of the facilities available through Westbank.

Stay and Play sessions take place every **Thursday morning from 10:00am to 12:00pm**. We offer tea, coffee, and biscuits for a small donation, along with designated areas for toys for younger children and board games for older children and their families. Our aim is to create a **safe, welcoming, and inclusive space for all families**.

In addition, we will be running a **Watercolour Art Group on Thursday afternoons from 2:00pm to 4:00pm**. This group is designed for **young people aged 11 years old and over** who are home educated or on the autism spectrum, offering a calm, creative, and supportive environment.

As a community hub, we will also be offering **Family Social Lunches 12.30pm-2.00pm**. These lunches are open to all families and aim to encourage conversation, connection, and the development of knife and fork skills in a comfortable and accepting setting. **This will be £5 per adult and £1 per child**. Please note that lunches must be **booked 24 hours in advance** by phoning our reception team.

We look forward to welcoming families into the space and building a supportive community together.

Plymouth Brick Festival: Don't forget about the Lego extravaganza on 7th February at the Life Centre. Book now at www.PlymouthBrickFestival.com

Have your say: In response to ongoing financial pressures, Devon County Council has launched a consultation on potential reductions to library services across Devon. Adults and under-18s can take part, and all feedback will help shape the future of local provision. You can complete the consultation here: <https://devonlibraries.commonplace.is/> Thank you for helping us make sure families and young children have their voices heard.

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