



# The EPICentre of Learning

**Thank you to staff and our community:** Following the recent weather-related disruptions, we want to extend a massive thank you to our community and staff for their resilience during the school closure. Opening on Tuesday was incredibly challenging as flooding prevented 11 members of our team (7 teachers and 4 support staff) from reaching the site, but thanks to the incredible flexibility of our staff—including those who stepped in on their days off or adapted their roles—we were able to get up and running. We would have been set for the full day had it not been for the water-supply curve-ball! We truly appreciate the patience shown by our school community during this time. We understand that a school closure causes significant disruption for families, and please rest assured that we only ever make this difficult decision in extreme and absolutely necessary circumstances. Thank you for standing by us while we navigated these challenges.

**Reminder:** Children in Reception through to Year 6 are invited to design the front cover for the Spring/Easter issue of the village Scene magazine. Entries must be on A4 portrait paper using flat materials like paint or pencils—please avoid 3D decorations like glitter or cotton wool. Ensure your child's name and class are on the back and hand your masterpiece to Mrs. Whalley or the School Office by Friday 6th February.

**Morning Handover:** To help our children settle in and make the most of their learning time, we kindly ask for your support with our morning routines. If you have a very brief message for your child's teacher, please feel free to share it when they come out to greet the children in the morning. As soon as the bell rings (8.55am), our teachers move into the classrooms to begin the day's learning with the children. If you need a more in-depth conversation, please contact the School Office (01392 824340 or [admin@exminsterschool.co.uk](mailto:admin@exminsterschool.co.uk)) with a brief overview or a request for contact. The teacher will then get in touch to arrange a time to catch up; please keep in mind that this initial contact may not happen until the end of the school day while they are busy teaching. **Please ensure your child's arrival is punctual at 8:50am with children then in class ready for the day at 8:55am.**

**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 last week.

**Early Epic and Epic Eve:** Bookings for Spring 2 (February and March) went live on MCAS on Tuesday 27<sup>th</sup> January. Book as usual through MCAS.

**Data collection deadline:** don't forget today is the deadline to update your details and consents on MCAS for your child/children. Your review and consent are crucial for ensuring your child can fully participate in all school activities and that you receive all school communications.

**National Online Safety Guides:** Please see attached this week's guide on age inappropriate content.

**Final walk in Flu clinic 7/2/26 Riverside Community Centre, Bovey Tracey 11am-1pm:** please see attached leaflet.

**Half Term Workshop at Thelma Hulbert Gallery:** Tuesday 17 February, drop in between 11am and 3pm. Please join us this Half Term for a printing activity for all ages. Free, suggested donation £2. No booking required.

**Friday 30<sup>th</sup> January 2026**

## Future Dates

**Fri 30<sup>th</sup> Jan** – Movie night KS2

**Mon 2<sup>nd</sup> Feb** – **Deadline to order lunches for w/c 9 Feb 2025**

**Thurs 5<sup>th</sup> Feb** - **Family Learning Conference** – bookings available

**Mon 9<sup>th</sup> Feb** – **Family Learning Conference** – bookings available

**Fri 13<sup>th</sup> Feb** – **Krispy Kreme Doughnuts sale**

**Headteachers: Mrs S Whalley and Mr I Moore**

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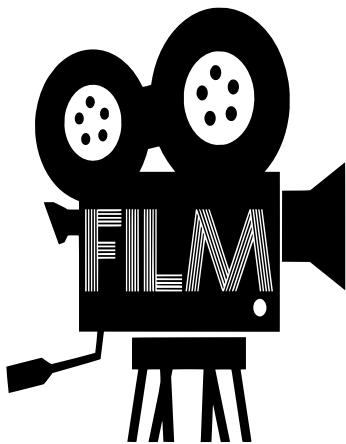
## Krispy Kreme Doughnuts!



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

They will be in the outdoor classroom after school so don't forget to pick some up on your way home! Cash and cards accepted, first come first served. If you are able to help the doughnuts please contact [esa@exminsterschool.co.uk](mailto:esa@exminsterschool.co.uk)

Children at clubs will be given the opportunity to pre-order a doughnut and pay in cash.



## Movie dates for the diary!

Don't forget our upcoming KS2 movie night straight after school tonight. They will be watching *In Your Dreams*

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

Pick up is at 5pm. If your child is in year 5 or 6 and you are happy for them to walk home alone please let the school office know as soon as possible.

## Mental Health Awareness update: Emotional Regulation

Emotional regulation is the ability to manage and respond to feelings in a constructive way. To help a child regulate, we start with **co-regulation** (our calm support) and then teach **self-regulation skills** (their independent strategies).

### 1. Co-Regulate and Create a Supportive Environment

- **Stay Calm:** Your own calm presence is the **most powerful tool** for a child in distress. Model the regulation you want them to achieve.
- **Offer a Warm Relationship:** **Stay with your child** when they are distressed. Acknowledge their feelings with a soothing voice and **avoid trying to reason** when emotions are high.
- **Predictable Routine:** A consistent daily schedule reduces anxiety and makes a child feel secure. Use tools like visual schedules to help prepare them for transitions.
- **Calm-Down Space:** Designate a quiet area with fewer distractions where they can go to de-escalate when feeling overwhelmed.

### 2. Teach Self-Regulation Skills

- **Practice Deep Breathing:** Teach simple exercises like "blowing up a balloon." Breathe together by placing your hand on their chest (and your own).
- **Incorporate Movement:** Encourage physical activities (walking, stretching, jumping jacks) to release energy and **calm the nervous system**.
- **Use Sensory Tools:** Provide things like **fidget toys, kinetic sand, or a weighted blanket** to help them manage strong feelings and improve focus.

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- **Rhythmic Activities:** Engage in steady, predictable rhythms, such as **rocking, swaying, or singing music**, to interrupt dysregulation and restore calm.

## 3. Guide Reflection and Reinforcement

- **Coach Through Situations:** Once your child is calm, discuss what happened and coach them on how they might respond differently next time.
- **Promote Mindfulness:** Help them become aware of their feelings as they happen, creating distance between the emotion and their reaction to it.
- **Positive Reinforcement:** Positively acknowledge and reinforce them when they demonstrate kind or appropriate behaviours.

**Plymouth Brick Festival:** Don't forget about the Lego extravaganza on 7<sup>th</sup> February at the Life Centre. Book now at [www.PlymouthBrickFestival.com](http://www.PlymouthBrickFestival.com)

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