



23rd Jan
2020

**FROM
THE
HEAD:**

Dear Parents, Carers and Children,



The School Nursing Team are coming into school for their annual visit on Monday 27th January to take the weight and height measurements of children in Year R and Year 6 unless you have already opted out of this.

Job Vacancy We have a job vacancy for a Meal Time Assistant. The hours are 12.15-1.45pm Mon-Fri term time only. Application forms can be picked up from the school office and the closing date for applications is Monday 27th January 2020.

**STARS OF
THE WEEK!**



"Stars of the week" - Well done to you all!

Class R - Arthur

Class 1 - Billie-Raye

Class 2 - Harry G

Class 3 - Liv

Our "Stars" will have their photo taken and will be put on the website under Home Tab and Picture Gallery.

Karen Reeves (Head Teacher)

**FROM
THE
OFFICE:**



Dinner money / ParentMail - unfortunately despite numerous automated and manual reminders being sent there are still some unacceptably large dinner money debts! If this doesn't improve we will be changing to a **pre-order / pre-pay system** with dinner choices being made online for all children **a week in advance**. If implemented there will be minimal notice given. Devon County Council policy is all fees payable in advance.

**CLASS
NEWS**



Class R - We're looking forward to our Little Learners' visit to Moreton Court again on Monday 27th Jan.

Current Yr 4 & 5 - Sep 2020 **London residential**. Initial deposit of £50 due **31st Jan** please to secure your child's place.

Class 2 - Final balance payment of £25 for **Skern Lodge** due Fri **7th Feb**.

SPORT



Please have
PE kit in
School
everyday!



High 5 Team - Congratulations to our High 5 Team who qualified yesterday at GTS and are now going to compete in the North Devon Finals! More info to follow nearer the time.

Cross Country - We're looking forward to the final race at **West Buckland** on the 2nd February. Please feel free to race and go, and Mrs Wilson will stay on to collect the medals to hand out in a special assembly at school.

Any questions? Please find me or contact me at sport@monkleigh-primary.devon.sch.uk

All Clubs are running as scheduled next week

Relaxation Club* (Yrs 3-6) - Mondays (this club is fully subscribed) *Limited to the first 10 to reply

Football Club (Yrs 3-6) - Wednesdays (no club 22nd January or 18th March)

Cross Country Club (Yrs 2-6) - Thursdays (no club 13th February)

Later, we will re-start a High 5 Club & for the Summer Term we'll have clubs that younger children can take part in too.

**AFTER
SCHOOL
CLUBS**

Outdoor Learning

Ensure your child has full forest school kit (inc Wellies) on their day.



Children will take part in outdoor learning throughout the school year.

Class R - Thursday mornings (these children may come to school in their forest school kit and bring school uniform to change into)

Class 1 - Wednesday afternoons this half term

Class 2 - Wednesday afternoons after Feb half term

Class 3 - Thursday afternoons

B&T CLUB

ALWAYS CHECK YOUR CHILD IN AND OUT OF B&T CLUB.

The children at B&T Club have requested the following items for Tea Club. Any donations would be gratefully received:-

- *Guess Who
- *Beads for bracelet making
- *Hamma Beads
- *Headbandz (The guessing game)
- *Lego
- *Kaplunk!
- *Marble Run
- *Pop Up Pirate

UPCOMING SPECIAL EVENTS: £5 per child

Date	Thu 13 th Feb	Wed 18 th Mar
Theme	Valentine's	Mother's Day / Easter

Remember! Friday tea club finishes at 4pm

B&T Menu Week 1 (w/c 27/01/20)

Mon	Tues	Weds	Thurs
Pizza Baguette	Soup and Roll	Hot Dogs	Pasta

There is always fresh fruit and salad available every tea time followed by dessert.

Holidays - 4 weeks written notification of planned absence is required

Focus Children - As part of our planning and observation regarding your child's development we require your input once a term, by filling in our sheet and sending in a handful of photos as requested.

Absence - If your child is away, please let us know by 9am. Remember we have our phone line back so you can contact the Pre-School directly on 01805 623777 or via Class Dojo.

Junk Modelling - The children have thoroughly enjoyed junk modelling this week - so we'd be grateful for any more donations.

Snack Donations - Please keep them coming!



December 50:50 winners! 1st Sarah Harris 2nd Marilyn Glover 3rd Gela Burgess

January 50:50 winners! 1st Elaine Rowtcliff 2nd Sue Bennett 3rd Rose Isaac

FOMS

Date of Next Meeting - Monday 3rd Feb @ 2.30pm in the staff room. All welcome to plan future fundraisers.

Help us raise funds for FOMS by going to: <https://www.easyfundraising.org.uk/causes/friendsofmonkleigh/>



Please note this ½ term's menu will remain the same as last term

<u>w/c 27th January Week 1</u>					
	Mon	Tue	Wed	Thu	Fri
Main	<i>Pasta Bolognaise</i>	<i>Meat Pizza</i>	<i>Roast Turkey</i>	<i>Butchers' Sausages</i>	<i>Traditional Fish</i>
Veg	<i>Vegetarian Pasta</i>	<i>Vegetarian Pizza</i>	<i>Veggie Roast</i>	<i>Veggie Sausages</i>	<i>Salmon Bites</i>
Jacket	<i>Cheese / Beans / Tuna</i>	<i>Cheese / Beans / Tuna</i>	<i>Cheese / Beans / Tuna</i>	<i>Cheese / Beans / Tuna</i>	<i>Cheese / Beans / Tuna</i>
Pud	<i>Crumble & Custard</i>	<i>Flapjack</i>	<i>Fresh Fruit Platter or Yoghurt</i>	<i>Chocolate Mousse</i>	<i>Chocolate Cracknell & Milk Drink</i>

FOR YOUR DIARY

M	27	Class R - Moreton Court Yr R&6 Height & Weight (School Nursing Team)	03	
		<i>RELAXATION CLUB</i>		<i>RELAXATION CLUB</i>
T	28		04	Football Tournament at GTS (those children involved will be notified by letter)
		<i>NO CLUBS</i>		<i>NO CLUBS</i>
W	29	Outdoor Learning (Class 1 - pm)	05	Outdoor Learning (Class 1 - pm)
		<i>FOOTBALL CLUB</i>		<i>FOOTBALL CLUB</i>
T	30	Outdoor Learning (Class R - am, Class 3 - pm)	06	Outdoor Learning (Class R - am, Class 3 - pm)
		<i>CROSS COUNTRY CLUB</i>		<i>CROSS COUNTRY CLUB</i>
F	31	London Residential deposit due (£50)	07	Skern Lodge final payment due (£25)
		<i>NO CLUBS</i>		<i>NO CLUBS</i>
S	01		08	
S	02	Final Cross Country - West Buckland School	09	

CAN YOU HELP?

Monkleigh Village Hall - I met with Lyn Allen earlier in the week. Lyn is a committee member for the Village Hall. They desperately need more people involved in the Committee to avoid the Hall being lost altogether. If you are able to spare some time, or have any fundraising ideas, please do get in touch with Lyn or her husband John on 01805 429012. The small committee meet up approximately once a month.



DIY Dinner

LEARN TO COOK & CUT FOOD WASTE

FREE

WEDNESDAYS | 4.30pm-6.30pm
@ BIDEFORD COLLEGE

6 WEEKS STARTING 29.01 WITH A MID-TERM BREAK

For more information & to book:
 emma.croft@devon.gov.uk / 01392 383159



You might be interested in this:



TALKWORKS
 IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

UNDERSTANDING AND IMPROVING LOW MOOD

A workshop from TALKWORKS that looks at:

- What is low mood?
- How does low mood impact us?
- What we can do to improve our mood

Led by qualified NHS therapists the workshop offers practical solutions and activities to help you improve your mood and mental wellbeing.

13 February 2020
 6pm – 8pm
 Castle Centre – The Hall
 25 Castle Street
 Barnstaple
 Devon EX31 1DR

Nearest car park is the Cattle Market, with a short level walk to the hall.

Limited spaces available.
 To book your place:
0300 555 3344
 dpt.talkworks.northdevon@nhs.net



TALKWORKS.dpt.nhs.uk
 @DPT_TALKWORKS

743/01/20



CBT for Sleep Workshop

What is it?

A workshop of 3 hours; it is a CBT-based course to teach you about healthy sleep, sleep problems and ways to tackle them. CBT (Cognitive Behavioural Therapy) is a research-based intervention shown to help people with sleep problems and also with mild-moderate depression and anxiety.

What can I expect?

This is a workshop to help you self-manage, it is not group therapy. You will not be asked about personal problems and you won't be directly asked to talk about your sleep difficulties (although you are very welcome to if you are happy to share). You will learn about sleep problems and ways to cope yourself.

Who is it for?

The course is for people who would like to gain a better understanding of sleep and sleep problems and learn new ways to improve sleep quality. You must be over 18 and live in North Devon or Torridge.

Will it help me?

The course material is based on research about what is helpful to people with sleep difficulties. We will discuss practical techniques for helping sleep as well as introducing you to tools to measure the efficiency of your own sleep and learn about sleep hygiene.

Does it cost anything?

No – the course with all the information is free of charge.

I'm interested-what do I do now?

If you are not already a patient of TALKWORKS then you can self refer or be referred through your GP. If you are only interested in the sleep workshop, you can call and ask to be booked on. Alternatively, if you would like an appointment with one of our staff first, you can ask to have an initial assessment where we can discuss your own difficulties and the course in more detail with a Psychological Wellbeing Practitioner (PWP) or Psychological Therapist (PT). If you are already with the service please let your PWP or PT know you are interested and ask for latest course dates information.

Where and when?

The courses run throughout the year in various locations.

CBT for Insomnia Workshop Upcoming course

Monday 24th February 2020

10:00 – 13:00

Kingsley Room

The Burton Art Gallery and Museum

Kingsley Road

Bideford

Devon

EX39 2QQ

Accessibility: the Kingsley Room is on the second floor but there is a lift and easy access.

Tea and coffee are provided and there is pay and display parking nearby.

If you are interested in attending the course please discuss this with a member of the team or confirm your place on the course by contacting dpt.talkworks.northdevon@nhs.net or 0300 555 3344.

This course is run by TALKWORKS.
 We are at 109 Boutport Street, Barnstaple, EX31 2DZ.
 Telephone: 0300 555 3344
 Email: dpt.talkworks.northdevon@nhs.net
 Web: <https://www.talkworks.dpt.nhs.uk>