



# Newsletter

## 14<sup>th</sup> October 2016



Dear Parents,

Thank you to the many people who came out to help on Grounds Day last Saturday. Everyone made a superb effort to clear areas and the difference it has made is tremendous! We can now plan how we will make our cleared areas into play and learning areas. **Thank you!**

This week Foxes and some of Badgers have been given the opportunity to take part in the Multi-skills Festival and Swimming Gala. Hannah, the Sports Coach reported, **“Shute - did very well in the year 5 girls freestyle coming second just 2 seconds off the fastest swimmer from Kilmington. I was particularly impressed with Shute support for their team and others.”** Thank you to the staff for organising the trip and well done to the children for their impeccable behaviour.

Thank you to those parents who came to the **Attendance Consultation Meeting**. The School Council and Parents came up with some excellent suggestions for how we could maximise attendance. We thought that first we would try to promote hygiene routines and teach children how to reduce the spread of germs. Each class will be issued with a room thermometer so that a healthy temperature can be maintained. This could be a good job for a classroom monitor! We are also going to try using anti-bacterial hand-gel before lunch and when the children come in from play. Let's hope that this will have the desired effect.

On Wednesday 19<sup>th</sup> of October we will be holding an **Open Day from 10:00-11:30am and 1:30pm-3.00pm**. You should have received your invitation from your child. You are welcome to bring relatives and friends. It should be an exciting opportunity to support your child with their learning and see the fantastic things going on in the school.

Parents evening will be from **3:40pm to 7:20pm on 19<sup>th</sup> October** and this year we are encouraging you to **bring your child with you**. We feel as a staff team that it is important to discuss your child's learning in collaboration with them. **Please sign up in the school foyer.**

Looking forward to seeing you on Friday next week for our Harvest Festival at 2pm in the Church. Please see below for the items requested for the 'Canned Sunshine' - Axminster Food Bank.

Kind regards,  
Clare Rinaldi

**Please bring your Harvest donation to school on Friday 21<sup>st</sup> October. Items will be taken to the Axminster Food Bank 'Canned Sunshine'. Thank you.**



**Mindfulness Club 1-1.30pm Tuesday afternoons**

We would like to offer a Mindfulness Club for KS2 to start after half term. Jenny has come highly recommended from other schools. Please see the details below:

My name is Jenny Lidster and I have trained with the Mindfulness in Schools Project to teach mindfulness to children. In its simplest form Mindfulness is learning to pay attention in the present moment, and research studies have shown it can help with self-esteem, coping with stress, emotional self-regulation, compassion, concentration and a sense of well being.

In the sessions the children will learn;

- what mindfulness is and how it can help us, how to focus on the present moment,
- what is happening when we feel difficult emotions,
- ways to handle those emotions and calm ourselves,
- self compassion and positivity.

The sessions are designed to be fun and relaxed and will include a mixture of breathing and mindfulness techniques (there will be lots of these because the benefits come with the repetition), mindful activities, games and crafts, positive self-talk and affirmations, and guided visualisations.

The cost of 6 x 30mins sessions per child is £27.00. The sessions are once a week for 6 weeks.

If you have any questions or would like further information please contact me on the email below and I will be happy to help, [jenny.lidster@talktalk.net](mailto:jenny.lidster@talktalk.net)

Please fill in the request form below to secure your place.

.....  
I would like my child.....to take part in the Mindfulness Club starting after Half Term and include a cheque for £27.00 made payable to **J. Lidster**.

Signed.....

Dated.....

*The school may be able to subsidise the cost of these sessions so that you would only have to pay £13.50 for the 6 weeks. Please come to chat with Mrs Rinaldi if you would like to take up this offer.*

## Express and Echo New Class Supplement

The supplement will appear in Thursday 20th October issue.

### Nut Allergy

We have a child in school with a **severe nut allergy** so please **do not** bring any foods into school containing nuts under any circumstances.

### Poppies

We have a variety of Poppy Appeal items that will be on sale from next week. Suggested donations are £1 or 50p. Badger Class will come around every afternoon next week.



Content	Suggested Donation Prices
Friendship Bracelet	£ 1.00
Slap Rulers	£1.00
Wristbands	£ 0.50
Reflectors	£ 0.50
Pencils	£ 0.50

WARNING:  0-3 not suitable

**School Diary:**

<b>October</b>	
17.10.16	Holt Donkey Visit
19.10.16	OPEN DAY & PARENT'S EVENING
19.10.16	Holt Vet Visit
20.10.16	Evensong Service
20.10.16	Go Cycle event at Bicton Year 5 & 6 – more information to follow
21.10.16	Harvest Festival 2pm
21.10.16	BREAK UP FOR HALF TERM
<b>31.10-13.11</b>	<b>VOTE FOR SHUTE GROUNDS CAMPAIGN @ TESCO</b>
<b>November</b>	
2.11.16	Badgers Swimming Lesson
7.11.16	Year 6 Bikeability Shute
8.11.16	Year 6 Bikeability Kilmington 9:15am-3.15pm
9.11.16	Badgers Swimming Lesson
10.11.16	Year 6 Bikeability Kilmington 9:15am-3.15pm
14.11.16	Year 5 & 6 PE Academy Workshop
16.11.16	Otters Wetlands Trip
16.11.16	Flu vaccinations
16.11.16	Badgers Swimming Lesson
17.11.16	<b>PARENT INVOLVEMENT DAY WITH CHRISTMAS CRAFT AFTERNOON</b>
23.11.16	Badgers Swimming Lesson
28.11.16	Year 3 & 4 Gymnastics
30.11.16	Badgers Swimming Lesson
30.11.16	The Holt Donkey Day
<b>December</b>	
1.12.16	KS2 Orchestra Experience Northcott Theatre
2.12.16	<b>CHRISTMAS FAIR 2pm-4pm</b>
7.12.16	Make, Move, Motivate AVCC
13.12.16	Christmas Lunch
14.12.16	Christmas Production 2pm
15.12.16	Christmas Production 6pm
16.12.16	Christmas Jumper Day
16.12.16	Break up for Christmas Holiday
<b>January</b>	
4.1.17	<b>PUPILS RETURN</b>

**Local information:**

The events we have over half term are:

Spooky Halloween trail, Saturday 22 to Sunday 30 October at Seaton Wetlands. Collect your map and follow it to find all the creepy creatures hiding around the wetlands. Complete the trail to receive a treat (no tricks)! No booking required. Suggested donation £2 per child.

Bird watching for children, Tuesday 25 October, 10am to 12 noon at Tower Hide, Seaton Wetlands. Join an expert guide as they introduce you to the art of birdwatching. See what you can spot. Binoculars available to borrow and telescope set up to use. Booking required [wildeastdevon.co.uk](http://wildeastdevon.co.uk) , 01395 517557. Suggested donation £2 per child.

Halloween crafts, Wednesday 26 October, 2pm to 4pm at Younghayes Centre, Cranbrook. Join the Country Park Rangers to make autumnal and Halloween themed crafts using natural materials. No booking required. £3 per child.

Woodland skills day, Wednesday 26 October, 9am to 4pm at The Knapp, Sidmouth. Learn skills to manage woodlands for wildlife and woodland. Includes charcoal making, coppicing, firewood processing and more. Tea and coffee provided. Moderate level of fitness required, minimum age 8. Booking required: [wildeastdevon.co.uk](http://wildeastdevon.co.uk), 01395 517557. A free event.

What's that bird? Thursday 27 October, 10am to 12 noon. The Tower Hide at Seaton Wetlands. Whatever your level of knowledge or experience come and improve your bird watching with an experienced guide. No booking required. A free event.

Halloween crafts. Thursday 27 October, 10am to 12 noon. Reed Base at Seaton Wetlands. Join the Education Ranger to make autumnal and Halloween themed crafts using natural materials. No booking required. £3 per child.

### **Adult Yoga Classes at Shute**

Sam Omrani has asked if there would be any interest in adult yoga classes Wednesday's at 5pm to be held at the school, cost to be confirmed dependent on numbers. Please email the office if you are interested.

### **Don't be Afraid of the Dark! families activities for Museums at Night and The Big Draw**



Come and see RAMM glow in the dark! With the lights down, you can see sparkly rocks and iridescent butterflies and shadow puppets, enjoy fluorescent face painting and silhouette making. There will be spooky corners with a giant spider walk, and you can make a miniature Roman lamp and join the candle-lit lantern parade around the museum at the end of the evening. There's also a chance to join in drawing a giant fantasy landscape in one of our galleries. Every ticket holder gets a free glow-in-the-dark bracelet so wear your sparkliest fashion items too.

Suitable for ages 5 to 11 but everyone welcome. There must be at least one child in each group and at least one adult for every six children. Part of national Big Draw, Museums at Night and Family Arts Festival. Supported by NADFAS and The Maynard School.

### **Halloween party Saturday 29 October 2016 , 5 - 9 pm (activities till 8pm)**

Join us for a [Halloween Party](#) and an evening of great activities:

- Create your own silhouette shadow puppet with artist Willem Montagne
- Handle live creepy creatures (lizards and snakes)
- Make a bat box for your garden
- Enjoy scary face painting
- Explore the garden to find spooky treats
- Discover our [People's Paolozzi](#) community exhibition

Delicious wood-fired pizzas, crêpes, hot chocolate for little trick-or-treaters, DJ and bar.

*Free admission and art activities, donations welcome. Pay bar and food. Part of the national **Museums At Night** and [Family Arts](#) festivals this October's Half Term.*

Thelma Hulbert Gallery, Elmfield House, Dowell Street, Honiton EX14 1LX [www.thelmahulbert.com](http://www.thelmahulbert.com)