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Issue 24 16.3.17

### Parents' Evenings/Family Learning Conferences

This term these will be taking place on Monday 20<sup>th</sup> and Thursday 23<sup>rd</sup> March. If you have not yet booked your appointment, please speak to your class teacher.

### Important advice from Asthma UK/Exminster Surgery concerning blue inhalers

Continuing to take a reliever (blue) inhaler more than **two or three times a week** means you're only dealing with the immediate asthma symptoms, and not dealing with the underlying inflammation that's causing them. This means that the airways are less able to cope with asthma triggers and the patient at a much higher risk of an asthma attack. Also, using your reliever inhaler regularly could mean that the body starts to get used to the reliever medicine and higher doses would be needed for it to work.

If your child has been prescribed a preventer (brown) inhaler, you need to use it **daily** (usually once in the morning and again at night) **even when you're feeling well**, to stop symptoms coming on in the first place. Each child using a reliever (blue) inhaler needs an annual review with an asthma nurse.

In addition, regularly used aerochambers (spacers) should be replaced every 6-12 months as they cannot be cleaned thoroughly. If the aerochamber is 'cloudy' it means the filters aren't working properly and the medication will stick to the aerochamber and not pass through to the airways. If you have any questions concerning any aspect of your child's medication, please speak to the asthma nurse or doctor at your local surgery.

### Trading Cards

With immediate effect all trading cards (Pokemon etc.) are banned from the school.

### Usborne Book Sale

Usborne books will be for sale during Parents' Evening on Monday outside the office and on Thursday evening in the school hall. A percentage of all sales comes back to the school in books for our library, further supporting the widening of our book selection.

### Comic Relief – Red Nose Day Friday 24<sup>th</sup> March

The School Learning Team have discussed fund raising options with their classmates and have decided to hold an adult vs child sports match and have a pyjama day. All children are invited to come to school wearing their pyjamas on Friday 24<sup>th</sup> March in return for a small donation to the charity.

### #MarchWithUs - The Big Devon March

The Big Devon March is a month-long walking campaign, being run by Active Devon on behalf of Devon County Council and aims to encourage everybody to walk more throughout the month of March. There is still plenty of time to get involved. Visit the [Big Devon March website](#) for more information.

### Easter Holidays

Please remember that we break up on Friday 31<sup>st</sup> March and children return to school on Wednesday 19<sup>th</sup> April.

### School Disco

Don't forget the school disco this Friday, 17<sup>th</sup> March. Entry is £2 and various drinks, sweets and glow sticks will be on sale with prices from 50p.

**Reception/KS1 – 6-6.45pm.** Please enter through the main school entrance. All children will need to be collected from outside the Reception classroom, please wait inside the coloured fence. **RECEPTION CHILDREN MUST BE ACCOMPANIED BY AN ADULT.**

**KS2 – 7-8pm.** Please enter through the main school entrance. Children need to be collected from the hall side exit (opposite the Hub).

**FOR YOUR CHILD'S SAFETY** children will not be allowed to go home without an adult. All children will be signed in and out so please bear with us if this takes some time.





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**EXMINSTER PRIMARY**  
**SCHOOL**  
**DISCO**

**FRIDAY 17TH MARCH**  
**KS1 6pm - 6.45pm**  
**KS2 7pm-8pm**  
**Entrance Fee £2.00**

**REFRESHMENTS**  
**GLO-STICKS AND TATTOOS**  
**FOR SALE ON THE NIGHT**

KS1 TO BE COLLECTED FROM RECEPTION CLASSROOMS  
 KS2 TO BE COLLECTED FROM SIDE OF HALL

  
**Easter Camps**  
 Ages 4 - 11

  
**Topsham Primary**  
 9:00am - 15:00pm

<b>1 Day</b> <b>£15 Each</b>	<b>2 Days</b> <b>£14 Each</b>	<b>3+ Days</b> <b>£13 Each</b>
<b>Dodgeball</b> Tuesday's	<b>Football</b> Wednesday's	<b>Multi Sports</b> Thursday's
		

Find Out More / Book Online:  
  **SportyStars.co.uk** 



Pinpoint is an easy way to find information to support you, your family or someone you care for. It is supported by Devon County Council, community organizations and professionals in Devon. Pinpoint can provide information on: care and support, family support, registered childcare, money matters, housing and care homes, health and wellbeing, learning, working and volunteering and much, much more.

Start your search at [www.pinpointdevon.co.uk](http://www.pinpointdevon.co.uk)

### Exminster Summer Playscheme

On behalf of the committee, I would like to say a huge THANK YOU to all the people who supported us on Saturday at our Family Fun Event. It was so well attended that we were kept busy all night! We hope to have raised over £400, which will go directly towards providing lots of fun and entertainment for this years' Playscheme. We hope you all enjoyed yourselves and had lots of fun. We will shortly be able to advise you of the date in August of this years' playscheme week.

Thank you.

Anne Snell (Committee member)

