

Exminster

Community Primary School



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Congratulations to Mr and Mrs Herring on the safe arrival of their daughter, Verity Alice, born on Friday 20 November. Verity was born at 11.54am and weighed 8lb 6oz. We are all looking forward to meeting her very soon.

Sporting achievements



On Wednesday 18th November, 8 girls from Year 6 took part in an indoor cricket competition in Kingsteignton.

All of the girls showed an incredible spirit and displayed clever tactical decision making and teamwork.

The girls won one of their games and narrowly missed out on the other two, losing only by a very small margin. The team finished 5th out of 8 schools and should be very proud of their sporting performance.

On Monday 23rd November, 15 boys from Year 5 and Year 6 took part in an indoor cricket festival at Teignmouth Community College. After a 'slight' detour and lunch stop for some of the boys at Teign School, the cricket was finally able to get underway! Exminster B played Canada Hill, Chudleigh and Broadhempston. All of the boys showed great progress with their skills and tactics throughout their games, which was fantastic to see. Exminster A played Dartington, Bradley Barton and Rydon. There were some brilliant displays of fast bowling and clever batting. The boys won one of their games and narrowly missed out on the other two, losing by only a couple of runs. The teams finished 5th and 7th and should be very proud of their performances.

Healthy Eating – 'Roots to Food' with Chef Darren

On Tuesday the whole school had a visit from Roots to Food with chef Darren. There were two different workshops, FS and KS1 in the morning then KS2 in the afternoon.

The FS and KS1 workshop was all about portion sizes, about the importance of exercise and how your heart rate changes when involved in exercise. Darren demonstrated making a smoothie, with the help of some children dressed as chefs. Darren then involved the children in sniffing and tasting what had been made.

The KS2 workshop started with a reminder of the different food groups and the importance of a balanced diet. Two teams then competed to make a healthy, balanced meal, in just 15 minutes, using given ingredients. The green team led by Mr Wilsher, decided upon a Chinese theme making oriental salmon fishcakes with lemon scented rice and a vegetable chop-suey. The orange team, led by Mr Mammola, used an Italian theme to create pan fried chicken fillet with tomato ragu sauce and wilted greens, which was presented as an Italian flag. After much excitement and necessary tasting the orange team were declared the winners. Mr Wilsher commented that although they had complex ingredients he was very pleased with their finished dish. Both recipes will be available on line shortly so you can try

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cooking them at home.

Evaluating the learning outcomes with the children after the event it was evident that the children had learnt:

- Breakfast is the most important meal of the day raising concentration levels for learning and achieving.
- Bananas give us slow releasing energy
- Three categories of fish: oily, white and shellfish
- Oily fish should be eaten once a week for brain development (omega 3)
- The three types of vegetarians, lacto, vegan and pescatarian - lacto eat dairy foods, pescatarians eat fish yet vegans look for beans, pulses and nuts for protein.
- Four citrus fruits - oranges, lemons, limes, grapefruits and the French term for grapefruit being 'le pamplemousse'.
- At least seven portions of fruits and vegetables must be consumed daily.
- Cooking techniques were also spoken about being part of the preparation and how we can cook food.

A huge thank you to Darren for the exciting day and thanks to our catering provider, ISS, for funding this workshop.



Traffic issues

Many thanks to all the families who are using the Deepway Centre carpark in the mornings and afternoons and other alternatives to the lanes directly near the school. We appreciate your cooperation in this important matter of children's safety during a busy drop off and pick up time. If you are a blue badge holder, please pop in and chat to me or the office reception team to make arrangements. Ensure your blue badge is displayed at all times when driving down the private lane or using the allocated disabled space.

Exminster Christmas Tree Festival

This year Exminster Primary School will be entering the Exminster Christmas Tree Festival at the Methodist Church. The festival aims to raise money for two

From Exminster Pre-School

Please join us on Friday 4th December and follow Santa on his tour of the village. The celebrations begin at the Stowey Arms at 4.30pm, followed by a stop at Coffee on

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children's charities in Devon: Action for Children and CHICKS. Our KS1 and KS2 Fraser Firs, kindly donated by the Haldon Christmas Tree Centre, will be decorated with the children's handmade decorations. The Christmas trees will be available to view and enjoy at the following times:

Friday 4th December: 3pm - 7pm

Saturday 5th December: 10am - 7pm Coffee morning, stalls and large display of toy Santas from 10 - 12noon.

Sunday 6th December: 3pm - 5pm there will be a Special Gift Service at 10.30am

In addition there is an opportunity to win a potted Fraser fir Christmas tree. A flyer is coming home today and if you would like the chance to win one of two trees, please enter your details on the flyer and put it in the 'Win a Christmas Tree' box outside the school office. Only one entry per family please. The winning family will be contacted on Tuesday 1st December.

Christmas Hampers For KS1 Productions

For this year's KS1 Christmas productions ESA will be putting together some 'fabulously festive' Christmas Hampers for you to win! We are asking families with a child in KS1 to donate a 'Christmas treat' such as wine, chocolates, biscuits or a small Christmas pudding. Raffle tickets will be sold at both performances so please be prepared!!!

Please bring your donations in from Monday 30th November. They can be left in the boxes outside the classrooms but please remember that alcohol must be given straight to the office.

Thank you for your support, all funds raised will go towards improving the outdoor environment for our children.

Wishing you all a Merry Christmas from Exminster School Association!

the Corner, then on to The Royal Oak for the grand finale where there will be hot mince pies, Christmas lights, a sing-along with a local choir and Happy Hour at The Royal Oak from around 5.30pm – lots of fun which is set to get you in the festive spirit!

The Christmas Bazaar follows on Saturday 5th December, from 2-4pm at Victory Hall. Children will have the chance to visit Santa in his Grotto, make Christmas crafts and take part in festive games. There will also be a tombola, toy and book sale, face painting and raffle – refreshments will be available. Admission 50p per Adult/ £1 per Family. This is our main fundraising event of the year and we hope as many of you as possible will be able to join us on the day.

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