



The EPICentre of Learning

Menu Swap next week: Due to the bank holiday we need to make some minor changes to the menu for next week as below;

Tuesday 6 May – Red-Burger and Green-veg curry

Wed 7 May – Red-Roast Chicken

School Disco -Friday 16 May: The school disco is back on Friday 16 May! A payment Item is now live on School Gateway. The last one was so successful thanks to all the volunteers. If you could spare some time for one, or multiple, disco slots please contact Toni Hatton on 07841 680614

See the attached poster for more details

- Reception 3.30-4.10pm
- Y1/2 4.25-5.10pm
- Y3/4 5.25-6.10pm
- Y5/6 6.25 - 7.15pm

Sunny weather: Sunny weather is here! Please ensure your child brings a sunhat to wear during outdoor breaks and lunchtime. On sunny days, we also recommend applying a once-a-day sun cream before school.

Summer Fair, Friday 11 July 4.30-7pm: our ESA are in the process of making arrangements for the school summer fair. We are looking forward to performances from our school choir and the Exminster Judo group. If you know of any local groups that would like to do a performance at this event, please get in touch with our ESA via email: esa@exminsterschool.co.uk

Early Epic and Epic Eve bookings: We had planned to use the new MCAS system to book the next half term's sessions however due to recent technical issues with its launch, we will continue to use **School Gateway**. We are continuing to liaise with Devon County Council who are working hard behind the scenes to resolve the remaining issues with the new system and to improve your overall experience moving forward. We are expecting to be able to use the new system to book places for the Autumn term (September - October) EPIC clubs. **EPIC Club Summer 2 bookings (June-July) will be released on School Gateway on Wednesday, 7 May at Midday.**

Mental Health workshops: Would you like to find out about supporting your child's positive mental health and well-being? This workshop will give you the opportunity to explore how we support this in school and how you can support your child at home. We offering every year group the opportunity to attend a workshop in the hall and then the children will join us to engage in some mindfulness activities.

Class	Date
Year 6	21.5.25
Year 5	4.6.25
Year 4	11.6.25
Year 3	18.6.25
Year 2	25.6.25
Year 1	2.7.25
Reception	16.7.25

Friday 2 May 2025

Future dates:

Mon 5 May: Bank Holiday -school closed

Wed 7 May: Early Epic and Epic Eve bookings open midday

Fri 16 May: School Disco

26-30 May - HALF TERM

Fri 6 June: Rec, Y1 & Y2 sports morning 9:30-11:30

Fri 27 June: Y3, 4, 5 & 6 sports morning 9:30-11:30

Fri 11 June: Summer Fair 4.30-7pm

Headteachers: Mrs S Whalley and Mr I Moore



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Weather permitting, we intend to spend time in our Nature School and Cloud 9 area. If you would like to attend, please complete this Google form and select the appropriate workshop for your child's year group.

<https://forms.gle/HSkYWBEdNJKiw3YLA>

Mental Health Update: This week, I have included some useful strategies to support your own mental health from the NHS Every Mind Matters website

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Looking after your own mental health

Parenting or caring for a child or young person can be tough at times. It's important to look after your own mental wellbeing, as this will help you support yourself while you are supporting others.

Try to recognise and acknowledge when you're feeling low or overwhelmed. Struggling with something or experiencing your own mental health problems does not make you a bad parent or carer.

It's completely normal to be worried, scared or helpless during difficult times, and feeling this way is nothing to be ashamed of.

If you can, tell someone you trust how you're feeling. Maybe there's family, friends or a colleague who could support you or allow you a break?

You should never feel like you must cope on your own, as there's help available. Scope has advice on [managing stress when caring for a disabled child](#) and Young Minds has lots of support for parents.

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www.exminster-primary.devon.sch.uk

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