



The EPICentre of Learning

We have had a great week back at school and look forward to the term ahead.

School Learning Team: Today, we held our very own elections for the new School Learning Team! Years 1-2 came to the polling station to vote and learnt about a fair voting system and the word *democracy*. Pupils in Years 3-6 learned about the principles of democracy and how it works in government before casting their votes. We had pupils who put themselves forward as candidates. They presented to their classmates, explaining why they would be a great representative, and everyone had a chance to vote for who they thought would best represent them. Using official ballot papers, children cast their votes in the polling station in private and then put them into the ballot box, making it an authentic and engaging experience. This process helps our children understand how their voices can be heard and the importance of having a say in decisions that affect them.

Christmas artwork: Children are currently completing their artwork for their Christmas items which will be brought home in the next week or so. Please complete the form and return it to the school as soon as possible. There will be a payment item on MCAS from Monday 15th September which will be available until Wednesday 1st October. Please ensure all ordered items are paid for by this date.

Friday 12th September 2025

Future dates:

Monday 15th September – 3pm
Year 4 Parents Residential Meeting

Tuesday 16th September – 9am
Reception Parents – Supporting your child to read at home meeting

Wednesday 17th September – ESA
meet and greet, 7pm Stowey Arms

Tuesday 23rd September – School
Photographs

Friday 3rd October – 2.45pm
Reception Parents Maths
Workshop

Flu vaccinations: You should have received an email yesterday outlining the process for booking your child's flu vaccination through the NHS who will be visiting school on the 5th November. Also attached was an information leaflet to help answer any question. Please confirm your consent through the following link using the **School Code DV113201**
<https://www.kernowimmunisations.co.uk/Forms/Flu>

School photographs: On the Tuesday 23 September Fraser Portraits will be coming to take individual and family photographs. Please ensure that children are dressed appropriately in their school uniform. There will a further date for any children absent on the day (including those on the Year 4 residential) to have their photos taken. This date will be communicated nearer the time.

ESA meet and greet - Wednesday 17th September, 7pm at the Stowey Arms. A great opportunity to meet and find out more about what we get up to! Discounted drinks available to those attending.

Train to Teach in Devon: As a partner school with Exeter Consortium Schools' Alliance, we are proud to support their Primary Teacher Training programme. If you've ever thought about becoming a primary school teacher, this school-based training offers classroom placements across Devon, expert guidance, and hands-on experience from day one. Applications open on **7th October 2025** for training starting September 2026. Find out more here: www.exeterconsortium.com/train-to-teach

Headteachers: Mrs S Whalley and Mr I Moore

www.exminster-primary.devon.sch.uk

admin@exminsterschool.co.uk

01392 824340



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School uniform: a reminder about our school uniform. On PE days, we ask that children come to school in their PE kit – school jumper, blue or black tracksuit bottoms/shorts and a yellow t-shirt. Trainers are not part of our standard school uniform. Watches can be worn (no smart watches permitted unless the only capability is step count), one pair of ear studs can be worn but no other jewellery (eg rings, necklaces, bracelets).

Change of pick up: if during the day something needs to change about the school pick up, please contact the school office (01392 824340) to notify us.

Sponsor a Veg Bed in Our School Garden! We're excited to offer a unique opportunity to support our school garden and directly contribute to our children's hands-on learning! We're inviting local businesses, organisations or families to sponsor a raised vegetable bed in our school garden.

For a recommended donation of £40 (this amount can be whatever you choose), your sponsored veg bed will be clearly marked with the name of your organisation or business. All donations will go directly towards developing this fantastic outdoor learning space, allowing our children to continue their work of growing their own food and supporting the environmental education.

If you're interested in sponsoring a veg bed, please contact admin@exminsterschool.co.uk, subject marked as 'School Garden'. Thank you for helping our garden grow!

National Online Safety guides: Each week we will send out a National Online Safety guide for your information to support you and your child in navigating the online world. These are really useful guides.

Roblox: Roblox is one of the most popular games for children but we just want to remind parents and carers that there are a number of risks associated with this. These can include mature content, online play risks, in-game spending and scams. Please ensure that you monitor your child's usage to minimise these risks.

Mental Health Awareness: please see the next page for this week's Mental Health Awareness information. Keep an eye out weekly for information and advice on a range of useful topics. We hope you find these useful.

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Mental Health Awareness:

10 WAYS TO SUPPORT YOUR CHILD'S MENTAL HEALTH



- 1 Show them you love them and give them a hug if they will let you. If they don't like hugs, you could always give them a high five or make up a special handshake.
- 2 Try to create a home environment where they know they are safe to be themselves. Accept them as they are and don't try to force them to be something they are not.
- 3 Take a genuine interest in the activities and things they love. If they love dinosaurs, learn about it so you can chat to them about their interest – get them to teach you.
- 4 Tell them that you recognise their strengths and show them you notice when they do the right thing. Praising a child will show them that positive actions lead to positive results.
- 5 Make time and space for your child and give them your full attention. A little bit of undivided attention and active listening every day is great. Turn off your phone and really listen to them.
- 6 Show them that everyone is human and makes mistakes. By doing so you can model effective ways to deal with difficult situations. They will learn from you that it's okay to make mistakes and healthy ways to deal with it.
- 7 Make sure your child knows the family boundaries and what the consequences are if they cross the line. It's not the severity of the consequences that is necessarily important, but the fact they know there are clear boundaries and you will follow through.
- 8 Encourage your child to talk about emotions and mental health. Simply encouraging them to share their day and how things make them feel is a great way to support them.
- 9 Help your children to set and achieve goals. You can help them to do it and show them how to break their goal down into manageable sections. This is a really helpful life skill and very good for wellbeing.
- 10 Show children it's important to take care of your physical and mental health. Model good habits to them and explain to them why it's equally important to look after your mind as well as your body.