



The EPICentre of Learning

Epic Clubs for Spring 1: Bookings for Early Epic and Epic Eve sessions in the first half of the Spring term (Jan-Feb) have been launched alongside the after-school sports clubs for the Spring term. This enables parents to book their Epic Eve sessions around the sports clubs their child would like to do. Epic Eve and Early Epic can be found on MCAS under Wraparound care and the sports clubs can be found under Clubs. Both should be paid for a point of booking either by card or voucher. If you're paying by voucher please send across a screenshot as proof of payment so we can apply the credit as soon as possible for you.

There are still spaces available at Early Epic, Epic Eve and afterschool sports clubs. Book now to avoid disappointment. Please note that once sports clubs have started in January cancellations are non-refundable.

Christmas dinners deadline Monday 1 December: PLEASE NOTE - Jacket potato and pasta options are NOT available on Tuesday 9 December, only Christmas dinner; red for the meat option and green for a vegetarian roast. You will still see these as options on MCAS because we can't remove them for just one day but please don't select them. If your child doesn't want a meat or vegetarian roast that day then they will need to bring in a packed lunch. All orders or changes must be on MCAS by **Monday 1 December**. We won't be able to add on late orders.

⚠ Important Drop-Off Notice: Private Roads Please be advised: The roads directly at the back of the school premises are **private** and designated for **access only** (e.g., residents, deliveries). Please **do not use these roads for general drop-off or waiting**. For your child's safety, please note that there are no accessible pavements or walkways on these private roads. The high volume of people during pick-up and drop-off can create a safety hazard in this area. Your cooperation is essential to maintain good neighbour relations and safety.

Exploring Exminster! How well do you know your village? When is the last time you crossed Crockwells Meadow, explored the Wilderness or dropped by the Village Orchard? All of these green and natural places around are the focus of the Exminster Greenspaces volunteers. To help build awareness and the connection with our home surroundings, the Greenspaces team have prepared a refreshed leaflet (which went home with children last week) with a suggested walking route. It includes notes of village highlights to look out for and wildlife you might encounter.

Have you had an opportunity to walk this route yet? You can contact the Exminster Greenspaces team via E mail - exmgreenspaces@yahoo.co.uk

Friday 28 November 2025

Future Dates

Monday 1 Dec – Cut off date for Christmas dinner

Tues 2 Dec – Rec Nativity 2.30pm

Fri 5 Dec – Deadline for colouring competition entries

Sun 7 Dec – Choir performance at St Martins Christingle 4pm

Tues 9 Dec – Yr2 Nativity 9.30am and 2.30pm and School Christmas dinner

Wed 10 Dec – Carols in the Yard - details to follow

Fri 12 Dec – Yr1 Christmas Extravaganza and Christmas Jumper Day for Save the Children

Fri 19 Dec – Last Day of term

Tues 6 Jan – First day of Spring term



Nayamaba: This year as a school we will be raising essential funds for Nayamba School and their food programme again.

For our fundraiser today, we are asking for a £1.40 donation per child (do donate more if you wish to). £1.40 is the cost to feed one child for one month with the porridge programme that Nayamba school provides to every child on roll there. Last year, we managed to raise enough money to provide the food programme for the whole school for one whole month. We are also trying to get other schools involved, having a different month, so that over the course of the year, our wider community can support the Nayamba community with one aspect of their offer.

Headteachers: Mrs S Whalley and Mr I Moore



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A message from the International Committee Dawlish Water Rotary Club: Moldova Shoe box appeal: A really big thank you to everyone who kindly sent in a shoebox for this appeal. More than 90 shoeboxes are on their way to children and families in both Moldova and Ukraine. The children are truly thrilled to receive a Christmas shoebox.

Flu nasal spray catch up: If your child missed the flu vaccine in school Kernow Health will be running clinics at various locations across Devon from mid-December, by appointment only. Their contact details are 01392 342678 or email kernowhealthcic.schoolimmsdevon@nhs.net for further information.

Christmas dates: Please see the dates box and attached poster for all the upcoming festivities 

Gifts & Garlands: Free family event Sat 6 December, drop in 11 - 3

Join us to create a mini festive garland in our free family activity. Enjoy mulled wine and mince pies, plus a 10% discount in the exhibition and shop. Dowell Street, Honiton EX14 1LX

ESA update: The ESA is the parent association group - if you can spare any time to help us raise money for our school contact us at esa@exminsterschool.co.uk or come along to a meeting!

Meeting dates for 2026 to be held at 7pm at the Stowey Arms are:

- Tues 13th Jan
- Weds 4th March
- Tues 28th April - summer fair planning!
- Weds 3rd June
- Tues 14th July

Updates from recent events: The Christmas market at Victory Hall was a lovely festive event. The ESA stall raised £160 profit for the school. Thanks to Laura, Toni, Norma and Elaine for making this happen.

DISCO fever: An amazing £1048 was raised from the latest disco. Thank you to everyone involved in organising and supporting this event.

We are looking for a few more volunteers to help sell raffle tickets at the school Christmas performances and at Carols in the yard. If you would like to help and guarantee yourself a good spot for watching the performances, please email the ESA.

National Online Safety Guides: Please see attached this week's guide on online content.

Video School Newsletter: Don't forget you can now listen/view our weekly newsletter on our website - click on our link here [Welcome](#)

Premier Education: Holiday clubs will be running over the Christmas period. Please see attached leaflet for more information.

Guitar Lessons: Steve Downs, who provides guitar lessons in school, has some availability from January. Details can be found on Music Devon or by emailing Steve directly on stevedownmusic@icloud.com

Headteachers: Mrs S Whalley and Mr I Moore

www.exminster-primary.devon.sch.uk

admin@exminsterschool.co.uk

01392 824340

Well-being and Mental Health Update: Understanding the Escalation Cycle 😊

All children experience big upsets from time to time, sometimes leading to emotions that become overwhelming. This can result in behaviour that escalates to destructive actions, or a child may 'shut down' and become withdrawn. As parents, our own emotions can naturally get stronger too, which can make managing the situation even harder.

Knowing how the **escalation cycle** works can help us both manage and prevent unhelpful cycles of behaviour in the moment. It is made up of six phases:

Phase	Signs in Your Child	What You Can Do
😊 Calm Phase	Content, not agitated, able to engage in and enjoy activities.	Praise good behaviour and find opportunities to connect.
😬 Trigger Phase	Signs of struggling with a task; may be hungry, tired, or bored.	Help them work out what is bothering them, and solve it together .
😡 Escalation Phase	Displays signs of agitation such as whining or sulking.	Distract and redirect your child's attention.
😱 Overwhelm Phase	Seems out of control (kicking, crying, screaming) or completely shuts down.	Focus on safety , give space to calm down, and STAY CALM yourself. Model calm behaviour by controlling your own response and body language.
😌 De-escalation Phase	Starting to calm down, though may still be vulnerable.	DO NOT rehash the incident . Show respect and compassion.
😊 Recover & Repair Phase	Completely calm.	Discuss what happened, problem-solve together , and practise calming techniques.