



# The EPICentre of Learning

**Nature Photography Competition Update:** A massive thank you to everyone who submitted an entry for the Eco Team's first-ever Nature Photography Competition! The response was wonderful. All of the beautiful entries are now proudly displayed in our school corridors. Our two expert judges—Mr. Driver (a nature photographer) and Ranger Pike (our Nature School leader)—will have a very difficult job selecting the winners from each category this Friday! The competition successfully raised £41 profit, which the Eco Team will decide how to spend at their next meeting. We will keep you updated with the names of the winning photographers and the Eco Team's exciting plans for using the funds!



**Nayamba fundraising:** We are thrilled to share the incredible success of our recent fundraiser for the Nayamba School's food programme! Thanks to your amazing

generosity, we raised a grand total of £505.90. This fantastic amount is enough to provide the essential food programme for 361 children for an entire month! This demonstrates the powerful impact one community (of a similar size) can have in supporting another. Thank you for making such a significant difference.

**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](mailto:kernowhealthcic.schoolimmsdevon@nhs.net) for further information.



**Christmas dates:** Please see the dates box and attached poster for upcoming festivities. Carols in the Yard start at 6.15pm in the playground and children are parent's responsibility and need to be accompanied by an adult at all times. Raffle tickets will be available to purchase at the event.

**School Menu – January 2026:** We will be running the same menus for the Spring term and will start again on Week One when we come back on Tuesday 6 January. We will update the menus with the new term dates.

## **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 at Thelma Hulbert Gallery THG, 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](mailto: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

## **Friday 28 November 2025**

### **Future Dates**

**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 - 6.15pm in the playground

**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

**Headteachers: Mrs S Whalley and Mr I Moore**

[www.exminster-primary.devon.sch.uk](http://www.exminster-primary.devon.sch.uk)

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**Volunteers required:** 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.

**Eco-friendly Christmas:** Some Eco-friendly festive ideas.

## Christmas cards:

- ❖ Avoid cards that come wrapped in plastic!
- ❖ Many shop-bought cards have glittery designs which make them un-recyclable. Choose recyclable cards, or cards made from recycled materials.
- ❖ Look out for the Forest Stewardship Council (FSC) mark. That means the trees the cards are made from are sustainably grown
- ❖ Avoid the shops and create your own cool cards from recyclable materials!
- ❖ To be super eco-friendly, forget posting cards altogether and send e-greetings instead.
- ❖ Give to a charity instead of buying cards, send your friends an email or a message to let them know you are doing this

**D-eco-rations:** Most of us already reuse our **Christmas tree decorations**, storing them in a box year after year. But if you're thinking of adding more to your collection, avoid plastic ones. Here are our top tips for planet-friendly decs:

- ❖ Create homemade decorations – try edible ornaments or ones made out of recycled material you have in your home
- ❖ Turn off your Xmas lights overnight to save electricity.
- ❖ Need new lights? LED ones use less energy!
- ❖ Use natural items like holly, pine cones and mistletoe for table, mantelpiece and door decorations. Foraging for them is fun, too!
- ❖ Search the charity shops for some decorations

**Presents:** You can also ask your family to get all their gifts at online eco-stores this year. Recycle your toys, regift them. Buy members of your family presents from a charity shop – that way you are donating to charity and reusing items.

**Wrapping paper:** Sadly, the snazziest wrapping papers are impossible to recycle – glittery, glossy, laminated and foil gift wrap will all end up in landfill. Tape, ribbon and bows aren't eco-friendly either. So try these wrappings instead!

- ❖ Save picture pages from newspapers and magazines to wrap gifts in.
- ❖ Secure your wrappings with twine or string tied in a bow instead of tape.
- ❖ Brown paper can be recycled. Try decorating it with drawings or printed stamps!
- ❖ Cut gift tags out of old Christmas cards or magazines.
- ❖ How about wrapping gifts in re-usable fabric scarfs or making fabric gift bags out of old material

**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.

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

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**Guitar Lessons:** Steve Down, 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](mailto:stevedownmusic@icloud.com)

## **Mental Wellbeing Update Week 5: My Child Has Friendship Issues** 🤝

It is perfectly ordinary for children to have difficulties with friendships, which change naturally as they grow and develop. Here are three key strategies to encourage your child to solve these problems themselves:

### 1. Stop and Listen Before Stepping In

It's understandable to want to protect your child, but try not to jump in too quickly to fix things. Take a moment to manage your own strong emotions—especially if their troubles remind you of your own childhood. By managing your emotions, you can better support them as they find a solution.

### 2. Reassure Them That Falling Out is Natural

Let your child know that friendships often change and that being friends doesn't always mean agreeing or getting along all the time. Help your child move past the anger and hurt by listening and naming their emotions. Once they feel understood, they can better start to problem-solve. Encourage them to come up with their own ideas to deal with friendship issues.

### 3. Help Them Grow Confidence in Their Friendship Skills

If your child is struggling (perhaps due to shyness, a tendency to take control, or lack of confidence), you can help by talking about what makes a good friend. Practice skills like listening, sharing, compromising, and negotiating.

- Explore examples from everyday life, TV, and books to help them think about what makes a good friend.
- You can also encourage friendships beyond school by joining clubs or arranging play dates.

**Gabby's Dollshouse Performing Workshop – 4-5 year olds:** There is an opportunity to take part in this workshop at West Exe School on Saturday 6 December, 10-11.30am at a cost of £15 per student. Contact [exeter@theatretrain.co.uk](mailto:exeter@theatretrain.co.uk) or call 01392 914066 for more information and to book. There are other workshops each week for older children.

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