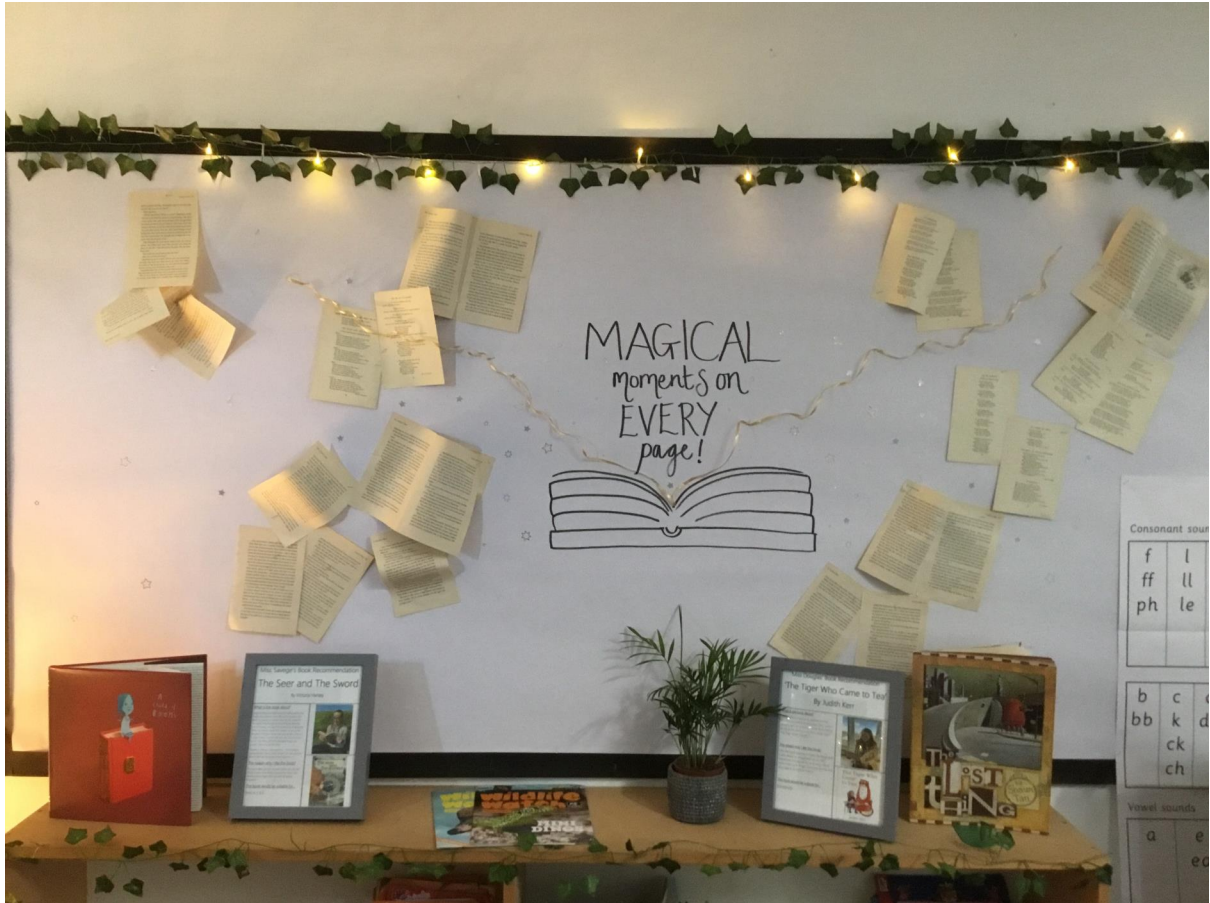




The Salcombe Scoop 20th March

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A Message from Miss Bond



Dear Parents, Carers and Friends

The sun has finally arrived and it's been lovely to get outside and finally onto the field. I would be up there every day but the children don't like getting wet feet! It's a fantastic part of our school site and it's lovely seeing things start to grow and shoot out. As the weather gets warmer, please ensure more than normal that your children are bringing a water bottle in each day to keep hydrated.

Prawns Class have had a fantastic visit to the House of Marbles to look at all of the old toys they have there which is what they have been learning about in their History work. The playground there was a big hit too - and the shop! If you haven't been before, it is free and well worth a visit. Thank you again to all the wonderful parents who came and supported too and thank you to Jenny Bond who came in and shared her old childhood toys with us - the children, and Miss Dickens, were mesmerised!

Year 3 and Year 4 have had their summer trip confirmed for Young Spirit Adventures on the River Dart; please check your emails for information about that and ensure you secure your place with a deposit. Canoeing, zipwire, bushcraft, treetop activities and camping out - I can't wait!

There are two exciting things happening in Salcombe this weekend if you have some free time!

Number 1: We are having a SPRUCE UP DAY on Saturday 10-2pm to paint and demolish some more bits of school. Please come and lend a hand if you possibly can.

Number 2: HMS Magpie, Salcombe's affiliated ship, will be visiting the harbour. She will be moored on Normandy Pontoon on **Sunday 22nd March, when it will be open to the public between 13:30 and 15:00.**

Have a great weekend.

Miss Bond







Breakfast and After School Club

Please get in touch with Charlotte to secure your place in advance and create a booking through the specific email address which is **wraparoundcare@salcombe-primary.devon.sch.uk** . The booking deadline will be 3:45pm prior to the day required and the email address will not be manned over the weekend meaning if you want a Monday breakfast club session, it must be booked by 3:45pm on the Friday before. As this is a new system for all of us, there are bound to be a few niggles, so please bear with us!

Mrs Bates runs the breakfast and after school with a wide range of exciting activities each week, such as: gardening, art, cooking, crafts as well as sport, play, homework opportunities and tasty breakfast and snacks each day. Please contact us on 01548 842 842 to arrange sessions between:

- 8:00 until 8:35 (£4.50 per session)

- 15:20 until 16:30 (£5.00 per session)
- 15:20 until 17:30 (£8.00 per session).

Amazing Achievements!

Congratulations to our 5x a week readers this week!

Our weekly certificates were awarded to some very special children this week: **Sophia, Tabby, Thea, Jasper and Alana** for showing our school values - we are really proud of you!

Our Times Table Rockstars this week are: **Archie O, Ethan and Phoebe** and a super mathematician award goes to **Erika and Vanessa**!

Congratulations to our netball team who played their first tournament (and probably first ever match) at Aveton Gifford this week. We look forward to putting some training in over the year for the next one.



Messages from the Office



- Don't forget we're a nut free school!

Clubs for the *Summer* term will be as follows:

Mon - SATs club for Year 6 3:20-4:20

Thurs - Forest School with Mrs Hedgehog 3:20-4:20 - any ages.

Thurs - Netball with Mrs Blake 3:20-4:20 - Lobsters Class

Dates for your Diary



25/3/26 - Parents' Evening for Starfish and Lobsters (different dates for Prawns - please check your emails)

Wb 30/3/26 - Science Week - details to be shared later.

1/4/26 - Learning Together 2:30pm - The Great Egg Challenge

30/3/26 - Easter Church Service - 2:30pm - collect from the church **CHANGE OF DATE - APOLOGIES******

20/4/26 - Sailing for Year 4

27/4/26 - Sailing for Year 4





Support for parents & carers who have children diagnosed (or suspected) with autism & PDA

At **You Are Not Alone** you'll find a safe, welcoming space to connect with like-minded parents and carers. You will find guidance and understanding to help you support your child with meltdowns, emotional dysregulation, education and so much more - right from the start.

Topics that will be discussed are:

- helping your child regulate their emotions & feelings (meltdowns etc)
- understanding autism and PDA
- navigating school and EHCPs
- Supporting your child with friendships
- understanding and managing challenging behaviour
- managing sensory needs
- developing a positive relationship with your child (family dynamics)
- exploring EOTAS or home education
- looking after your wellbeing
- and so much more



Erik & Sally

Erik is a social worker and Sally is a teacher. Both come with 20+ years of lived experience being the parent of an autistic child.

Here's what parents have said:

"Thank you so much for the group this evening, I can't tell you how grateful I feel and I really do feel less alone and more validated. My hope is back" - Louise - parent

Support we would like to offer you:

Free Monthly Drop-in - ever 1st Tuesday of the month from 7pm - 8.30pm (Zoom)

A whole free month membership - access to our **weekly drop-ins** (Mon morning 10 - 11am and Tuesday evening 7pm - 8.30pm) plus access to our **online library of resources** as well as our supportive **You Are Not Alone Whatsapp group** for daily connection and support

To gain access to either of the above options, please go to
<https://youarenotalone.community>

There is no cause for alarm within your school community. However, awareness of symptoms and the confidence to act quickly are the most effective tools available to you, and we want to make sure every member has the information they need.

We recommend three immediate actions:

1. Brief your first aid and welfare staff on early symptom recognition.
2. Reinforce respiratory hygiene standards across your school.
3. Consider sharing NHS symptom guidance with parents and carers as a general awareness communication.

Key symptoms to be aware of include:

- Sudden onset of high fever and severe headache
- Stiff neck and dislike of bright light
- A rash that does not fade when pressed with a glass
- Confusion, extreme drowsiness, or cold hands and feet
- Vomiting, joint pain, or seizures

Symptoms can appear in any order and may initially resemble flu. Anyone deteriorating quickly should receive urgent medical attention without delay — contact a GP, call NHS 111, or dial 999 in an



Last week, a group of parents attended a 90-minute workshop with Julia Bird, an experienced teacher and psychotherapist and director of an organisation called Trauma-Informed Schools. This was such a valuable session to all of the parents who attended that day, and hopefully the start of something incredibly powerful for the school and wider community. Julia's ongoing project, What Comes Around Goes Around, is all about empowering us as parents, carers and educators to better understand our own emotions, stress responses and triggers so that we can better connect with our own children. Ultimately this can help them rebalance and regulate when a melt down is on the horizon or when things just get a little overwhelming. This is all based on fascinating neuroscience and Julia explained to us how the brain works (and how we often revert to childhood habits). She also explained how to achieve 'mind sight' - sight over our own minds, so that we feel empowered to pause, notice how we might be getting triggered and then choose to respond instead of react. This isn't a quick fix - I know from personal experience it's most definitely a work in progress. A bit like opening a can of worms, it's complex, with lots of variables in an ever-changing landscape of child development. But, as Julia always wisely reminds me, everything is infinitely changeable. We can relearn responses, we can develop hindsight, we can work WITH our children to teach them ways to support their mental health now and in the future. Above all, she emphasised the importance of PLAY. Playful connection, eye contact, absolute presence with another person. Laughter and touch that trigger the release of endorphins or happy hormones. This helps us widen our own window of tolerance so that we don't automatically revert into freeze or fight/flight. Julia and everyone present did a wonderful job of creating a safe space for us to discuss our fears and worries. There was no judgment, none of us have this totally sussed yet, so please do join us for another session if you're at all curious about how this insight could help you and your family.

Contact Us

We always want to hear from you. If you'd like to get in touch to make an appointment or share something important, a member of the team will always make time to speak with you. Please get in touch or come and visit; we look forward to welcoming you.

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