

CONTACT

The Newsletter for Whimble Primary School

Issue 4-19

01.02.19

Thank you for your patience this morning regarding the weather and deciding whether we had enough staff to open. It is always a tricky decision as it relies on getting information from a number of people and making a judgement from the conditions they can see.

Orchestra

Congratulations to the children involved in the orchestra who went along to The Great Hall in Exeter University on Wednesday to play alongside the Bournemouth Symphony Orchestra. A great time was had by all involved - what a wonderful experience. A big thank you to all the adults involved, especially Mrs Jude Carter.

More to follow in the January newsletter.



Sign up to school closure email alerts...

Parents and guardians across Devon can find out if their child's school is open by signing up to free email alerts.

The process is simple click below

https://public.govdelivery.com/accounts/UKDEVONCC/subscriber/new?gsp=UKDEVONCC_4

and enter your email. The prompt will ask you to tick the box or boxes of the school or schools you want the latest information on.

The email information you will receive will also contain school route information and whether bus services for that school are operating.

You can also visit Devon County Council's Education and Families website

<https://new.devon.gov.uk/schools/closure/> which will list which schools are closed.



Useful Information:

Sugar swaps for kids

Did you know just one or two everyday swaps can really make a difference to how much sugar your child is having, while still keeping them happy?

Children in England are eating an extra 2,800 sugar cubes a year, which is more than double the recommended guidelines. That's eight cubes too many each day!

[The Change4Life website](#) give lots of tips and ideas for making simple sugar swaps.

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>



Norovirus - do you know how to protect yourself?

[Norovirus is an extremely fast acting bug.](#) There is no vaccine or immediate treatment for the virus. Prevention is the best form of defence and the best way to stay bug-free is with thorough personal and environmental hygiene.

Did you know that norovirus particles can survive on objects and surfaces for around two weeks? Your best defence against the virus is to keep your home clean and wash your hands regularly with soap and water.

A norovirus particle is encased in a protective protein shell which keeps the virus from drying out. Alcohol and antibacterial gels don't breach this protective layer and WILL NOT KILL THE VIRUS! If you're visiting loved ones in a hospital or care home make sure you're not unwell and wash your hands with soap and water before going in.



Make 2019 the year you quit smoking for good

Conclusive evidence suggests the single best thing you can do for your health and wellbeing in 2019 is to quit smoking.

[OneSmallStep is a free service](#) to support adults in Devon to improve their health and wellbeing through making small changes to their lifestyle. The service offers telephone coaching, online support and a free mobile app.

Speak to a [OneSmallStep](#) specialist adviser today on 01392 908139 or visit one of the stop smoking mobile clinics:

- February 21st and 28th - Lidl Exeter, Burnthouse Lane.
- March 21st and 28th - Lidl Exeter, Burnthouse Lane.
- April 18th and 25th - Lidl Exeter, Burnthouse Lane.



Don't Forget

- To let the office know if your child is not in school or will be late, (whatever the reason), so dinners can be correctly ordered. Thank you.
- If you would like to speak to a class teacher at the end of the school day, to wait a little while until they have seen all their children to the adult collecting them.

Dates for your diary

Orchestra practise dates: 7th February, 7th, 14th and 21st March.

Monday 18th - Friday 22nd February Half-term

w/c 11th March

Science Week activities

Wednesday 13th March

Dental Nurse visit - Year 3 and 4

w/c 25th March

Parent consultations

Monday 1st April

M&M Theatre visit - Wizard of Oz

w/c 1st April

Year 6 Drama production—dates and times to be confirmed

Monday 13th May

KS2 SATS week

Friday 7th June

Provisional sports day date (to be confirmed)

Monday 8th July

Year 6 Residential Week

Headteacher: Mrs. Carole Shilston

Telephone/fax: 01404 822584

Email: admin@whimble-primary.devon.sch.uk

Website: www.whimble-primary.devon.sch.uk