



# Ottery Primary School Newsletter



10<sup>th</sup> September 2018

## Welcome Back!

Where, oh where did those six weeks go? I hope you all had a lovely summer holiday and are looking forward to the autumn term (and Christmas at the end of it... only 106 sleeps left apparently).

It's been lovely to see all of the children back in school and they seem to have settled back into class seamlessly. It's great to see so many new faces across the school and especially in the Foundation Stage as our new intake start their school adventure.

I'd like to welcome Connor Moore and Claire Sims to the staff of Ottery. Mr Moore is teaching in Year 3 and Miss Sims is teaching in Year 5. I'm sure there are very positive times ahead for all the children.

## Meet the Teacher Evening:

You should all hopefully have received a letter about our Meet the Teacher Evening this Thursday. This is a short meeting designed to give you all the opportunity to meet the teaching teams in your child's year group. The times for each meeting were on the letter but supporting information can be provided after the evening for anyone who is unable to attend. It's worth noting too that our Kitchen Manager, Kimberley Astley-Jones, will be in the Hub throughout the whole evening with samples of the foods that we provide for the children from the school dinner menu. This is a great opportunity to try the food that the children have for lunch.

## Timid to Tiger:

We will be running TIMID TO TIGER parenting course again this term. This is a 10 week group intervention for parents/carers of children of primary school age who present with some anxiety. The Programme was developed by Clinical Psychologists. It has been evaluated in use with children with a range of primary anxiety disorders including separation anxiety, social anxiety, generalised anxiety, panic, agoraphobia and specific phobias.

The group is for Parents/Carers only and runs for 10 weeks for 2 hours each week. It will start on

**Tuesday 25<sup>th</sup> September 9.15-11.15am at Ottery St Mary Primary School  
(breaking for half term)**

**We will be hosting a coffee morning on Tuesday 18<sup>th</sup> September from 9.00-10.00. If you would like to come along and find out more about the course, please contact the School Office to let us know that you will be coming so we can bake enough cake!**

**The course will be run by Anna Vine and Graham Harry (Youth Worker for o6 Project)**

The topics covered will include:-

- Securing the parent-child bond through play
- Understanding children's anxiety
- Using praise to build confidence
- Using rewards (including how to avoid the pitfalls!)
- Setting limits on anxious behaviour
- Using withdrawal of attention
- Managing children's worry
- Managing really difficult behaviour

### **Children with medical conditions:**

If your child has a medical condition, please can you arrange a time to meet with your child's new Class Teacher to review their Individual Health Care Plan to ensure that the information is up to date.

### **'Nut free' Policy**

Please can we remind parents and carers that we are a nut-free school as we have a number of children with severe life threatening nut allergies. Please check ingredients carefully to ensure that any snacks or packed lunch items are nut free.

### **Lost Property:**

At the end of last term, we had to dispose of a lot of lost property and the vast majority of this was clothing, shoes and trainers. I've had a chat with the children in assembly about trying to keep the school tidy and return any jumpers, cardigans and so on that may have been left in the playground during breaktime and lunchtime. We have already had to do this but, unfortunately, we can only do so if clothes are labelled. Please, please, please could you ensure that all items of clothing including coats are named? We will be sorting lost property at the end of each half-term and any items that cannot be returned to their owners will be disposed of. Many thanks for your support with this.

### **Parking:**

Could we ask all parents are mindful of our neighbours when parking around the school and do not block drives or park dangerously near road junctions.

### **Dates for the Diary:**

We are finalising some of the early dates for the diary and these will be regularly updated in each newsletter. It's worth noting three dates this term that are on the Term Dates Calendar which can be found on the school website. The school has an INSET day and is closed for the children on Friday 5<sup>th</sup> October. We also have two Occasional Days where the school is closed for everyone on 5<sup>th</sup> and 6<sup>th</sup> November to coincide with the unique cultural tradition of Tar Barrels.