



East Allington Primary School and Nursery

www.eastallingtonprimary.org.uk

parent@eastallingtonprimary.org.uk

01548 521305

***BOOK TIME! Just 10 minutes every day.
A new poem has gone up around the school. Don't forget, poems are valuable reading as well, and great fun to share. If your child has created a poem at home;***

***We'd love to hear it,
Please send or email.
Poems are brilliant,
You just can't fail!***

***Don't be embarrassed,
Or feel like a fool
'cause we will all love it
And share it in school.***

Upcoming Events

Friday 20th^h March – Parent Forum at 2:45 pm.

27 March – Spring Themed Non Uniform Day - £1 Donation.

27 March – school closes at 1pm for staff training.

13 April – Easter Raffle Draw

Sun 19th Apr – Granny's Big Breakfast

Thursday 23rd April – Year Group Photographs.

24 April – Bags2School

4th May 2pm – 3pm Parent & Toddler session in the FSU

10 May – Fun Run & 10K

22nd June 2pm – 3pm – Parent & Toddler session in the FSU.

Wednesday 16th September – Individual/sibling group photographs

Current Attendance YTD:

Reception	96.52%
Class 1	96.59%
Class 2	96.42%
Class 3	96.52%
School	95.61%

Attendance: Please help us work towards improving attendance – it really makes a difference. If you need any help or advice, please ask.

Office Hours;

Monday: 8:30 – 3:30
Tuesday: 8:30 – 10:30
Wednesday: 8:30 – 3:30
Thursday: 8:30 – 10:30
Friday: 8:30 – 10:30

Term Dates – 2020

Spring Term – Mon 6 January – Friday 27 March (school closes at 1pm for staff training)
Half Term – Mon 17 February – Fri 21 February
Return after Half Term – Mon 24 February
Good Friday – 10th April 2020
Easter Monday – 13th April 2020

Summer Term – Tues 14 April – Fri 17 July 2020
Early May Bank Holiday – Friday 8th May 2020 (VE Day)
Spring Bank Holiday – 25th May 2020
Half Term – Mon 25 May- Fri 29 May
Non-Pupil Day – Mon 1 June
Return after Half Term – Tuesday 2 June

Attendance: Please help us work towards improving attendance – it really makes a difference. If you need any help or advice, please ask.

WE ARE A NUT FREE SCHOOL.

IMPORTANT: Thursday 19th March: there will be a funeral in the village which ends at the same time as school pick up. **YOU WILL BE VERY UNLIKELY TO BE ABLE TO PARK ANYWHERE NEAR THE SCHOOL.** We will bring children to the school hall with their bags and coats for **2:30**. Parents who pick up by car can drive up the hill and exit the village via one of the two exits at the top of the hill. This will add about 2 minutes onto your journey, however, it will save the reversing etc. **Children who normally walk to school will be collected at normal time again from the school hall, which means cars aren't squeezing past the children on the hill and it minimises the noise in the school playground.**

IF YOU WISH TO PICK UP YOUR CHILD FROM THE HALL AT 2:30 ON 19TH, YOU MUST INFORM THE SCHOOL BY WEDNESDAY 18TH SO WE CAN PREPARE.

SLOW DOWN!

Driving: we have had concerns about some parents driving too fast, too close to children and parents leaving the school.

PLEASE DRIVE SLOWLY AND WITH GREAT CARE – DRIVING SLOWLY makes very little difference to the time of your journey, but could make every difference if there was an accident. Is it worth it?

IF THE SCHOOL CLOSES, you will be informed as soon as we know. ESW schools, in line with other schools around the country, are following advice from the DfE.

In the event of a closure before the start of the Easter holidays, staff have collated packs with ideas of learning you can do at home with your child. These will be useful exercises you will be able to carry out at home that will really help your child keep up to speed with their learning. There will be a separate pack for each class. Please make sure you try some of these activities so your child's education can be maintained in the event of a school closure.

Free resources: Spelling Shed, Maths Shed and Twinkl are all offering free access to their sites too for both Teachers and Parents to help with closures.

Walking through school: we would like to remind parents you are not allowed to walk through the school during teaching time. If you need to bring in a child late, or give something to your child, please ask at reception and Maggie will take over from there. If you need to see your child, you will be accompanied by a member of staff. When there is no administrator, we will endeavour to meet you at the door as soon as possible.

Emails to teachers: Please address any emails to parent@eastallingtonprimary.org.uk and NOT to individual teacher email addresses. Therefore emails can be passed to teachers during working hours only.

Next term's 'HOOKS'. We have some really exciting trips and visits lined up to kick start next term's learning;

Reception – a Dartmoor expedition

Class 1 – a lighthouse exploration

Class 2 – an underground adventure

Class 3 – an authentic evacuation (this will not be in the first 2 weeks as the nature of the hook requires background knowledge which will have to be taught first. This is also due to preparation for SATs)

More will be revealed soon...

Coronavirus information: the Department for Education has launched a new helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

- ***phone: 0800 046 8687***
- ***email: DfE.coronavirushelpline@education.gov.uk***

The opening hours are 8am to 6pm (Monday to Friday).

The [latest guidance for education settings](#) is available on GOV.UK.

Actions being carried out by ESW:

1. ***Every day door handles, stair hand rails, table tops (excluding individual staff desks), and door push plates, and biometric finger print machines are being cleaned***
2. ***Every day the touch screens on printers are being cleaned***
3. ***Every day all shared computer keyboard and mice are being cleaned; all shared laptops and iPad (from Friday latest) are being cleaned.***
4. ***Hand sanitisers are being installed in canteen areas and primary halls used for lunch***
5. ***The site premises teams are regularly checking soap and sanitiser dispensers during the day when the cleaners are not on site.***

STAFF TRAINING ON LAST DAY OF SPRING TERM: Friday 27th March; the school will be closing for phonics training at 1:00. Please make arrangements for your child/ren to be looked after. Please let us know if there are any problems. This is the last day before the Easter holidays. We will repeat this message and text reminders.

Do you think nutrition is important? Do you want to increase quality and reduce pollution? Then please come and join our FOOD FOR LIFE! We need you for our School Nutrition Action Group (SNAG) involving children staff, parents and members of the

community – if you are interested, please let me know. This initiative will launch in April.

After school club: maximum of 8 places - please give 24 hours notice that you want your child to attend.

Attendance: Please help us work towards improving attendance – it really makes a difference. If you need any help or advice, please ask.

*Thank you to all who came to the parent forum. **NEXT PARENT FORUM WILL BE ON Friday 20th March at 2:45 (this has been changed due to the funeral on Thursday 19th March).***

EMERGENCY PHONE LINES:

07593 070076 (Nursery, Reception and class 1)

07514 512811 (class 2 and 3)

PLEASE ONLY USE THESE NUMBERS IN AN EMERGENCY.

TALK TO US: If you would like to have a chat with your child's teacher, please make an appointment – we are always happy to talk. If you wish to communicate with your child's teacher via email, please use the school email address and not their personal or work email addresses. parent@eastallingtonprimary.org.uk

Keeping your child safe on line:

<https://www.childnet.com/resources/family-agreement>

Advice by age

Some children may ask to be on certain apps. Many have age guidelines (0-5, 6-10, 11-13 and 14+). The following website has some useful information:

<https://www.internetmatters.org/advice/>

Parental Controls

As parents you may want to follow these two simple steps to keeping your children safe online:

1. Look up the device on YouTube by using a simple 'how-to' query, e.g. 'how to restrict in-app purchases on Playstation 4'.
2. Look at the following site for help in setting up restrictions on devices:

<https://www.internetmatters.org/parental-controls/>

Gaming

Many children will want to use their time for gaming. This can cause challenges. You may wish to look at the following site for guidance:

<https://www.thinkuknow.co.uk/parents/articles/gaming/>

Once again, Internet Matters is a useful source of information for parents:

<https://www.internetmatters.org/resources/online-gaming-advice/>

YouTube

There is a YouTube app or site for children (<13) and may be of use for primary aged children.

App: <https://youtube.com/kids/>

Web: <https://www.youtubekids.com/>

Social Media Advice

Once again, Internet Matters has a really useful hub for parents, it explains both the risks and the benefits:

<https://www.internetmatters.org/resources/social-media-advice-hub/>

CLASS NEWS

CLASS 3

Class 3 have started learning about Global Goals and how we can be responsible global citizens. We were so excited to receive replies from our new friends in Malawi this week. The children had many of their questions answered and learnt a little more about life at Chivumu School. It was explained that the money we raised before Christmas will be spent on resources and clothing; any future projects will help the School create their own library.

Beth, a member of our Rights Respecting School Steering Group, has written a short report about Chivumu School to share more information with you.

A MALAWI UPDATE

We (at East Allington Primary) have been focusing on our rights. As a school, we have looked at how people across the world don't have their rights respected; they could be affected in all different ways including war and poverty.

There's one particular country that suffers from poverty: Malawi. Some teachers have been in touch with a Head of one of the schools in Malawi (Chivumu School). The Head Teacher is Nelson Phiri. There are 389 students, 8 classes and only 6 teachers.

Unfortunately, the school has too little money to buy children exercise books, pencils and pens so rely on individuals to provide basic stationary. We have decided to link schools with them and try and help them to have access to the equipment they need for everyday school life. So far, we have raised £400 from the Christmas play, Fayre and East Allington's Got Talent. That will definitely have an impact on their school lives.

Malawi's background isn't like ours at all; it has a lot of droughts and definitely not as much rain as we do, making its surface very hard. This makes it difficult to grow crops.

The buildings in Malawi are also different to ours in the UK. Some of the houses are shed-like structures that we would class as huts, rather than buildings made from bricks and mortar. The country itself is very poor, so building nice houses is very expensive.

FACTS:

- The currency used is called Malawian Kwacha.
- The languages spoken in Malawi are English and Chichewa.
- The population of Malawi is over 19,000,000.

BY BETH LETHBRIDGE

SIGNPOST



Gaming and Children's Behaviour

The following article is taken from 'Psychology Today: This is Your Child's Brain on Video Games'. The full article can be read here: <https://www.psychologytoday.com/gb/blog/mental-wealth/201609/is-your-childs-brain-video-games>

On the eve of his big sister Liz's high school graduation, nine-year-old Aiden sits with his parents and relatives at a celebration dinner, bored by their "adult" conversation, he can't wait to get back to his video game! Before dinner, Mom had (annoyingly) called him away to join the family, and then she got mad when he spent a few minutes getting to the next level and saving his game. So many people in the house make him restless; he squirms uncomfortably and drums his fingers on the table, waiting to be excused.

Finally, he is allowed to escape the dinner table, and he settles into a corner of the living room to play his Nintendo DS. For the next hour or so, he is completely oblivious to the company in the house. Although he's already played much longer than his mother likes, she lets him continue, knowing these family situations are a little overwhelming for him. And besides, the game keeps him occupied. *What's the harm?* she thinks. *It's just for today.*

However, in the meantime, a perfect storm is brewing. As the play continues, Aiden's brain and psyche become overstimulated and excited — *on fire!* His nervous system shifts into high gear and settles there while he attempts to master different situations, strategizing, surviving, accumulating weapons, and defending his turf. His heart rate increases from 80 to over 100 beats per minute, and his blood pressure rises from a normal 90/60 to 140/90 — he's ready to do battle, except that he's just sitting on the couch, not moving much more than his eyes and thumbs. The DS screen virtually locks his eyes into position and sends signal after signal: "It's bright daylight out, nowhere near time for bed!" Levels of the feel-good chemical [dopamine](#) rise in his brain, sustaining his interest, keeping him focused on the task at hand, and elevating his mood. The intense visual stimulation and activity flood his brain, which adapts to the heightened level of stimulation by shutting off other parts it considers nonessential.

The visual-motor areas of his brain light up. Blood flows away from his gut, kidneys, liver, and bladder and toward his limbs and heart — he's ready to fight or escape! The reward pathways in his brain also light up and are reinforced by the flood of dopamine. He is so absorbed in the game, he doesn't notice when his little sister, Arianna, comes over until she puts her hand on the screen to get his attention.

"DooOOON'T!!" he shouts and roughly shoves her out of the way. Arianna falls backward, bursts into tears, and runs to their mother, who silently curses herself for letting Aiden play this long.

"All right, that's it. Time to start getting ready for bed. Get your pyjamas on and you can have a snack before you go to bed," she says, pulling the DS out of Aiden's hands and turning it off in one fell swoop. Aiden looks at his mother with rage. *How dare she ruin his game because of his stupid sister!*

"Fine!" he shouts, runs up the stairs, and slams his bedroom door. His primitive brain is fully engaged now, turning him into an enraged animal ready to fight off all challengers. He rips all the sheets off his bed and throws his lamp on the floor, providing a satisfactory crash and shatter. Thinking about how wronged he's been and filled with visions of [revenge](#), he kicks the wall a few times and then pounds on his bedroom door, putting a big hole in it.

Downstairs, his relatives sit in quiet shock and murmur to each other how they've never seen him act like this. Dad runs up the stairs to contain his son. Calmly, his dad holds him in a bear hug from behind, waiting for the rage to subside.

As the dopamine in his brain and the adrenaline in his body begin to ebb, his rage loses its focus. Now, the pent-up energy takes on a disorganised form. Aiden feels like he can't think straight or get himself together. While he spaces out, his dad helps him put his pyjamas on and they go back downstairs. Stress [hormones](#) remain high, however, making it difficult for him to relax or think clearly. He seems a little confused. His relatives look at him with a mixture of concern and love, but they also wonder why his parents let him "get away with it". His mother intuitively knows that direct eye contact will overstimulate him again, so she approaches him slowly from the side, and rubs his back gently.

When his favourite aunt looks him in the face sympathetically, he immediately distrusts her intentions. Eye-to-eye interaction is interpreted by his primitive-mode brain as a challenge, and he starts getting revved up again. His mother intervenes, and takes him up to his room. She lowers the light, settles him into bed, and starts to read him a soothing story. His nervous system attempts to regulate itself back to normal, but it seems to still be held hostage by his hyped-up emotions. That night, after he does finally fall to sleep, Aiden awakens repeatedly with [panic attacks](#) — his heart races and blood pounds in his ears. He's scared of the dark, and worried that his angry outburst has upset and alienated his parents. His mother, meanwhile, confiscates the DS and decides to take it with her to work on Monday.

The following morning, the fight in Aiden has subsided, but the aftermath leaves him in a fog, listless, weepy, and exhausted. He experiences an increased craving for sweets while cortisol, the stress hormone, drives his blood sugar up and down erratically. It will take weeks before his body, brain, and mind return to some sense of balance.

Meanwhile, his mother reaffirms her commitment "to get rid of those damn video games."

Does this sound familiar? If so, please take a few minutes to read the full article which includes an explanation of how video games stimulate a state of hyper-arousal which is overwhelming for children.

And remember that games have PEGI age ratings for a reason! If you are unsure about the content of a game your child plays, you can find a full guide to it on www.commonensemedia.org

<i>Canadian Pediatric Society and Canadian Sleep Foundation 2017</i>				
Age	Average Screen Use	Doctor Recommendations for Screens	Dr. Recs for Sleep	Dr. Recs for Physical Activity
0-2 years	2.5 hours/day	No screens, especially no TV, tablets, phones.	14 hours/day & night.	No restraints > 1 hour; 3 hours of movement.
3-5 years	4.5 hours/day	No more than 1-hour total screens/day.	12 hours/night.	No restraints > 1 hour; 3 hours of movement.
6-12 years	7.5 hours/day	No more than 2-hours total screens/day.	11 hours/night.	3 hours of movement with 1 hour vigorous.
13-18 years	9.5 hours/day	No more than 2-hours total screens/day.	10 hours/night.	2 hours of movement with 1 hour vigorous.

East Allington PTFA bring you....

AN EASTER RAFFLE

1st Prize Large Easter Hamper

2nd Prize Medium Easter Hamper

3rd Prize Small Easter Hamper

To include Easter Dinner, Gin, Chocolate, Crafts, Smellies, Vouchers, and much more!

The draw will take place on Easter Monday 13th April '20

Just £1 a ticket

Please see Kelly Barons for your tickets, go to the school office or email eaptfa@gmail.com



Smarties Required!!



The PTFA are looking for Smarties tube donations please – full and unopened! Currently just £1 for a pack of 4 tubes. Please hand your donations in to the office or to any PTFA committee member! Thank you!

A STOKE FLEMING SCHOOL FUNDRAISER



MONTY HALLS: MY FAMILY & THE GALAPAGOS

AT THE FLAVEL ART CENTRE
SATURDAY 14TH MARCH - 4PM - 6.30PM

TICKETS AVAILABLE FROM THE BOX OFFICE OR
ON: 01803 839 530
TICKETS: ADULTS: £5, UNDER 16'S: £3 & UNDER 3'S FREE.



Come & hear all about the making of the Channel 4 series and
discover what makes the Galapagos such a special place.

BOOK SIGNING WILL TAKE PLACE AFTER THE TALK

**EA PTFA &
GRAND-
PARENTS**

**SUNDAY
19TH
APRIL 2020**

**EAST
ALLINGTON
VILLAGE
HALL**

**9.00AM TO
12.00PM**

**£7.50 PER
ADULT
£4.00 PER
CHILD
UNDER 3'S
FREE**

RAFFLE



**BIG
BREAKFAST**



AN EXTRA SPECIAL EASTER CAKE
RAFFLE!

FRIDAY 27TH MARCH 2020

KINDLY DONATED BY LOTTIE'S
CUP CAKES

£1 PER TICKET -
AS USUAL FROM SARAH
HEPBURN-MCCARTHY

Lottie's cup cakes
Bespoke cakes

JUST FOR FUN
ANY SPRING THEME

SPRING DRESSUP DAY



£1 DONATION TO
EA PTFA

**FRIDAY 27TH
MARCH 2020**

A colorful poster for a 'Primary Buskers Music Session'. At the top, there's a musical staff with notes and a treble clef. The title 'Primary Buskers Music Session' is written in large, bold, red letters. Below the title, there are several questions and statements in a playful font: 'Are you in year 3,4,5 or 6?', 'Do you like to sing?', 'Do you play an instrument? (or would you like to try out keyboards/guitar/ukulele/percussion/violin?)'. There are also star-shaped callouts: 'Musical Games!', 'Fun songs!', 'Pop songs', and 'Supports School Learning'. The location and time are listed as 'Join us at Kingsbridge Community College 5 - 6 pm Mondays'. At the bottom, it says 'Cost - £40 per term'.

**Primary Buskers
Music Session**

Are you in year 3,4,5 or 6?

Do you like to sing?

Do you play an instrument?
(or would you like to try out
keyboards/guitar/ukulele/percussion/violin?)

Join us at Kingsbridge Community College
5 - 6 pm Mondays

Cost - £40 per term

Current Menu

Week 1 Wk Com; 27 th January, 24 th February, 16 th March 2020	Week 2 Wk Com; 3 rd February, 2 nd March, 23 rd March 2020	Week 3 Wk Com; 10 th February, 9 th March
<p>Monday Spaghetti with Bolognese sauce OR tomato/basil sauce. Garden peas / salad. Garlic bread. Grated cheese.</p> <p>Homemade Banana cake. Fresh fruit or yoghurt.</p>	<p>Monday Pasta with tuna OR tomato & basil sauce. Sweetcorn / salad sticks. Garlic bread. Grated cheese.</p> <p>Chocolate sponge & chocolate custard. Fresh fruit or yoghurt.</p>	<p>Monday Pasta with meatballs and/or tomato/basil sauce. Sweetcorn or peas & salad sticks. Garlic bread. Grated cheese.</p> <p>Chocolate Brownie. Fresh fruit or yoghurt.</p>
<p>Tuesday Sweet & sour chicken with rice and prawn crackers.</p> <p>Homemade cookie. Fresh fruit or yoghurt.</p>	<p>Tuesday Pizza of the day with diced potatoes & salad.</p> <p>Homemade chocolate Crispie cake. Fresh fruit or yoghurt.</p>	<p>Tuesday Chicken Korma with rice & naan bread.</p> <p>Fruit Crumble & custard. Fresh fruit or yoghurt.</p>
<p>Wednesday Jacket potato with grated cheese/baked beans/ham/ tuna. Salad sticks.</p> <p>Jelly & ice cream. Fresh fruit or yoghurt.</p>	<p>Wednesday Mild chilli con carne with rice & tortilla chips.</p> <p>Fruit crumble & custard. Fresh fruit or yoghurt.</p>	<p>Wednesday West Country Pork sausage OR vegetable sausage with Yorkshire pudding, diced potatoes, fresh vegetables & gravy.</p> <p>Angel delight with fresh fruit. Fresh fruit or yoghurt.</p>
<p>Thursday Roast Chicken, roast potatoes with fresh vegetables & gravy.</p> <p>Fresh fruit pots or yoghurt</p>	<p>Thursday Roast Gammon, roast potatoes with fresh vegetables & gravy.</p> <p>Fresh fruit pots or yoghurt.</p>	<p>Thursday Roast pork, roast potatoes with fresh vegetables & gravy.</p> <p>Fresh fruit pots or yoghurt.</p>
<p>Friday West Country Pork sausage OR vegetable sausage with chips & baked beans or peas.</p> <p>Arctic roll. Fresh fruit or yoghurt.</p>	<p>Friday Chicken breast chunks with chips & baked beans or peas.</p> <p>Homemade fruit flapjack. Fresh fruit or yoghurt.</p>	<p>Friday Battered fish fillet with chips & baked beans or peas.</p> <p>Homemade dessert of the day. Fresh fruit or yoghurt.</p>

EAST ALLINGTON PRIMARY School January to Easter 2020



**ALLINGTOT'S
BABY AND TODDLER GROUP**

JOIN US
EVERY FRIDAY
9AM - 11AM
EA SCHOOL HALL

FOR PARENT-LED
CRAFT & FREE PLAY SESSION

£1

ENJOY, TEA/COFFEE/BISCUITS
AND A NATTER

NO NEED TO BOOK
JUST HEAD TO THE HALL AND WE WILL
SEE YOU THERE!



PTFA Cake Raffle



Tickets just 50p each



On sale both before and after school every day
From Sarah Hepburn-McCarthy and Bex Hiley



Winner drawn every Friday

