

STOKE HILL JUNIOR

AUTUMN TERM, ISSUE 32

November 2025

DATES

6B Class

Assembly

**7th November
8.55am**

PTFA Fireworks

**7th November
7.00pm**

Children in Need

14th November

6G Class

Assembly

**14th November
8.55am**

6P Class

Assembly

**21st November
8.55am**

Autumn Concert

25th November

Parent Pop In

**26th November
2.45pm**

Dear Parents and Carers

Welcome back to all of our families, I hope that you have enjoyed the half term holidays and are raring to go as we build up to Christmas over the next 7 weeks.

Last term saw all of the children settling in with their new teachers or to a new school, we had 21 new children that have joined Stoke Hill and routines and expectations are now well established. However please take a moment to take note of the different events happening throughout November, particularly year 6 parents who will have the chance to see their child's final class assembly and learn a lot about the fantastic Heatree trip.

With the weather now getting colder and the ground a lot wetter, I wanted to remind parents that they need to ensure that children have a coat in school at all times. At Stoke Hill we want to get the children outside as much as possible, not just for play but as part of their learning and having a suitable coats is essential. If the weather gets much colder, then hats, scarves and gloves would be a good idea.

Please can I also remind you that the bell rings at 8.30am and there is a 10 minute window for your child to arrive at school until the register at 8.40am. Arriving before this means the children are just going to get cold and bored as they stand around. Particularly if your child makes their own way to school, take note of what time they might be leaving and arriving.

Finally next Tuesday, is November 11th and children will be stopping in school at 11.00am, along with the rest of the nation to pay their respects on Remembrance Day with a 2 minute silence.

Jamie Sullivan
Head of School



School Champions

The following children received school awards in reading, kindness, maths and sustainability during the last month:

Reading: Martha (3M), Jesse (3B), Sylvie (3M)

Kindness: Lyra (5J), Liliya (6P), Ellen (3W)

Maths: Branwen (4T), Sabrina (6B), Marnie (6P)

Sustainability: Ethan (6P), Alby (5G), Conrad (6G)



Clubs at Stoke Hill

At Stoke Hill we offer a wide variety of extra curricular opportunities to the children. Some of these are provided by the staff at lunchtimes or after school and some are paid for from external providers, for example Premier Sports or Exeter Football Club. In most cases these are allocated to those parents who sign their children up first, due to number restrictions, but where clubs are clearly popular we try to repeat them later in the year. The children are taken to the clubs and the lead adult takes a register and then hands them back to the designated adult, unless permission has been given to walk home.

Please can we ask all parents to check with their children that their children actually want to attend the club and also remind them that they can not one week just choose that they don't want to go. They will not be allowed to do this, unless you have notified us during the day. Thank you for your support with this.

Fireworks Night

The PTFA have worked so hard on one of the highlight events of the school year. This Friday the Junior School will be hosting the annual fireworks display. The event is a sell out and no tickets will be available to buy on the night, so please do not just turn up hoping to get in. A couple of important reminders,

- Gates open at 6.00pm
- Fireworks start at 7.00pm
- Please ensure that your tickets are printed or can be scanned on a mobile device
- Remember to bring a torch - it'll be dark

Celebration Assembly

You'll see on the first page each month the winners of our school trophies. During our Celebration Assembly each week, each class has 3 winners of smaller trophies for reading, kindness and maths. It's so exciting to see how happy the children are for each other in their classes, with lots of high fiving and clapping as the year 6 children present the trophies to the children. So far this year Theo, Matthew, Hannah, Anya, Sophia, Evie, Kenna, Jack, Charlie, Toby, Alex and Demi have done this job, with lots more signed up to do it in future weeks. We also read out the names and reasons for any child that is in the Above and Beyond Book.

Mental Health at Stoke Hill

With the first half term of the year behind us, we can reflect on the work we have done so far in supporting children's health and wellbeing. Thank you so much to all our families that supported World Mental Health Day through our Hello Yellow Day. Funds raised for Young Minds will make a difference. We hope that you found the parent help guides suggested in last month's newsletter useful.

This month we would like to draw your attention to a further 3 short video clips (2 mins) and help cards. It may also be just the short video clip that helps towards maintaining that positive well-being that we all strive for.

"The importance of limits and consequences"

"Supporting healthy gaming habits for children"

"Helping your child develop talents"



<https://parentingsmart.place2be.org.uk/>

School Office Notice

We are looking to employ a Mealtime Assistant to join our friendly teams of staff across both our Infant and Junior schools.

The working hours are 7.50 per week, Monday to Friday 11.45am to 1.15pm. 3 days at our infant school and 2 days at our junior school.

This post is term time only; the salary is £12.65 per hour.

Please refer to our website for the Job description and application form. www.stokehill.devon.sch.uk



Children in Need—Friday 14th November

On this day children can support this cause by either wearing something spotty or decorating their uniforms with spots. We'll be talking to the children more in school about this annual fundraising event, but if you would like to donate to Children in Need, please click on the link below.

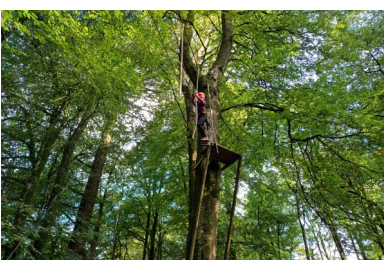
<https://donate.bbcchildreninneed.co.uk/>



Year 6 Heatree Gallery



A slightly different theme this month, with pictures from the year 6 trip to Heatree House. Hopefully this will give you a small flavour of the wonderful time the children have and for younger children, what they can look forward to in the coming years.



Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



NOS National Online Safety®
#WakeUpWednesday