

November - 2025

STOKE HILL INFANT AND NURSERY



DATES

6th—Bowel and
Bladder workshop
for parents

1:30-3PM

7th—PTFA
Fireworks

10-14th Anti-
Bullying Week

13th—Chaffinch
Class Assembly

14th—Children In
Need

14th—Beech cake
sale

17-21st Road
Safety Week

20th—Swift Class
Assembly

21st—Nursery
Cake Sale

25th—Reception
classes—School in
the Dark

27th—
Woodpecker Class
Assembly

28th—Ladybird
Cake Sale

AUTUMN TERM

Dear Parents and Carers,

I hope you had a lovely half term. We are all looking forward to the term ahead and it's lovely to see the children recharged and ready to go. Thank you to those of you who donated items to our harvest collection—it's very important to us to support the local community and to teach the children that we are part of a bigger picture.

November sees a number of key days/weeks in the school calendar, including Remembrance Day, Road Safety Week and Children in Need. We talk to the children about keeping themselves safe, but please help now the days are darker by making sure your children can be seen by cars—reflective strips/tags can make all the difference, particularly if they have dark coats. As always, we try and get the children outside, except in the worst weather, so coats are essential everyday—any hats/gloves/scarves should also be named.

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.

Best Wishes,

Claire McKimm, Head of School

Stars of the week



The following children have been their class's reader, role model or learner of the week during the last month:

Readers of the week: Immy, Eddie, Lefteris, Lilyana, Joshua (Bee), Laurie, Polly, Eliana, Jack H, Marnie (Dragonfly), Nim, Ruby, Charlie, Cameron, Ahla (Ladybird), Nina, May, Elijah, Valentin, Antonia (Beech), Gabriel, Remy, Oakley, Ammar, Ed (Oak), Sylvie, Matilda, Ananya, Isla, Matthew (Willow), Nik, Arwin, Mira, Alfie, George (Chaffinch), Aurelia, Amber, Spencer, Naomi, Leia (Swift), Callum, Daisy, Ruwayn, Sophie, Joe (Woodpecker)

Role models of the week: Keira, Roman, Oakley, Harley, Seth (Bee), Poppy, Ava, Luna, Alissa, Euan (Dragonfly), Dylan, Reece, Baran, Amelie, Jackson (Ladybird), Elsie, Amelie, Yousef, Emily, Una (Beech), Alannah, Viola, Jerry, Olive, Hana (Oak), Nancy, Freddie, Sudais, Eleanora, Cody (Willow), Elham, Olivia, Mohammed, Elham, Mohammed (Chaffinch), Pippa, Martha, Gracie, Aaron, Reuben (Swift), Lia, Mei, Henrik, Reiza, Barnaby (Woodpecker)

Learners of the week: Somaya, Shuyan, Theo, Ptolemy, Beau (Bee), Jacob, Ralph, Naif, Felix, Jack A (Dragonfly), Josie, Isabelle, Martha, Eliza, Kian (Ladybird), Arthur, Thea, Obi, Cosmo, Samuel (Beech), Phoebe, Lyla, Nabi, Poppy, Enoch (Oak), TJ, Muaz, Dougie, Mae, Marlow (Willow), Izzy, Ayo, Archie, Finn, Arlah (Chaffinch), Ollie, Thea, Finn, Oliver, Rithira (Swift), Ariela, Otto, Gabi, Devashrith, Charlie (Woodpecker)

The Book of Above and Beyond

Every Friday, during Celebration Assembly, we celebrate stars of the week and children who have gone above and beyond—this might be in their work, at break time, in the corridor or out of school. Last month children were in the book for things like excellent behaviour on a trip, holding doors open for other people, improving their handwriting, doing extra learning at home, producing art work or poems inspired by their school work, taking part in a triathlon... we love to celebrate our wonderful children, so do tell your child's teacher if they've done something amazing!

Mental Health and Wellbeing

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"

Parenting Smart- Series of Short Videos and Help Cards:

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

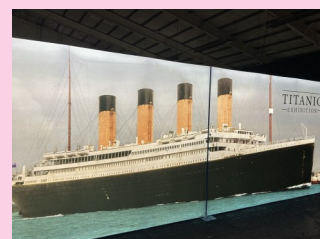


Year 2 Titanic trip

On October 23rd, Year 2 went to the Titanic Exhibition at Westpoint. They learned lots of interesting information about how the Titanic



was built, what it was like for different kinds of passengers on board and how the ship sank. The children saw interesting artefacts that have been rescued from the shipwreck and found out about some of the most important passengers. This trip got everyone very enthusiastic ready to start their History learning about the Titanic this term. Thank you to all the staff and volunteers that made the trip possible.



School Office Notices and quick reminders

We should be notified of any requests for term-time absence via an S2 form, which is available to download from the website or from the office. Please hand these in with as much notice as possible so Mrs McKimm is able to respond before the absence.

If you visit the school grounds during the day, please help us keep the children safe by ensuring you close any gates behind you—they do not close automatically.

If you need to pick your child up early for any reason, please let the office know, as well as your child's teacher, so we know to expect you.



Vacancy

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

If you would like a chat about the role or any further information, please call Lorraine Edwards, Federation Business Manager, on 01392 667830

PTFA Fireworks—This Week!



Friday 7th November @Stoke Hill Junior School
Gates open 18:00
Gates will be closed at 18:30
Fireworks start 19:00

We will have plenty of food, refreshments, doughnuts and much more!

Tickets available now, follow this link:

<https://www.pta-events.co.uk/stokehillptfa/index.cfm?event=event&eventId=105195>

Volunteers get free entry (for themselves only) - so if you want to volunteer to steward/serve refreshments/set up or lots of other roles then please do get in touch. See you there! The PTFA stokehillptfa@gmail.com

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 Inquire Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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