



"Together we journey to a future of opportunity."

Friday 25th September

Rooted in love,
growing together,
flourishing in
all we do.

Keeping Everyone Healthy 🧑‍🦱

We are seeing lots of coughs, colds and other seasonal bugs at the moment. If your child is too unwell to come to school, please remember to **let the office know every day that they will be absent**, you can leave a message on our office voicemail for this.

Please help us reinforce the importance of regular and thorough handwashing, especially after going to the toilet and before eating.





PEAK Devon Online Community Session

Support, chat and information for parents and carers of children with SEND

Find out how PEAK can support your family

Ask questions

Chat, share and connect with other parents

Support, understanding and practical advice

We'll talk about:

- ✓ PEAK support
- ✓ Free consultations
- ✓ 10-week Early Help programme
- ✓ Local support and resources

Online session

Friendly & informal

Open to parents and carers

You're not alone. We're here for you.



School Dinners on Thursday

To celebrate autumn, our kitchen team have a little surprise planned for **Thursday!** Children who have a school dinner should keep an eye out for a special sticker hidden under their plate. Lucky sticker finders will win a prize! 🎁

MUSIC LESSONS

within school with
Bekah Tanton



Music lessons
are on **Mondays**
in school time.

Teach from
Year 2 upwards.

Instruments offered:

- Keyboard / Piano
- Guitar
- Clarinet
- Flute

Lessons are
20 minutes
and cost
£8 each week.

Opportunities for
performing learnt music
for parents and for the
school in assemblies.

Lessons can be
1:1 or paired.

Lessons promote
different skills such as:

- confidence
- reading music
- enhancing memory
- hand eye-coordination
- and more!

We are very lucky
as a school to have her
for the music opportunities
for the children.

For further information
and questions, please email:

bekahtanton@googlemail.com

FOR MUMS | FOR DAUGHTERS | FOR SISTERS | FOR FRIENDS | FOR YOU

SCRUMS, SPIRIT & SISTERHOOD
NOW IT'S YOUR TURN!

**TASTER
SESSION**

SUNDAY 20TH SEPT
2-3PM | BIDEFORD RFC
VICTORIA PARK

- FOR ALL GIRLS YR4+ & WOMEN
- NO EXPERIENCE NEEDED
- JUST TURN UP!

TRY RUGBY TOGETHER!



NEW
UNDER 8
GIRLS
FOOTBALL TEAM



BIDEFORD BLUES

**ADDITIONAL PLAYERS
NOW WANTED!**

**BE QUICK...
SPACES FILLING FAST!**

**TRAINING EVERY
WEDNESDAY
5-6PM**

- MAKE NEW FRIENDS
- HAVE FUN & BUILD CONFIDENCE
- STAY ACTIVE & HEALTHY
- LEARN NEW SKILLS
- BE PART OF A TEAM

VISIT WWW.BIDEFORDBLUES.CO.UK
AND FILL IN THE ENQUIRY FORM.



BIDEFORD AFC
UNDER 10
GIRLS



**WE WANT
YOU!**

Bideford AFC Under 10 Girls
are looking for passionate,
enthusiastic girls to join
our friendly football team!

- MAKE NEW FRIENDS
- HAVE FUN
- LEARN & GROW
- BE PART OF A TEAM

**ALL ABILITIES
WELCOME!**

COME AND GIVE IT A GO!

CONTACT:
ANN ISAAC | 07805185897





From 3–11 October, our **Flavours of Autumn** festival will include:

 **Theatre Alibi's Tall Tales Café** – an imaginative woodland café where stories are served instead of sandwiches! Families can explore, play and create their own stories, with Theatre Alibi performers bringing the café to life on the weekends.

 **The Big Draw: Possibly the World's Biggest Still Life** – from 7–11 October, we're filling the Garden Room with an extraordinary autumn display of apples, pears, pumpkins, squashes and other produce and inviting everyone to sit down and draw. Materials will be available and absolutely no artistic experience is necessary!

 **Woodland creature face painting** on the weekends, alongside music, storytelling, seasonal activities and lots more to discover around the garden.

Then during **October Half Term**, Rosemoor will be getting wonderfully spooky, with a family programme inspired by **spooky and poisonous plants**.

Families can explore the garden on a special trail discovering plants with scary appearances, magical powers and hidden secrets, alongside a packed programme of activities including **Beowulf Puppet Theatre**, live animal encounters with Really Wild Learning, potion-making workshops with Devon Science, and creative crafts.

So whether children are interested in **stories, drawing, animals, science, plants, making or simply having an adventure outdoors**, there should be something for them at Rosemoor this October.

Weekly Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 (Main)	Cheese Pizza	Pasta Bolognese & Garlic Bread	Roast Gammon & Pineapple	Butchers (Cheese) Beef Burger in a Bun	Jumbo Breaded Fish Fingers
Option 2 (Vegetarian)	Veggie Sausage	Cheese Toastie with Pasta	Cauliflower & Broccoli Bake	Feta & Potato Puff Tart	Vegetable Nuggets
Option 3 (Light Bite)	Egg Mayo Sandwich	Ham & Tomato Baguette	Tuna, Mayo & Cucumber Wrap	Ham & Lettuce Bap	Cheese & Cucumber Bap
Option 4	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna	Jacket Potato with Cheese, Beans or Tuna
Carbohydrate / Vegetables	Pasta & Sweetcorn or Veg Sticks	Peas or Salad	Roast Potatoes, Seasonal Vegetables & Gravy	Potato Wedges, Baked Beans or Peas	Crispy Chips, Sweetcorn, Peas & Ketchup
Salad	Green Salad	Green Salad	Garden Salad	Sweetcorn Salad	Crispy Salad
Dessert	Waffles with Summer Berries in Syrup	Pip Organic Lolly	Ice Cream	Lemon Drizzle Cake	Chocolate Banana Cake

Dates for Your Diary:

- Monday 28th September – Year 6 Trip to Rosemoor
- Monday 28th September – Netball Club starts
- Tuesday 3rd November – Flu Vaccines

Term Dates:

- Friday 23rd October – Non-Pupil Day
- Monday 26th October – Friday 30th October – Half Term
- Monday 2nd November – Children return to school.
- Monday 21st December – Friday 1st January – Christmas Holidays
- Tuesday 4th January – Non-Pupil Day



Belonging



Resilience



Kindness



Aspiration



Respect



Courage