

Garden area: Next time you are dropping off or picking up, we highly recommend taking a detour and walking past our school garden area. It is absolutely bursting with life this term! Thanks to a lot of hard work from Mrs Pike—and some very enthusiastic gardening from the children—we have a beautiful array of flowers, thriving plants, and some incredibly promising vegetables starting to sprout. It has become a wonderful, sensory space for the children to learn about nature first-hand.

A Huge Thank You to Our Sponsors:

- ✓ Big Wave Marketing
- ✓ EDF Environment
- ✓ Exminster Post Office
- ✓ My Handy Chap
- ✓ Tuckers Country Store
- ✓ Wales and West Utilities

This new space would not be possible without the incredible generosity of our community sponsors. Their support provided the seeds, soil, tools, signs and materials needed to bring this space to life. As you admire the space, please take a moment to look at the special recognition plaques displayed around the garden, donated by Big Wave Marketing. They highlight the amazing local businesses and individuals who backed this project. We are so grateful for their investment in our school and our children.

It's a lovely spot to pause, breathe, and admire what our community can achieve together.

Met Office Amber Weather Warning: An amber health alert has been issued by the Met Office for next Monday and Tuesday and temperatures look set to remain extremely high for the rest of the week. Please can you ensure that children come to school wearing sun cream and bring a water bottle and a sun hat in to help to keep them cool and hydrated in this heat.



Get Buzzing! The Eco Team's 'Bee' Art Competition is Here:

The School Eco Team is thrilled to launch our latest creative challenge, and we are inviting our children to get involved. We are looking for spectacular, bee-themed artwork to celebrate our favourite little pollinators. Whether your child is an aspiring painter, a master builder, or a crafting genius, we want to see their inner artist shine.

The Rules? There are no rules (Well, almost...): We want children to be as creative as possible, so we've kept the guidelines incredibly open:

- **The Theme:** Anything and everything to do with bees!
- **The Size:** Big or small, we welcome them all.
- **The Medium:** Any materials can be used, but the Eco Team is heavily encouraging recycled or upcycled materials from around the house. Let's save the planet while making beautiful art!

Friday 19th June 2026

Future Dates

Friday 19th June – Career Fair
2.00pm – 3.15pm

Monday 22nd June – Deadline for
ordering lunches for w/c 29th June

Thursday 25th June – KS2 sports
morning – St Martin's Field at
Westbank 9.30am

Thursday 2nd July – Early Epic and
Epic Eve bookings go live

Thursday 2nd July – Zones of
Regulation Talks – 9.00am and
5.30pm

Friday 3rd July – School Summer
Fair 4.30pm – 7.00pm

Wednesday 8th July – Transition
Morning for new classes.

Headteachers: Mrs S Whalley and Mr I Moore

Need Some Inspiration? To give you an idea of what's possible, here is a sneak peek at some of the brilliant entries we've already had buzzing into school:

- Intricate clay bees and vibrant paintings
- A fully functional, handmade bee hotel
- An ingenious bee crafted entirely out of a recycled plastic bottle
- Colourful Hama bead bee designs

Prizes & Deadline: There will be a small prize awarded to a winner in every single year group, so everyone has a fantastic chance to win.

- **The Deadline:** All entries must be brought into school by **Friday 3rd July**.

We can't wait to see the school buzzing with creativity. Please hand entries into the school office. Thank you as always for supporting our Eco Team initiatives!

Wraparound Care: Early and Epic Eve clubs will go live on **Thursday 2nd July at 3pm** for Autumn 1 (September/October)

Summer Fair Date: Please note that the recent West of Exe Boards that have been put up around the village are advertising the wrong date for the Summer Fair. They should be changed soon to display the correct date of **Friday 3rd July at 4.30pm**.

Nits outbreak: Unfortunately we are currently experiencing an outbreak of nits in the school. This can happen regularly as head lice are very common amongst primary school children. They can easily be transferred by head to head contact. Prevention is the key and we therefore recommend that all long hair is tied back and you check your child's head on a weekly basis. Regular application of lots of conditioner and combing through thoroughly using a nit comb before rinsing out is also recommended for the ongoing management of nits alongside the use of chemical treatment when nits are found. We appreciate your support by regularly checking your child.

Westbank Wellness Wednesdays: Please see the attached leaflet regarding drop in Health and Wellbeing sessions in the Community Hub at Westbank.

Summer Fair Jazzy Jars: Get creative and make some jazzy jars! All you need is a jar with a lid and fill it with small items kids will enjoy. For example, sweets, small toys, hair accessories, small stationary items. Then decorate the jar to make it jazzy! Drop them into the school office any time before the fair.





The EPICentre of Learning

National Online Safety Guides: This week's guide is on What You Need to Know about Online Grooming.

Operation Outdoor Classroom: Our Reception Outdoor Classroom is a vital space where our youngest learners explore, create and play all year round. Right now, however, it's in desperate need of love, attention and structural repairs to keep it safe and weatherproof.

Our amazing site manager, Mr. Broom, is going to tackle the bulk of this over the Summer Holidays. But as we all know, school budgets are incredibly tight and this is a massive, costly project for one person to take on alone.

We want to make sure Mr. Broom has the materials and manpower he needs and that's where you come in! Please click this link if you can help physically or with much needed materials. <https://forms.gle/zKnddJD3KpjPJWkJ6>

The Zones of Regulation Talks: We all want to help our children navigate their big feelings, but knowing exactly *how* to support them when they are overwhelmed, anxious, or angry can be tough.

To help give you some practical tools, we would love to invite you to a parent talk on **Thursday, 2nd July** all about **The Zones of Regulation**. The sessions will be led by **Claire Norman** and **Sinead Coville**, who will break down exactly what the Zones are and—most importantly—how you can easily use the same strategies at home to support your child.

To make it as easy as possible for everyone to attend, we are running the exact same session at two different times. Please join us for whichever suits your schedule best:

- **Morning Session:** 9:00 AM
- **Evening Session:** 5:30 PM

What are "The Zones of Regulation"?

The Zones is a fantastic, visual framework that helps children understand and manage their emotions. It groups feelings into four coloured zones:

- **Blue Zone:** Low energy states (sad, tired, bored, sick).
- **Green Zone:** The ideal state for learning and focus (happy, calm, proud, ready to learn).
- **Yellow Zone:** Heightened states, but still in control (anxious, excited, frustrated, silly).
- **Red Zone:** Intense, overwhelming emotions where it's hard to maintain control (angry, terrified, overjoyed/elated).

What you will take away from this talk:

- A clear understanding of how we use the Zones at school.
- A shared "language" to talk about feelings with your child without them feeling judged.
- Practical, stress-free strategies to help your child notice their triggers and calm themselves down at home.

How to Book: To help us manage numbers, please let us know which session you plan to attend by clicking here:

<https://forms.gle/XVTZtqbckYkT3Zzv5>

We hope to see many of you there! It's a wonderful, practical framework that truly makes a difference in how children handle life's ups and downs.

Headteachers: Mrs S Whalley and Mr I Moore

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The EPI Centre of Learning

Mental Health Weekly Update: in addition to this, over the next few weeks, the newsletter will use the **Zones of Regulation** framework to help you navigate the shift from school to summer, and the eventual leap into the new academic year. The Zones of Regulation is a system that categorizes feelings into four colours to help kids self-regulate as described above.

Week 2: Maintaining the "Golden Threads"

Total loss of structure can push children into a permanent Yellow Zone of dysregulation because they don't know what to expect.

- The Tip: Identify the "Golden Threads"—non-negotiables like sleep times and meal patterns.
- Zones Connection: Create a "Toolbox" for when they leave the Green Zone. If they get "Yellow" (anxious) due to a lack of plans, show them the visual schedule.

Action Item: Use a visual calendar on the fridge. Predictability keeps kids in the Green Zone

Whizz Bang Wow Holiday Club: Booking Now Open: After the great success of last year's holiday club, Exminster Parish Church will be running again this August, 24th, 25th, 26th, 9:30-12:30pm, open for preschool (3+) and primary children. Lots of games, adventures, music, stories, songs and of course fun! Places are limited with priority given to families in Exminster or who are part of the school. Each day is £5 per child and there is financial assistance for anyone for who this would be difficult. Free additional breakfast club from 9am also available.

To book go to [Explorers Holiday Club](#)

If you have an older child who would like some work experience as a volunteer we have a few Young Adult Leader roles also, please contact families@exminster.church

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