

School Summer Fair Friday 3rd July: We look forward to seeing you at the Summer Fair next Friday. Don't forget it's a non uniform that day in exchange for a hamper contribution.

Cold Water Challenge: The Cold-Water Challenge is Back! Beat the Heat for a Great Cause: With the incredible heatwave we're currently experiencing, a bucket of freezing cold water over the head actually sounds like a luxury... and some of our brave staff members have stepped up to make that a reality!

That's right, the Annual Cold-Water Challenge is officially back, and it's time for you to decide who gets drenched.

How to Cast Your Votes

- Choose Your Target: Want to see a specific school adult get thoroughly soaked? You have the power to make it happen.
- Vote as Many Times as You Like: There is absolutely no limit to how many times you can vote. If you really want to ensure a certain staff member gets a cooling down, feel free to vote early and vote often!
- Where to Vote: Voting is quick and easy via the MCAS (My Child At School) app under shop/store.
- Deadline for voting via the app is 3pm Friday 3rd July.

Splashing for a Purpose: This isn't just about having a laugh at the staff's expense (though that is a major perk, especially if it is Mr Herring or Mr Moore, don't worry, they won't read this!)—it is also a fantastic fundraiser for our school. Every vote cast translates into vital funds that go directly toward enhancing our pupils' school experience and resources.

A Huge Thank You to Our Brave Staff Volunteers! We want to extend a massive thank you to all the staff members who have put themselves forward for the splash zone this year. With the current weather, we are actually looking forward to it. Head over to MCAS right now to see who's in the line up, cast your votes and support the school. Let the soaking begin!

Wraparound Care and Sports Clubs: Early/Epic Eve clubs and Sports Clubs will go live on **Thursday 2nd July at 3pm** for Autumn 1 (September/October) You will receive a separate letter highlighting the clubs available.

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.

Friday 26th June 2026

Future Dates

Monday 29th June – Deadline for ordering lunches for w/c 6th July

Monday 29th June – KS2 sports morning – St Martin's Field at Westbank 9.30am

Thursday 2nd July – Early Epic/ Epic Eve/Sports Club 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

Friday 3rd July – non uniform day in exchange for a summer fair hamper donation

Wednesday 8th July – Transition Morning for new classes



A Sweet Thank You: Cream Tea with Our Sponsors! We recently hosted a wonderful afternoon cream tea to express our heartfelt thanks to some of our amazing local partners. Their ongoing support and sponsorship have been instrumental in growing our garden and nature school initiatives. A massive thank you to the wonderful guests who joined us:

- **Lou Alfrezzi** and Alan Bailey– Wales and West Utilities
- **Nicola Atherton** – Exminster Post Office
- **Chris Pike** – Big Wave Marketing
- **Dave Barr** – My Handy Chap

Tuckers Country Store have also sponsored our garden area with donations of tools and resources alongside EDP Environmental Limited. Together, these sponsors have unlocked learning opportunities for our pupils across both the nature school and the school allotment. We are so grateful for their generosity and community spirit.



Want to Support Our Outdoor Education? We are excited to offer a further opportunity to support our school garden this year and directly contribute to our children's hands-on learning! We're inviting local businesses, organisations or families to sponsor a raised vegetable bed in our school garden. For a recommended donation of £40 (this amount can be whatever you choose), your sponsored veg bed will be clearly marked with the name of your organisation or business.

All donations will go directly towards developing this fantastic outdoor learning space, allowing our children to continue their work of growing their own food and supporting the environmental education.

If you're interested in becoming one of our community sponsors please fill out the following form.

<https://forms.gle/PC492BbfZMVvjoXf8> Thank you for helping our garden grow!

Plant Sale: Be sure to check out our plant sale of cucumber, tomato and cosmos plants this Friday after school in the outdoor classroom. A bargain at £1 for small plants and £2 for bigger ones.

Sports Morning Monday 29th June 9.30am: We are still looking for walking volunteers to help us to support walking the children up to St Martin's on Monday morning. Please email the office admin@exminsterschool.co.uk if you can help.

New Autumn Menu: please find attached the new menu for September which is available to order on MCAS now.



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!

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. 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!

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

Careers Fair Inspiring Success: Our Year 5 and 6 pupils recently took an exciting step toward their futures during the Exminster Community Primary School Careers Fair 2026. The event was a resounding success, welcoming 16 brilliant contributors from a vast array of industries. Students had the unique opportunity to interview professionals and explore diverse career pathways—from vital emergency and healthcare roles (the Police, a paramedic, a cardiac rehab nurse, and a veterinary nurse) to legal and property experts (a lawyer, solicitor, legal practitioner, and estate agents). They also connected with corporate and trade specialists, including an accountant, a builder, representatives from South West Water, Wales & West Utilities, and Exeter University. The Met Office brought learning to life with engaging STEM-focused activities, a Royal Navy representative shared insights into military life and a bird ecologist captivated the children with how they advise modern wind farms.

Before the event, the children completed a series of tailored activities designed to help them identify their personal strengths and understand the vital skills needed in today's workforce. By discussing their passions and future goals, our pupils began to see the endless possibilities awaiting them. The ultimate aim of the fair was to broaden horizons, ignite big aspirations, and help children realise that their learning journey can take them to incredible, diverse places.

Headteachers: Mrs S Whalley and Mr I Moore

We are immensely proud of how beautifully our students engaged with our guests to discover what each job involves and the educational steps to get there. A huge thank you to all of our wonderful contributors for making the day such a fantastic success!



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.

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The EPICentre of Learning

- 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.

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 mentioned above.

The "New Teacher" Groundwork

Building a mental bridge to the new teacher helps reduce the fear of the unknown.

- **The Tip:** Focus on the human element. Talk about the new teacher casually to build "relational safety."
- **Zones Connection:** Anxiety about a new teacher is a **Yellow Zone** feeling. Use "Social Wondering"—wondering aloud what the teacher's favourite book might be—to turn fear into curiosity.
- **Action Item:** Help your child write a "Getting to know me" postcard for their teacher. This empowers the child to take the first step in the relationship.

Community Garden: based down near the churchyard, the community garden is coming along nicely and they're enjoying a second year of gardening in the shared plot. As well as running regular plant sales, they are planning to hold a children's garden club over the school holidays for 4 weeks in July and August. Please see attached poster for more information.

Dawlish College SEND Coffee and Catch Up: Join this event on Friday 10th July at 2.30pm. See poster for details.

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www.exminsterschool.co.uk

admin@exminsterschool.co.uk

01392 824340



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