



Ilfracombe Infant & Nursery School  
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Date: 24th September 2021

Dear Parents and Carers,

### **Kingfishers, Swallows and Swans - Fossil Hunting and Visit to Lyme Regis Museum**

The children enjoyed learning more about the famous fossil hunter Mary Anning and her dinosaur discoveries. They explored different fossils in the museum and on the beach and learnt more about prehistoric creatures.



### **Turtles, Starfish and Jellyfish - Futures Farm, Woolacombe**

Please can you ensure that your child has suitable clothing and footwear. The children will leave and return during the school day.

Turtles - Wednesday 29<sup>th</sup> September

Starfish - Monday 4<sup>th</sup> October

Jellyfish - Wednesday 6<sup>th</sup> October

### **Harvest Festival Donations**

If you would like to donate any items of non-perishable food please send this in with your child. All donations will go to the Ilfracombe Foodbank. Many thanks.

Kind regards,

Claire Grant  
Executive Headteacher

## Diary Dates

Wednesday 29 <sup>th</sup> September	Turtles, Futures Farm, Woolacombe
Monday 4 <sup>th</sup> October	Starfish, Futures Farm, Woolacombe
Tuesday 5 <sup>th</sup> October	Harvest Festival
Wednesday 6 <sup>th</sup> October	Jellyfish, Futures Farm, Woolacombe
Wednesday 20 <sup>th</sup> October	Individual Photographs
Friday 22 <sup>nd</sup> October	Non-pupil Day
Monday 25 <sup>th</sup> October until Friday 30 <sup>th</sup> October	Half Term



## HOPE Parents Wellbeing



### Take control of your health & wellbeing

#### HOPE Programme for Parents

Are you a parent caring for children over 4 years old? Are you experiencing stress, anxiety, low mood and feeling isolated?

Would you like to learn about some self management techniques and connect with other parents?

HOPE is a self-care, self-management programme which takes place over eight weeks and is free to attend.

**The course starts on Tuesday 21st September, 11:00 - 12:30**

**Each week the course covers topics like:**

- managing stress
- smarter goal setting
- gratitude
- character strengths
- physical activity/eating well
- coping with fatigue
- practicing mindfulness
- communication and relationships



#### Register your interest today!

To register or for more info, please call 01803 210493 or email [hope.devon@nhs.net](mailto:hope.devon@nhs.net)

<https://www.torbayandsouthdevon.nhs.uk/services/hope-programme>





# Think behaviour, think language.

## I wonder if....

### **Communication and Interaction Team Social, Emotional and Mental Health Team**

**A free, informal workshop for parents and carers of Devon Primary school age children, to consider the links between behaviour and speech, language and communication needs. This event will be held virtually on Thursday 7<sup>th</sup> October 2021, 12.30 – 2.30pm**

Does your child have difficulty with:

- Listening?
- Attention?
- Communication?
- Friendships?
- Literacy?

The session will aim to raise awareness of speech, language and communication needs (SLCN) and consider the impact on a child's social, emotional and mental health (SEMH). SLCN can become apparent through a child's behaviour in a variety of ways and we shall provide further insight into these complex links.

The session provides an opportunity to share ideas about what works for you and a chance to discuss and learn from other parents/carers.

There will also be an opportunity for questions to the Advisory Teachers and Family Worker from the Communication and Interaction Team and the Social, Emotional and Mental Health team.