



Ilfracombe Infant & Nursery School
Marlborough Road, Ilfracombe, EX34 8JL
Executive Headteacher: Claire Grant

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Date: 15th September 2023

Dear Parents and Carers,

Visit to Futures Farm - Starfish, Jellyfish and Turtles

The children had a wonderful time meeting and learning all about the animals. The children fed the chickens, alpacas, pigs and goats, groomed and walked the Shetland pony and found out about sheep's wool.



Discovering Devon - Swans, Woodpeckers and Kingfishers

The children collected resources and used natural local materials to inspire and create their collages.



P.E. Kits

We would be grateful for donations of shorts, t-shirts and trainers for our Reception, Year One and Year Two children to wear in their P.E. lessons.

Thank you for the warm welcome given to our new members of staff they have commented on the kindness shown from the community.

Kind regards,

Claire Grant

Executive Headteacher

Diary Dates

Wednesday 4 th October 2023	Year Two Visit to Coombe Woods, Goodleigh
Wednesday 11 th October 2023	Year Two Visit to Coombe Woods, Goodleigh
Monday 16 th October 2023	Tempest Photography - Portraits and Family Groups
Wednesday 18 th October 2023	2023-24 Flu Nasal Spray Vaccinations - Reception, Year One and Year Two
Monday 23 rd October - Friday 27 th October 2023	Half Term

Hi!



For those who are not aware, I am Debbie Newman, an Education Mental Health Practitioner (EMHP for short!). I am part of the **Mental Health Support Team** for schools in North Devon, and we work for the NHS.

I will be working in school on a Wednesday afternoon and my time in school will be split between helping the school community (parents, staff, governors and pupils) to develop a Whole School Approach to mental health, and working directly with parents 1:1, in small groups or through information workshops to support children with mild to moderate mental health difficulties such as anxiety, low mood, or behavioural difficulties.

A 'Whole School Approach' means thinking about how every part of school life – people, buildings, timetables, can work together to develop a mentally healthy place to learn and work; one that promotes positive wellbeing and where children are supported to be happy, resilient, and healthy.

I would love to hear your views on what is already happening at Ilfracombe Infants and invite you to complete a short, anonymous, online survey to help us tailor our support to the needs of the school community. You can do this by clicking the link below or scanning the QR code:

<https://www.smartsurvey.co.uk/s/L8Z2FI/>



We are also running an **informal coffee afternoon** for anyone who would like to join us for a cuppa and a chat about what we do. Please come with friends, family and any little ones, we look forward to meeting you!

Date: Wednesday 20th September

Time: 2:30-3:30pm

Location: Please come to reception where you will be shown to the Music Room.

See you soon!

Debbie

'10 a day' choices towards balancing our mental health



Talk about your feelings



Do something you enjoy and are good at



Keep yourself hydrated



Eat well



Keep active in mind and body



Take a break



Stay connected to those you care about



Ask for help



Be proud of your very being



Actively care for others