



Ilfracombe Infant & Nursery School
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Date: 13th October 2023

Dear Parents and Carers,

World Mental Health Day

The whole school supported World Mental Health Day on Tuesday. The children made yellow wristbands and headbands and talked about the ten different things they can do to keep happy and healthy.



Reception Phonics Meetings - Turtles, Jellyfish and Starfish

Parents and carers are invited to attend a meeting next week about early phonics and reading.

Monday 16th October 2023 at 2.45 pm - Turtles

Tuesday 17th October 2023 at 2.45 pm - Starfish

Wednesday 18th October 2023 at 2.45 pm - Jellyfish

Thursday 19th October 2023 at 5.00 pm for parents and carers unable to attend the earlier sessions.

Please come to the Reception area and you will be taken to your child's classroom.

Harvest Festival

As part of our Harvest Festival celebrations, we are collecting donations of non-perishable food which will be taken to the Ilfracombe Food Bank. Many thanks.

Nasal Flu Vaccination - Reception, Year One and Year Two

A reminder to parents and carers to complete the online consent form for their child/ren to receive the nasal flu vaccination. The form needs to be completed by midday on Monday 16th October 2023.

Parent/Carer Consultations

Your child will bring a letter home next week with details of the parent/carers consultations, which will take place after the half term.

Tempest Photography - Monday 16th October 2023

Tempest Photography will be taking individual and family group photos on Monday. If you would like a family group photo, please make your way to the large hall between 8am and 9am.

Kind regards,

Claire Grant

Executive Headteacher

Diary Dates

Monday 16 th October 2023	Tempest Photography - Portraits and Family Groups Reception Phonics Meeting at 2.45 pm - Turtles
Tuesday 17 th October 2023	Phonics Meeting at 2.45 pm - Starfish
Wednesday 18 th October 2023	2023-24 Flu Nasal Spray Vaccinations - Reception, Year One and Year Two Reception Phonics Meeting at 2.45 pm - Jellyfish
Thursday 19 th October 2023	Rocksteady Music School Assembly - Reception, Year One and Year Two Reception Phonics Meeting at 5.00 pm
Monday 23 rd October - Friday 27 th October 2023	Half Term

Cleaner Vacancy

We are looking for a reliable and enthusiastic cleaner to join our Premises Team. The successful candidate will have a positive outlook, and be able to work independently and as part of a team. This is a permanent position to start immediately.

The post is for 2 hours per day, from 4pm to 6pm, Monday to Friday, during the school term and thirty additional hours during the school holidays.

The rate of pay is £10.60 per hour.

The Goodleigh C of E Primary School and Ilfracombe Infant School Federation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. An enhanced Disclosure is required for this post.

An application form can be requested from the school office. Your completed application form should be returned by email to adminilfracombe@goodilf.org.uk or can be printed and returned to the office.

Mental Health Support Team

'10 a day' choices towards balancing our mental health



Talk about your feelings



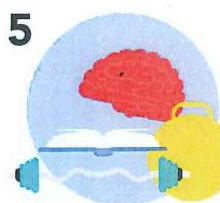
Do something you enjoy and are good at



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

IF YOU ARE A PARENT OR CARER

You can text a Health Visitor on

07520 631 721

We can help with all kinds of things like.....

CHILD HEALTH & MENTAL
DEVELOPMENT HEALTH
ADJUSTING TO SLEEP &
PARENTING FEEDING
ROUTINES
TOILETING CONTINENCE
FAMILY HEALTH

Text us for confidential advice & support

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Staying Healthy

Illness

Feelings

Getting Help

A fun and interactive resource
for learning about health

Games

Activities

Quizzes

www.healthforkids.co.uk

Psst! Parents!

As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.



www.healthforkids.co.uk/Devon

Follow us:  Health for Kids: Growups!  healthforkidsgrowups  @HealthforKids1

 ChatHealth

Text a school nurse for confidential advice and support

07520 631721

Or scan the QR code
for further service
contact details:



Disclaimer: We may need to inform someone if we are concerned about your safety but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorised health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. If you need help before you hear back from us, please contact your GP, nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some number sharing mobile apps). To opt out of receiving messages from a healthcare professional, please text STOP to our number. Messages are charged at your usual rates.