



Ilfracombe Infant & Nursery School  
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  @IlfracombeInfantSchool\_Nursery

Date: 13<sup>th</sup> February 2026

## Reception - Chinese New Year

Reception have had a busy week celebrating Chinese New Year. The children have learnt about the Chinese zodiac story of "The Great Race"- using puppets to act out the story and then writing what they can see in the pictures.

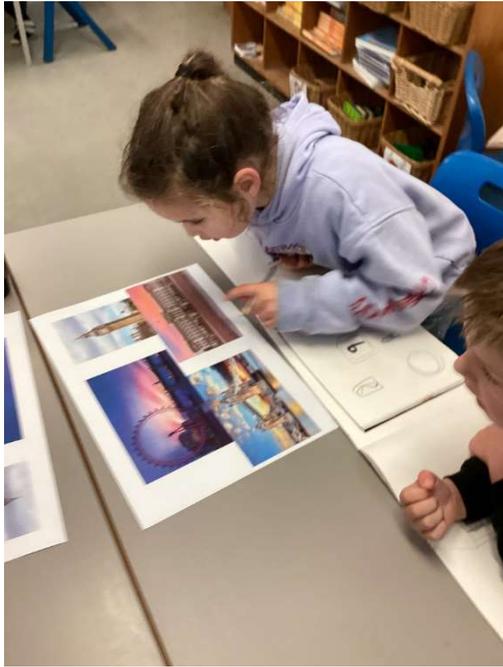
They have enjoyed copying the symbols in Chinese writing, using chopsticks in sensory play and making amazing lanterns.

In the classroom we have had a restaurant serving Chinese food and also watched and tried dragon dancing. The children chopped vegetables when we cooked a sweet and sour stir fry and ate it with their chopsticks!



## Kingfishers - Carbon Printing

The Kingfishers have had fun practising drawing famous London landmarks. They used carbon paper to print these images onto paper.



## Year Two - Tag Rugby

Year 2 have been looking at what keeps us healthy in Science. Swans took the opportunity to combine this work with their tag rugby session by noticing the changes in their heart rate and bodies before and after the session. They also discussed the importance of exercise for our mental health and discussed how doing sport makes them feel.



## Year One - Chinese New Year

Year One have painted Chinese brush stroke horses, written inspirational words or their names in Chinese symbols and written about how Chinese new year is celebrated with information from stories and videos.



## Dinner Menu

Please see attached our School Menu. Please note we will return on Week Two.

We hope that you have an enjoyable half term and look forward to seeing you on Monday 23<sup>rd</sup> February.

Kind regards,

Claire Grant  
Executive Headteacher

## Diary Dates

Monday 16 <sup>th</sup> February - Friday 20 <sup>th</sup> February	Half Term
Monday 23 <sup>rd</sup> February	Return to School
Tuesday 3 <sup>rd</sup> March	Year Two - Dunster Castle, Dunster, Minehead
Wednesday 4 <sup>th</sup> March	Year One Visit to Bicclescombe Park as part of their topic on "Wonderful Gardens"
Thursday 5 <sup>th</sup> March	World Book Day - The children may dress up as a character from their favourite book.
Friday 6 <sup>th</sup> March	Whole School - Holi Festival
Monday 9 <sup>th</sup> March	Swans - visit to Ilfracombe Library
Monday 16 <sup>th</sup> March	Kingfishers and Woodpeckers - Visit to Ilfracombe Library
Friday 20 <sup>th</sup> March	Whole School - Eid Festival
Monday 23 <sup>rd</sup> March	Zebras - Visit to Ilfracombe Library
Monday 30 <sup>th</sup> March	Giraffes - Visit to Ilfracombe Library
Monday 30 <sup>th</sup> March	Turtles and Jellyfish - Easter Craft Workshop at 2pm. Parents and Carers welcome to attend.
Tuesday 31 <sup>st</sup> March	Reception Visit to RHS Rosemoor Gardens, Torrington
Tuesday 31 <sup>st</sup> March	Giraffes and Zebras - Easter Craft Workshop at 2pm. Parents and Carers welcome to attend.
Wednesday 1 <sup>st</sup> April	Woodpeckers - Easter Craft Workshop at 2pm. Parents and Carers welcome to attend.
Thursday 2 <sup>nd</sup> April	Kingfishers and Swans - Easter Craft Workshop at 2pm. Parents and Carers welcome to attend.
Monday 6 <sup>th</sup> April - Monday 20 <sup>th</sup> April	Spring Holidays

# HELPING YOUR CHILD WITH FEARS & WORRIES

## 6 WEEK ONLINE PROGRAMME

Parents and carers play the most important part in helping children to overcome difficulties. We are delivering an online Parent-Led CBT (PLCBT) group to provide you with the tools to support your child or young person aged between 5-12.

**EXPRESS INTEREST BY SPEAKING TO A MEMBER OF YOUR SCHOOLS PASTORAL TEAM/SENDCO.**

During the sessions you will have the opportunity to rehearse key skills. The sessions are based on the Cathy Cresswell book 'Helping Your Child with Worries and Fears'

### FAQ

#### What is Parent Led Li-CBT?

Parent Led Low Intensity Cognitive Behavioural Therapy (Parent Led Li-CBT) is a short term 6 session intervention supporting parents and carers. Parents learn simple tools to help their child with anxiety or worries at home. CBT stands for Cognitive Behaviour Therapy. CBT is based on the idea that our thoughts, feelings, behaviours are all linked.

#### Is it all online?

All sessions are online via Microsoft Teams. Once you are signed up you will be emailed a link. Cameras will be off for group participants.

#### Can my child come with me?

We do ask that it is only parents and carers who attend these sessions. This provides a safe space for you to discuss your own worries and anxieties and allows the practitioners to focus on supporting you to gain the skills to support your child.

**NHS**

**cfhd**  
Children & Family Health Devon

### SESSION DATES

28th of April 2026  
(Tuesday)  
7pm-8pm

5th of May 2026  
(Tuesday)  
7pm-8pm

12th of May 2026  
(Tuesday)  
7pm-8pm

19th of May 2026  
(Tuesday)  
7pm-8pm

2nd of June 2026  
(Tuesday)  
7pm-8pm

9th of June 2026  
(Tuesday)  
7pm-8pm



More Information  
Scan Here