



Ilfracombe Infant & Nursery School  
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  @IlfracombeInfantSchool\_Nursery

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

Dear Parents and Carers,

### Swans - Visit to Ilfracombe Library

The children enjoyed their visit to Ilfracombe Library where they were read a story by Cath the librarian before exploring the books in the children's area.



## Nursery

Our nursery children have had so much fun exploring Holi through colourful activities and dancing.



## Holi Festival

We celebrated the Hindu festival of Holi by learning about how and why Hindus' celebrate it. The children enjoyed drawing self portraits and throwing powder paints at the self portrait to celebrate the colour festival and the start of spring.



## Turtles and Jellyfish Classes

As part of the topic work next week we would like to use some baby photos of the children. If you have a photo we could use please send it in to class, it will be returned at the end of the topic. If you would like to send a digital copy for us to print, please send it to [adminilfracombe@goodilf.org.uk](mailto:adminilfracombe@goodilf.org.uk) stating your child's name and class and it will be forwarded to your child's teacher.

## School Lunch - Friday 20<sup>th</sup> March

Please note on Friday 20<sup>th</sup> March, we will be providing sandwiches **only**. The pudding will remain the same.

Kind regards,



Claire Grant  
**Executive Headteacher**

## Diary Dates

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.
Friday 3 <sup>rd</sup> April - Friday 17 <sup>th</sup> April	Easter Holidays
Monday 20 <sup>th</sup> April	Return to school

# WIN £100 AND HELP IMPROVE THE MORNING SCHOOL RUN!

We have been selected by the Department for Education to help design a national Breakfast Club programme that works for every family's morning school run.



## THE ASK

A 10 minute  
online survey.



## WHO

Everyone! We're really interested to hear from those who **don't** use the breakfast club too!



**Designed by parents, for  
parents**

Scan this QR code, complete the 10 minute survey and have the chance to win £100!

**Help ensure breakfast clubs work for all families!**

# 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.

### 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