



Ilfracombe Infant & Nursery School  
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  @IlfracombeInfantSchool\_Nursery

Date: 27<sup>th</sup> February 2026

## Year Two - Dragons, Castles and Knights

Year Two have been looking at features of a castle and have created paintings to include these features. They are looking forward to their trip to Dunster Castle next week to see these features in real life.



## Year One - Wonderful Gardens

The children planted grass seeds in pots to bring home and watch grow as part of their new topic, 'Wonderful Gardens'. They have also planted a bean seed in class so they can see all the parts of the plant develop.



## Year Two - Tuesday 3<sup>rd</sup> March - Dunster Castle, Minehead

The children will be visiting Dunster Castle on Tuesday. Please drop off your child to their class at 8.40am. A packed lunch will be provided for the trip.

We are expecting to return to school at approximately 4.15pm. Please collect your child from their classroom. Please ensure your child is dressed in warm clothing with comfortable footwear.

## World Book Day - Thursday 5<sup>th</sup> March

The children may dress up as a character from their favourite book if they wish.

## Recycled Materials

We would be grateful for any cereal boxes/cardboard tubes/food boxes for the Year Two children to make castles.

Kind regards,

A handwritten signature in black ink, which appears to be 'Claire Grant'.

Claire Grant  
Executive Headteacher

## Diary Dates

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.

# 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