



Ilfracombe Infant & Nursery School  
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  @IlfracombeInfantSchool\_Nursery

Date: 20<sup>th</sup> March 2026

Dear Parents and Carers,

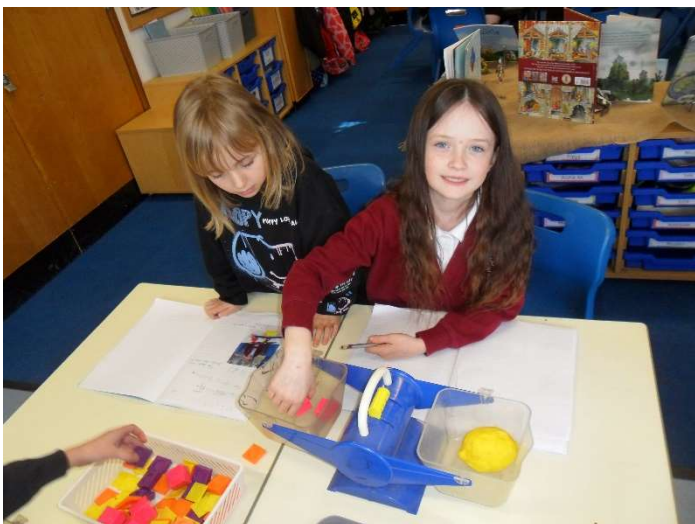
## Year One - Bird Making

In art, the children have been following the Making Birds Pathway. They have experimented with manipulating paper, adding details and colour with oil pastel, pens and charcoal to make beautiful bird sculptures.



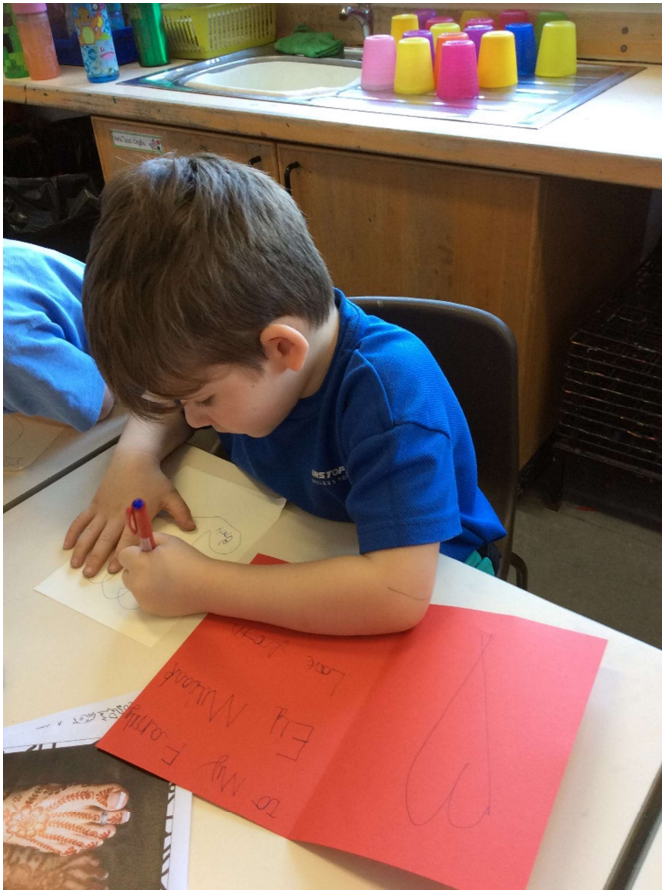
## Year Two - Maths

The children have been measuring and comparing weights in grams and kilograms. They put this skill to good use whilst making their biscuits, as part of our day of EID celebrations.



## Year One - Eid Mubarak

The children cut out and decorated mosques after researching traditions of Eid. They also made cards with handprints with five good deeds on each finger, which they then decorated with Mehndi patterns.



Kind regards,

Claire Grant  
Executive Headteacher

## Diary Dates

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 Garden Rosemoor, Great 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.

**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