

TERM DATES

Easter Holidays

Break up—Thurs 1st April
Return to School—Mon 19th April

Bank Holiday

Mon 3rd May

Half Term

Break up—Fri 28th May
Return—Mon 7th June

Summer Holidays

Break up—Thurs 22nd July
Return—(Y1-6) Wed 8th Sept
New Recep Mon 13th Sept

Welcome Back!



NEWSLETTER

12th March 2021

Dear Parents and Carers

It has been so lovely to have welcomed back to school all our children this week, we have really enjoyed seeing them back where they belong!

We totally understand that for many children who have been at home for a long period of time, it has been a bit of a shock to the system to suddenly arrive back at school and get back on the 'learning treadmill' - we are support all children in this transition and hope that the blend of wellbeing activities and national curriculum teaching is enabling everyone to feel settled and secure. Please do not worry about any 'lost learning' - teachers are very skilled at assessing where individual children need support and at where any possible gaps are. They will weave support and interventions into their current teaching to ensure children make the necessary steps in their learning.

We would like to thank those of you who have supported your child with their home-learning over the past weeks. I know that this has meant many of you having to juggle your own work commitments with your child's learning and we are very grateful for your support.

We would normally hold Spring parents evening appointments at the start of March, but we have decided to move these so that teachers can provide more information on your child's progress and attainment once everyone has settled back into routines and teaching and informal assessments have been carried out. These parent/teacher meetings will now take place in w/c 26th April - after the Easter holiday via TEAMS - more details will be sent nearer the time.

We are currently reviewing our Relationships and Sex Education Policy, which can be found on our school website. If you wish to share your views on this policy, or have sight of any of the resources used, we encourage you to contact the school office via stdavids@venturs.org.uk. The policy will be available to view and comment on until 19th March, 2021

Wishing you all a peaceful weekend!

Fran Brinicombe

RED NOSE DAY Friday 19th March 2021

What is the theme?

This year's Red Nose Day is all about the power of humour in helping us all get through tough times, while raising money for important causes.

Children are being encouraged to come dressed in a way that makes them (and others) smile

How Much shall I donate?

Please donate what you can to this valuable cause - by either following the link below

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=3071>

Or each class will have a collection pot so that your child can drop in what you would like to contribute.

We will be selling Red Noses for £1.50 in Class from Wednesday. Please bring exact money and we only have a limited number so it will be one per child and first come first served!



STAR LEARNERS

Ruby Class

Reception—Mason because he has settled back into school like so well. Mason has a natural flare for math's and loves a challenge! This week he has used the numicon to find different ways to make numbers up to 10. Mason has used his reasoning skills to explain to others what numbers he has used and wh. A great start back to school life Mason!

Year 1—Mackenzie has been a role model to all our children this week. He has been kind and patient when playing with his peers. Mackenzie has been trying his best all week in phonics where he has been writing CVC words independently.

Emerald Class

Year 1—Lucia because she has been very kind and has given her friends a very warm welcome back to school

Year 2—Grace for showing fantastic communication and understanding. She is has shown lots of confidence when following instructions and participating in classroom discussions.

Sapphire Class

Year 3—Isabella is a creative and hard-working member of the class. She has produced a stunning Canopic jar with clay, using a number of skills such as coiling, pinching and rolling. She also used the tools imaginatively to achieve detailed patterns

Year 4—Sam is a hard-working and reflective member of the class. This week he confidently used 'open' questions when interviewing Howard Carter, an Egyptologist who is famous for discovering King Tutankhamun's tomb.

Diamond Class

Year 5—Cole has worked very hard this week in all the subjects. He has been able to lend his expertise in computing to help others and he has been able to recognise where he needs extra support in maths, which has helped to improve his understanding. Well done and thank you Cole!

Year 6—Sophie has enjoyed writing a story about a Roman coin that was lost and found, and her middle chapter was particularly impressive as it contained several examples of higher-level vocabulary. Well done and thank you Sophie!

Ready Steady (Red Nose) Bake

We are asking you to take part in our Red Nose Bake off by baking a cake at home, as a family and then send a photo of you and your baking creation to stdavids@ventrus.org.uk.

Deadline is Friday 19th March at 10am
Each entry is 50p and can be paid via ParentPay



Our Christian Values

Respect Forgiveness Compassion Friendship Justice Trust

12th March 2021



A Message from Rev Ash

Dear parents,

We have invited *you* to Mother's Day this Sunday 14th March at St David's. Check out the video which the children saw in class, here: <https://we.tl/t-qUNDeCYp0>

Give it a min to download, but it's only a short clip! ☺

Your invitation for Sunday:

9.30am at St David's church (the one nearer Exeter College) we have a lovely Mothering Sunday service for you to attend

11am at St Michael's Mount Dinham (the one next to school) we have a glorious later option for those of you enjoying a lay in!

4pm on Zoom we have a space for peace, questions, and growth, this Sunday discovering God as a good and loving carer. The session features breakout groups, presentations on the week's theme, and kind conversation. We'd love to meet you there!

Zoom Meeting Address:

<https://us02web.zoom.us/j/88685738289?pwd=WEh1dINCY3NRQlCccXFjK2ZlejR0UT09>

Meeting ID: 886 8573 8289
Passcode: 159821

More info at

[facebook.com/events/155321069402804](https://www.facebook.com/events/155321069402804)

Both morning services are safely distanced, with hand sanitiser provided— face coverings are required, please, unless you have an exemption, and children and adults are very very welcome at all three events.

See you Sunday, folks,
Rev. Ash

The Revd. Ash Leighton Plom
07855305519

Deacon,
St David's Church, Exeter with
S. Michael and All Angels', Mt. Dinham

Facebook: [facebook.com/ash.leightonplom](https://www.facebook.com/ash.leightonplom)

Twitter: @ashleightonplom

Insta: @ashleightonplom

A Prayer for Mothering Sunday

Loving God, thank you for mums and children and for all the joy of family life.

Be with those who are grieving because they have no mother; be close to those who are struggling because they have no children; be near to those who are sad because they are far apart from those they love.

Let your love be present in every home, and help your church to have eyes to see and ears to hear the needs of all who come.

We ask this in the name of Jesus Christ our Lord.
Amen



Will a hot lunch really help my child at school?

The question of nutrition is enormously complex but research has shown better digestion, the process by which our bodies absorb the nutrients in food, improves our ability to concentrate. It is an interesting fact that cooking food makes it easier to digest. One, fairly straight forward reason for this is that a hot meal usually takes longer to eat, which gives our bodies more time to break down the food and absorb the nutrients.

If we consider the science, for many foods the cooking process helps to release nutrients, making it easier for our bodies to absorb, strengthening us, improving our ability to fight disease and enabling our brains to function well.

Starches and proteins have complex molecules and the cooking process starts to break them down so it's easier for our bodies to do the rest. Some minerals are 'locked' and are released by cooking, for example calcium, it is a mineral which is stored in our bones and teeth and is used in small quantities to maintain healthy blood vessels, muscles and nerves. Cooking vegetables increases the amount of calcium available for our bodies to absorb, the most dramatic change is with spinach where the difference between cooked and raw spinach is more than 8 times. Beta-carotene is a pigment which gives yellow and orange fruit and vegetables eg carrots and red peppers, their colour. Our bodies convert beta carotene to vitamin A, cooking these vegetables makes beta-carotene far easier for our bodies to absorb and the vitamin A it produces has several important functions, including;

- helping our body's natural defence against illness and infection (the immune system) work properly – particularly important in the current circumstances
- keeping skin and the lining of some parts of the body, such as the nose, healthy
- and notoriously 'helping us see in the dark', while there is evidence for this there is definite proof that vitamin A improves eye health

Tomatoes contain an extremely powerful antioxidant Lycopene, cooking boosts the amount of lycopene in tomatoes. Lycopene is a fat-soluble antioxidant which means it is better absorbed by your body when consumed with some healthy form of fat, pizza is healthier than you think!

In theory the answer to the question is yes and this theory has been demonstrated in practise in many settings and around the globe.

Fresha school lunches are helping to keep your child at the top of their game, fuelling them from the inside and out. We will soon have a new website too, designed so that you and your child can enjoy being part of the journey with us. In the meantime, feel free to visit www.fresha.org

Most importantly, if your child is not already enjoying a hot school lunch, please get in touch with the school office, they will explain how to sign up.

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