



Dartmoor
MULTI ACADEMY TRUST

Nurture, Inspire, Achieve

A small school, learning together in the local community

26th March 2021

Dear Parents/ Carers,

As you will now be aware, Dartmoor Multi Academy Trust leadership team is transforming to be able to actualise our Trust's vision and values and to build our leadership capacity. We have now communicated this news with staff, pupils and parents as well as the wider community. During the Summer term, Mr Adam Hill will be transitioning to take the role of Principal at Lydford Primary School. I hope that you will make Mr Hill feel extremely welcome in our school community. I will be transitioning into 2 new settings as Principal at Highampton Primary and Exbourne Primary Schools and I am looking forward to new things. You can view our leadership short video here <https://youtu.be/YY8LpKlds0Y>.

This change in leadership does not mean that I am moving away from the school entirely. We are all leading schools in the Trust and so will be working collaboratively for the future of the children in our care.

A note from Mr Hill ...

I am very much looking forward to the opportunity of working at Lydford Primary School. Having taught and led across Exbourne C of E and Bridestowe Primaries since January 2018, I have worked closely with Moorland group of schools and its leaders. I have met many Lydford children at the annual residentials and sporting events, each time I have been impressed by their politeness, confidence and positivity.

My childhood was spent in the local area as part of the farming community before moving away for education and travel. Upon my return to Devon in 2010 I found my passion to be small and rural school education. The community and family feel of such schools is invaluable and something I always wish to foster and promote.

I am passionate about sport, outdoor education, local and global citizenship and character education. My personal interests including following (and occasionally despairing at) our local football teams, exploring our natural environment and community development.

I am really looking forward to learning and travelling on our shared journey of education together.

This week

At Lydford this week, we have had much milder weather to enjoy our extensive outdoor spaces. Forest School has provided the perfect environment to plant our wild flower sanctuaries and explore our natural environment through child led play. In Class 1, the children have been engaging with Victorian toys and exploring fractions. In Class 2, learning is centred around 'Explorers' and the children's journals are really taking shape!

Being resourceful

Please can you ensure that your child arrives at school each day with their belongings – this includes reading book and record, water bottle and a shower proof coat for rainy days. PE kits should be in school every day on your child's peg. We often have a PE/ outdoor session spontaneously and so it is best that this is kept in school and taken home at the weekend for washing. Many thanks for your support.

Forest School kit – After Easter, please can you send your child to school a change of clothes for Forest School suitable for the weather and muddy play. A light waterproof coat will also be necessary in case of rain. Pupils will come into school in full uniform and change at lunchtime for their session – Class 2 Thursday, Class 1 Friday afternoon.

After school clubs Summer term

As we look ahead to the Summer term, I am pleased to let you know that we are able to provide after school provision once again. Our clubs will be limited to class bubbles, with Monday Madness accommodating both groups at a safe distance outside. Please check School Gateway for signing up to the clubs before the Easter break.

	LYDFORD
Monday	Monday Madness – both classes
Tuesday	
Wednesday	
Thursday	Gardening Club – Class 2 only
Friday	NO CLUBS

School Gateway

You may have noticed that there are currently two accounts for Lydford Primary on School Gateway. The new one will be used from next term onwards and we will be setting this up next week with the dinner menu and school clubs. Please continue to use the current one until the end of term.

School Uniform

We will no longer be stocking uniform in school and will be moving over to Schoolwear Direct based in Okehampton. Full details will be issued shortly. It will not be a requirement to buy the new uniform and children can continue to wear their current jumpers/fleeces until they are outgrown.

We have a small amount of stock in school which will be sold at cost price. These are mostly smaller and larger sizes.

Mental Health and Wellbeing

Mindfulness can be really useful for coping with anxiety. Different techniques will appeal to different people. It is important is that everyone finds a strategy that works for them. The following sites give practical ideas of things that you could do. *Get Self Help (www.getselfhelp.co.uk) Self help ideas *Headspace (www.headspace.com) Meditation and mindfulness *Moodjuice (www.moodjuice.scot.nhs.uk) Help with emotional problems

The following websites have information about mental health and wellbeing, as well as a range of magazine articles, message boards and forums. Young people using these sites have told us that sharing similar concerns and experiences with other young people can break some of the stigma and help them to feel less isolated.

- Kooth – www.kooth.com
- ChildLine – www.childline.org.uk
- Mind – www.mind.org.uk
- Young Minds – www.youngminds.org.uk

Grounding is a technique that helps keep someone in the present. It helps to reorient a person to the here-and-now and moment. Grounding skills can be helpful in managing overwhelming feelings or intense anxiety. For lots of young people it is really important to have things that they can do in the moment if their anxiety or worries are really difficult to cope with.

The only thing left to say at the end of this week of big news and upcoming changes is that I would like to thank the parents and children Lydford Primary for being so supportive in my 2 years leading the school as Acting Head. My time at Lydford has not been without its challenges but it has been the support of the incredible staff and community that has kept me going. I have enjoyed embedding the new school vision, helping to develop our wonderful outdoor space and getting to know the children and their families too. Lydford is a special place that I will enjoy returning to regularly now that we are working as a collaborative leadership group.

With kindest regards and wishing you all a wonderful Easter!



Mrs Deirdre Petersen

Dates for your diary:

Thursday 1st April - Last day of Spring Term
Friday 2nd April - Start of Easter Holidays (Good Friday)
Monday 19th April - Start of Summer Term
Friday 30th April - Jonny Varcoe Cricket - Class 1 & 2*
Monday 2nd May - Bank holiday
Friday 14th May - Book Trust Pyjama Day*
Thursday 20th May - Outdoor Classroom Day*
Monday 24th May – Thursday 27th May – Bikeability*
Monday 31st May – Friday 4th June –Half Term
Thursday 1st – Friday 2nd July - Year 5 & 6 Residential
Wednesday 14th July – Sports day (provisional)*
31st May to 4th June Summer Half term

*Further details will follow. Although we have planned these activities they can only take place if Government restrictions and guidelines at the time allow.

Autumn Term 2021

Wednesday 8th September - All Pupils Return
Half Term – Monday 25th October to Friday 29th October 2021 Inclusive
Monday 1st November - All pupils return
Friday 17th December - Last Day of Term
Christmas Break – Monday 20th December 2021 to Monday 3rd January 2022 Inclusive

Spring Term 2022

Wednesday 5th January - All pupils return
Half Term – Monday 21st February to Friday 25th February 2022 Inclusive
Monday 28th February - All pupils return
Friday 8th April - Last Day of Term
Easter Break – Monday 11th April to Friday 22nd April 2022 Inclusive

Summer Term 2022

Monday 25th April - All pupils return
Monday 2nd May - May Day Bank Holiday
Half Term – Monday 30th May to Friday 3rd June 2022 Inclusive
Monday 6th June - All pupils return
Friday 22nd July - Last Day of Term



Do you feel you know the rhythm of life within your community?

Are you inspired by the creativity and wonder of Children?

Do you have a passion to see your local schools continue to serve in excellent and resourceful ways?

If you've said yes any of the questions above, have you ever considered being a Governor?

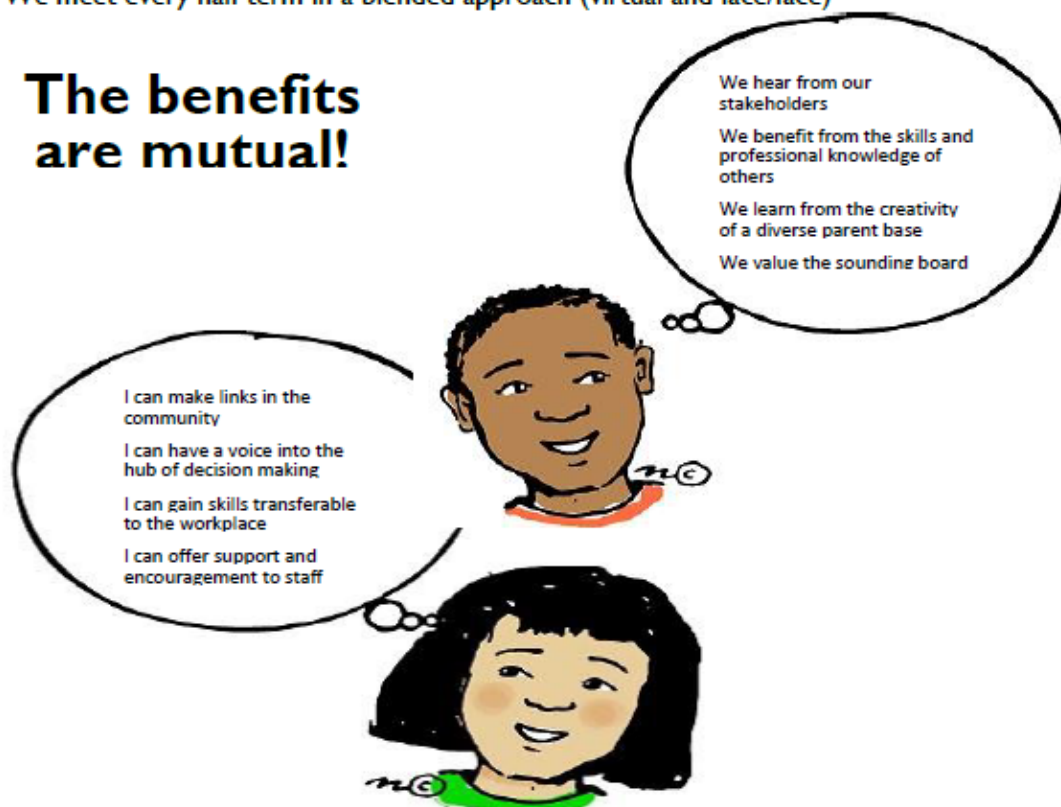
What is stopping you?

We need people like you to step forward and to volunteer to be a parent governor.

We value that local knowledge and experience is our most precious treasure in the local governance of schools. You may also bring other skills and knowledge which is a bonus too!

We meet every half term in a blended approach (virtual and face/face)

The benefits are mutual!



If you would like more information please feel free to contact Marilyn Livingstone (mlivingstone@dartmoormat.org.uk) or Bridget Down (bdown@dartmoormat.org.uk) if you would like to put your name forward, please email clerk.dfigb@dartmoormat.org.uk for a nomination form. Nominations close by the end of the day on Thursday 1st April 2021

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground, press your toes into the floor, squeeze playdough



5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



self-soothe

take a shower or bath, find a grounding object, light a candle



observe

describe an object in detail: color, texture, shadow, light, shapes



breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



distract

find all the square or green objects in the room, count by 7s, say the date

Devon and Somerset Fire and Rescue Service advice



Home fire safety advice for families

Simple tips to reduce your risk of fire at home:

- Never run washing machines, tumble dryers or dishwashers when out, or at night.
- Electricals - turn off, switch off and/or unplug electrical things not being used.
- Charging devices - use the correct charger for things such as phones, laptops and e-cigarettes. Charge on a hard surface only. Switch off once fully charged.
- Candles – always put out candles and tealights before you leave the room. Ideally use battery-powered ones.
- Never leave matches or lighters lying around; put them where children can't reach.
- Check you have working smoke alarms on each level of your house. Test them regularly, at least once a month.

Fire service home fire safety visits to families

All households with children under 18 are eligible for free fire safety advice over the phone or in your home. During a home safety visit, a friendly fire safety adviser from Devon and Somerset Fire and Rescue service will come into your home to chat about what you can do to keep safe from fire. Call 0800 05 02 999 or visit www.dsfire.gov.uk/homesafety for fire safety advice or to book a home safety visit.