



Dear Parents and Carers,  
It was lovely to welcome back all the children into school on Monday morning. I hope that all our parents and families were able to have a safe and happy half term.

Whilst we are aware that some children and families may have been impacted by recent events in the wider community, we will not speak with children as a whole but we have been supporting children on a case-by-case basis. We know that parents may want to speak with children about staying safe. You may wish to use this website for advice and information about how to approach having a difficult conversation:

<https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children>

As ever, if we can be of any help or support to you, please do not hesitate to contact the school directly.

On Wednesday this week we had our second 'Book Chain Assembly.' This provided an opportunity for children to pass on the books that had been given out in the previous assembly.

## Newsletter

Friday 24th February 2023

A number of children shared their reviews with the whole school. Thank you to all those who participated. We will be giving out more new books this half term.

On Thursday a number of children from Year 4 & 5 represented the school at St Lukes. The event was lots of fun and our pupils enjoyed a big range of activities including Boccia, Rollerball, Bench Hockey, Basket Ball and Target Skills. Take a look at the photo montage on page 4.

## BOXERCISE

Friday morning saw the start of our free Boxercise class for parents, carers and children, led by Mr Rouse. All are welcome.

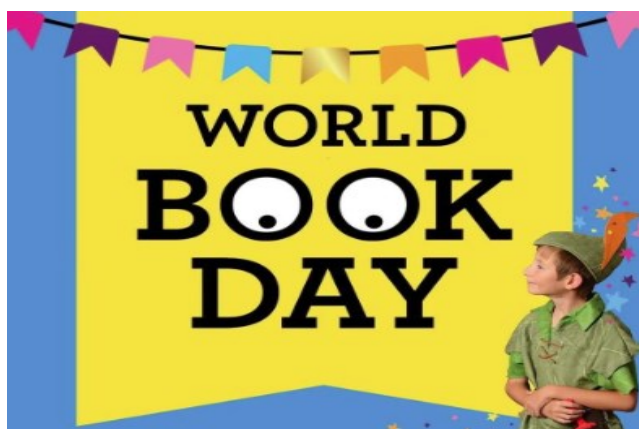
Congratulations to some more sporting heroes this week. Over the holidays, **Szymon in Year 4** became the UK National KickBoxing champion. Szymon won 2 gold medals in 2 categories. He will go on to represent Great Britain in the European Championships in Turkey.



Also having success was **Noah from Year 3** who represented Exeter City against Swansea, a match they won and received a trophy.



Next week, **Thursday 2nd March** there will be a second strike day. As per the letter sent earlier this week, many classes are likely to be affected. We will be sending further communication as soon as we can.



Next **Friday 3rd March**, we will be belatedly celebrating World Book Day. See the next page for a full run down of our programme of events.

**One minute silence at 11am today for Ukraine.** In line with the government announcement, the school observed a minute's silence at 11am today (February 24th) to mark the first anniversary of the Russian invasion of Ukraine.

Lastly, some reminders and requests:

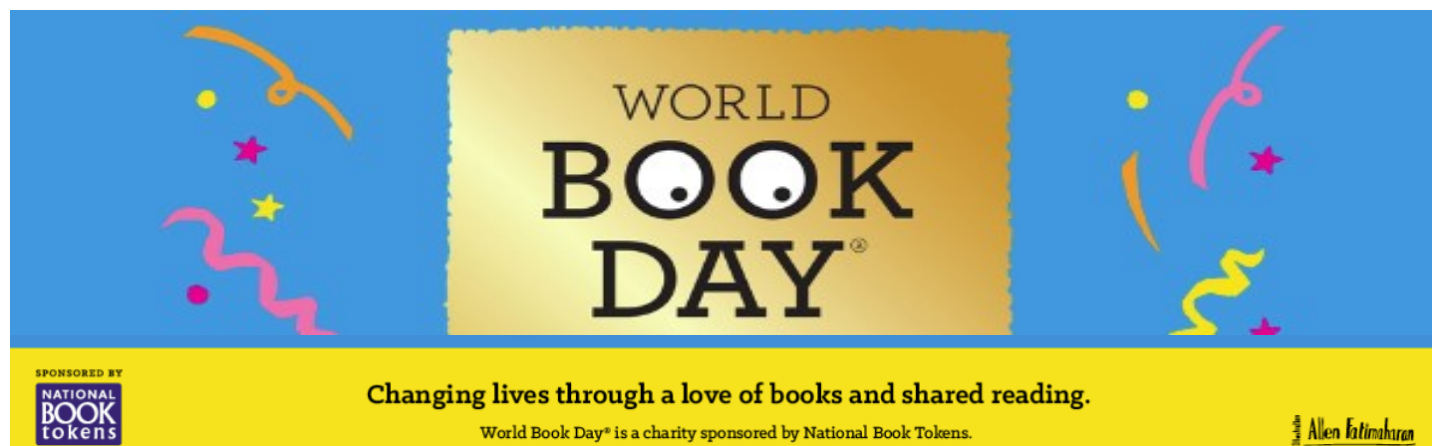
- If any of our families are struggling at the moment, please contact the school as we may be able to signpost you to local support. Please also see page 9.
- In light of the recent sad events, Wotton Methodist Church (near Lidl) will be open from 10.30am to 12.30pm on Saturday 25<sup>th</sup> February so that people can come to pray for/think of/light a candle for those directly affected and the wider community. All are welcome.
- School uniform- please let us know if you need any support with uniform.
- Unwanted uniform- given the current economic and environmental situation, we want to recycle and reuse uniforms as much as possible. If you have any school uniform or PE kits that are no longer needed by your child/ren please give it to the office. Our PTFA are keen to share this with the wider community.

Have a lovely weekend and see you on Monday. Best wishes,



Elise Redman  
Headteacher





Next Friday 3rd March, we will be belatedly celebrating World Book Day.

Events include;

- **'Dress as your favourite character from a book'** Please use your imagination -costumes do not need to be new or bought- creativity is the key! No donation needed. Prizes for the best costumes.
- **Extreme Reading Challenge-** take a photo of yourself reading in an unusual place (please keep safe). Please send images via Class dojo directly to Mrs Busby. Prizes for the best pictures!
- **Book Swap** after school 3:10-4pm Bring a good quality book that you no longer want and then swap it for another that you would like. In the atrium area
- **World Book Day events** in classes.
- **Guerilla Reading-** Watch out there will be stories and readings around the school in unusual places when you least expect!
- **Book Vouchers** to be handed out.

Reading is one of the most important things a child learns during primary school. Regular reading, either with an adult or independently, can make a huge difference to a child's success in school and beyond.

A child who can read well is happier, more confident and more successful in their adult life. Even if your child is thriving in school, please make sure that they read every day.



Scholastic Book Fair will be coming to school the following week from 6th-10th March. Children will have the chance to look at books in school and also this will open to parents to browse after school on Thursday 9th and Friday 10th March. The books will be in the atrium area. Orders will need to be placed online.





***"Today was amazing because it was fun, especially the hockey" - Sienna***

***"I give today 1000 out of 10" - Quinlin***

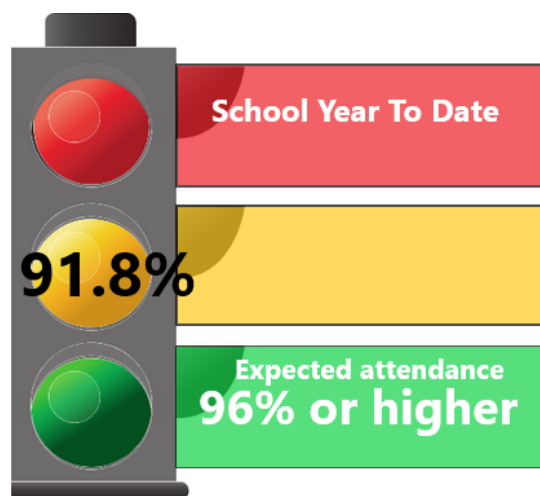
***"I enjoyed the volleyball" - Charlie***

***"The hockey was perfect" - Kobie***

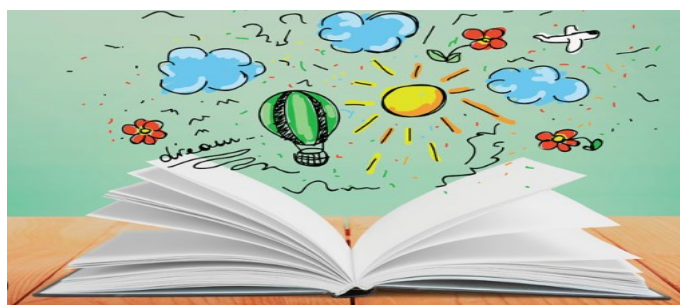
***"I loved the basketball, I scored every time" - Lilly***



## School Attendance - Ongoing Reporting



The information above shows that whole school attendance for the dates between 6th September 2022 and 23rd February 2023 is currently **91.8%**. This is **up 0.1%** versus the 91.7% attendance information reported last time.



**Wynstream Home Reading Champions (EYFS—Year 3)** Children being read with, or listened to read at home is one of the most important jobs a parent or carer does. Children who are read with regularly at home learn to read much faster, have a love of reading and do significantly better in all areas of their learning. We are celebrating children who have read at home by giving them a shout out. **Please record all home reading in your child's yellow reading diary (Reception to Year 3).**



Well done Wynstream Home Reading Champions, and thank you to the grown ups taking the time to read with their child.

**EYFS Ladybirds Class.** Saffron, Ronell, Tobi, Layla, Eloise, Leo, Boaz, Jack & Bobby.

**EYFS Butterflies Class.** Luna, Leo, Oliver & Deedee.

**Year 1 Hedgehogs Class.** Owen, Logan, Kelle, Roman, Harper, Mia, Blue, Parker, & Rosie.

**Year 1 Squirrels Class.** Joey, Chloe, Ella, Lottie, Ore, Clay & Natan.

**Year 2 Foxes Class.** Finley, Eliza, & Neave.

**Year 2 Otters Class.** Parker, Ellie, Minha, Isla, Nathaniel, Anabiya & Harmony.

**Year 3 Kingfisher Class.** Solomon, Tymon, Amelia, Hugo, Honour, Jacob, Niranjan, Isaac & Gracie.

**Year 3 Woodpecker Class.** Annabell S, Perri, Gracie, Tadas, Angelin, Jacob, Scott, Ted, & Annabelle B.



## Headteacher's Award

As we work through celebrating our 5 school values and nominated British Values, our teachers this week have nominated a pupil in their class who has demonstrated any one of our 5 values.

Congratulations to the children who have been nominated.

For more information about our school values, vision and ethos please visit our website or click [here](#).

### Congratulations to:

#### EYFS

Charlie Harlow & Freddie Lovering

#### Year 1

Elsie Foster & Natan Skucinski

#### Year 2

Zac Slayford & James Bickel-Brimilcombe

#### Year 3

Tommie Armstrong & Kyzer Gould

#### Year 4

Nikola Jaworska & Emilie Matthews

#### Year 5

Ted McDonald & Mika Holman

#### Year 6

Ryan Hoy & Lilly Forbes

## Page 6 Headteachers Awards



**Congratulations,** and really well done to everyone. Examples of some of the nominations this week include:

### Responsibility

*This pupil is always looking for ways to help adults and their friends in class and out in the playground. They volunteer for jobs, offer to help others with their work and show this value every day. They truly show the value of responsibility.*

### Aspiration

*Joining after school club, completing all homework weekly and going above and beyond to improve in his learning in an exceptional and diligent way.*

### Resilience

*This pupil has worked so hard at her writing and has managed to improve so much. She was determined to use accurate capital letters and full stops and she's thinking so carefully about the content.*



### Key School Dates;

Free Craft & Chat Session— Tuesday 28th February, 9am—11am.

EYFS Parent lunches—Wednesday 1st March. Bookings via the office please.

National Education Union (NEU) strike day—Thursday 2nd March.

World Book Day 2023- Friday 3rd March.

Year 6 trip to We Will Rock You. St Peters School, Tuesday 7th March 2023.

School Choir visit to Dene Court— Wednesday 8th March.

National Education Union (NEU) strike day—Wednesday 15th March.

National Education Union (NEU) strike day—Thursday 16th March.

Year 6 leavers Hoodie order deadline— Thursday 16th March.

Year 3 Cake sale—Friday 24th March.

NHS Height & Weight Measurements— Opt in by parents, Monday 27th March.

Parents Evenings. 28th March & 29th March, 3:30-5:30. More info to follow.

## Page 7 Diary Dates

Governors Assembly. Friday 31st March.

Easter Vacation. Last day of school is Friday 31st March, school re-opens again Monday 17th April 2023.

PTFA Year 4 Cake Sale— Friday 12th May.

PTFA School Disco—Friday 19th May.

May Half Term. Last day of school is Friday 26th May. School re-opens Mon 5th June.

PTFA Year 5 Cake Sale— Friday 23rd June.

Year 6 Residential in Okehampton—Wed 19th July to Thurs 20th July 2023

Summer holiday—Last day of school is Thursday 20th July 2023. School re-opens on Wednesday 6th September 2023

Wynstream Primary School Term dates for 2023-24 can be found by clicking [here](#).



**LOST:** Black Nike Coat, Age 8-9 with 'Max' written inside.

**LOST:** Blue, grey, white chew necklace.

**FOUND:** Several silver coloured rings and earrings have been found in playgrounds.

**FOUND:** Medium size key.

Please contact the school office in relation to any of the above items. Thanks.



# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES

## in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage...

### THE FEEL-GOOD FACTOR

Gaming is so popular because of the base level, it's enjoyable for the player, succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. These emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

### ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

### SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

### TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance, striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

### REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

### A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

### PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

### THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

### TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity. It's like listening to a favourite song that always makes you feel happy or confident.

### ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

### Meet Our Expert

Daniel Upscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



**NOS** National Online Safety  
#WakeUpWednesday

Source: <https://www.ofcom.gov.uk/consult/condocs/gaming/gaming-children-and-young-people-and-online-games-report-2021.pdf>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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WELLBEING  
EXETER

# COST OF LIVING SUPPORT

ACCESSING HELP IN EXETER

DEBT  
ADVICE

Citizens Advice Bureau- Free independent advice-  
0800 278 7845 Mon-Fri 10-4pm  
CAP Debt Centre Exeter-Mon-Thurs 9-30-5pm, Fri 9-30-3-30  
0800 328 0006  
Step Change Debt Charity-Free Expert advice- Mon-Fri 8-8pm  
0800 138 1111  
National Debtline 0800 8084000

FOOD  
SUPPORT

Exeter Food Bank- Advice Worker; Ali 07939 381794/07818 226524- Food bags  
St Katherines Community Larder- Fridays- 10-12- Food bags  
Foodcycle Exeter, The Mint, Fore Street- Tues 6-30pm-Free Meal  
St Thomas Foodfight-Free cooked Food -Sundays at St Thomas Precinct 11-1pm  
Salvation Army- Free Meals- Saturdays & Sundays evenings 01392 216553  
Rediscover Church, Northernhay St- Weds 10-2pm- Food bags

USEFUL  
INFO

Exeter City Council Main Switchboard 01392 277888  
Mon-Fri 9-5pm for help with  
Housing Benefit & Council Tax Support & Exceptional Hardship Fund  
& Discretionary Housing Payments  
Universal Credit Help to Claim Advice 0800 144 8444/0800 169 0310  
Grant opportunities- eg School Uniforms, Utility Bills, essential  
equipment

HEALTH &  
SUPPORT

The Moorings (Drop in Mental Health Support)  
St Leonards Gp Practice 6pm-midnight, 7 days a week  
Samaritans (Free number) 116 123  
Talkworks (Depression & Anxiety Services)  
0300 555 3344  
Age UK: Support for people aged 62+ & their carers  
01392 202092

For more advice &  
info, scan the QR  
code below



HELP WITH  
ENERGY BILLS  
AND BENEFITS

Exeter Community Energy  Healthy Homes for Wellbeing



Do you want lower energy bills?  
Do you struggle to heat your home?  
Contact ECOE for free energy advice and home visits



ecoe

healthyhomes@ecoe.org.uk 0300 772 3617  
www.ecoe.org.uk/healthy-homes-wellbeing

Get in touch with your  
Community Builder(Wellbeing  
Exeter) with ideas of how or  
where to support your  
neighbours

<https://www.wellbeingexeter.org.uk/community-building>



Report Quality Standard: 2020 Report Quality Standard: 2020