

# Newsletter

*Live, love, learn*

*Let us spur one another of acts of love and good deeds. Hebrews 10:24*

12<sup>th</sup> March 2021



## **A full return**

It has been an absolute pleasure to have all the children return to school this week. The buzz and noise of the playground and classrooms is a joy to hear. The children have returned extremely positively and engaged in learning and activities brilliantly. We have focused upon ensuring the happiness and wellbeing of our children this week which has been very successful.

There are now only 3 weeks until the Easter break – these weeks will be extremely busy with learning and Easter activities.

As ever, please do not hesitate to get in contact with questions.

## **Online safety**

We take online safety extremely seriously and want all our children to be safe and secure when using digital devices. Our primary focus for this is education – with discrete online safety lessons throughout the year.

Our recent investment in Chromebooks for the children has caused us to consider how we can monitor what is searched for or browsed on the internet. We have now invested in Smoothwall Monitor – an online system which will identify any concerning text or images which is viewed on a school device or using a school log in – to ensure the safety and wellbeing of our children.

The system identifies concerning items and takes an automatic screenshot which is sent to the safeguarding lead (Mr Hill) within 10-30 minutes. We can then target support and advice to that individual to ensure they are safe and well.

The more information, please see our 'Acceptable use' policy on the school website.

## **Exbourne defibrillator sponsored exercise challenge**

The Exbourne community defibrillator is a vital community resource. The service and maintenance contract with South West Ambulance Services Trust (SWAST) costs £540 per year. The school wants to be an integral part of this fundraising effort and we are asking all children to record the distances they walk, run, cycle, scoot or ride for sponsorship.

Ask all your family and friends to sponsor you for your exercise routines – just £5 per child in school would fund the defibrillator for 6 months! Post your distances on Class Dojo and they will be collated each week to see how far we have got as a school.

Sponsorship money can be paid in here: [Crowdfunding to fund the service and maintenance of the Exbourne village community defibrillator. on JustGiving](#)

Please share this link with friends and family, any donations can be made via the Just Giving page, allowing gift aid also.

The PFA have kindly donated £150 to the appeal – thank you!

**What we have been up to:**



## Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## CALM

CALM is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

## Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

## Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

## Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

## Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

## Relate

The UK's largest provider of relationship support.

Website: [www.relate.org.uk](http://www.relate.org.uk)

## Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

## NSPCC

### **Helplines**

[Help for adults concerned about a child](#)

Call us on [0808 800 5000](tel:08088005000)

[Help for children and young people](#)

Call Childline on [0800 1111](tel:08001111)

[admin@exbourne-primary.devon.sch.uk](mailto:admin@exbourne-primary.devon.sch.uk)

01837 851205

[www.exbourne-primary.devon.sch.uk](http://www.exbourne-primary.devon.sch.uk)