

Lympstone C of E Primary School Newsletter

16th January 2026



'Let all that you do be done in love'

The children have had a very productive week and have been thinking carefully about the Golden Rules of our school and how these link to our current school value of Perseverance. This is such a valuable focus for this half term, as everyone is really 'digging in' and working hard to maximise their learning. While we know that learning can sometimes feel challenging, it is so important for children to understand that by persevering, they will get there in the end.

Zones of Regulation

Last term, we enjoyed a fantastic assembly from the Heads Up team all about the Zones of Regulation. This approach supports children in recognising and naming their feelings, as well as knowing what to do with them, while understanding that all feelings are okay.

We have started using this in school, and you may have noticed the coloured cards on the Teacher's lanyards. As this has been so successful, we would now like to share this with parents so that you can also use it at home if you wish. Miss Nash will be sending out a letter with more information next week. If you have any questions, please do not hesitate

The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
We need to help wake up our bodies... <ul style="list-style-type: none">• Get some fresh air• Have a movement break• Have a drink of water• Stand up and stretch• Talk to an adult	Let's try to remain focused and ready to learn... <ul style="list-style-type: none">• I am ready to learn• I am focused• I can help others• I can help my teacher• I can listen carefully• I can complete my work	We need to help regain control and calm down... <ul style="list-style-type: none">• Draw or colour a picture• Take a break• Use a fidget toy• Talk to an adult• Breathing exercises• Count to 10• Ask to go for a walk	We need to try to stay safe and calm down... <ul style="list-style-type: none">• STOP what you are doing• Use a fidget toy• Count to 20• Breathing exercises• Go for a walk with an adult• Talk about your problems

to ask.

Online Safety

We will soon be learning about how to stay safe online as part of an upcoming Online Safety Day. Ahead of this, it would be really helpful to chat with your child about what they understand regarding online safety. This is also a great opportunity for you to consider any questions you may have that we could help to answer.

Class Dojo

We are absolutely loving using Class Dojo and are delighted with the excitement and positive buzz it has created, both in lessons and during Celebration Assembly. We also love the home school link that it provides, allowing us to share learning and special experiences with you.

However, please can I ask that Class Dojo is not used to send messages to staff. Any issues or important correspondence must be sent via the school email so that we can keep accurate records and ensure nothing is missed.

We really do appreciate your positive comments on our posts, which help us all to celebrate the many wonderful things happening in school, so please keep them coming, we love to read them!

Our email address is:

lympstone@devonmoorsfederation.devon.sch.uk

Lateness

Mornings can be very busy, but I have noticed an increase in lateness since returning to school. Children must be in school by 9.00am to allow time to settle and be ready for learning. If you are experiencing any difficulties with this, please do speak to me.

Cake Sale & Nature School

Thank you so much for supporting our recent Cake Sale. We raised £97.16, which will be used to support our Nature School project and help us make some exciting improvements.

We will also be holding another fundraiser for Nature School on **Friday 6th February**. The School Council will be sending out a letter next week with more details.

In addition, we have received some very kind offers to help with a Spring clean in Nature School. If you would like to volunteer, please let the office know as soon as possible so that we can put a plan in place.

House Point Winners

Congratulations to **Curlew House** for winning the cup this week! Lots of house points earned—well done!

Stars of the Week

Congratulations superstars:

Oak – Layla & Lysander

Willow – Daisy & Will

Sycamore – Wilf & Oscar

Chestnut – Callie & Leo

Maple – Robbie & Harper

Magnolia – James & Sienna H

Beech – Nelly & Heidi

Diary Dates

- **Monday 19th January** – Year 5 & 6 girls football @ECC. 3.15pm – 4.45pm
- **Monday 19th January** – Oak Book worm club
- **Monday 9th February** – Y5/6 Boys Football @ECC 3.15pm – 4.45pm
- **Tuesday 10th February** – Internet Safety Day

Thank you for all of your support and positivity,

Mrs Reynolds

