



# Colyton Primary Academy Newsletter

## 10th October 2025

---

*Autumn Term Week 6*

---

## A word from Mrs. Mills



What a super sight of yellow we saw today! The mental health of our children is so important at the moment. Children and young adults are navigating a world that is full of pressures that were not around 10, 20 or even 30 years ago. Children are exposed to more screens, technology, more mature themes and ideas than ever before and this can have a huge impact on their mental health. That is why days like today are so important so that we can make sure our children are talking about how they are feeling and more importantly know what to do and where to go to get help. I am attaching some hints and tips about how to be vigilant around mental health in children.

It has been a quiet week this week at school as our Year 6 children have been off on their residential - I am sure we will hear all about it next week and share some pictures with you.

Next week we are very excited that Molly will be selling pumpkins again after school to raise money for Children's Chronic Arthritis Association. They will be available after school on Thursday to buy, cash is ideal! You will need to get them quick so that you can decorate them ready for the Pumpkin Carving Competition on the last day of term the following week; Thursday 23rd October. £1 to enter and the more crazy and imaginative the better!

Next Wednesday morning we would like to see lots of you in school as we have the EYFS/KS1 phonics workshop for parents and the SEND coffee morning. Please make sure you sign it via the office for both of these at 9am.

Next Friday is our first Flourish Friday of the year. These are days where we focus on celebrating and helping each other flourish. Our first day is normally a school based event and we will work across the school to really focus on celebrating each other.

There are only two weeks left of this half term and often these times can feel very busy so please remember to ask if you ever are unsure.

Happy weekend,

Mrs Mills

### Children's Mental Health - Wear Yellow for Mental Health!

Children's mental health is crucial for their overall development, affecting their physical health, relationships, and education. It encompasses the ability to cope with life's challenges and includes factors like family circumstances, environmental stress, and abuse, which can negatively impact it. Parents and carers can support children's mental health by encouraging interests, maintaining physical health, and creating a positive family environment. Signs that a child might need extra support include sudden changes in behaviour, emotional withdrawal, or persistent physical complaints.

#### Why Children's Mental Health is Important

- **Overall Well-being:**
- Good mental health helps children develop resilience, allowing them to cope with challenges and achieve positive outcomes into adulthood.
- **Physical Health:**
- Mental and physical health are closely linked, with good mental health contributing to better physical well-being.
- **Education and Relationships:**
- A child's mental state impacts their ability to learn and form healthy relationships.

#### Factors That Can Impact a Child's Mental Health

- **Stress and Trauma:** Exposure to stress, abuse, neglect, or significant early loss can negatively affect mental health.
- **Family Environment:** A stable and positive family environment is crucial for a child's emotional well-being.
- **Physical Health:** Poor physical health, diet, and lack of exercise can impact mental health.
- **Loneliness and Social Isolation:** Feelings of isolation can contribute to poor mental health.

#### How to Support Your Child's Mental Health

- **Encourage Interests:**
- Support their participation in activities, sports, and creative pursuits that boost confidence and well-being.
- **Promote Physical Health:**
- Ensure they eat a balanced diet, get regular exercise, and have time for play.
- **Foster a Positive Environment:**
- Be involved in their life, show interest in what's important to them, and encourage open communication.
- **Create a Safe Space:**
- Build a family environment where the child feels safe and supported.

#### Signs Your Child May Need Extra Support

- Sudden or prolonged changes in behaviour.
- Negative self-talk, low self-esteem, and persistent negative thoughts.
- Increased arguments or fighting.
- Difficulty sleeping.
- Avoiding school or social situations.
- Persistent aches and pains without a clear physical cause.

#### Where to Find Help

- **Children and Young People's Mental Health Services:**
- [NHS England Digital](#) offer various forms of support, including talking therapies (like CBT), apps, and sometimes medication.
- **Mental Health Charities:**
- Organizations like [Place2Be](#) and [YoungMinds](#) provide resources, advice, and helplines for parents and young people.
- **School Support:** We have some resilience interventions and staff who can offer support or signposting to other services.

## Celebration Award Winners



---

**Elm: Sonny, Louise & Ben for Craftsmanship**

**Oak: Amber & Ellenora for Commitment**

**Maple: Indi for Commitment & Edison for Confidence**

**Ash: Skye for Commitment & Aden for Confidence**

**Willow: Ollie for Craftsmanship & Lilly-Anne for Confidence**

**Pride of Colyton: Brooklyn & Billy**

---

## Important Dates



### **Wednesday 15th October**

SEND Coffee Morning.

### **Friday 17th October**

Flourish Friday

### **Tuesday 21st October**

Join Us - 9am

### **Friday 24th October**

INSET Day

### **Monday 27th October - Friday 31st October**

Half Term

### **Monday 3rd November**

First Day Back

### **Thursday 6th November**

Individual Photos

### **Friday 7th November**

Join Us - 9am

### **Tuesday 11th November**

Remembrance Day

### **Tuesday 11th November**

Parents Evening

**Thursday 13th November**

Parents Evening

**Friday 14th November**

Children in Need

**November 24th - 30th**

UK Parliament Week

**Tuesday 18th November**

Parent Workshop Year 1 & 2 English - 9am

**Tuesday 25th November**

Parent Workshop Year 3 & 4 English - 9am

## Words of the Day & Big Question

### This Week's Words

| Grasshopper | Shinobi    |
|-------------|------------|
| blanket     | repair     |
| army        | careless   |
| forest      | disappoint |
| bridge      | endangered |
| dance       | gist       |



VOCABULARY NINJA

**Big Question:** If you could travel back in time, what would you change?

## School Notices



- **ARBOR:**

**Clubs are now live for this half term on Arbor. Spaces are limited.**

**We will still be using Parent Pay for Lunches and Trips.**

- **Flu Vaccinations**

**A catch up session will be held on 03/12/2025 for the year 6's and anyone who missed out on the vaccinations**

- **School Dinners:**

Booked on Parent Pay

These need to be booked by **Sunday** for the following week you can book all they way up to the end of term if you wish too. The cost of these is £2.70 per meal for paying parents.

We are aware of an issue effecting Reception and Ks1 children where you were charged, this is being rectified over the next few weeks apologies for this.

Please book Christmas Dinner as soon as you can as the caterers need numbers by the start of November.

- **Free School Meals:**

Find out if your child is eligible for Free School Meals! Apply through the [Devon Citizens Portal](#). This is the quickest and easiest way to apply and will result in you getting an instant decision. Alternatively, call the Education Helpline on 0345 155 1019.

- **Attendance:**

If you are unsure if your child should be in school then visit this website [Is my child too ill for school? - NHS \(www.nhs.uk\)](#) or check the school website for information [School Attendance | Colyton Primary Academy](#) This also covers holiday during term time.

Remember, your child must be on time for school - this means arriving **BEFORE** 8.50am not at this time. Lots of children are having late marks. Also, if you take a holiday during term time but tell the school that your child is ill then we can and will still issue a fine.

Children are very honest and they often tell us when you have been away. If we have reason to believe that you are on a holiday then our policy now states that we must follow the protocol for fining.

- **Nut & Sesame Free School:**

A reminder we are a nut free school, this includes Tree Nuts, Peanuts and Sesame.

When bringing a packed lunch or snacks into school please ensure there is no food foods containing nuts or sesame such as Nutella or other hazelnut spread, Pesto, Humus, and Peanut Butter

Thank you for your understanding.

## Open mornings

Parents if you have a child or know of someone starting school in September please do pass this on.



Is your child starting  
school in September  
2026?

# Colyton Primary Academy Open Mornings

Wednesday 22nd October 9.30am - 10.30am

&

Tuesday 4<sup>th</sup> November 9.30am - 10.30am

Contact the school office for more  
information  
[admin@colytonprimary.org.uk](mailto:admin@colytonprimary.org.uk)  
(01297) 552231  
[www.colytonprimary.org.uk](http://www.colytonprimary.org.uk)  
or find us on Facebook





## FAFA's Halloween Disco

October 23rd

KS1 & Reception 5pm - 5.45

KS2 6pm, - 6.45pm

Disco Tickets are on Sale please use the link below.

[Disco Tickets](#)



Ever thought about joining the FAFA?

Now you can via **WhatsApp**

The FAFA team are using a new WhatsApp community.

If you would like to get involved or help here is the QR code or link to join.

<https://chat.whatsapp.com/KaBdJdjo351i03t0TLzom>



## ColyTEN 2025 Fun Run

Please use this link to sign up

<https://www.colytonyouthfootball.co.uk/events/colyten>

Entries can be made on the day.

# ColyTEN 2025 Fun Run

Join us SUNDAY 12th October for a 1 Mile  
fun run around Colyton Peace Memorial  
Playing Fields, all ages welcome

**Starts 10:10**

**Sign up HERE**



**£5  
entry  
fee.**



Entries close Friday 10<sup>th</sup> October at 18:00

## PYO Pumpkin Patch

**CASTLEWOOD FARM  
PUMPKIN  
PATCH**

**10AM - 3PM**  
**FREE ENTRY**  
NO BOOKING  
REQUIRED

PYO PUMPKINS - SCAVENGER  
HUNT - CHILDREN'S  
ACTIVITIES - PLAY AREA  
BBQ - PIZZA  
CAKES - COFFEE - BAR

**24TH - 31ST OCTOBER**  
**EX13 8SS**

   /CASTLEWOODFARMDEVON

## Upcoming Events and Information



### **BAGS 4 SCHOOL Collection Friday 7th November COLYTON PRIMARY ACADEMY**

YOUR HELP IS NEEDED....

Please bring donations to the school - Donations can be brought in before school on Friday 7th November pre 9am.

We'd like your unwanted clothes, shoes, bags and bedding ...anything from the GREEN list below!

\*\*\*\*PLEASE ENSURE THAT BAGS ARE NOT DROPPED OUTSIDE OF THE ALLOCATED DATE/TIME\*\*\*\*

**Yes Please**

Mens, Ladies and Childrens clothing  
Paired shoes (tied together or elastic band around)  
Handbags, other bags  
Hats, scarves and ties  
Jewellery  
Lingerie  
Socks  
Belts  
Household linen, curtains, towels, bedding (Bed sheets, pillowcases and duvet covers)

**No Thanks**

Duvets, blankets, pillows, cushions, carpets, rugs and mats (including bath, shower and toilet mats)  
Soiled, painted, ripped or wet clothing  
School uniforms with and without logo  
Corporate clothing and workwear  
Textile off cuts, yarns or threaded material



Hosted by Colyton Primary School FAFA  
Charity No. 1022325





Sporting Chance



## Half Term Sports Courses

### **Tatworth Primary**

Sports and Activities: Mon 27<sup>th</sup>, Tues 28<sup>th</sup>, Weds 29<sup>th</sup> October

### **Uplyme Village Hall**

Sports and Activity Day: Thursday 30<sup>th</sup> October

Football Frenzy: every Friday 31<sup>st</sup> October

### **Colyton | Reece Strawbridge Centre**

Sports and Activity Day : Thursday 30<sup>th</sup> October

### **Beer Primary**

Football Frenzy: Weds 29<sup>th</sup> October

### **Offwell Village Hall**

Sports and Activity Day: Mon 27<sup>th</sup> and Tues 28<sup>th</sup> October

9am–3pm, £21 per child per day. For ages 5–12.

## Contact Sporting Chance head coach Mark Bailey

✉ [mark@sportingchancesw.co.uk](mailto:mark@sportingchancesw.co.uk)

Bookings available online now at  
[www.sportingchance-sw.co.uk](http://www.sportingchance-sw.co.uk)

Follow on Facebook for updates

📘 [sportingchancesw](https://www.facebook.com/sportingchancesw)

**5% off**

when you spend  
£45 or more

**Colyton Carnival Committee**

# **BARGAIN SALE**

**Saturday 18th October**

**2:00 – 4:00 pm**

**Colyton Town Hall**

Come along for bargains galore and  
support the Colyton Carnival  
Committee!

★ Hot drinks available

★ All proceeds help raise funds  
for the Carnival Committee



# AXE VALLEY ACADEMY MUSIC CENTRE

**EXPERIENCE MUSIC THE  
AXE VALLEY WAY!**

Starting 23rd September at Axe Valley Academy  
Tuesdays 3.45pm arrival – 5pm

Small group tuition opportunities on Strings, Brass,  
Woodwind, Guitar/Bass and Percussion. Ensemble  
performance opportunities. 10 sessions per term £40  
For more information contact:  
Jemima Moran, Lead Teacher of Music  
[jmoran@axevalley.bep.ac](mailto:jmoran@axevalley.bep.ac)





## Colyton Primary Academy FAFA Our Year at a Glance – Key Events for Families

Whether you're new to Colyton Primary or a seasoned FAFA supporter, here's a quick guide to some of our much-loved events through the school year. They're a chance to get involved, celebrate together, and raise funds for our children.

### Class Bake Sale (Various Dates)

Children will be sent home with a plate and a date. Bring back some home baked goodies for a class bake sale. All proceeds to be spent on extra resources for that class. Parent volunteers needed to help with the bake sale after school.

### Pumpkin Decorating Competition (End of October)

Children create their own carved or decorated pumpkin at home (no adult entries please!). £1 entry, with prizes to be won.

### School Dinners (Various Dates)

Two sessions: KS1 followed by KS2. Parents can stay or drop off and go. Fancy dress at Halloween. A chance to dance, laugh, and let off steam!

### Bag of School Collections

Have a clear-out and help us raise funds. Drop off unwanted clothes and textiles at the school office or main gate – we receive money for every bag collected.

### Christmas Craft Afternoon (December)

Parents and carers are invited into school to join their child for festive crafting. Please note this is an adults-only activity – no younger siblings.

### Christmas Fayre (December)

After school fun with stalls, games and refreshments. A chance to buy your child's handmade craft and enjoy the seasonal buzz!

### Chorale Service at St Andrew's (December)

A special community celebration with songs, carols, and refreshments at the church.

### Science Fair (Spring Term)

Children investigate an experiment at home, then bring elements into school to display and share. A short write-up explains their discoveries.

### Easter Egg & Bonnet Competition (Spring Term)

Decorate an egg or bonnet at home, bring it in with £1 entry, and compete for prizes. Creativity encouraged – think outside the box!

### Maypole Dancing (May)

Celebrate tradition with music, dancing, and refreshments on the church green, a highlight of the summer term!

### Stay in touch

For dates, reminders, and more ways to get involved, we'll keep you updated through newsletters and notices.

Questions? Get in touch with us at [fafa@colytonprimary.org.uk](mailto:fafa@colytonprimary.org.uk).

# ASSEMBLY ANTHEMS

An evening of singing all the assembly classics you know and love!

Join us for a fun night with a dance floor, bar, and nibbles

St Andrews Church,  
Colyton, EX24 6JS

Saturday 11 October 2025  
7:00 for a 7:30pm start

Adults only  
Tickets: £6 each  
or £10 for two

All proceeds will support the church and local schools.

**Tickets:**  
Online through [ticketsource.co.uk](https://ticketsource.co.uk)  
or on the door: card facilities available  
[www.ticketsource.co.uk/colyton-pcc](https://www.ticketsource.co.uk/colyton-pcc)

**ticket source**

no booking charge



# Volunteers wanted

## in Colyton for Rainbows, Brownies & Guides



Are you looking to give some time to the Community and Volunteer? Girlguiding in Colyton are pleased to have all three sections of Girlguiding running in the town but with increasing numbers and demand need your help to continue to offer girls the opportunities to enjoy a safe girl led space, with fun activities where they can make friends and develop their personalities and confidence.

No experience necessary, all training and support provided – we want to welcome you to the world of Girlguiding whether you have been involved before or not!

Come along and join our friendly team of Volunteer leaders – register your interest online:

<https://www.girlguiding.org.uk/get-involved/become-a-volunteer/>

or if you wish to discuss this with us drop us an email on

[1stcolytonguides@gmail.com](mailto:1stcolytonguides@gmail.com)



# INTRODUCING CASHPOT FOR SCHOOLS

You scan we donate CDs



CASHPOT  
FOR  
SCHOOLS



Parentfond

**ASDA**

THAT'S MORE LIKE IT

Selected items. Minimum spend £20. Exclusions apply including ASDA Express & Newgros.com. Subject to availability. UK 16+. App & Opt-in required. 0.5% of the value of a customer's eligible spend is donated. Parents/teachers/primary schools, visit register with ParentMailbox by 30/12/2018. Full T&Cs at [asda.com/AsdaPotForSchools](http://asda.com/AsdaPotForSchools). Rewards 1/12/18 at [asda.com/parentfonder](http://asda.com/parentfonder). Ends 30/11/18.