

# Offwell C of E Primary School

Our Core Values: Honesty, Loyalty, Caring, Sharing and Forgiveness.



Dear Friends and Families of Offwell,

## Highlights of the Week:

**Ash:** Buying bricks, sticks and straw in our builders' yard.

**Willow:** Looking at differences and similarities between each other in Science.

**Beech:** Performing our shape poems on volcanoes.

**Oak:** Playing in the snow!

If you were feeling a little bit low at the start of the week, don't worry; it's not just you! Monday 16<sup>th</sup> of January is known (by some) as Blue Monday and is supposedly the most difficult day of the year, in mental health terms. It is believed to link to our ancient body clock, which responds to light levels and day length with a yearning for sleep, which we know is vital, but is something for which our busy lives leave little room.



However, since we are now well past the Winter Solstice on December 22<sup>nd</sup>, the days are beginning to get longer and lighter again – you can feel it - with sunset getting a bit later and later each day. Plants respond too; you will spot the strong, blue-green spikes of snowdrops and daffodils pushing aside the icy soil.

It can be hard to get motivated to go outside when it looks cold and bleak, but **scientific evidence now shows unequivocally that we should all spend more time in the living world;** especially at this time of year, when we can feel fatigued and susceptible to illness. A brisk walk in the woods, crisp with frost, to spot the

changes and hear the birds' spring calls is free mental health support we can all enjoy. Check out [Seven ways to find joy outside in winter](#), which suggests seven, miniature marvels that you can only see at this time of year.

## Face your fears!

**Children and Family Health, Devon**, have partnered with BFB Labs to offer free access to Lumi Nova: a fun, safe and engaging way for children and young people to tackle their worries head on, so they can thrive. Lumi Nova, Tales of Courage, **is an intergalactic adventure game where you start an exciting adventure through space**, facing fears, worries or anxiety, building resilience and gaining confidence. **Lumi Nova:**

- Is suitable for 7-12 year olds
- Facilitates exposure therapy – proven to be the most effective treatment for anxiety
- Helps tackle real life challenges to reach new levels
- Is compatible with iPhones, iPads and most Android devices

Save the galaxy from the Sludge Buccaneers and much more! Parents, you can access this game free, here:

<https://childrenandfamilyhealthdevon.nhs.uk/lumi-nova/>



Friday, 20<sup>th</sup> January 2023

## Stars of the week:

Reception – Ares

Willow – Ella

Beech – Ayla and Oliver T

Oak – Daisy, Polly, Saphira, Elliot,

Isabella and Maisie

## Next week:

**Monday;** WASP, Bell ringing (Yr 6)

**Tuesday;** WASP

**Wednesday;** WASP

**Thursday;** WASP, Booster (Yr 6)

**Friday;** Art Club

## House Points

**Attenborough: 81 Anning: 65**

Well done Attenborough!



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## Youth Speaks!

For the first time since the Pandemic, the group of local schools who form the Honiton Learning Community, gathered at Honiton Community College to participate in Youth Speaks. This is a public-speaking, team event, which used to be an annual part of our school calendar. We were delighted to be able to put forward two intrepid and impressive Year Six teams to take part in this exciting, inspirational event.



The themes reflected a strong sense of justice in our young people. One of our fantastic teams, Elliot, Isabella and Maisie, shared their thoughts and research on deforestation: **'Did you know that an area of Amazon rainforest the size of the UK, is cut down every year?'** (and this was three years ago!) Read more here:

<https://www.theguardian.com/environment/2019/sep/12/deforestation-world-losing-area-forest-size-of-uk-each-year-report-finds>. There was also a thought-provoking talk on inequality by a brilliant team from Honiton Primary:

**'Did you know that 22 of the world's richest men own more than all the women on the continent of Africa?'** Read more here:

<https://unric.org/en/the-22-richest-men-in-the-world-own-more-than-all-the-women-in-africa/>

To our absolute delight, one of our teams: Polly, Sephira and Daisy, came first, with their presentation on plastic pollution, so we now have the honour of having our school name inscribed first on the brand new shield! **'Did you know there is a floating island of rubbish, three times the size of France in the middle of the Pacific?'** I certainly didn't. You can find out more here:

<https://abcnews.go.com/International/great-pacific-garbage-patch-massive-floating-island-plastic/story?id=53962147>

We are so proud of them all, and look forward to a repeat performance in assembly today, to inspire our next group of Year Fives, who will be invited to take part in their own Youth Speaks event on Wednesday February 8<sup>th</sup>.

*I didn't think I would be able to overcome my fear, but I think I have! It's helped me feel like if I do have another fear then I can easily overcome it by setting myself challenges. It's a really good game. I don't think I would have been able to have done it without it.*

*Ruby, 10yrs old*

Lorna Legg, Be healthy in body and strong in spirit and may all go well with you...'



## Special Educational Needs & Disability (SEND) Meeting – Monday, 30<sup>th</sup> January 3.30pm

As mentioned in last week's newsletter, this is a reminder of our first termly SEND meeting. All parents/carers with children with SEND are welcome to attend.

