



## UPDATE

If you are free tomorrow, it would be lovely to see you at the 'Christmas Light' switch on event. Our Year 5 and Year 6 Choir are scheduled to be singing at 3:30pm and I am sure they will sing even better to a large audience. Have a lovely weekend!

## CHRISTMAS REMINDERS

### Christmas Dinner Day— 10th December 2025

Children are invited to wear a Christmas Jumper on Christmas Dinner Day (no donations required). Please ensure that you have made your order for your child's dinner by today.



### Rehearsal for the Christmas Service - 16th December 2025

Children in Year 3, 4, 5 and 6 will be going over to the Church for a rehearsal at 10am, returning before lunchtime.

### Christmas Service—17th December 2025

The Christmas Service starts at 2pm. Please ensure that you are at the Church in enough time in order to get a seat. There is limited seating, so please ensure that we fill as much space as possible please. All children will come back to school at the end of the service at 3pm to be registered back into school.

## WORLD WAR 2



This term the children in the Hero Hub have been experiencing WW2 through a range of exciting interactive activities and wonderful books to inspire their writing. Each week they have cooked a war time meal using recipes from WW2. They have created Lego air raid shelters and bombed them, made Blitz lanterns, sewn felt poppies, sewn teddy bears for their evacuation day and looked at art work from that period of time. They have loved reading The Lion and the Unicorn, Friend of Foe, Goodnight Mr Tom and exploring more difficult facts using Ann Frank's diary as a stimulus. We are finishing off our topic with a VE day party!

## LUCY AWARD

Well done to James who gave up time on his Saturday to litter pick in Crediton. He managed to pick up two massive bags. What a brilliant achievement!

As we come towards Christmas, please encourage your children to think about how they can achieve a Lucy Award by supporting someone in their local area to have a really Happy Christmas. Please let me know of any self-less acts carried out in December.



## KEY STAGE ONE READING CAFE

Key Stage One children were excited to welcome in their families on Wednesday afternoon, to have a special time together sharing books. It was great to see the four classrooms buzzing with adults and children reading books to each other and talking about what they've read. Thank you to those who came in and joined us.

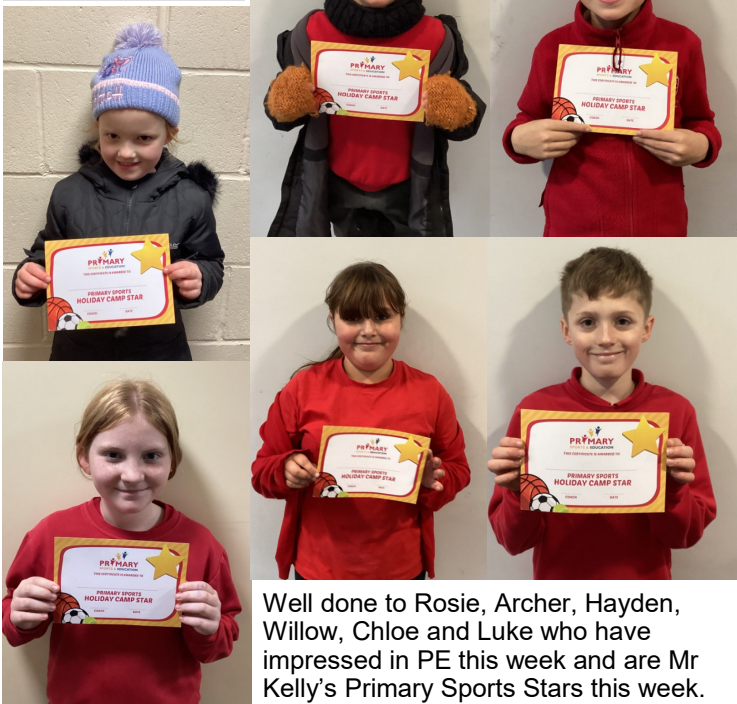


## ART COMPETITION WINNERS



Well done to Lily and Willow who came runners up in the recent 'Kick Start Art' portrait drawing competition. Particular congratulations goes to Autumn who was the overall winner, with an amazing final piece. Thanks to Linda Williamson who joined us for the presentation. We were also lucky enough to have a sneak peak into the next competition which will be held in the Spring term .... More details to come!

# SPORTS STAR



Well done to Rosie, Archer, Hayden, Willow, Chloe and Luke who have impressed in PE this week and are Mr Kelly's Primary Sports Stars this week.

## APPLYING FOR A PRIMARY SCHOOL PLACE

The application window for a child starting primary school in September 2026 is fast approaching. If your child was born between **1 September 2021 and 31 August 2022** they are due to start primary school in September 2026.

To make an application, which must be done between November 15th 2025 and the 15th January 2026, please go through the Devon Portal by clicking [here](#)

## SUPPORTING MENTAL WELL-BEING

All The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nonononlinecollege.com](#).

### What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

#### UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential problems, often related to feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

#### DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming, worry that comes and goes depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

#### WHAT ARE THE RISKS?

#### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall happiness. It's essential to address these concerns proactively and provide appropriate support and intervention.

#### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and ability to concentrate, sleep or participate in daily activities. Chronic worry or anxiety may also interfere with social interactions or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

#### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety that prevents them from concentrating, participating in class, providing feedback and offering reassurance can lead to lower anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their concerns and seek support when needed.

### Advice for Parents & Educators

#### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and concerns openly. Actively listening and acknowledging young people's concerns can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about how a feelings can promote healthy coping strategies and strengthen communication bonds.

#### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm nervous thoughts and promote a sense of calmness. Additionally, teaching positive self-talk and problem-solving skills can help children develop confidence in managing challenging situations.

#### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help reduce anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their concerns and seek support when needed.

#### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety regularly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert  
Adam Elliott is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for WakeUpWednesday, which collaborates with schools on improving their mental health provision.

#WakeUpWednesday  
The National College

## TIMID TO TIGER

The Mental Health Support Team (MHST) are offering families of Crediton the opportunity to engage with an intervention called Timid to Tiger. This is a parent group to support families with young and anxious children. These sessions include discussions, practice time and introduction of tips and ideas to support. The intervention runs for 10 weeks for 2 hours each week which will start at the end of February.

### TIMID TO TIGER

Is your child anxious?  
Does your child struggle to leave you?  
Is your child afraid of something?  
Do they have low confidence?

Timid to Tiger is a **10 week group intervention** to give parents skills to support their anxious young people.

This intervention is a **non-judgemental, reflective space** for parents to have the opportunity to share and learn.

We are open to parents:  

- Who have **primary** aged anxious children.
- 2 hours available to commit to face to face sessions a week.
- To make **active change** to support their young people.

Express your interest by speaking to Clare Bedford → Mini Assessment completed by a MHST Practitioner → Access the group or collaborative signpost

Any questions? Please contact Clare Bedford

## SIMPLE PHONES OPTION

Following on from our decision to ban Smartphones from school for children in our current Year 4 at the end of this school year, we thought that it would be good to highlight some of the alternative options for child-friendly phones.

**SMARTPHONE FREE CHILDHOOD**

Smart kids → simple phones

'Smartphone Free Childhood' have suggested a video which shows the many different options available to families.

Please click on the following link in order to view the video mentioned above— [Wayfair UK | Black Friday 2025 | 6" | 16x9](#) (Please note that this is an external link to youtube and caution is advised when opening the link).

## OUR AMAZING LOCAL LIBRARY

Crediton Library  
Belle Parade

**Crediton Library opening hours**  
 Mondays 10- 2  
 Tuesdays 9-5pm  
 Thursdays 9-5pm  
 Fridays 9-6pm  
 Saturdays 9-1pm  
 (closed between Wed 24th Dec - Mon 29th Dec)

A reminder of the opening hours for our amazing local Crediton library. The library offers a great option for children to further explore their love of reading, with various competitions running throughout the year. If you haven't already, please visit the library and see what is on offer.

**PICK N' MIX HOME-LEARNING SHARING**  
 Wednesday 10th December 2025

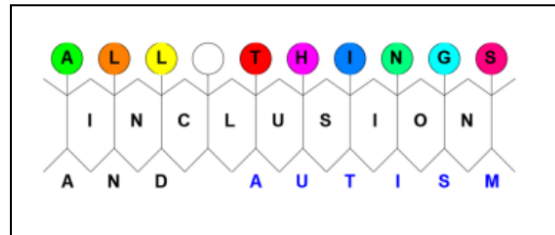
# HEADTEACHER AWARD



Well done Jenson for achieving a yellow belt in his recent grading, to Mia for the effort that she is putting into her handwriting, to Priya for some brilliant story writing, to Roxy for passing her STANley 5, to Sienna for passing her Angelfish 2, to Freddie for passing his Grade 3, to Albie for some great creative writing, to Seb for showing a really good understanding of some key number facts, to Lily for passing her STANley 5, to Ava, Marcey and Eliza for some excellent writing, to Alfie for winning player of the week, to Kaius for being really methodical when recording his tally, to Faye for some brilliant shape and space work, to Percy for passing Shark 1 and Shark 2, to Jaxson for the effort he is putting into his handwriting, to Kitty for passing STANley 6 and 7, to Dorian for passing the STANley Star award, to Marcey for passing her STANley 5, to Eden for winning an amazing trophy at a recent gymnastics event, to Grace for the effort and application that she is putting into her writing and to Delillah for some amazing writing. Well done everybody!

## AUTISM WORKSHOP

Please see the attached flyer for details of a range of workshops. Please click [here](#) for more information



## PRICE and BUCKLAND UNIFORM

**Stock Take will take place from Thursday 4<sup>th</sup> to Friday 12<sup>th</sup> December.** During this period, we will continue to accept orders, but they will not be processed or dispatched until after the stock take is complete. If you'd like to place any orders in advance, feel free to do so and we will do our very best to dispatch them before the closure.

## LISTENING CAMPAIGN

We want to hear from you!  
On behalf of our leadership team, Mrs Seller is launching a 'Listening Campaign' and would like to hear from you. We are interested in listening to the voices in our community:  
What is putting pressure on you and the people you care about?  
What does community mean to you?  
What joys or/and challenges do you find in parenting in a rapidly changing world?

## OPAL LUNCHTIMES - WINTER WEATHER PLAN

With our field likely to be out of action until about March, we have moved to our wet-weather OPAL plan. This will see nearly all activities move to the front and back playground. We are aiming to keep the 'Den Building' open throughout this time with the activity taking place on the field. If children want to Den Build on Tuesday or Friday lunchtimes, they will need to bring wellie boots in a named bag.



## CREDITON HEART CHRISTMAS

Do you fancy making your own Christmas cards, wrapping paper or decorations? If so, do come along to a Crediton Heart Christmas craft workshop on 6th or 7th December at the Crediton Arts Centre. Anyone aged 5 or over is welcome and tickets are just £3 for under 16s or £5 for over 16s. You can find more information and book tickets [here](#). On the evening of Saturday 6th December there will also be a FREE screening of 'A Muppet Christmas Carol'. The doors will open at 6pm for refreshments and the film starts at 6.30pm.

## IT IS BEGINNING TO LOOK A LOT LIKE CHRISTMAS ...

1st Crediton Scouts  
Christmas Post

Do you have Christmas cards to deliver locally?

1st Crediton Scouts offer a postal service within Crediton town and the villages of Coplestone, Sandford and Newton St Cyres

**Stamps cost £2 for 5, or 50p each**  
(cash only, please try to have correct change)

Our special stamps are on sale and cards can be posted at: Creedy Kitchen, CJ Interiors, Crediton Congregational Church, Age Concern, Quicke's Farm Shop, The Bookery, CraftSisters, and the Christmas Tree Festival Café (Sat 6<sup>th</sup> only), with additional post boxes (no stamps) at Morrisons and Tesco.

Last posting: midday on Friday 12th December

Cards will be delivered by the Beavers, Cubs and Scouts  
14th – 16th December

Please only post to addresses within the built-up areas of Crediton, Coplestone, Sandford and Newton St Cyres. We cannot guarantee delivery to Shobrooke, Yeoford, Coleford, Knowle, Newbuildings, or any other hamlets or outlying properties!

If you have any queries, or know of an elderly / housebound local resident who would like us to collect post from their home, please call Helen 07814 977693

Thank you for supporting 1st Crediton Scouts  
Merry Christmas

### CHRISTMAS AT THE MUSEUM

29<sup>th</sup> November to 23<sup>rd</sup> December

*It's all aboard the postal train as we deliver letters to Father Christmas!*

*Can you find all the letters hidden around the museum, so that we can send them on their way?*

*See the museum transformed for the festive period and post your own letter to Father Christmas in our Christmas post box.\**

**Father Christmas**  
c/o Tiverton Museum  
of Mid Devon Life

\*Part of normal admission.

**VISIT FATHER CHRISTMAS!**  
 FRIDAY 5<sup>th</sup> DECEMBER, 4 - 6pm  
 SATURDAY 6<sup>th</sup> DECEMBER 10.30am - 1.30pm  
 Explore the museum and make a festive decoration as part of your ticket.  
 Children £8.50 Normal adult admission applies.  
 Booking essential.

**TIVERTON MUSEUM**  
of Mid Devon Life

Tuesday - Saturday, 10:00-4:00  
www.tivertonmuseum.org.uk  
Beck's Square, Tiverton EX16 6PJ  
01884 256295  
Registered charity 1181876

FOLLOW US

@TivertonMuseum

CHRISTMAS TREE FESTIVAL  
2025 - Crediton Parish Church

THURSDAY 4<sup>th</sup> DECEMBER

11am to 6pm : Café 10am to 4.30pm  
Concert at 7pm in aid of Hospiscare  
by Ad Hoc & the Crediton Strummers

FRIDAY 5<sup>th</sup> DECEMBER

11am to 6pm : Café 10am to 4.30pm

SATURDAY 6<sup>th</sup> DECEMBER

10am to 6pm : Café 10am to 4.30pm  
Concert at 6pm – Holy Cross Choir  
with Crediton Town Band

SUNDAY 7<sup>th</sup> DECEMBER

11am to 5pm : Café 2pm to 4.30pm  
Free Admission : Disabled Access  
Bridge Books, Church Shop, Bric-a-Brac

More information and/or party bookings:  
Email – [creditontreefestival@gmail.com](mailto:creditontreefestival@gmail.com)  
Telephone – 01363 772865

### KEY DATES FOR THE SCHOOL YEAR

<b>Saturday 29th November</b>	Christmas Light switch on in the town square. Hayward's Choir to meet Mrs Yates at 3:15pm. Please remember that families are responsible for their children throughout.
<b>Tuesday 2nd December @ 2pm</b>	EYFS Christmas Nativity Play
<b>Wednesday 3rd December @ 10am</b>	EYFS Christmas Nativity Play
<b>Friday 5th December</b>	Reading Café (Year 3 and Year 4) 9am start
<b>Friday 5th December</b>	Y5 and Y6 World War II Open Event. Children to meet at the train station at 8:45am
<b>Wednesday 10th December</b>	Christmas Dinner Day (Christmas Jumpers)
<b>Wednesday 10th December 2:45pm</b>	Y2 Christmas Singing
<b>Thursday 11th December 2:45pm</b>	Y1 Christmas Signing
<b>Thursday 11th December 3:45pm</b>	Y4 Parent Information Meeting for Great Potheridge House
<b>Friday 12th December</b>	School Disco (EYFS/KS1 5:30-6:30 and KS2 6:30-7:30pm)
<b>Tuesday 16th December</b>	Morning KS2 rehearsal at the Church (Y3 to Y6)
<b>Wednesday 17th December 2pm</b>	KS2 Carol Service in the Church
<b>Wednesday 17th December</b>	EYFS Christmas Party
<b>Friday 6th February 2026</b>	Year 2 Poetry Celebration Assembly
<b>2nd-6th March 2026</b>	Grenville House Residential —Y6
<b>Friday 27th March 2026</b>	Year 5 Poetry Celebration Assembly
<b>Weds 25th to Fri 27th March 2026</b>	Great Potheridge Residential — Y4
<b>Friday 22nd May 2026</b>	Year 4 Poetry Celebration Assembly
<b>Monday 8th June to Friday 12th June 2026</b>	Year 1 Phonics Screening check and Year 2 Phonics Screening retakes.
<b>Friday 3rd July 2026</b>	Year 1 Poetry Celebration Assembly
<b>Friday 10th July 2026</b>	EYFS Poetry Celebration Assembly