



ST MARGARETS ACADEMY

Autumn Newsletter #6

Dear Parents and Carers,

As we draw to the end of Week 7, we take a moment to reflect on the amazing achievements and contributions our pupils make both in school and beyond.

A special congratulations to all the children who recently sat their 11+ exams for entry into their preferred secondary schools. We are incredibly proud of your effort, dedication, and resilience – well done!

This week has also been filled with inspiring stories of success, from sports awards to performing arts, music, and so much more. It's wonderful to see our pupils thriving in so many areas. Please check out our school Facebook page for celebrations.

We would love to hear more! If your child has received personal recognition, achieved something special in the community, or has a story they're proud of, please do share it with us. We'd be delighted to celebrate these moments together at school.

Let's keep shining and supporting one another to live out our school values for life (**Respect, Responsibility, Kindness and Aspiration**) – here's to even more success ahead!

Well Done to Our School Councillors

A heartfelt well done to our amazing school councillors who truly shone during this week's Open Days for new families exploring our school for their little ones.

They were wonderful role models, proudly promoting our School Values for Life through their respectful and kind welcomes. Their care and thoughtfulness made a real impact on our visitors. The children confidently explained how they build on their responsibility skills in their roles across the school, and how they aspire to be their very best in all they do. We are incredibly proud of their leadership and the example they set for others.

Thank you for representing our school and yourselves so well.



Hello Yellow Day—Supporting Young People’s Mental Health

Last week, we proudly celebrated Hello Yellow Day — a powerful reminder that *mental health matters*. Our school community came together in a vibrant sea of yellow to raise awareness and show support for young people’s mental wellbeing.



With creativity, compassion, and connection, both students and staff embraced the day, reminding us all that it’s okay to not be okay — and that no one is ever alone.

Thank you to everyone who took part and supported this important cause. Together, we raised **£251.20** and hit our school target of £250, a fantastic contribution to support mental health initiatives

Harvest Celebration—Thank You

A huge thank you to everyone who contributed to our Harvest donation this year! We are delighted to share that over 20 bags of food were generously donated to RivieraLife, helping support those in need in our local community.



As a school, we also had great fun celebrating together – especially singing along to the Big Red Combine Harvester song using BSL (British Sign Language)!



If you'd like to learn the song and enjoy it at home, please click on the [link](#).

Thank you again for your kindness and support – it truly makes a difference!

Hawthorn Class Hit the Right Notes!

This week, Hawthorn Class created superb harmonies during their music lesson as they performed "Happy" by Pharrell Williams. The classroom was filled with rhythm, teamwork, and joyful energy as pupils explored melody and timing.

Kaidon shared, *"I enjoyed the glockenspiels and ensuring the timing was perfect."*

Lily added, *"I quite liked the timing and the group performance — everyone joined in and it was great fun performing together!"*

It was a fantastic session that showcased not only musical talent but also collaboration and confidence.



ACTIVE THINKING

RESILIENCE



Year 3 Life-Saving Skills with Mini First Aid

Year 3 had an exciting and empowering experience learning essential life skills with [Mini First Aid](#) Exeter and South Devon. Liz, our fantastic trainer, delivered high-quality, engaging sessions that taught pupils what to do in emergency situations — including how to respond to choking, burns, CPR and how to call for help.

These sessions are designed to equip children with the confidence and knowledge to act in an emergency, and they align with the National Curriculum requirements introduced in England and Wales in 2020.

Pupils from Willow Class spoke confidently about what they learned and how they would apply their new skills in real-life situations. It was inspiring to see them so engaged and enthusiastic! This is a perfect example of our School Values in action (Responsibility, Respect, Kindness and Aspirations)

Check out the photographs below to see our young first aiders in action!



Join Our Team at St Margaret's!

We're pleased to share that we currently have **vacancies** at St Margaret's Academy. If you're passionate about education and would like to be part of our dedicated and supportive team, we'd love to hear from you!

For more information and to view the available roles, please visit the [Vacancies](#) section on our school website.

Health and Wellbeing

Caring for children with COUGHS



This leaflet contains information about how to look after a child who has a cough (not due to asthma). For more detail see www.bristol.ac.uk/child-cough



COUGH

Coughs can last for 3-4 weeks and make your child feel quite unwell but will still get better by themselves.

'Noisy chests' or 'chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'.

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

© University of Bristol

DISTURBED SLEEP

Coughs will often wake your child in the night. When the child lies down, more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

Coughing is part of the body's defence system which helps keep the lungs clear and fight the illness. Unfortunately this can wake the child in the night but does not mean the illness is more severe.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/or eucalyptus) may help children sleep better.



FEVER/HIGH TEMPERATURE

In children, a temperature of over 37.5°C is considered a fever.

Fever is a normal response to illness and does not harm children. It may even help to fight illness.

Children with a high temperature may be more likely to have a more severe illness, although most do not. Occasionally a child may have a fit. This shouldn't cause harm and treating the fever doesn't prevent it.

It is safe to use child paracetamol and ibuprofen to manage children's fever (and pain) for as long as needed. Follow the dosage on the bottle.

DRINKING/EATING LESS

Children often eat and drink less when they have normal childhood illnesses. Most children can go a few days without eating much and this will not affect their longer term growth and development.

All children need to drink regularly to avoid becoming dehydrated, especially if they are vomiting.

To help prevent dehydration, encourage your child to have sips of water.



WHEN TO SEE THE DOCTOR Arrange to see or speak to your doctor today if any of the following occur:

RAPID OR DIFFICULT BREATHING (DEPENDING ON AGE):

| AGE OF CHILD | BREATHING RATE |
|-----------------------|--|
| Babies under 6 months | over 60 breaths per minute |
| Babies 6-12 months | over 50 breaths per minute |
| Children over 1 year | over 40 breaths per minute |
| Any age | Being short of breath (as if your child has been running) or is 'working hard' to breathe when resting |
| Any age | Skin between and below the ribs gets sucked in each time your child takes a breath |

HIGH OR PERSISTENT FEVER (DEPENDING ON AGE OF CHILD):

| AGE OF CHILD | TEMPERATURE |
|--|----------------------------------|
| Babies under 3 months | 38°C or more |
| Babies 3-6 months | 39°C or more |
| Children over 6 months | over 37.5°C for more than 5 days |
| If your child has a fever fit, call 999 or take them to A&E. | |

VOMITING (DEPENDING ON AGE):

| AGE OF CHILD | SYMPTOMS |
|------------------------|--|
| Babies under 3 months | Vomiting + fever of 38°C or above |
| Babies 3-6 months | Vomiting + fever of 39°C or above |
| Children over 6 months | Vomiting + fever + extremely drowsy or listless |
| Any age | Severe vomiting (child not able to hold down fluids for 8 hours or showing signs of dehydration) |
| Any age | Persistent vomiting (more than 2 days) |

SKIN PALER THAN USUAL

If your child appears much paler than usual; hands and feet are very cold while their body is warm. **If skin, lips or tongue appear blue, call 999.**

PAIN

Pain in the chest (not when coughing) combined with fever and rapid breathing.

HARD TO WAKE / UNRESPONSIVE

Cannot be woken or wakes only slightly and then immediately goes back to sleep.

If your child wakes only with lots of stimulation, or is much less responsive to social stimulation (smiles and talking) than usual.

NOT FEEDING

Babies under 1 year: if your child stops feeding entirely.



Pupil Wellbeing Survey—Coming Next Week

Next week, we will be sending out our **Pupil Wellbeing Survey**. This is an important opportunity for us to gather insights into how our pupils are feeling, the strategies they use to support their wellbeing, and any areas they may find challenging.

We kindly ask for your support in helping your child access and complete the survey at home. Their feedback is incredibly valuable and will help us continue to improve the ways we support wellbeing across the school.

Together, we can make a difference.

As we head into the weekend, I hope you enjoy some special time with family and friends. You've all worked so hard and achieved so much – it's time to rest, recharge, and reflect.

Take care, and I look forward to seeing you all on Monday for the final week of the Autumn first term. Let's make it a great one!

Kind regards,

Mrs Nikki O'Dwyer

Headteacher

ACTIVE THINKING



RESILIENCE



MOTIVATION





Carers' Celebration Event

• Celebration • Support • Information •

Saturday, 22 November 2025

10.00am – 2.00pm. Paignton Library.

Two out of three of us will be a Carer for family, friends or neighbours at some time in our lives. Most of us do not think of ourselves as Carers, and most do not realise the support that is available, until it gets to crisis point.

You may already be caring and need to look after your own health, or you may want to plan for the person you care for.

Find out more about the support available to you.

Information, Advice & Guidance
Family Friendly activities
Free Tea/Coffee and Cake
and much, much more.

Website: www.tsdf.t.uk/Carers

Facebook: TorbayCarers

Tel: 01803 208455

Torbay Carers | Torbay and South Devon NHS Foundation Trust

Kingskerswell Amateur Theatre Society
Proudly Presents

Cinderella

Contact
kingskerswellats@gmail.com

Follow us on  [facebook.com/kingskerswellats](https://www.facebook.com/kingskerswellats)

Tickets Available Via 

Written by Alan P Frayn
Directed by Heather Jenkins & Nathan Swain-Sachs

1st - 7th December 2025
Kingskerswell Village Hall

  *With Live Music!*

Performed under licence by Stage Right Creative

ACTIVE THINKING



RESILIENCE



MOTIVATION





'I had never climbed before. I was scared of heights. But I climbed and rang the bell all by myself and felt really proud of myself'

Poonam



Brownies

**Girls have nonstop fun,
learning and adventure**
for ages 7 to 10

At Brownies, we welcome all girls to explore their creative side, get out into the great outdoors and start to learn to look after themselves, others and the world we live in.



Join a local Brownies group girlguiding.org.uk/joinus



Girlguiding

We help all girls know they can do anything

Volunteer with Girlguiding

It's totally flexible and there's no commitment too small. You can volunteer in a group or use your skills behind the scenes, you don't need any guiding experience and everyone is welcome!

Find out more
girlguiding.org.uk/volunteer

Registered charity number: 306016



Girlguiding contact information:
Name: LESLEY NARSH
Email: lwnash1951@hotmail.com
Call: 07522 789153



Parent & Carer Support and Advice Line

From 31st July, a Duty Family Support Worker will be available to provide support and advice on parenting

Parenting can be hugely rewarding but it can also be challenging especially if you think your child is unhappy or you are concerned about them and their behaviour.

We can provide advice on parenting including signposting to wider support services. Please click on the [link](#) to access more information.



Understanding your Child—Solihull Approach

In person events as well as online available via the Torbay Family Hub, Please click on the [link](#) to access more information

Support for Parents and Carers—Solihull Approach

For emotional health and wellbeing for all children and their parents so that they can thrive as kind, sociable and emotionally aware people throughout their lives.

[inourplace](#) online courses are developed by psychologists at the Solihull Approach in partnership with health experts, schools and psychotherapists as well as parents.

ACTIVE THINKING



RESILIENCE



MOTIVATION





Diary Dates

| | |
|-----------------------------------|--|
| 20th October 2025 | Y6 Maple Swim Session |
| 21st October 2025 | Halloween Disco After school—Information to follow |
| 24th October 2025 | Y6 Mini First Aid Workshops Last Day of School Term |
| 27th October—2nd November 2025 | Half Term Holiday |
| 31st October 2025 | Deadline for Y6 applications for secondary school |
| 3rd November 2025 | First Day Back for Children Y6 Maple Swim Session |
| 10th November 2025 | Y6 Maple Swim Session |
| 13th November 2025 | Individual School Photos |
| 17th November 2025 | Y6 Maple Swim Session |
| 17th November –21st November 2025 | Book Fair in School Hall 15.00 |
| 24th November 2025 | Pupil Progress Meetings Y6 Maple Swim Session |
| 26th November—28th November 2025 | Pupil Progress Meetings |
| 1st December 2025 | Y6 Maple Swim Session |
| 1st December—2nd December 2025 | Pupil Progress Meetings |
| 5th December 2025 | PTA Santa's Grotto |
| 8th December 2025 | Y5 Birch Swim Session |
| 15th December 2025 | Y5 Birch Swim Session |
| 19th December 2025 | Last Day of School Term |
| 22nd December 25—4th January 26 | End of Term Holiday |
| 6th January 2026 | First Day Back for Children |



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|----------|-----------|--|
| Pine | Millie | Millie impresses us everyday. She is determined to get better at everything and concentrates on her task brilliantly. Millie always has a smile on her face and wants to help others constantly. |
| Beech | Quinn | Quinn is our star of the week for always being ready to learn, no matter the subject. It's wonderful to see her putting in her best effort and trying her hardest with all her learning. Well done, Quinn! |
| Apple | Elodie | Elodie has been such an amazing role model this week. She is always ready to learn, sitting respectfully, looking and listening. She puts so much effort into all her work and is such a kind friend to others in the class. What a super star you are! |
| Oak | Halle-Mai | Halle has been so respectful this week, using all the school values to make sure she is doing the right thing at the right time, being helpful and cheerful and a pleasure to have in the class! Fantastic Halle! |
| Willow | Cody | Willow's star of the week is Cody. I have been so impressed with his resilience and determination across all learning. It hasn't always been easy, but we've given everything a go and given our best. Well done Cody! |
| Holly | Finley | This week's star is Finley! He has tried his hardest this week to turn his choices around so that he knows he is doing the best he can. Keep up the good work Finley - be proud of yourself! |
| Cherry | Harley | Harley is our star of the week for being a brilliant role model to the rest of the class. We were also very impressed when he was 'the teacher' in maths this week and showed his fantastic understanding of column subtraction. |
| Hazel | Freddie | Freddie was an absolute credit to the school during our Bushcraft and climbing enrichment day. He was so engaged and shared a wealth of knowledge that even impressed the instructors! Well done Freddie and it was great to see you have so much fun. |
| Rowan | Anu | The star of the week in Rowan is Anu for his aspirational attitude to learning. He demonstrates great focus on learning tasks and always completes work to the best of his ability. He listens carefully and actively joins in with class discussions asking and answering questions and explaining his thinking. Well done Anu. |
| Birch | Isaac | Our star of the week this week could be the star <u>every</u> week for their excellent, aspirational attitude. Isaac listens exceptionally well in class and always presents his work to the highest standard. What a great role model to the rest of the class! Well done Isaac! |
| Hawthorn | Hughie | This week Hughie is our star for his aspiration to do well in his learning. Hughie has been working hard to contribute by putting his hand up in lessons and he has shown resilience when the task is tricky. Well Done Hughie |
| Maple | Jake | Jake is our star this week, showing great responsibility for his learning - challenging himself with long division and working particularly hard in his writing. Well done Jake! |

