



St Margaret's Academy

ST MARGARETS ACADEMY

Autumn Newsletter #5

Dear Parents and Carers,

As we come to the end of Week 6 of the autumn term, we are thrilled to share with you a celebration of the incredible events and achievements that have already begun to shape our school community. From global inspiration to local exploration, our students have truly embodied the spirit of St Margaret's.

Hello Yellow Day

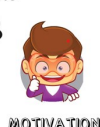
Mental health matters, and our school came together in a sea of yellow to support Hello Yellow Day. With creativity, compassion, and connection, students and staff raised awareness for young people's mental health, reminding us all that it's okay to not be okay — and that no one is ever alone. Thank you all for joining in and supporting. We are looking to sharing the grand total with you next week, hopefully we will reach or exceed our £250 goal by the 15th October. Thank you to all who have donated.



ACTIVE THINKING



RESILIENCE



MOTIVATION

Bushcraft Exploration and Climbing

Nature became our classroom as pupils in Year 4 ventured into the wild for bushcraft exploration. Building shelters, learning survival skills, and connecting with the environment, this hands-on experience fostered independence, curiosity, and a deep appreciation for the natural world. We also built our resilience skills and learnt to overcome our fear of heights.



Deaflympics Celebration

We are proud to shine a spotlight on the Deaflympics — a global event that champions inclusivity, resilience, and athletic excellence. Our pupils with other pupils from Plymouth, Exeter Torquay and South Devon College have been learning about the history and significance of the Deaflympics, engaging in activities that promote awareness and celebrate the achievements of deaf athletes around the world.

Below is feedback from a couple of our pupils:

Oscar in Year 6 (cochlear implant user)

On Monday 6th October, 2025, we met up with 21 deaf children in St Margaret's Academy Woodland Den. We were hosting a pretend Deaflympics. The Deaflympics is happening in Japan soon. People from Plymouth, Exeter Torquay and South Devon College all met up. The college students taught us some sports like football and volleyball. It was exciting because we got to meet lots of children like us - Deaf children.

At the end we had a medal ceremony and certificates. We celebrated our school values: aspiration, kindness, respect and responsibility.

Lennon Year 6 (BSL user)

Deaflympics sports happening Deaf teams. People who are students help play games. Twenty children on the field. The children like having fun. Deaf children new people coming here. The end day Jo gave medals all children. I joined that I was happy. I met new friend.



Y5/6 Girls Tag Rugby Festival

As part of our partnership with St Cuthbert Mayne we took part in a Girls Tag Rugby Festival at St Cuthbert Mayne. The festival was non-competitive and aimed at girls in year 5/6 and it was a development event which involved skills/drills and some friendly game play. The organisers promoted England Rugby's core values of Teamwork, Respect, enjoyment, discipline and sportsmanship (TREDS). Some of the girls were awarded a medal for demonstrating these values. Well done to Ellie (teamwork), Ruby (discipline) and Evie (sportsmanship). All of the players were good ambassadors for the school demonstrating some of England Rugby's core values. Hopefully the girls were inspired to play tag rugby and may be go on to play for the Red Roses.



Y6 Boys Fast5 Netball Festival

As part of our partnership with St Cuthbert Mayne we took part in a Boys Fast5 Netball Festival at St Cuthbert Mayne. Fast5 Netball is a faster, shorter, and more dynamic version of traditional netball played with five players per side, featuring multi-point scoring zones (1, 3, and 5 points) and a "power play" for double points, rolling substitutions, and a golden buzzer for the power play. It is designed for high entertainment and to be more spectator-friendly, with games lasting only 12 minutes.

The festival was non-competitive and aimed at boys in year 6. It was a development event which involved skills/drills and some friendly game play at the end. The organisers promoted England Netball core values and some of the boys were awarded a medal for demonstrating these values. Well done to Roman (respect), Joshua and Riley (Netball skills). All of the players were good ambassadors for the school demonstrating England Netball core values and we were awarded the whole school award. Hopefully the boys were inspired to play Netball and may be go on to play for a team.



Harvest Festival Appeal

We are preparing for our Harvest Festival, which will be led by Father Nick from *St Mary the Virgin Parish Church*. As part of our celebration, we kindly ask for your support by sending your child into school with donations of tinned food, toiletries, pasta, or rice. These items will be donated to The Riviera Life Storehouse and Baby Bank, supporting families in need within our community.

Your generosity is greatly appreciated and helps us share the spirit of giving during this special time. Please can school by from next week until Monday 13th October.



Parent/Carer Workshop

We'd like to confirm that the final planned session for this half term will take place on Tuesday from 9:00am to 9:40am. A massive thank you to the parents and carers who were able to join the workshop on Tuesday this week — we really hope you found it helpful. Apologies for the mix-up with timings for Friday's session. This has now been rectified, and we can confirm that the correct timings are as stated above.

The workshop will explore how social media and digital engagement can impact the emotional, psychological, and developmental wellbeing of children and young people. Together, we'll look at both the positive and challenging aspects of online life—including:

- Self-esteem and peer comparison
- Screen time and digital boundaries
- Online safety and privacy
- Mental health and emotional resilience

Through practical advice, real-life examples, and open discussion, the session aims to empower families to:

- Foster healthier digital habits at home
- Strengthen communication with their children
- Prioritise real-world connection in an increasingly online world

Open Days Workshop

We are delighted to invite prospective families to our School Open Days taking place on: Monday, Thursday and Friday 9.30-10.30am.

These special days are designed for families considering a school place for September 2026, offering a wonderful opportunity to explore all that St Margaret's Academy has to offer.

Our fabulous School Councillors will be leading guided tours, sharing their experiences, and answering questions with pride and enthusiasm. Their warmth and insight provide a genuine glimpse into life at our school — from our nurturing ethos to our exciting curriculum and vibrant community.

Whether you're looking to understand our values, see learning in action, or simply get a feel for our welcoming environment, we encourage you to come along and discover what makes St Margaret's so special. Please [sign up](#) express your interest and availability for next week

We are so proud of the energy, empathy, and excellence our pupils continue to show. Thank you for being part of this journey — we look forward to a term filled with more learning, laughter, and leadership. We wish you a wonderful weekend with family and friends.

Kind regards,

Mrs Nikki O'Dwyer

Headteacher




ST MARGARET'S ACADEMY
PTA
HALLOWEEN
DISCO 2025
TUESDAY 21ST OCTOBER
 RECEPTION - YEAR 3: 5:00 - 6:00
 YEARS 4 - 6: 6:15 - 7:30

TICKETS WILL BE AVAILABLE TO BUY FOR £4 CASH OR CARD
 (SIBLING DISCOUNT - £3 FOR SUBSEQUENT CHILDREN)
 FROM 3:15PM ON FRIDAY 3RD OCTOBER & MONDAY 13TH OCTOBER
 WOODEN GAZEBO AT THE TOP OF THE SLOPE

Tickets will also be available to buy on PTA events for £4 each up until 16th October. Tickets bought via PTA Events will not be eligible for sibling discount as this is unmanageable on this platform.



ENTRANCE TO THE DISCO WILL NOT BE PERMITTED WITHOUT PREPAYMENT. PAYMENT ON THE NIGHT WILL NOT BE ACCEPTED.

10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

- 1 A PREDICTABLE ENVIRONMENT**

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.
- 2 USE LANGUAGE THAT MATCHES THEIR AGE**

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.
- 3 TRAUMA AND THE BODY**

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.
- 4 AVOID RETELLING OR RELIVING TRAUMA**

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.
- 5 AVOID DISMISSING OR MINIMISING FEELINGS**

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.
- 6 UNDERSTAND HOW THEY'RE FEELING**

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.
- 7 BE AWARE OF YOUR OWN RESPONSES**

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.
- 8 SEEK PROFESSIONAL SUPPORT**

While many children benefit from everyday emotional support some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.
- 9 MAINTAIN CONNECTION**

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.
- 10 BE PATIENT – HEALING TAKES TIME**

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.



'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.




Registered charity number: 306016

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





St Margaret's
Academy

OPEN DAYS

What to Expect:

- A warm welcome from our Headteacher and the Team
- Guided tour with our newly appointed School Council
- Refreshments and a chance to ask any questions
- Discover our values-led approach and nurturing environment and great facilities.

MONDAY 13TH
OCTOBER
9.30-10.30AM

THURSDAY 16TH
OCTOBER
9.30-10.30AM

FRIDAY 17TH
OCTOBER
9.30-10.30AM

Please register your interest and book via the link or QR Code

<https://forms.gle/1Q4VYrWVgSvjMSLd9>

Website: <https://www.stmargaretstorbay.org.uk/web/>



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.

Familyhub
TORBAY

ACTIVE THINKING



RESILIENCE



MOTIVATION



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.

Kingskerswell Amateur Theatre Society
Proudly Presents

Cinderella

Contact
kingskerswellats@gmail.com

Tickets Available Via
 ticket source

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

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





Diary Dates

13th October 2025	Y6 Hawthorn Swim Session
14th October 2025	09.00—09.40 Y5 & Y6 Parent Workshop
17th October 2025	Y3 Mini First Aid Workshops
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



Pine	Charlie	Charlie has truly wowed us this week with his fantastic attitude towards learning—especially in his writing! He’s always eager to be the first to work with an adult, showing incredible motivation and commitment. Well done, Charlie—keep up the amazing work!
Beech	James	James has been chosen as our Star of the Week for showing great respect to others and for working so well as part of a team. He always listens, helps his classmates, and sets a fantastic example for everyone. Well done, James.
Apple	Kai	Kai is our star in apple class. He has impressed everyone with how aspirational he is both in and out of school. He has absolutely shone in Maths this week and is not afraid to challenge himself in everything he does. Well done Kai you superstar!
Oak	Riley	Riley is our star this week as he has shown excellent listening and participation in both his phonics and maths lessons. He has also been super motivated and tried his best. Well done!
Willow	James P	For consistently showing all of our school values. He is always focused on his learning, constantly challenging himself to improve. He is always a role model to the rest of the class and to the rest of the school. Well done James!
Holly	Arlo	This week Arlo has been trying his hardest in everything - he has shown the school values over and over again this week which is fantastic to see! He has taken responsibility for his own learning and the learning of others around him by encouraging others to do the right thing. Well done Arlo - keep it up!
Cherry	Iris	Iris is our star of the week in Charry for overcoming her fear of heights on a climbing trip. You challenged yourself to go further than you thought you would which shows aspiration! Well done Iris!
Hazel	Ollie C	Ollie C shows aspiration in all of his work but this week, we were incredibly impressed with Ollie’s story writing. He took care to check his mastery keys to ensure they had all been used and has produced an amazing story that we’ve loved reading. Ollie - you’re a star! Keep up the good work!
Rowan	Jazzy	Jazzy is the star of the week in Rowan. She displays all of our school values everyday from the moment she comes into class to the moment she leaves. She is a wonderful learner. Well done Jazzy
Birch	Mila	Mila is an amazing role model for all of the core values. She is always smiling, listens well in class and puts 110% effort into all of her learning. Keep it up Mila!
Hawthorn	Ellis	This week Ellis has impressed us with his commitment to his learning showing an aspiration to do well in class. His Science work this week was particularly well presented. Well done Ellis
Maple	Ginny	Ginny is the star in Maple. She has shown incredible responsibility in her writing, particularly focusing on her presentation. Keep up the good work Ginny!

