



Dear Parents and Carers,

What a gorgeous week it's been, with the weather finally starting to brighten up and put a spring in everyone's step! We have got plenty to look forward to next week - World Book Day is next Thursday (5th March), and we have planned lots of fun activities and competitions to get everyone excited about reading.

In this week's newsletter, you'll also find some important Nursery updates, details about the menu change for Thursday 5th March, PTA fundraising news, our newly updated diary dates and our latest online safety poster.



SIX TOP TIPS

For Parents To Keep Your Children Safe Online

SafeguardED

Most parents & carers think their children and young people spend too much time on devices. **DON'T FEEL BAD!** Lots of it is perfectly healthy anyway. Instead, follow these tips to keep them safe, happy and healthy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or video calling Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? What about safe search and Youtube? See parentsafe.lgfl.net for more.



Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced - they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** reviews.



Don't try to hide news about scary things in the news

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel - there is guidance from **Childline** to help you.

Nursery Update

Our nursery is currently completely full for the remainder of this academic year (2025-2026), and we are therefore unable to offer any new start dates before the year ends. This also means we are unable to accommodate any changes to existing children's days or hours during this time. Families are still welcome to submit a request, and we will be happy to add you to our waiting list, though we cannot guarantee that a space will become available.

For clarity, children who already have a confirmed place to start with us in the Summer term this year do have their space secured. We will be in contact with these families in the coming weeks with details about settling sessions and home visits.

Looking ahead, places for the 2026-27 academic year are filling up quickly. If you would like your child to join us in the Autumn, Spring or Summer term next year, please ensure you submit your request for hours as early as possible to avoid disappointment.

World Book Day

World Book Day will take place on Thursday 5th March, and the children are invited to come to school dressed as their favourite book character. It's a lovely opportunity to celebrate reading and share the stories they love. There will be a cakes on sale at break time for 50p.

Please note that there will be a change to the school dinner menu on this day; the updated menu can be found on the poster included in the menu section of the newsletter.

Competition

Hello, I'm Elijah H from 6MT and I have organised a book competition just for you! You have two weeks and I'm sure you will find it easy to craft a masterpiece to enter. Your deadline is Friday 13th March. The aim is to create a character from a book of your choice out of a toilet roll tube (and whatever other craft items you like e.g. pens, paints). Make sure that you write your name and class on the inside of the tube. This was done five years ago and, funnily enough, I still have my entry. I did *The Sleepy Snowy Owl* by Amelia Cobb.



Here are a few other ideas to inspire your creative minds.



Friends Of Willowbrook

We have some exciting events for next term!

World book day - Thursday 5th March

Our Willowbrook wonderbars will be back bigger and better than last year. Please below poster for more information.

Bars will cost £2 and can be bought on world book day, on the back playground, just look out for Mrs Wonka!

There will be dairy free options too so please let us know at the time of purchase if you require it.

Thursday 5th
March 2026

Wonderbar

Issue 1

Willowbrook PTA

Breaking News

The latest updates

We the PTA have some wonderful prizes for you!

20 Golden tickets have been hidden underneath the ordinary wrapping of our ordinary wonderbars, it could be in any of the bars sold to any of you!

we have 5 main prizes

£50 vue voucher - gifted by Mike Teavee

Scrumdillyumptious chocolate hamper - gifted by Augustus Gloop

Luxury Cream tea hamper - gifted by Veruca Salt

Glorious sweet hamper - gifted by Violet Beazeguarde

Bucket of fun hamper - gifted by Charlie Bucket

There will be 15 other small prizes for you to win.



Keep a look out for your golden ticket, please don't eat it!

Mother's Day Cream Tea

Mother's day cream tea, this will be held on Friday 13th March at 2.30 in the hall, tickets cost £5 per adult and children are free unless they would like a cream tea in which case they are £2.50. There will be plenty of cakes available for free for children who do not want a cream tea. Please buy tickets from our website www.pta-events.co.uk/friendsofwillowbrook These will go off sale 6th March to allow us to make sure we have enough food for everyone.

Lambing Bingo - the new PTA fundraiser!

Please see the poster below explaining our new fundraiser for this spring term - Lambing bingo! Be in with a chance of winning cash prizes by buying your £5 bingo sheet and waiting for the lambs on Miss Grist's farm to be born. Lambing starts at the end of March/beginning of April - a bit of fun over the Easter holidays all from your own home.

All proceeds will support the PTA in being able to provide exciting opportunities and experiences for our children - thank you in advance for your support.

Mrs Cook will be selling bingo books on Tuesdays after school on the front playground and Wednesdays after school on the back playground. She will also be selling books at parent's evening.



Join us at home for...



Lambing Bingo!

- 1. Buy a bingo card from the PTA for £5.**
- 2. You will be added to the Whatsapp update group. Only the farmer (Miss Grist!) can post. Numbers will stay hidden.**
- 3. Sheep are numbered 1-90. Each time a lamb is born, it's number will be shared.**
- 4. Mark your number off the bingo sheet.**
- 5. Cash prizes for 1 line, 2 lines and a full house. Email fow@willowbrook.devon.sch.uk before 9pm with a photo of your bingo sheet.**

£5

Lambing starts at the end of March - a fun Easter holiday activity! All proceeds support the PTA and help fund exciting opportunities for our children.

Children's Mental Health Week

This week, the children have been learning how to keep ourselves mentally healthy. We have been lucky enough to have a whole host of visitors from the Mental Health Schools Team who have delivered assemblies and workshops, as well as sessions led by class teachers. Children have recapped the '10 a day' things they could do to keep themselves healthy, have created mental health first aid kits and have learnt some strategies that they can use if they feel worried or anxious. For children aged 7 upwards they have been introduced to the Lumi Nova App - please find all the information below regarding this App to decide if your child may benefit from it.



Digital therapy enabling children to self manage their fears and worries

Recommended by **NICE**



What is Lumi Nova?

Everybody worries sometimes, but sometimes worries stay and can have a big impact on your child's life. Lumi Nova can support your child by helping them set goals and challenges to overcome their worries, one step at a time.

- ★ **NICE recommended digital therapy** (through a fun mobile game (smartphone/tablet)
- ★ For **7-12 year olds**
- ★ Supports **mild to moderate fears, worries & anxiety***
- ★ **Based on Cognitive Behavioural Therapy (CBT) and provides Psychoeducation and Exposure Therapy** - The gold standard of care for treating anxiety
- ★ **Safe, effective & easy to use**

*Lumi Nova is for children aged 7-12 experiencing mild to moderate anxiety. It is not recommended for use by children with severe anxiety, in crisis, experiencing suicidal thoughts, or at risk of self-harm without the support of a mental health professional.

See instructions for use: [Bfbluminovalabs](#)



To learn more visit: [luminovalabs](#)

Using Lumi Nova can help your child:

- ✔ Learn **life long skills** on how to self manage their worries
- ✔ Learn how to **breakdown fears and worries into manageable steps**
- ✔ **Build confidence and resilience** by completing small challenges in the game and in real life
- ✔ **Understand what worry and anxiety is** so they can learn to cope
- ✔ Talk about their own worries in a way that is **non-stigmatising**

Choose from 15 worries your child can tackle

To help build confidence, you'll need to shortlist 3 Missions that are relevant to your child, practical to do and easy. Your child will then be able to choose a Mission to work on which is broken down into smaller goals and challenges to help your child progress.

The first few challenges happen in the game (imagine, draw, photos, and videos) and then progress to real life challenges that will need your support.

To learn more about each Mission visit: [luminovalabs/missions](#)

1. Be comfortable staying at home without my parent or guardian
2. Be ok making a mistake on school work or a test
3. Be able to sleep away from home overnight
4. Be comfortable speaking in front of a group
5. Be able to sleep on my own
6. Feel comfortable visiting a crowded or busy place
7. Be able to spend time in the dark
8. Be able to spend time near a dog
9. Be able to spend time near insects or spiders
10. Try to make a new friend
11. Feel comfortable going to a party or social gathering
12. Feel comfortable going to school
13. Be able to spend time in a high up place
14. Be able to eat or drink in front of other people
15. Be okay seeing vomit or thinking about vomit

HOW TO GET STARTED WITH LUMI NOVA & YOUR ROLE :

Step 1: Register for free access to get your game key

1. Scan the QR code or visit [luminovalabs/qr](#)
2. Validate your postcode and complete the registration form.
3. Complete a short 4 question survey, to receive a text message with your game key.



Step 2: Download Lumi Nova & activate

1. You'll receive a text message with your game key. Please keep this safe and secret - you'll need it to access the app and later for the 'real life' challenges too.
2. Download the app on a device your child has regular access to and activate it with your game key.

Your role as a co-pilot:

1. Activate and set up the app by shortlisting 3 Missions for your child to choose from.
2. Set a regular time in a quiet place for you and your child to use Lumi Nova together.
3. Support your child to complete real life challenges (unlock and approve these with your game key).
4. Complete weekly surveys sent to your phone via text message.

Recommended usage: 15-30 mins, 2-3 times per week to use Lumi Nova with your child.

Need support using the app? Email us at: support@bfb-labs.com



For resources and more info visit: [luminovalabs/parents](#)

Parents Evening

Parents' Evening will take place on Tuesday 17th and Thursday 19th March. Please book your appointment through the Arbor App. If you experience any difficulties accessing Arbor, email the school office and they will be happy to help you get set up.

During Parents evening week, 16th–20th March, school clubs will not be running.

Important Message regarding After School Club

Our afterschool club has grown increasingly busy, and we have found it challenging to maintain the high-quality, meaningful experience we want for every child. After reflecting on this, we have decided to reduce the number of places available so that both children and staff can enjoy a calmer, more supportive environment. To help us manage this effectively, please ensure all afterschool bookings are made in advance through the Arbor app, so your child's place is secured. This will not affect any already prebooked sessions.

Friday Flyer

Friday Flyer celebrates children who have consistently been demonstrating our family values. This Weeks Friday flyers are as follows;

Class	
1P	Nayah A
1S	Elsie-Mae R
2F	Cobie R
2SB	Leo FP
3H	Jago H
3B	Esme W
4B	Oliver D
4R	Harri S
5T	Aleks H
5W	Maddison J
6MT	Amir R
6P	Jessica F



Lost Property

lost property is located on the back playground outside the staff room at the end of each school day. Please take a moment to check if your child is missing anything.

To help us return items quickly, please ensure that coats, jumpers, and PE kits are clearly labelled with your child's name. This makes a huge difference when belongings are misplaced.

Afterschool Club Reminder - If you need to pass on a message after 4:30pm, please call 07930 727654 as the school office will be closed.

PE Days

Monday – Year 2, Year 3 and Year 1
Tuesday – Year 6 and Year 2
Wednesday- Year 4 and Year 1 (Year 5 Swimming)
Thursday- Year 6 and Year 4
Friday- Year 3

School Term Dates

Last day of Term – Thursday 2nd April
Easter Holiday – Friday 3rd – 17th April
Summer term First day back – Monday 20th April
May Day Bank Holiday – Monday 4th May
Half Term – Monday 25th – Friday 29th May
Non Pupil Day – Monday 1st June
Last day of Term – Wednesday 22nd July



School is then closed for the summer holidays

Dates for your diary for the Autumn term:

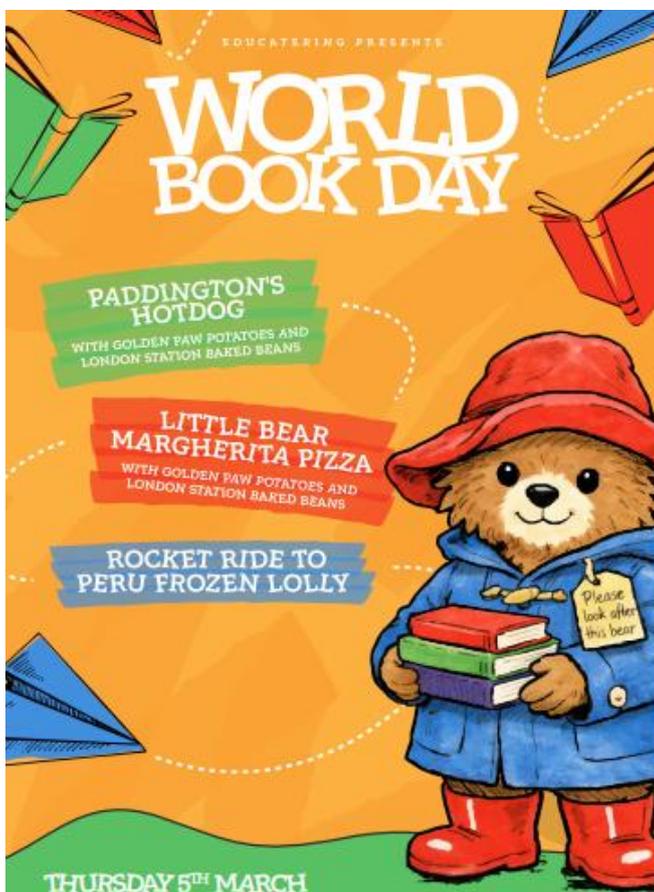
World Book Day – Thursday 5th March

Year 3 Exeter Roman Walk – Wednesday 18th March
Class Photo's - Thursday 19th March
Red Nose Day (Non-uniform day) – Friday 20th March
Rock Steady concert – Wednesday 25th March ***new date***
KS1 Easter service at Whipton Church – Monday 30th March, time TBC
EYFS Easter crafts – Tuesday 31st March, time TBC
KS2 Spring concert on the back playground – Tuesday 2nd April, 2.30pm.
Last day of Term – Thursday 2nd April
Easter Holiday – Friday 3rd – 17th April
Summer term First day back – Monday 20th April
May Day Bank Holiday – Monday 4th May
Exe Factor singing competition – Friday 22nd May
Half Term – Monday 25th – Friday 29th May
Non Pupil Day – Monday 1st June
Last day of Term – Wednesday 22nd July

Week commencing 2nd March:

Jacket potatoes will still be available on Thursday 5th March

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	MAIN MEAL	MAIN MEAL	MAIN MEAL	MAIN MEAL
Chicken and Tomato Pasta Bake, with Homemade Tomato and Herb Bread and Sweetcorn	Devon Beef Burrito with Potato wedges, Chopped Salad and Peas	Roast Turkey with Gravy, Roast Potatoes, Carrots and Fine green beans	World Book Day Menu	Fish Fingers or Salmon Fingers with Chips, Peas and Baked Beans
VEGETARIAN MEAL	VEGETARIAN MEAL	VEGETARIAN MEAL	VEGETARIAN MEAL	VEGETARIAN MEAL
Tomato and Mozzarella Pasta Bake with homemade Tomato and Herb bread with Sweetcorn	Vegetable Fajita Wrap with Potato Wedges, Chopped Salad and Peas	Broccoli Mixed Bean and Cauliflower Bake, with Roast Potatoes, Carrots and Fine Green Beans	World Book Day Menu	Vegetable Nuggets with Chips, Peas and Baked Beans
JACKET POTATO	JACKET POTATO	JACKET POTATO	JACKET POTATO	JACKET POTATO
Cheese and Beans or Tuna Mayo	Cheese and Beans or Tuna Mayo	Cheese and Beans or Tuna Mayo	Cheese and Beans or Tuna Mayo	Cheese and Beans or Tuna Mayo
PASTA	PASTA		PASTA	
Cheese Pasta	Tomato Pasta		World Book Day Menu	
DESSERT	DESSERT	DESSERT	DESSERT	DESSERT
Iced Sponge	Chocolate Mousse	Custard Cookie	World Book Day Menu	Ice Cream Pot



QR CODE

HAF HOLIDAY PROGRAMME

EASTER HOLIDAYS

St Luke's Campus
University of Exeter

Thursday 9th - Friday 10th April
Thursday 16th - Friday 17th April

9am - 1pm
12.30pm - 4.30pm

AGES 5 - 12
INCLUDES A HOT LUNCH
MULTI-ACTIVITY HOLIDAY CAMP