



9th October 2026



With respect, kindness and resilience, we flourish together.

A Moment for Wellbeing

As we move through another busy term, I want to take a moment to talk about something that is important to all of us: our mental health and wellbeing.

Life can be wonderful, but it can also be challenging. We all have times when we feel worried, overwhelmed, anxious, or simply not quite ourselves. Whether those feelings are linked to school, work, family life, friendships, or the many pressures of everyday life, it is important to remember that we do not have to carry those worries on our own.

One of the greatest strengths we can show is reaching out and talking to someone. A conversation can make a huge difference. Sometimes we need advice, sometimes we need practical support, and sometimes we simply need someone to listen.

As a school community, we care deeply about one another. We want every child, parent, and member of staff to know that they are valued, supported, and never alone. If you or your child are finding things difficult, please come and talk to us. We may not always have all the answers immediately, but we will always listen, and together we can find the right support.

Let us continue to look after ourselves and each other with kindness, compassion, and understanding. A simple check-in, a listening ear, or a moment of encouragement can make all the difference to someone's day.

Please remember; it's okay not to be okay, and it's always okay to ask for help.

With warmest wishes,

Gabby Stevens

Acting Head Teacher



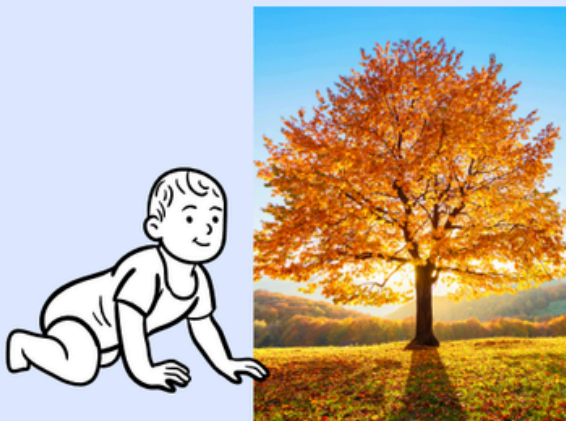
From the Classrooms...

Nursery and Reception



This week, the Nursery children have been enjoying the story *We're Going on a Bear Hunt*. The children have shared their favourite parts of the story and explained why they liked them. They have also been sequencing and retelling the story using picture prompts to help them remember the different events and repeated phrases. The children have continued exploring our Autumn theme, talking about the changes they can see in the environment and learning new seasonal vocabulary. In Reception, the children linked their learning to our story *Pumpkin Soup*. They wrote shopping lists of ingredients needed to make the soup and then had great fun making their own pumpkin soup together. This activity supported their early writing skills while also encouraging them to follow instructions and work collaboratively. Thank you for a lovely week of learning. We hope you have a wonderful weekend!

Year 1&2



This week, we enjoyed watching our cress grow and observing the changes each day.

We loved looking at baby photos and trying to guess who was who! In singing assembly, we practised our Autumn song and sang beautifully together.

We also got creative by designing our Christmas cards, carefully thinking about our festive designs and colours. Well done, Year 1&2!



From the Classrooms...

Year 3



This week, we have continued our investigation into the power of magnetism and begun a new unit of work in English based on the book *Stone Age Boy* by Satoshi Kitamura. This links to our history unit where we have been learning about the beliefs of Stone Age Britons.

Year 4



$$\begin{array}{r} 1, 2 \ 4 \ 7 \\ + 6, 5 \ 8 \ 7 \\ \hline \\ \hline \end{array}$$

Year 4 have shown fantastic success in learning how to add 4-digit numbers using the column method. We are very proud of the confidence, determination and accuracy they have demonstrated in their maths lessons.



Year 5

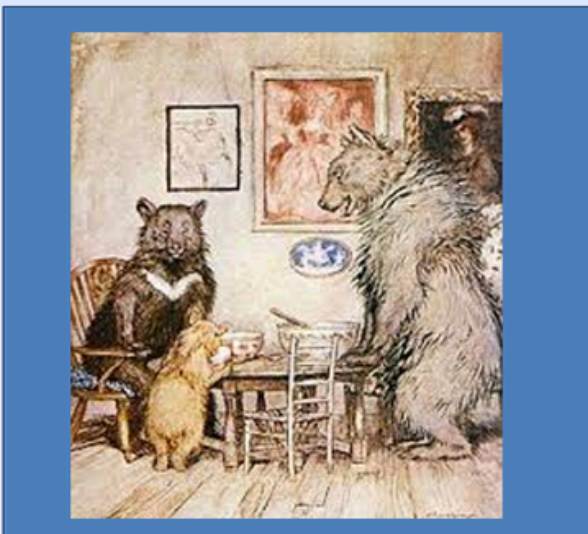


This week, Year 5 have had the best time orienteering in the sunshine!

They used an expertly drawn map of the 3G pitch and nature area to locate random items belonging to the teaching staff.

They then had to race back to the teachers to check they had located the right objects in the correct places.

Year 6



Year 6 have begun a new unit in English looking at fairytales from an alternative perspective. Is Goldilocks really a good little girl? Was Jack being sensible when he stole the goose from the giant? How can we use our writing to change our reader's views?



From the Classrooms...

Explorers



TELLING THE TRUTH AND BEING HONEST



TIPS FOR KIDS

THINK BEFORE YOU SPEAK

Make sure your words are true, intentional, and necessary.

BE CLEAR AND HONEST

Say what you really mean to avoid confusion.

BE PRECISE

Clearly express what you think and feel.

AVOID DRAMA

Being truthful helps avoid misunderstandings and complications.

TELL THE TRUTH, EVEN WHEN IT'S HARD

Honesty builds trust and respect. And in the end leads you to the best possible outcome.

KEEP YOUR PROMISES

Doing what you say builds reliability and trust.

This week the Explorers have been learning about being honest and telling the truth. We listened to the story of 'The Boy Who Cried Wolf' and discussed the importance not telling lies.



No one will believe a liar, even when he is telling the truth.



LEARNING LEGENDS

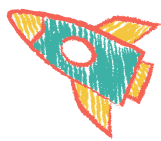
*Well,
Done!*



*Well,
Done!*



*Well,
Done!*



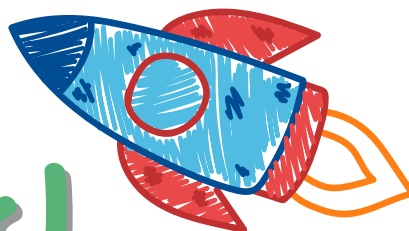
ROCKET READER



*A huge well done to our super star
Rocket Reader this week!*



25
READS!



*I'm wearing yellow
this World Mental
Health Day and
raising vital funds for
YoungMinds*

**Hello
Yellow**
FRIDAY 9 OCT

M&S | **YOUNGMINDS**

This week, Okehampton Primary proudly celebrated Hello Yellow Day, with children wearing a yellow accessory to support mental health awareness. It was wonderful to see so many taking part in this important cause.

A huge thank you to our parents and carers for your generous donations and support. If you have not yet donated, there is still time. Every contribution helps provide vital mental health support for young people.

Thank you for helping make our 10th Hello Yellow Day such a bright success!



<https://fundraise.youngminds.org.uk/s/1061/1063>

#HelloYellow

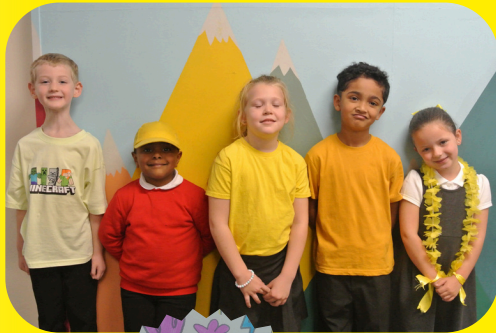
M&S | **YOUNGMINDS**

YoungMinds, registered Charity in England (1016068) and Scotland (SC039700)



Hello Yellow

FRIDAY 9 OCT



M&S | YOUNGMINDS



#HelloYellow

M&S | YOUNGMINDS

YoungMinds, registered Charity in England (1016068) and Scotland (SC039700)



ABSENCE REPORTING, MEDICAL APPOINTMENTS & OFFICE HOURS

If your child is unwell and unable to attend school, please ensure you notify the school office by email or telephone before **08:00am** on the day of absence.

PLEASE NOTE: Absences should be report to the new email address: **absence@okehamptonprimary.org.uk** or via telephone: **01837 52866**

For planned medical appointments, parents/carers must inform the office in advance by completing the S2 Absence/Holiday form, available on our website or at reception:

<https://www.okehampton-pri.devon.sch.uk/Parents/Forms-and-Documents/>

The completed form should be submitted either by hand or via email, and must include **evidence of the appointment where possible.**

We understand that emergency appointments can arise; however, the school office must still be notified as soon as possible.

Please note that the school office is open from 8:30am to 4:00pm, Monday to Friday, during term time.



Weather Reminder

With the weather being very unpredictable at the moment, we encourage all children to bring a waterproof coat to school every day. As we aim to get outside whenever possible, having a coat will help children stay comfortable and enjoy outdoor learning and play, whatever the weather.

Thank you for your support.

in coats, especially when they have wet play during lunch times.



IS YOUR CHILD FEELING

UNDER THE WEATHER?

TELL US

Does your child have...

- ✓ a mild cold?
- ✓ a mild cough?
- ✓ a need for some extra care whilst recovering from absence?
- ✓ a general feeling of being unwell?
- ✓ worries they've shared with you?

WE CAN

Give extra check-ins

Administer medicine (with a form)

Give additional rest breaks

Provide indoor break spaces

Give support for managing worries

Contact you if they are too unwell

Email absence@okehamptonprimary.org.uk to let us know they need something extra today



Photo Consents Reminder

You may have noticed that there have been fewer pupil photographs featured in recent school newsletters. This is because we are carefully adhering to the photo consent preferences recorded for each child.

As previously communicated, we recently updated our photo consent wording on Arbor to reflect developments in technology, including artificial intelligence (AI). While the way we use photographs in school has not changed, we ask all families to review and confirm their preferences to ensure our records are accurate and up to date.

If you have not yet reviewed your child's photo consents, please do so via Arbor at your earliest convenience.

For information on accessing Arbor, please visit:

<https://www.okehampton-pri.devon.sch.uk/Parents/Arbor-Schoolgateway/>

If you have any problems or cannot access Arbor we do have hardcopies available at the office.



SCHOOL NOTICE



Year 6 are collecting at least 800 clean, large plastic bottles and other large recyclable plastic items for an exciting upcoming art project.

We would be very grateful for any suitable items you can donate. Please ensure all items are clean before sending them into school.



SCHOOL NOTICE



Please ensure all school uniform and belongings are clearly labelled with your child's name. Since the start of term, we have collected over 50 unmarked items in lost property.

If your child has lost any belongings, please ask them to speak to their teacher, who can help them check lost property. We also encourage children to take care of and keep track of their belongings while at school.

DATES FOR THE DIARY



12-15

OCT

BIKEABILITY WEEK YEAR 6 - GROUP 1 & 2

📍 OPS

🕒 09:15AM

19

OCT

OCRA YEAR 4,5 & 6 GIRLS FOOTBALL

📍 Okehampton College

🕒 VARIOUS

19

OCT

YEAR 4 RESIDENTIAL INFO SESSION - PARENTS

📍 OPS - KES TOR

🕒 3:30PM

19-22

OCT

BIKEABILITY WEEK YEAR 6 - GROUP 3 & 4

📍 OPS

🕒 09:15AM

21

OCT

YEAR 3 HARVEST PERFORMANCE

📍 OPS

🕒 2:45 PM

21

OCT

PARENTS EVENING

📍 OPS

🕒 3:30 PM

22

OCT

PARENTS EVENING

📍 OPS

🕒 3:30 PM

23

OCT

RECEPTION OPEN AFTERNOON

📍 OPS

🕒 1:30 PM

23

OCT

SEN PARENT FORUM

📍 OPS

🕒 09:30 AM

Dartmoor
Multi Academy
Trust
...everyone in our Trust.

VOLUNTEERS WANTED

Make a
difference
in your
community!

The Green Box Project – at Okehampton Primary School is looking for more volunteers!



What's involved?

Volunteers are needed to
join a friendly team on
Thursdays, even if you only
have an hour to give on
occasional weeks.



The project

This is an environmental
project and an exciting
scheme to be part of.



What you'll be doing

Tasks are fun and can
involve receiving the food
delivery, stock taking,
making up the boxes with a
variety of foods, or selling
the boxes to families.



**EVERY
THURSDAY**



**OKEHAMPTON
PRIMARY SCHOOL**



Volunteers: 12:30pm – 3:45pm
Help for part or all of the session,
your time is appreciated and valued.
Customers: 3pm – 3:45pm



Good food
=
Happy
families

All parents are welcome to come
and take advantage of this fantastic
deal for Okehampton families,
which also helps the environment!

For just £2.50, you can get a whole box
of good quality surplus food, valued
at over **£10!**

We look forward to seeing you there!



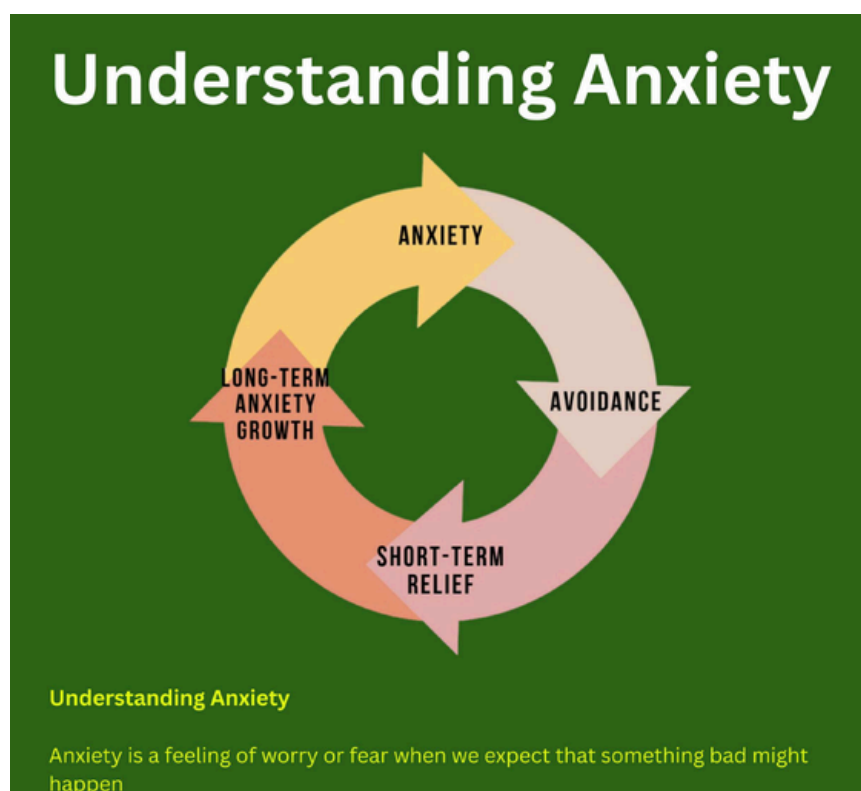
Please contact Melissa Trudgill at
mtrudgill@dmatschools.org.uk for more information –
we would love to hear from you!



SEN Parent Forum

**FRIDAY 23RD OCTOBER 2026 -
9:30 IN GREAT LINKS TOR AT
OKEHAMPTON PRIMARY**

Miss Dart will be leading an informal information-sharing session around anxiety in children. This will be a chance to share resources, ideas and practical strategies, as well as learn from one another about ways we can support children who experience anxiety or worry in different situations.





Okehampton Library Half-Term Event



The Treetop Circus is coming to Okehampton Library this half term!

Join Count Cuckoo's magical woodland circus for a fun-filled puppet show inspired by Dartmoor's pine martens, followed by a craft workshop where children can make their own dancing pine marten puppet.

Suitable for children aged 5-11 years and their families. The event runs from 2:00pm - 4:00pm at Okehampton Library.

Tickets: £3 for library members, £5 for non-members (free tickets available for those who may need them).

Book here:

<https://www.ticketsource.com/librariesunlimited/t-qmarkvp>

OKEHAMPTON PRIMARY SCHOOL

PTFA
ENRICHING OUR CHILDREN'S LIVES

CHRISTMAS BINGO

**Charter Hall
5th December**

Doors open **6pm** Eyes down **7pm**

£1 ENTRY TICKET Game book **£5** End flyer **£1** Prize raffle

BINGO **BINGO**

18 7 32

OKEHAMPTON PRIMARY SCHOOL

PTFA
ENRICHING OUR CHILDREN'S LIVES

Okehampton School Football Club

SE
sonic
FIREWORKS

FIREWORKS DISPLAY

Sunday 1st Nov

On the football field outside the Pavilion

GATES OPEN 4.30 **DISPLAY 5.30** **FOOD VENDORS** **PAVILION CAFE OPEN**

NO SPARKLERS **£7** PREBOUGHT **£8** ON THE NIGHT **UNDER 4's FREE**

TICKETS AVAILABLE FROM
RED LION BAZAAR, DONALDS AND OCRA PAVILION

CASH ONLY

OKEHAMPTON PRIMARY SCHOOL

PTFA
ENRICHING OUR CHILDREN'S LIVES

AGM

**Wednesday Nov 4th
6pm**

at the London Inn

Everyone welcome

See how you can support your children on their primary school journey

Volunteers needed!

Help with our **Therapy Dog Sessions**

Okehampton Primary School

- Tuesdays and Thursdays mornings
- Collect children from class
- Support Sweep & Di with the sessions

Make a positive difference!

For more information contact
admin@okehamptonprimary.org.uk

Small paws... big impact!



RECEPTION OPEN AFTERNOONS

Meet our Teachers.

Explore our Classrooms.

Imagine your child's future with us.

Friday 23rd October 2026

Tuesday 3rd November 2026

1:30pm – 2:30pm

Email admin@okehamptonprimary.org.uk
to book your place.

What Parents & Educators Need to Know about

ARTIFICIAL INTELLIGENCE (AI) SOLUTIONS

WHAT ARE THE RISKS?

AI solutions are trained on a large dataset of text to learn patterns and relationships in the data and generate text, images, sound or even video based on the data they are trained on. As such, users can ask a question, provide a prompt or provide other source material, and the AI solution will then provide a response.

ACCURACY

AI language models such as ChatGPT, generate their responses based on the data they have been trained on. This is often drawn from the internet and therefore may include incorrect facts, leading to responses which contain errors and inaccuracies.

BIAS

AI Language models, including ChatGPT, can perpetuate existing biases present in the data they were trained on. This could lead to biased responses and the reinforcement of stereotypes.

SENSE

AI solutions do not have the ability to understand the context or meaning behind a question or prompt. This could result in inaccurate or irrelevant or even non-sensical responses, whether that be in text, image or other responses.

ACCOUNTABILITY

AI solutions do not have the ability to take responsibility for the responses they generate. This could cause confusion or misunderstandings in language models if the AI's responses are taken as fact and the truth. With generative AIs that create images, it can lead to output derived from other people's content but without any attribution of the source artist's work.

LACK OF CREATIVITY

AI solutions are not capable of independent thought and rely on the data they were trained on. This may potentially produce a lack of creative thinking and problem-solving abilities if students come to be heavily reliant on AI solutions.

Advice for Parents & Carers

A SAFE ENVIRONMENT

Empower children and young people to use the various AI models in a safe environment and with appropriate content filtering/supervision, and to raise any concerns or questions as they arise.

ENCOURAGE CRITICAL THINKING

Encourage children to use AI solutions as tools to help them research and learn, but remind them to not take the model's responses as the truth. Emphasise that they should question, verify and think critically about the information they receive.

DISCUSS BIAS

Discuss with children the potential biases that may be present in the responses generated by AI language models and encourage them not to simply accept the responses that it gives them at face value.

MONITOR USAGE

It is important for parents to monitor their children's usage of AI solutions (as with technology use in general) to ensure that they are utilising it responsibly and to provide opportunities to discuss its use, if needed.

ENCOURAGE HUMAN INTERACTION

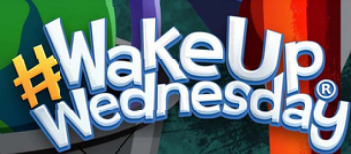
Help children learn how to use AIs in conjunction with other resources, such as books and the internet, but also humans such as teachers, relatives and friends. Emphasise the importance of human interaction as part of life and as part of learning.

SCHOOL GUIDANCE

Be aware of school rules or other guidance in relation to the use of AI solutions in relation to a child's education and discuss appropriate and inappropriate with young people accordingly.

Meet Our Expert

Gary Henderson is the Director of IT in a large UK boarding school having previously taught in schools and colleges both in the UK and in the Middle East. He has a particular interest in digital citizenship and cyber security believing that it is important that we are all more aware of not just the benefits of technology, but also the risks.



The National College®

Source: See full reference list on guide page at: <https://openai.com/index/chatgpt/>



Recommended by

NICE National Institute for
Health and Care Excellence



Does your child worry about going to or staying at school?



Try this mission:
Feel comfortable going to school



Recommended by



Help your child build confidence and self manage their worries

Powered by



In partnership with



Free for families in Devon — Lumi Nova: Tales of Courage

Lumi Nova is available to families at no cost in Devon. Click [Get Access](#) to register for your free Lumi Nova game key.

