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Headteacher: Claire Grant  
Date: 21<sup>st</sup> January 2022

Dear Parents and Carers,

### **Classes Two, Three and Four, Wildwood Escot, Exeter**

Classes Two, Three and Four had a brilliant visit to Wildwood Escot. The children conquered the maze by working together and learned lots about how animals like Arctic foxes, wolves and owls survive in the wild.



### **Classes Three and Four, Pilgrimage Workshop at Exeter Cathedral and Self-Guided Museum Tour, Royal Albert Memorial Museum**

The children thoroughly enjoyed the engaging talk about pilgrimage and their experience at Exeter Cathedral. They were fascinated by the artefacts within the galleries and spent time in the Inuit exhibit in awe of the polar animals.



Kind regards,

Claire Grant  
Executive Headteacher

### Diary Dates

Tuesday 1 <sup>st</sup> February	Chinese New Year
Friday 11 <sup>th</sup> February	Class One, 'The Tiger Who Came to Tea', Queen's Theatre, Barnstaple
Monday 21 <sup>st</sup> February - Friday 25 <sup>th</sup> February	Half term

### **\*\*FREE NHS WELLBEING WORKSHOPS\*\***

Looking after your mental health and wellbeing has never been more important. This time of year can be particularly challenging for many, and as a result, [TALKWORKS](#) (an NHS confidential talking therapy service, based in Devon) is running a selection of free wellbeing workshops, to help participants learn more about how they can improve their mental and physical wellbeing. All of the workshops are run online via Microsoft Teams, so that you can attend from the comfort of your own home or a location that is convenient for you.

The workshops cover a number of different topics, including:

- [TALKWORKS for Sleep](#): Do you struggle to get to sleep or find yourself waking up at night? TALKWORKS For Sleep is a two hour session looking at common sleep problems and evidence based ways of improving sleep
- [Stress Less with TALKWORKS](#): Stress can affect us all differently, and can be hard to manage. In this session, you'll be introduced to a range of techniques to help you manage stress and make manageable changes, to help you to feel healthier and happier
- [Introduction to Mindfulness](#): Take part in guided meditation practises and learn the benefits of mindfulness in this educational and informative 75 minute session
- [TALKWORKS for Talking Health](#): Do you, or does someone you love, live with a long-term health condition? Learn more about how you can manage living with the condition and the support that TALKWORKS [Talking Health team](#) can give

TALKWORKS is also running a [Wellbeing for Parenthood workshop](#), which is available for expectant and new parents (with children up to the age of 2) who may be in need of additional support. The Wellbeing For Parenthood workshop will educate participants around common mental health difficulties many people experience during pregnancy and after welcoming a baby. The next Wellbeing For Parenthood workshop is taking place on Wednesday 9 February at 10:00am, and places are available to [book now](#). This course is open to parents and partners who are looking for some additional support for either themselves or their loved ones. During the workshop, you will learn more about how to look after your wellbeing, with various tools and techniques to help you improve sleep and manage anxiety.

If you are interested in finding out more, please visit the [Wellbeing Workshops page](#) on the TALKWORKS website, or call 0300 555 3344 to speak to a member of the team and book your place. You can also find out more about the support TALKWORKS can offer anyone living in Devon (over the age of 18) struggling with low mood, stress, sleep deprivation or anxiety on the [TALKWORKS website](#). **As part of the NHS, all treatment is available free of charge.**