

# A word from Mrs Milner

Friday 19th May 2023



Dear Parents and Carers,

Every week I promise you that our newsletter is going to be short and every week I fail miserably. There is always something going on in the school, and I feel that it is important that you know what your children are learning, experiencing, and enjoying. This week has been no different. The children enjoyed an additional acting workshop provided by Pauline Quirk Academy, our Pond Restoration Club has commenced, Year 3 pupils painted their clay pots, and the rest of the school enjoyed their lessons combined with the lovely warm weather. This brings me to the topic of our school field. This time of year is particularly exciting for our children, as they are finally allowed to go and play on our fantastic school field. I am hoping that, if the dry weather continues, pupils will be able to enjoy their break and lunchtimes on our field from next week. We are aiming to provide a selection of games such as badminton, frisbees, football etc for children to participate and enjoy. Exciting times! As I mentioned in previous weeks, Woodside's art goes from strength to strength under the watchful eye of Mrs McCarthy. Below are some words from Mrs McCarthy to let you know about our latest successes:

### RECENT ART EXHIBITION NEWS from Mrs McCarthy

A huge congratulations to all our budding young artists who entered our latest competition. We had a huge number of children submitting their work to The Discover Bucks Museum Children and Young People Open Art Exhibition. We had a wide variety of art mediums used by our Woodside children, ranging from clay, water and wool sculptures to collage, watercolours, pastels, and acrylics! So wonderfully creative. The museum commented:

*" All judges have been extremely impressed with your creativity and we hope you are proud of your achievement."*

*HUGE congratulations to all the children who entered the competition. We will know next week names of all the children whose work has been selected by the judges to be displayed in the Discover Bucks Museum Children and Young People Open Art Exhibition. A large number of children have been successful... so watch this space!!*

*Because of the phenomenal response to the competition and the exceptional high standard of work, the museum stated:*

*" We would like to showcase your art for a longer period than originally intended. This way, more visitors can enjoy your talents as a young resident of Buckinghamshire. "*

**The Art Exhibition takes place from Saturday 27th May-Saturday 22nd July 2023. Discover Bucks Museum, Church Street, Aylesbury HP20 2QP.**

A People's Choice award of £25 will be voted for by the public over May Half term and awarded to the winner on Tuesday 13th June 2023.

Please attend and enjoy this local Art Exhibition experience.

CONGRATULATIONS artists, we are extremely proud of your art exhibition success.

I enclose a small sample of children's entries further along in the newsletter....

Thank you once more to Mrs McCarthy for all her commitment and hard work, as it takes significant time to photocopy and organise all the entries. We are all grateful.

Our summer clubs have already started, and I am sure that your children will tell you all about their chosen activities. Thank you to all the staff who commit part of their lunchbreak to ensuring that children have access to extracurricular activities designed to enhance their time at the school.

It looks like this weekend is going to be warm and sunny. Brilliant and I hope that this lovely weather will continue next week and beyond.

With my warmest and almost summer wishes

Dorota Milner

Headteacher



## Dates for your diary

Date	Event
26.5.23	Mufti Day- Bring in a bottle for tombola
5.6.23	Inset day
6.6.23	Headteacher Presentation to Year 5 parents for 11+ exam
9.6.23	Year 5 Trip to Tate Modern
13.6.23	School Group/Class Photos
13.6.23	Year 4 Tri Golf Festival at Chiltern Hills Academy
13.6.23	PTA Meeting via Zoom 8-9pm
15.6.23	Year 5 Athletics at DCHS
17.6.23	PTA Summer Fair—2pm-4pm
19.6.23	Year 4 Trip to Verulamium
22.6.23	Careers Day
27.6.23	Year 6 Games at DCHS
29.6.23	Sports Day (reserve date 13.7.23)
w/c 3.7.23	Bike-ability (Yr6)
4.7.23	Transition Day
12.7.23	Year 5 to St Clement Danes School
12.7.23	Year 3 to West Wittering Beach
13.7.23	Year 6 production PM and Eve (parents invited)
14.7.23	Ice-Cream van (funded by PTA)
17.7.23	Mrs Milner's leaving assembly 9-10am on the field (parents invited)
18.7.23	Rock Steady Concert to School 10am (parents invited)
18.7.23	Woodside's Got Talent PM
20.7.23	Year 6 Leavers assembly (AM) - parents invited Year 6 Water Fight (PM)
21.7.23	Break up 1.30pm
	<a href="#">Link to 2023/24 term dates on website</a>

### House Point Totals

This Week	224	280	264	306
	Maple	Willow	Elm	Cedar

**RECENT ART EXHIBITION**  
**NEWS from Mrs McCarthy**

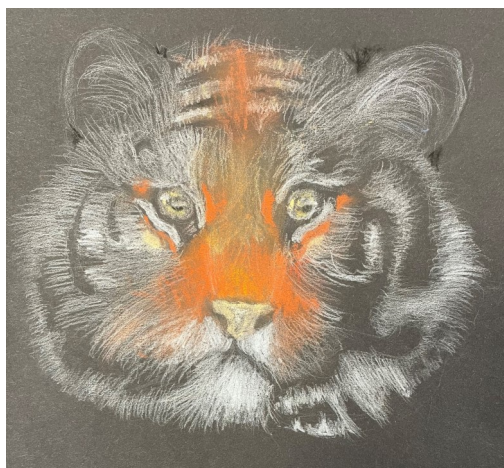
**B Discover Bucks**  
Museum



**By Clara**



**By Ollie**



**By Juliette**



**By Surabhi**

**Don't forget.. The Art Exhibition takes place from Saturday 27th May  
- Saturday 22nd July 2023  
Discover Bucks Museum, Church Street, Aylesbury HP20 2QP.**



**Well done to Neev (Year 3) for a wonderful badminton trophy  
Harley (Year 6) for an amazing football medal  
Aphara (Year 3)- sharing her artwork with the school**

Some very important leaflets below from the PTA... please do have a read!

# WE'D LOVE YOUR HELP! WE'RE RECRUITING FOR A PTA VOUCHER SCHEME CO-ORDINATOR

Victoria, who has co-ordinated our PTA voucher scheme brilliantly for a long time, is leaving the school community and we are in need of a replacement!

The role involves receiving email orders for new cards on a monthly basis and tallying it with payments received. Once this process is completed sending finalised spreadsheets to our local co-ordinator.

Its a straightforward and easy role requiring some skill with excel.  
If you can help, please get in touch via - woodsideschool08@googlemail.com

As always we cannot run this important fundraising element without this role being filled. Many thanks, PTA team



  
Woodside PTA  
Registered Charity 296361

**MUFTI DAY 26TH MAY**

## SUMMER FAIR TOMBOLA DONATION REQUEST

FRIDAY 26TH MAY IS A MUFTI DAY FOR THE CHILDREN

IN EXCHANGE WE ARE ASKING FOR DONATIONS OF PRIZES FOR THE CHILDRENS AND ADULT TOMBOLAS FOR THIS YEARS SUMMER FAIR

ITEMS SUCH AS THIS WOULD BE GRATEFULLY RECEIVED

<b>ADULTS - BOTTLE TOMBOLA</b>	<b>CHILDRENS</b>
<ul style="list-style-type: none"><li>• WINE/PROSECCO</li><li>• BEER OR CIDER</li><li>• BATH/SHOWER FOAM</li><li>• JAMS/PICKLES</li></ul>	<ul style="list-style-type: none"><li>• TOYS</li><li>• BOOKS</li><li>• GAMES</li><li>• STATIONERY</li><li>• GARDEN GAMES</li><li>• PUZZLES</li></ul>

YOU MAY HAVE ITEMS HANGING AROUND OR THINGS THAT CAN BE 'REGIFTED'.  
WE WOULD ASK THAT ITEMS ARE NEW (NOT USED) AND CHILDRENS ITEMS ARE SUITABLE FOR THE WOODSIDE AGE GROUP

**MANY THANKS IN ADVANCE!**



**2-4PM**

## WOODSIDE JUNIOR SCHOOL SUMMER FAIR

**17 JUNE**  
FROM 2 TO 4 P.M.

COME ALONG FOR A FUN PACKED AFTERNOON AND TAKE THE OPPORTUNITY TO GET TOGETHER WITH OUR SCHOOL COMMUNITY TO RAISE FUNDS AND HAVE FUN AT THE SAME TIME!



TRAIL/TREASURE HUNT	WELLIE WANGING
TOMBOLA'S	BEAT THE GOALIE
BAR	FACE PAINTING
COFFEE VAN	RAFFLE
REFRESHMENTS	AND MUCH MORE MORE.....!

  
Woodside PTA  
Registered Charity 296361

IF YOU CAN'T MAKE IT AND WOULD LIKE TO DONATE TO THE PTA PLEASE VISIT OUR JUSTGIVING PAGE OR SCAN OUR QR CODE

[HTTPS://CHECKOUT.JUSTGIVING.COM/C/3066916](https://CHECKOUT.JUSTGIVING.COM/C/3066916)



# Safeguarding

I am sure that many of you heard about Andrew Tate. Although, he is no longer at the forefront the news, unfortunately I am sure that another Andrew Tate will come along at some point in the future and may potentially have a negative and, dare I say, toxic influence on someone you know. You, as parents/carers, need to be prepared for this to guide and support your child through this maze of social influencing.

*Taken from the The Key safeguarding*

## Who is Andrew Tate?

- Social media influencer with over 5 million followers on Twitter
- Former professional kickboxer
- Previous Big Brother contestant
- In 2022, Andrew Tate was banned from YouTube, Facebook, Instagram and TikTok due to his controversial and misogynistic (hatred and discrimination against women) posts.
- In December 2022, he was arrested in Romania along with his brother on suspicion of human trafficking, organised crime and violent crime against women.

## How does it affect our children?

Andrew Tate, sometimes referred to as the 'king of misogyny', is a famous and influential figure on social media, even after being banned. He draws a lot of attention to his extreme wealth, luxury lifestyle and possessions, such as his expensive cars. Children may still see his content (as other people can still share his posts) and may believe that acting and thinking like he does will lead to fame, fortune and success.

He promotes ideas such as:

- Men are more important and more powerful than women
- Violence against woman is permitted
- Men shouldn't show emotion

He has said things like:

- "I think the women belong to the man"
- "[Women are] intrinsically lazy"
- "[There is] no such thing as an independent female"
- "Depression isn't real"
- "The hallmark of a real man is controlling himself, controlling his emotions, and acting appropriately regardless of how he feels"

We know children are talking about Andrew Tate, and boys, in particular, are being influenced and 'groomed' by his views, with concerns that his power and influence could lead to radicalisation and violence against women. Girls are also in danger of accepting that what he says about women is true (i.e. that they're worth less than men).

## What can you do as parents?

1. **Read recent news articles** about Andrew Tate, if you're not already familiar with him (you can find some in the 'Sources' box below).
2. **Ask your child what they're getting up to online** – show genuine interest, don't judge them, or tell them what they should and shouldn't be doing. Children are more likely to share if they feel you're interested, rather than trying to check up on them.
3. **Have open discussions about Andrew Tate** – don't tell your child how to think but question their thinking and understanding. Ask if they believe what Andrew Tate says, for example his comments that women "belong" to men, and how that might make the women in their lives feel, or they themselves feel. The charity **Bold Voices** have a great toolkit to help with this, which you can find in the 'Sources' box below.
4. **Be role models** – encourage your child to be open with their emotions. Teach them that it's okay to cry if you're sad. Show respect for women and girls and encourage your child to model this behaviour.

## Sources

This factsheet was produced by The Key Safeguarding: [www.thekeysupport.com/safeguarding](http://www.thekeysupport.com/safeguarding)

[Andrew Tate's appeal to Birmingham schoolboys 'looking for direction'](#), BBC News

[Andrew Tate toolkit](#), Bold Voices

[How to talk to your children about Andrew Tate and online misogyny](#), Evening Standard

[How to talk to children about Andrew Tate and other toxic views online](#), The British Psychological Society

['We see misogyny every day': how Andrew Tate's twisted ideology infiltrated British schools](#), The Guardian

# Wellbeing

As the weather gets warmer and days are 'longer', I thought that it will be a good idea to talk about the importance of fresh air, sunshine and outdoors.

Tablets, TVs and video games provide hours of entertainment for children. Many parents use them to occupy their children while they finish household chores and/or just get some much-needed downtime themselves. However, short screen time sessions can often turn into a few hours at a time and the problem is that extended periods of screen time is not good for children's health. Just recently, in April 2019, the World Health Organisation (WHO) issued new guidelines on physical activity, sedentary behaviour and sleep for children. However, the WHO guidelines are actually less about the health risks of screen time itself and more about encouraging children to do more physical activity. In addition to helping combat obesity and improving children's social skills, playing outside also includes benefits because of the exposure kids get to natural light and fresh air.

Research shows that natural light helps boost our mental health. That's because sunlight stimulates our brains to produce serotonin, a chemical linked with feelings of wellbeing and happiness. Serotonin also helps prevent us from eating too much and promotes a better night's sleep, as well as aiding our memory too. Lack of sunlight is also thought to contribute to Seasonal Affective Disorder, or SAD, which is often known as winter depression. As serotonin levels drop, so too does our mood and that can lead to depression. Like natural light, fresh air also helps us feel cheerier. That's because our bodies benefit from more oxygen when we are breathing outdoor air, which boosts serotonin levels. More oxygen also helps us feel more energetic, improves our concentration skills and makes our brains function better. That's why you often feel brighter and more alert when you've just come back in having spent time outside.

**In a nutshell, natural light and fresh air are both extremely beneficial for children.**

The best-known benefit of sunlight is its ability to boost the body's vitamin D supply; most cases of vitamin D deficiency are due to lack of outdoor sun exposure. Vitamin D, also known as the sunshine vitamin, is important for a number of reasons. It helps maintain healthy bones and teeth, strengthens the immune system, aids the regulation of insulin levels and supports lung function and cardiovascular health. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults. From about late March/early April to the end of September, most people should be able to make all the vitamin D they need from sunlight.

To summarise -if the weather stays nice, please go out and enjoy the 'great outdoors.' We are so lucky to live in such a beautiful part of the world.

## **Best Family Walks in Buckinghamshire**

### Black Park Country Park – FREE (car parking charges apply)

With over 500 acres of woodland, heathland and open space to explore, Black Park is within easy reach of West London and just 15 mins from Junction 2 of the M40. It's a really all round place that has something for everyone from dog walkers to buggy walks.

### Wendover Buggy Friendly Walk – FREE

The Heron Path is part of The Ridgeway and will take you from the clocktower down a quiet path towards Witchell Cricket Field along the disused Grand Union feeder stream. The stream is lovely to walk alongside and has a few little bridges, whilst the field itself is plenty big enough to run around and have picnics with plenty of benches.

### Hughenden Park – FREE

As well as a great play park there's lots of open space to kick around a ball. The parkland itself is great to explore with wide open spaces of lush grass and an area of longer grass perfect for running around on a spy adventure.

### Waddesdon Greenway – FREE

A wide 4km of path that's either paved or just fine grit, it's great for cyclists, scooters, wheelchairs, buggies and walkers.

### Howe Park Woods – FREE

If you're near Milton Keynes, Howe Park Woods is great for a muddy walk and play in the park

To name the few!

Enjoy! :)

## **Finally...**

We have had a few parents voicing concerns that some children ride their scooters and bikes up and down Mitchell Walk, especially right outside the school during busy times, and do not pay the necessary attention to pedestrians. Unfortunately, there were some 'near misses' but luckily no one got injured -as yet. My polite request to all parents:

- If your child rides a scooter or bike to school -please remind your child about courtesy to pedestrians and road safety.
- If you walk with your child and he/she rides a scooter or bike – please keep an eye on your child

Many thanks for your cooperation.