

A word from Mrs Milner

Friday 18th November 2022



Dear Parents and Carers,

It is always lovely to see so many families supporting a charity event. Thank you to all the children for dressing up in their pyjamas or dressing gowns - in support of Children in Need. Any money donated by our very generous families will be passed on the charity. Thank you once more.

We had a fantastic disco yesterday, organised by our PTA – many thanks to all the members who gave up their time to support our pupils. I am always amazed as to how many decibels can children generate during an event such as above – a sign of having a good time – for sure!

I was looking forward to attend Woodside Quiz Night on Saturday, but unfortunately I was not able to—my apologies. A huge thank you to Mrs Carver, who returned to our school for this one night. I am pleased to report that Mrs Carver is settled in her new role, and we continue to wish her all the very best. Thank you also to Mrs McCarthy for helping Mrs Carver on the night. Our fantastic team consisting of Woodside staff came 4th—a very proud achievement. Well done to Mrs Potts (an alumni of Woodside), Mrs Webber, Mrs Tandara, Mrs Harrison, Mrs Mead, Miss Richer and Mrs Bannister – you did us all proud. Last but not least -thank you to our PTA for organising this event. We raised a remarkable £1000—a brilliant achievement.

Some parents kindly notified us about head lice present in their children’s hair – thank you. I did some reading around the topic which I thought I would share with you. It appears that head lice are more prominent during winter months. Head lice are spread most by direct head-to-head (hair-to-hair) contact, and this is one of the reasons why we ask for long hair to be tied back. Lice do not fly, hop, or jump and are only spread through direct contact with an infected person. There is no evidence that head lice prefer clean or dirty hair. It is very unlikely to get them by sharing hats, combs or pillows – the lice cannot live for very long - if they are away from one’s head. Head lice can only live on humans – you cannot catch them from animals. There are many commercial treatments available. Science news advises that parents need to check first if their child has lice, not another condition that causes an itchy scalp and mimics lice. Such conditions include contact dermatitis, an inflammation of the scalp caused by an allergic reaction to certain chemicals in hair products such as gels, shampoos, or conditioners. Additionally, conditions such as psoriasis and seborrheic dermatitis can cause greyish skin flakes on the head that can look like nits. The key difference remains - nits latch onto the base of the hair and will not come off easily. Some people prefer to use ‘wet combing’ when treating lice. Wet combing involves removing lice by regularly combing wet hair with a plastic, fine-toothed head-lice-detection comb. If you are using wet combing to remove head lice, you will need to do it every four days for two weeks. It is important to keep wet combing your hair until you have not seen any full-grown lice for three consecutive sessions. The most important thing to remember -there is absolutely no shame in getting head lice! There are thousands of lice outbreaks a year, so they are a fairly common problem. If you have a head of hair with a scalp underneath it, that warm and moist environment -clean or dirty - is just what they are looking for.

As the days are getting colder, please ensure that your child wears a suitable coat for when they play outside -thank you. Year 4 Christmas production preparations are in full swing and I am very much looking forward to the performance.

During today’s assembly, our Play Leaders were officially introduced to the rest of the school. Play Leaders have such an important role in our school – they introduce games and also help to resolve small playground issues. Play leaders have been trained to do their duties – many thanks boys and girls. I know that you will do us proud. Our Year 6 Play leaders are: Megan, Leon, Jennifer, Tiffany, Wayen, Maysoun, Lydia, Immy, Rose, Ryo, Chloe and Carys.

Have a lovely weekend

With my warmest wishes,

Dorota Milner, Headteacher

Request for Tissues!

In the winter months, we go through a lot of boxes of tissues. To help the school minimise our costs in this area, it would be very helpful if you could send your child in with some tissues for their own personal use.

If anyone is able to donate a box of tissues to the school—that would also be very helpful! Please bring any donations to the School Office.

Thank you!

Dates for your diary

Date	Event
19.11.22	Cross Country Event at Hervines Park
21.11.22	Yr4 Benchball competition at the Amersham School
23.11.22	Yr6—School Nursing Team in School for Height & Weight Checks
24.11.22	Yr6 Visit to Natural History Museum
29.11.22	School Nursing Team in school for children’s ‘flu vaccinations
1.12.22	Deadline for entries for Young Artist Competition
12.12.22	Yr3 watching St George’s Nativity Play
13.12.22	Rocksteady Concert @10am Yr4 Christmas performance (matinee and evening performances)
14.12.22	Yr4 Ancient Greek Day Christmas Lunch (book via Parent Pay)
15.12.22	Christmas Carols at St Michael’s Church (All School)
16.12.22	Christmas Jumper Day PTA Christmas Cheer event (afterschool)
End of Term	Break up at 1.30pm on Tuesday 20th December 2022. Return to school Thursday 5th January 2023.
20.3.23-24.3.23	Yr6 Residential
08.05.23	Additional BANK HOLIDAY- His Majesty’s coronation
17.6.23	Advance notice!! PTA Summer Fair—SAVE THE DATE

Upcoming term dates for your diary

End of Term: Tues 20th December	1.30pm (no Hideout Zone afterschool on this day)
Term resumes: Thurs 5th January	Gates open: 8.35am

House Point Totals

This Week	319	405	376	390
Since Start of Term	1904	2164	1800	2042
	Maple	Willow	Elm	Cedar

Mrs Harrison's Curriculum Update

Friday 18th November 2022

As PSHE (Personal, Social, Health and Economic Education) lead, I thought I would begin with a spotlight on PSHE. I, like all of the teachers here, feel passionate about the importance of this subject in preparing our children for life and equipping them with the skills they will need to navigate the world in the future.

Relationships Education, Relationships and Sex Education (RSE) and Health Education is the statutory content that we are required to teach at primary school (with the exception of sex education which is non- statutory but recommended). This document can be found online and on our website. This gives you an overview of our curriculum coverage in PSHE, which also includes money and work, community and responsibility.

Below are some excerpts from our curriculum intent for PSHE which sets out what we want the children to learn. This will give you an overall sense of what your children are learning in this subject.

"Our curriculum helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. PSHE education incorporates our school values and is a vital part of our pupils' preparation for life in modern Britain, providing them with the information they need to deal with the responsibilities and challenges they will face as they grow up."

"The fundamental British Values are woven into the PSHE curriculum and pupils learn about the democratic process and the acceptance of people with different faiths and beliefs. Pupils learn about stereotyping and to understand the difference between sex, gender, gender identity, gender expression and sexual orientation. They learn to value our differences and not be the cause of prejudicial or discriminatory behaviour."

"Our curriculum teaches the importance of physical well-being, including the benefits and importance of daily exercise, personal hygiene, good nutrition and sufficient sleep. Pupils learn the facts about legal and illegal harmful substances and the risks associated with smoking, alcohol, vaping and drugs. Pupils also learn the skills required to administer basic first aid. Key facts about puberty and the changing adolescent body, including the physical and emotional changes as well as the key facts about the menstrual cycle are also taught."

"We provide pupils with the language and knowledge required to understand their feelings. Equipping them with this knowledge enables pupils to articulate how they are feeling and develop the language to talk about their bodies, health and emotions. We explore themes such as body confidence, personal growth and self-esteem and teach our pupils to celebrate their own uniqueness and talents and feel a sense of pride in their achievements."

Research suggests that pupils who are emotionally healthy do better at school. Our PSHE curriculum helps our pupils to achieve their potential by encouraging a growth mind set and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. We teach our pupils where to seek help if they are worried about their own mental health and reduce mental health stigma by teaching in an open and honest way."

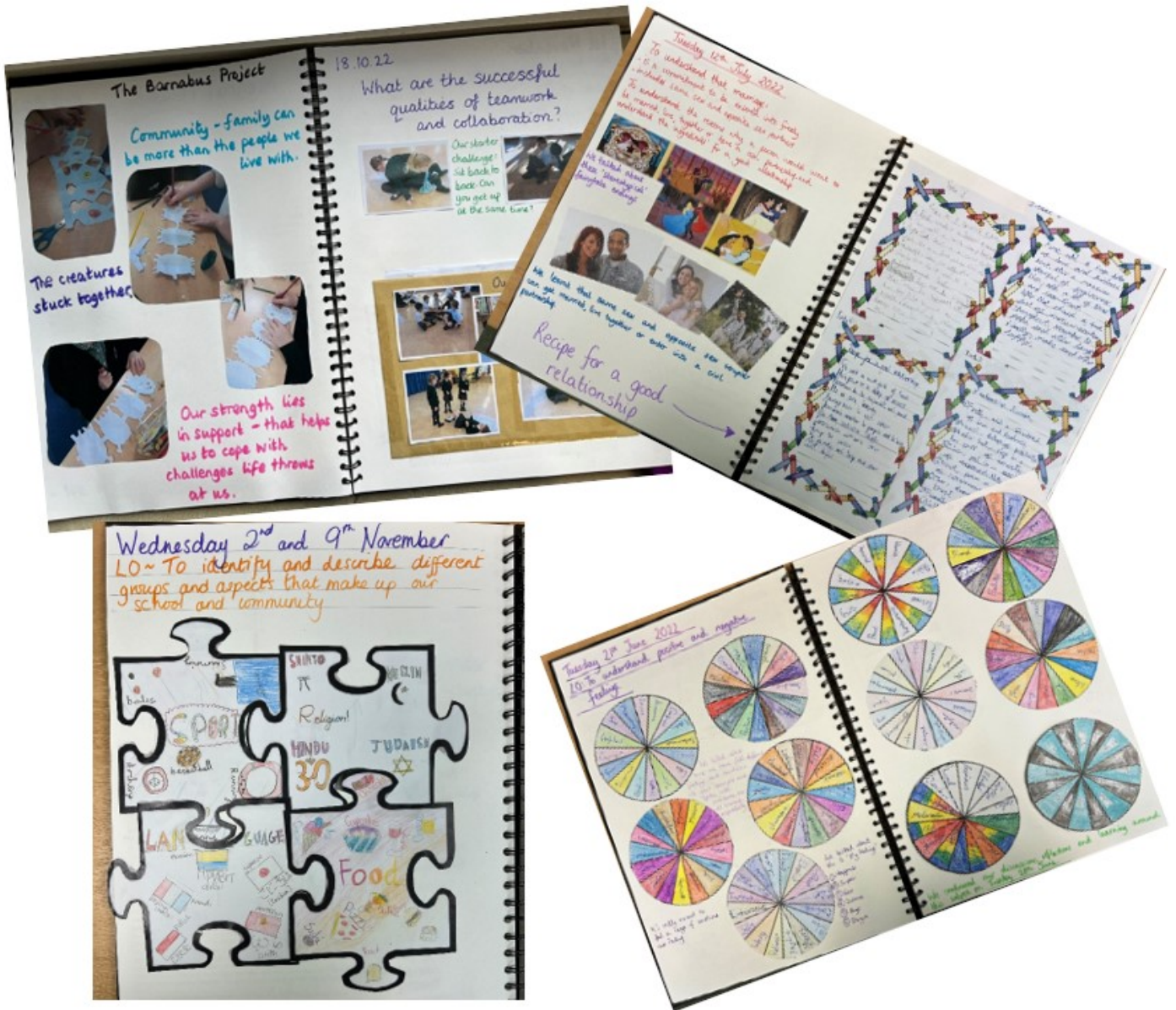
"During their time at Woodside, pupils learn how to stay safe both online and offline. We educate the pupils about healthy, respectful relationships and explore families and friendships. Through our relationships education, the pupils learn about bullying, stereotypes and respecting differences. Our pupils learn about boundaries and the differences between appropriate and inappropriate physical contact and how to recognise and report feelings of being unsafe. The NSPCC's Talk PANTS theme is discussed in an age-appropriate way in each year group and provides our pupils with the information they need to help keep them safe from sexual abuse."

"Our curriculum teaches children about rights, responsibilities and duties. They learn to navigate the complex nature of the media and to differentiate between fact and opinion. The pupils learn about managing money and ways to help protect the environment both at school and in the wider world."

Mrs Harrison's Curriculum Update cont....

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Our pupils really love their PSHE lessons. In these lessons the pupils gain new knowledge, discuss and debate, reflect, record and make connections between what they are learning and their own lives. The children record their work in class scrap books which are absolutely wonderful to flick through.



My book recommendations of the week:

Holes by Louis Sachar and the Land of Roar by Jenny McLachlan.

It was so lovely to see the children having such fun at the disco yesterday, and good luck to all of the children taking part in the cross-country event tomorrow. I'm looking forward to cheering you on!



More Woodside News

Safeguarding

I am sure that you agree with me that keeping our children safe from any potential harm is our utmost duty – both the school's and parents. Internet plays such an important part in children's lives, but unfortunately, it also brings potential dangers to their safety and wellbeing. It is so important that we work together to minimise the risk -hence my regular safeguarding advise. This week, I would like to focus on e-safety. We will come back to this topic many times during the school year - I am sure. However, parents can do the following:

- Supervise your child's use of the internet, including periodically checking their profiles and posts.
- Keep electronic devices in open, common areas of the home and consider setting time limits for their use.
- Review games, apps, and social media sites before they are downloaded or used by children

I would like to draw your attention to an article written by Leonie Smith and which explains how we, adults, help and protect our children and how we set rules and consequences that should not be any different from the real world – when dealing with their digital world. The article appears on Setting Boundaries around apps and games — Digital Families Counselling—click [here](#) for the website.

Webwise has some fantastic resources aimed at parents to help them get to grips with their children's internet use and also to explore the issue of internet safety with their children. I strongly encourage you to have a look as one can never be too careful in protecting our children from a potential harm. Please click [here](#) for their advice.

Well-being

I am sure you have all been watching the Autumn statement to see how this could affect you and your family. I have provided a summary of the main points below:

The three main tax rates remain unchanged – 20p basic, 40p higher and 45p additional rate – with the first £12,570 of income tax-free and the 40% rate starting at £50,270.

· Families will lose a proportion of their child benefit, currently worth £21.80 a week for the first child and £14.45 a week for additional children, where either parent makes between £50,000 and £60,000. · National Insurance rate will drop back to 12% on 6 November. It is paid at this rate by employees paid between £12,570 and just over £50,000 a year. Above that level, the rate has gone back down from 3.25% to 2%. Most employees will start to receive the cut in this month's pay, though some workers may have to wait until December or January.

· The 2 million workers on the national minimum wage will now be getting paid £9.50 an hour for adults aged 23 and over and this will jump by nearly 10% to £10.42 in April next year - an increase that represents an annual pay rise worth more than £1,600 to a full-time worker.

· Government's support consists of £400 grant paid to the families £400 grant and 8 million households on means-tested benefits received a cost of living payment worth £650, with an additional £150 and £300 available for disabled individuals and pensioners.

· Government is capping typical energy bills at £2,500 this winter, and will continue to provide support from April 2023, when the cap will rise to £3,000. With energy prices forecast to remain elevated throughout next year, the Chancellor stated this would save households £500 each on energy costs.

As a school, we continue to look to support our families to the best of our means and ability. If you are financially struggling during this time, please contact Mrs Nickless, School Business Manager if you would like to find out more about the support we can provide for you and your child.