

A word from Mrs Milner

Friday 7th October 2022



Dear Parents and Carers,

We had our 'Open Day' today, where we welcomed parents and carers of Year 2 pupils (and a small number from other year groups). It has been a very busy morning, as we had around 60 parents visiting our school - all from different feeder schools. I am so proud of our work, as well as the school's standing within our diverse community. Year 6 pupils, who showed our prospective parents around the school, did a fantastic job - amazing ambassadors for the school. Thank you boys and girls.

I am very pleased to inform you that we have now been given the revised date for work to begin on our running track. As with any project like this start dates and progress are dependent on our changeable weather but we hope that works will start on Monday. We are all incredibly excited about the project and I will endeavour to keep you fully informed about the progress and a completion date.

Every week we celebrate amazing achievements of our pupils. This week we celebrated Georgia and Chloe who won a medals for diving, as well as Neev who had an amazing trophy for participating in a multi-sport activity. Well done to all our achievers! As I said previously, we always encourage children to celebrate their achievements with us. Please do encourage your children to share their achievements with me before Friday each week so I can ensure that I capture them all in our achievement assemblies.

Our amazing Year 3 pupils participated in a sporting event (circuits) at Dr. Challoner's High School and, as always, the children represented the school extremely well. Well done to our achievers.

I am always amazed at not only our children's talents but also at 'hidden' talents of adults who work here. I am not sure how many of you are aware that Mr Bruce, one of our support assistants, is also an amazing artist. We are so lucky to draw on his talent to produce beautiful murals around the school, as well as scenery for all our school productions. He also runs a very popular cartoon club in his lunchtime. During last summer, Mr Bruce worked extremely hard to produce a nature themed mosaic made from reusable materials and to be displayed at our school. This initiative was undertaken with Mrs Webber, our science lead, who is so passionate about environment and inspires our pupils, though her work with our Eco-Council. Children were collecting milk bottle tops and Mrs Bruce, as if by magic, turned them into a mosaic of a frog. Thank you Mr Bruce and what brilliant and vibrant addition to our courtyard.



I hope you have a wonderful weekend!

Best regards

Mrs Milner, Headteacher

Plea for Craft Resources!

We would be very grateful for any contributions of the following for use in craft activities across the school. Please bring items to the School Office:

- Empty cereal boxes (we cannot accept boxes from cereals that contained nuts)
- Clean empty jars (any size)
- Plastic bottle lids (any size and colour)
- Toilet roll tubes

Dates for your diary

Date	Event
11.10.22	Author visit to school
Week commencing 17.10.22	Chiltern Food Bank collections
17.10.22	Pre-loved uniform sale organised by our PTA (3.15pm)
18.10.22	Yr3 Harvest Assembly (Yr3 parents/ carers invited) - 9.15am
21.10.22	PTA Break the Rules Day PTA—Deadline for Christmas card and gift designs handed into school
1.11.22	PTA meeting (at school) 8pm—all welcome
12.11.22	PTA Quiz Night (timings tbc)
16.11.22	Bag2School (all bags of clothing to be in school by 9am)
19.11.22	Cross Country Event at Hervines Park
13.12.22	Rocksteady Concert @10am
16.12.22	PTA Christmas Cheer event (afterschool)
17.6.22	Advance notice!! PTA Summer Fair— SAVE THE DATE

House Point Totals (since the start of term)

774	794	621	689
Maple	Willow	Elm	Cedar

Mrs Harrison's Weekly Curriculum Update

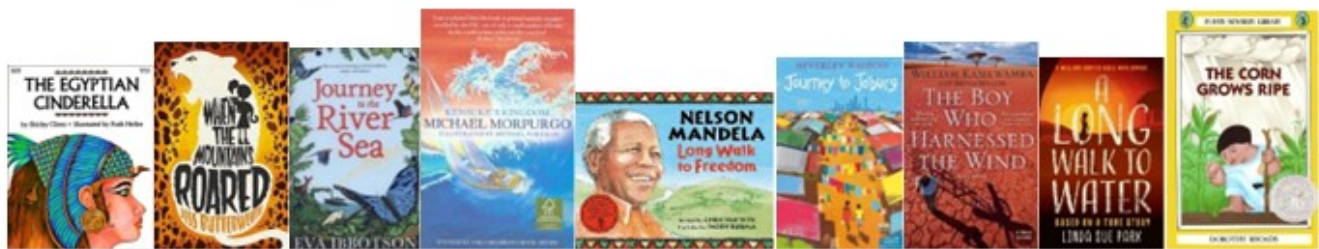
Celebrating diversity through our curriculum

Black History Month takes place every October and has been celebrated nationwide for more than 30 years. It is a time for us to reflect on the achievements of Black people and to celebrate the part that Black British people have played and continue to play in shaping British culture.

At Woodside, we recognise the significance of this month, although we are proud to have a curriculum where minority groups are represented and celebrated as an important part of our History. We do this through our texts in English; our teaching in PSHE; the artists we study in art and music; sporting achievements; learning in RE; and through our geography and history curriculum- which culminates in a unit of work on Black British History in Year 6 which spans the long arc of 2000 years from Roman to 21st Century Britain.

Below are just some of the ways that diversity is promoted through our curriculum.

Some of the texts we study in English:



PSHE



Art: Kara Walker, Faith Ringgold



DT: Freya Simmone



Music:



Geography/PSHE:



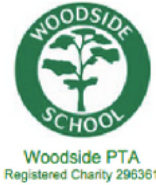
Isatou Ceesay- Gambian activist and 'one plastic bag' movement.
Malaika Vaz- from Goa, India. Her documentaries explore **endangered** species across India.
Wangari Maathai- Originally from Kenya, awarded the Nobel Peace Prize in 2004 for her approach to **sustainable development**, democracy and peace.

This week's book recommendations:

A mysterious tiger and a magical adventure: From a Scottish village to an Indian mountain, from the back streets of London to the palaces and sewers of Mumbai, Joan Haig explores the power of legends and stories, families and forgiveness. Floella Benjamin's story of her journey from one way of life in Trinidad to another in London. Of all the books that tell the story of the Windrush Generation this is perhaps the most approachable for a young readership. Have a lovely weekend. Looks set to be the perfect weather for an autumnal stroll.

Mrs Harrison





PTA Autumn News & Calendar of Events

PTA & Class Reps Team

We thought it would be nice to introduce our lovely team in case you didn't know who we are!!

- Lindsay Dixon & Michelle Catanach, Co-chairs
- Chloe Cripps & Kate Reed, Co-secretaries
- Laura Sawyer - outgoing Treasurer
- Catherine Wright & Annlou Pendse, marketing & communications
- Chris Boobier - Classlist

Class Reps

Yr 3 - Kate Wagstaff & Mira Pitkin

Yr 4 - Lindsey Powell, Jenny Rees, Emma Turner

Yr 5 - Chris Boobier, Kelly Warwick

Yr 6 - Lara Dennis, Emma Taylor

Fundraising news update

We are very pleased to announce that through fundraising events we were able to donate £22,000 to fund various initiatives for the Woodside School community!!

The money raised makes a huge difference to the children and the school. Without the PTA the school community would not be the same. As a result the PTA has fully or part funded

- Daily mile outdoor track
- 6 new Chromebooks
- Restocking the library
- New sustainable Christmas tree
- Headset microphone system

Thanks to everyone who supported PTA events making funding school requests possible.

October

- w/c Monday 17th Oct, Chiltern Food Bank collection all week
- Friday 21st October, Break The Rules Day, more info to follow!
- Friday 21st October, deadline for Christmas card & gift designs sheet - Order via Classlist
- 2nd hand uniform sale - date tbc

November

- Tuesday 1st, 8 - 9pm, PTA meeting at school. All welcome.
- Saturday 12th - Quiz Night in the School Hall, tickets via Classlist
- Wednesday 16th November, Bag2School Collection

December

- Friday 16th, Christmas Cheer event after school, more info to follow!
- Lots of lovely Christmas fun for the children being planned so watch this space for updates soon!

And finally.....Thanks to the lovely Woodside Community we have been able to continue funding items for the school. Please do continue to support us where you can, even an hours time is much appreciated. Do get in touch if you are able to offer your help with one of the team roles or at an event, we'd love to hear from you. We're a very friendly team! A role shared is a role halved. Remember the PTA benefits all Woodside children. Thanks!

Safeguarding

This week's focus is.....Mental Health Day

This coming Monday marks a Mental Health Day -Hello Yellow. Please access website [HERE](#) for further information

Children's mental health is such an important topic. Mental health issues can affect children, as well as adults. Everyone experiences difficult times, and it is important that children feel supported and encouraged to find help and safe ways to cope with their thoughts and feelings. Here at Woodside we have Mrs Nickless who is our Mental Health First Aider. Mrs Nickless is trained to recognise first signs of distress in adults and to offer support and signposting to organisation which can help. We are also very privileged to have Mrs Mead and Miss Lindsey -our trained ELSA workers. They both can support children's mental health issues. Mrs Harrison and I, personally, work closely with other organisations that can support families and pupils such as: social care, CAMHS and schools nursing team and seek ways to ensure that all the children at Woodside are supported in their mental health needs.

Buckinghamshire Safeguarding Board offers help and advice. Please access their webpage [HERE](#)

Children can develop the same mental health conditions as adults, but their symptoms may be different. Parents need to know what to watch for and how to help. Mental illness in children can be hard for parents to identify. As a result, many children who could benefit from treatment don't get the help they need. It is therefore important to understand how to recognize warning signs of mental illness in children and how you can help your child.

What are the warning signs of mental illness in children?

- Persistent sadness that lasts two weeks or more
- Withdrawing from or avoiding social interactions
- Hurting oneself or talking about hurting oneself
- Talking about death or suicide
- Outbursts or extreme irritability
- Out-of-control behaviour that can be harmful
- Drastic changes in mood, behaviour or personality
- Changes in eating habits
- Loss of weight
- Difficulty sleeping
- Frequent headaches or stomach-aches
- Difficulty concentrating
- Changes in academic performance
- Avoiding or missing school

If you are concerned about your child's mental health, consult your child's GP. Describe the behaviours that concern you. Talk to your child's teacher, close friends, relatives, or other caregivers to see if they have noticed changes in your child's behaviour. Share this information with your child's GP.

How can I help my child cope with mental illness?

- Learn about the illness.
- Ask your child's mental health professional for advice on how to respond to your child and handle difficult behaviour.
- Enrol in parent training programs, particularly those designed for parents of children with a mental illness.
- Explore stress management techniques to help you respond calmly.
- Seek ways to relax and have fun with your child.
- Praise your child's strengths and abilities.
- Work with your child's school to secure necessary support.

I hope that together we can work to help our children with whatever difficulties they are experiencing.

Community Links & Wellbeing

This week's focus is.....Healthy Lunchboxes

As you are aware, we always encourage our pupils to follow a healthy lifestyle. This includes exercise, mental well being as well as right nutrition. We operate a strict **NO NUTS** rule and ask parents/carers to respect this. We have several children with nut allergies, and I am sure you will agree with me that their wellbeing and health is of the utmost importance. Along with a healthy lunch, we also encourage children to bring a healthy snack for their morning break. This can be fruit or vegetables crudites with a dip. A small portion of cheese to accompany is also acceptable.

We noticed that many children have started to bring 'Fruit Winders' into school as their morning snack. I did some research as wanted to be well informed to advise parents. Some of the popular snacks such as Fruit Strings, Fruit Winders, and Bear Yo Yos amongst others have a very high sugar content and can be seen as alternative to sweets. Some of the fruit bars also contain a large amount of fat. Please see below an extract from an article published on Smart Nutrition website.

The Times reported last week that supermarket snacks that are marketed as healthy may contain up to 69% sugar; more than three times the amount found in chocolate ice cream. It is common for low fat options to have more sugar than conventional products as manufacturers attempt to make these products more palatable.

Whilst obviously you, as a parents and carers, are entitled to make choices for your children – we actively encourage not include above stated products in your child's snack repertoire due to this extremely high sugar content.

With regards to lunchboxes, we understand that children like a sweet treat. This is absolutely fine as part of a balanced lunch. We therefore allow the children to have a small chocolate-based treat. Please note that I underlined an adjective: small.

Please visit the NHS website: Better Health, Better Families, where you can find many ideas for healthy lunchboxes. Click [HERE](#) to access their website.

REMINDER

ROTARY YOUNG ARTIST COMPETITION 2022-23

ALL ENTRIES MUST BE IN
SCHOOL BY THURSDAY
1ST DECEMBER 2022
(CLICK THE LINK ABOVE
FOR FURTHER DETAILS)

REMINDER: A message from the PTA

CHRISTMAS CARD AND GIFT DESIGNS 2022

Don't miss out on the chance to have your child's design made into Christmas cards and gifts this year!

*Your child will have come home with the template (piece of paper) from school today and your child needs to complete their design at home (there are instructions on the top of the template). You then need to fill in the table at the top of the template to say what cards/ gifts you would like to order and hand it in to school by Friday 21st October. Payment needs to be made via Classlist by **Friday 21st October**.*

Thank you.

You can contact the PTA via Classlist or on email at: Woodsideschool08@googlemail.com .If you need another template—you can download another copy [here](#)