

A word from Mrs Milner

Friday 10th March 2023



Dear Parents and Carers,

As I look out of the window, I can see a flurry of snowflakes swirling around in the wind and I cannot believe that it is the middle of March after all! Sweltering days of the last summer, where temperatures reached 38 Celsius, are such a distant memory. I do not know about you, but I cannot wait for some warmth and sunshine. It will be lovely to allow children to play on the school's field. I always feel that Woodside 'comes to life' during late spring and the summer term. I am counting down the days until the children, and adults, can enjoy the freedom of an open space by playing on our field.

I want to say a huge thank you to **McMinns in Chesham** for supporting our school with their generous donation of compost that our gardening club children have been using to plant potatoes, peas, radishes, sunflowers, and lupins, utilising the recycled bottle greenhouse to its full potential. We really appreciate your generous gift which will allow our pupils to enjoy fruits of their 'labour'. We will share more photographs as our vegetables grow.

Another big thank you to Mrs Fox for organising an E-safety assembly for our pupils. Below is a short summary from Mrs Fox...

Today's assembly was run live by Google Internet Legends. It had the following messages:

Be SHARP - ask permission before you share something. Even if you delete what you shared, other people may have already shared it to their friends.

Be ALERT - look out for dis-information and websites which ask for you to put in your personal details. If a website doesn't have a closed padlock in the address bar, it isn't secure.

Be SECURE - use a password which is hard to guess, use a different password for each online account and log out when you have finished using a shared computer.

Be KIND - think about how you respond, especially when using emojis. Say it out loud before your respond - if you wouldn't say it to the person's face, don't send it.

Be BRAVE - if you see something that makes you uncomfortable, tell a trusted adult.

Important -please read

Can I please politely remind parents that our staff will not be striking on the 15th of March; however, **some classes will be closed on the 16th of March due to members off staff exercising their right to strike. This will include 6C and 5WM. For children in 4TB, the closure applies to the morning only and children should arrive at school at 12.15pm for lunch and afternoon sessions.**

Many thanks for your understanding and support to date. It is very much appreciated.

Special mention also goes to Raffy (Year 3) who litter picked with his Nanny last Saturday—this shows excellent commitment to our community and overall environment. If children would like to do any litter picking at weekends, we are very happy for the children to borrow our pickers—please just contact the office. We will be arranging for children to do some picking during school hours in the next few months.

I hope that the weekend is going to be warmer!

With my warmest wishes

House Point Totals

This Week	279	298	216	234
Total	4784	5016	4325	4911
	Maple	Willow	Elm	Cedar

Dates for your diary

Date	Event
13.3.23-17.3.23	Food Bank collection
20.3.23-24.3.23	Year 6 Residential
23.3.23	Year 4 Hockey Tournament
27.3.23	Easter Hamper Raffle Draw!
28.3.23	Year 5 Easter assembly to parents at 2.20pm
28.3.23	Parent/Teacher Interviews (Day 1)
30.3.23	Year 3 Dance Festival at Dr Challoner's
30.3.23	Parent/Teacher Interviews (Day 2)
31.3.23	Break up at 1.30pm on Friday 31st March. No Hideout Zone afterschool club on last day of term. Breakfast club is still available. Return to school Monday 17th April.
25.4.23	PTA Meeting in school 8-9pm
1.5.23	Bank Holiday
5.5.23	Year 4 Tri Golf Festival at Chiltern Hills Academy
8.5.23	Additional BANK HOLIDAY- His Majesty's coronation
9.5.23	Year 3 Tennis event at Dr Challoner's
17.6.23	PTA Summer Fair—SAVE THE DATE
29.6.23	Sports Day (if this needs to be re-arranged due to bad weather, the reserve date will be 13.7.23)
w/c 3.7.23	Bike-ability (Yr6)
4.7.23	Transition Day
21.7.23	Break up 1.30pm
	Link to 2023/24 term dates on website

Woodside Sports

Last Saturday our cross-country runners not only had to battle some adverse weather conditions but also a steep hill. Unfortunately, I was not able to attend this particular event, but Mrs Tandara, Mrs McCarthy and Mrs Harrison did – a huge thank you to them. I was told that this was Woodside's most successful cross-country event, with team medals won in every year group! Absolutely amazing, as the course was extremely tough.



I think at this point, I would like to reflect on our achievements under the watchful eye of Mrs Tandara – as it was our last cross-country event of this academic season. Cross-country has been very prominent this academic year and I am incredibly proud of what our school has achieved so far. We compete against schools with perhaps better facilities and always hold our own. In comparison with other maintained schools – we are doing great! Thank you to Mrs Tandara for her commitment, as well as to all members of our staff who supported her – Mrs McCarthy, Mrs Harrison and Mr Harvey-Mott. Thank you to all of you parents and carers, for your support and most importantly – thank you boys and girls for your enthusiasm and commitment. You are the best – no matter what place you achieved in a particular race. I hope that you enjoyed running and will continue during the next academic year. For our Year 6 runners – I sincerely hope that you will continue to have the opportunity to participate in cross country in your new schools. If yes – please keep it up!



A word from Mrs Tandara...

On Saturday 4th March it was the last cross-country event of the season. This took place at Lowndes Park and, although cold, it was a dry morning. 41 children from Woodside took part and it was wonderful to see them wearing our new running vests kindly sponsored by CGI. Woodside runners showed sheer determination and resilience as they set off to complete the hill! Well done to Dylan (Year 5), Ollie (Year 4) and Audrey (Year 3) for coming within the top ten positions. Some of the races have had up to 80 children running! To gain a team medal, the positions of the fastest three children in each year group race are totalled and the lowest three totals are awarded a position and medals. We did amazingly well and achieved four team medals – one in each year group!

Year 3 boys were 3rd place – Jackson, Freddy and Hugh

Year 4 boys were 2nd place – Ollie, Stanley and Charlie

Year 5 boys were 3rd place – Dylan, Isaac and Samuel

Year 6 Girls were 2nd place – Juliette, Lydia and Evie

The season starts again in September and these events are open to all children who wish to take part. Well done to all our enthusiastic runners and thank you to the parents and carers for your ongoing support.



Huge congratulations to all the children who took part in this event. Your resilience is remarkable, and you all need to be very proud of your achievement –finishing this very tough challenge was not easy!



On Thursday afternoon, a small group of year 3 children took part in a 'Your School Games' event at Dr Challoner's high School. This was called 'Have fun, Be Active' and the children had a wonderful time experiencing something new. They did archery, tennis, kin ball, curling and a fitness trail involving agility ladders and speed bouncing. They had a lot of fun whilst they were active. Well done to all who took part.

As always, we wanted to say a special thank you to the following students for your continued support as our school play leaders:

- | | |
|------------|---------|
| ◇ Leon | Tiffany |
| ◇ Lydia | Carys |
| ◇ Jennifer | Chloe |
| ◇ Immy | Ryo |
| ◇ Rose | Maysoon |
| ◇ Megan | Wayen |

For wet play this week the children had great fun with our desktop table tennis kits—thank you to our play leaders and Midday Supervisors for supporting this.



On Tuesday, 9 Year 5 and 6 children took part in a 'Your School Games' Netball Tournament at DCHS. They played 'Bee Netball' which is an adaptation of the game allowing the children to rotate with their positions. This was the first time we have played other schools competitively and great teamwork was shown. Well done to Naoki, Anvay, Beatrice, Beatrix, Juliette, Maysoon, Lily, Megan and Molly. Thank you to Miss Croot for joining us and coaching the team.



Please bear Woodside in mind if your company offer sponsorship opportunities for school kit. We would ideally like to invest in a netball kit in the next year or so.

Please contact the office if you think your company could support this.

Safeguarding

On Monday, I spoke to the children about the importance of keeping safe. This also included online safety. I introduced the PANTS rule to the children. Some older children were already familiar with it. PANTS is an acronym devised to teach children the underwear rule: **privates are private; always remember your body belongs to you; no means no; talk about secrets that upset you and speak up, someone can help.**

I attach the PANTS [poster](#) and [guide](#) for your information.

Below I would like to raise an important topic, which can be uncomfortable to discuss –so it is your discretion, at this point, whether you would like to read further or not. **Please do not share the content below with your child, as it contains adult only material.**

We, as adults, cannot pretend that abuse of children does not happen in our society. Unfortunately, we hear it on the news all the time. The majority of cases reported to Child Protection Services involve neglect, followed by physical and sexual abuse. There is a lot of overlap among children who are abused, with many suffering a combination of physical abuse, sexual abuse, and/or neglect. We, as staff working with children, are trained and well positioned to spot signs of abuse and neglect. Children may experience abuse and neglect at any age, and it may have a profound impact not only on their immediate safety and health but on their long-term development and wellbeing.

The first step in helping abused or neglected children is learning to recognize the signs of child abuse and neglect. **If you do suspect a child is being harmed, reporting your suspicions may protect the child. Any concerned person can report suspicions of child abuse and neglect.**

The following are some signs often associated with particular types of child abuse and neglect: physical abuse, neglect, sexual abuse, and emotional abuse. It is important to note that these types of abuse are typically found in combination than alone. A physically abused child, for example, is often emotionally abused as well, and a sexually abused child also may be neglected.

Physical abuse is hurting a child through physical, violent and aggressive means and is never accidental, such as hitting, burning, or poisoning. Parents and carers who abuse a child may do so because of emotional or behaviour problems, having experienced abuse themselves, health issues, stress and/or not understanding the needs of a child. Physical harm may also be caused when a parent or carer fabricates the symptoms of, or deliberately induces, illness in a child. Physical abuse can also occur outside of the family environment.

Some of the following signs may be indicators of physical abuse:

- Children with frequent injuries;
- Children with unexplained or unusual fractures or broken bones;
- Children with unexplained: bruises or cuts; burns or scalds; or bite marks.

Emotional abuse is the persistent emotional maltreatment of a child, and it can have severe and persistent adverse effects on a child's emotional development. Emotional abuse may involve deliberately telling a child that they are worthless, or unloved and inadequate. It may include not giving a child opportunities to express their views, deliberately silencing them or 'making fun' of what they say or how they communicate. Emotional abuse may involve serious bullying – including online bullying through social networks, online games or mobile phones – by a child's peers.

Some of the following signs may be indicators of emotional abuse:

- Children who are excessively withdrawn, fearful, or anxious about doing something wrong;
- Parents or carers who withdraw their attention from their child, giving the child the 'cold shoulder';
- Parents or carers blaming their problems on their child;
- Parents or carers who humiliate their child, for example, by name-calling or making negative comparisons.

Sexual abuse is any sexual activity with a child. You should be aware that many children and young people who are victims of sexual abuse do not recognise themselves as such. A child may not understand what is happening and may not even understand that it is wrong. Sexual abuse can have a long-term impact on mental health. Sexual abuse may involve physical contact or non-penetrative acts. It may include non-contact activities, such as involving children in the production of sexual images, forcing children to look at sexual images or watch sexual activities, encouraging children to behave in sexually inappropriate ways or grooming a child in preparation for abuse (including via the internet).

Some of the following signs may be indicators of sexual abuse:

- Children who display knowledge or interest in sexual acts inappropriate to their age;
- Children who use sexual language or have sexual knowledge that you wouldn't expect them to have;
- Children who ask others to behave sexually or play sexual games;
- Children with physical sexual health problems.

Safeguarding continued...

Child sexual exploitation is a form of sexual abuse where children are sexually exploited for money, power or status. Child sexual exploitation doesn't always involve physical contact and can happen online. A significant number of children who are victims of sexual exploitation go missing from home, care and education at some point.

Some of the following signs may be indicators of sexual exploitation:

- Children who appear with unexplained gifts or new possessions;
- Children who have older boyfriends or girlfriends;
- Children who suffer from sexually transmitted infections or become pregnant;
- Children who suffer from changes in emotional well-being;
- Children who misuse drugs and alcohol;
- Children who go missing for periods of time or regularly come home late;
- Children who regularly miss school or education or don't take part in education.

Neglect is a pattern of failing to provide for a child's basic needs such as, adequate food, clothing, hygiene, supervision or shelter. It is likely to result in the serious impairment of a child's health or development. Children who are neglected often also suffer from other types of abuse. However, neglect is not always straightforward to identify.

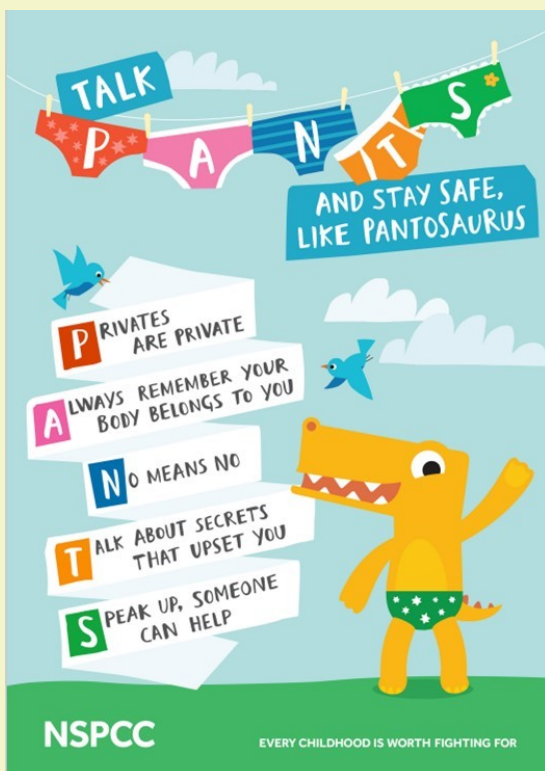
Some of the following signs may be indicators of neglect:

- Children who are living in a home that is indisputably dirty or unsafe;
- Children who are left hungry or dirty;
- Children who are left without adequate clothing;
- Children who are living in dangerous conditions, i.e. around drugs, alcohol or violence;
- Children who are often angry, aggressive or self-harm;
- Children who fail to receive basic health care
- Parents who fail to seek medical treatment when their children are ill or are injured.

In 2021/22 the NSPCC's Helpline contacted agencies about 22,505 children to investigate concerns about abuse and neglect:

- 8,389 children with concerns of neglect
- 6,441 children with concerns of physical abuse
- 4,418 children with concerns of emotional abuse
- 3,013 children with concerns of sexual abuse
- And 244 for sexual abuse online.

On average 62 children a day are referred to agencies for abuse or neglect.



EVERYONE IS RESPONSIBLE FOR KEEPING CHILDREN SAFE

If you are worried about a vulnerable child, please report it by calling: 0845 460 0001. Alternatively, you can call the First Response Team on: 01296 383 962. Outside of working hours, call the Emergency Duty Team on: 0800 999 7677 or alternatively call the police on: 999.

Wellbeing

It is very difficult to write about a well-being agenda, following such a difficult and emotive topic such as child abuse. My apologies if what I will write appears trivial. Last week, I wrote about the importance of a good night sleep, and I hope that advice presented was useful. According to some literature, the most effective mental health help for adults (and children) encompasses the three pillars of well-being: **sleep, exercise, and nutrition**. Today—some tips, hopefully useful, on exercise. I always feel that, somehow, my advice sounds patronising so my sincere apologies if you feel that it is. I am sure that you are aware of the importance of exercise in whatever shape or form that is convenient.



Please see below:

From Health @ Harvard University as written in the Independent Newspaper...

If you think running a [marathon](#) is the quickest ticket to a rock-hard body, I-Min Lee, a professor of medicine at Harvard Medical School, has news for you: That classic feat isn't as good for your body as it seems. Instead of long-distance running, which can be hard on your joints and digestive system, Lee recommends five other types of workouts. They generate benefits that range from weight loss and muscle building to protecting your heart and brain and strengthening your bones.

The findings are detailed in a Harvard Medical School health report called "Starting to Exercise" which recommends some of the best exercises for your body.

Swimming

"You might call swimming the perfect workout," write the authors of the Harvard Healthbeat newsletter.

In addition to working nearly every muscle in your body, swimming can raise your heart rate to improve heart health and protect the brain from age-related decline. Plus, being afloat makes this type of exercise nearly strain-free.

When you swim regularly for at least 30 to 45 minutes at a time, you're doing aerobic exercise — a type of workout that a spate of recent research suggests could help battle depression, lift your mood, and reduce stress, among other benefits.

Walking

It might sound insignificant, but walking can be powerful medicine. Several studies suggest that walking for at least 30 minutes — even at a moderate or leisurely pace — can have benefits for the brain and body. One recent study found that in adults ages 60 to 88, walking for 30 minutes four days a week for 12 weeks appeared to strengthen connectivity in a region of the brain where weakened connections have been linked with memory loss. And a pilot study in people with severe depression found that just 30 minutes of treadmill walking for 10 consecutive days was "sufficient to produce a clinically relevant and statistically significant reduction in depression."

Strength training

At its most basic, strength training involves using weight to create resistance against the pull of gravity. That weight can be your own body, free weights like barbells or dumbbells, elastic bands, or weighted ankle cuffs. Research suggests you can use either heavy weights and a small number of reps or lighter weights and more reps to build stronger, more sturdy muscles. Chris Jordan, the exercise physiologist who came up with the viral 7-minute workout (officially called the "Johnson & Johnson Official 7 Minute Workout"), told Business Insider that healthy adults should incorporate resistance training on two to three of the four to five days per week that they work out.

You can also use high-intensity interval training (HIIT), which combines the cardiovascular benefits of cycling or running with resistance training, to achieve the same or similar results. If you like HIIT, the 7-minute workout is a great place to start.