

A word from Mrs Milner

Friday 11th November 2022



Dear Parents and Carers

Autumn is truly here and there are only 44 days until Christmas (I am not counting....). I know that one of the highly anticipated events that happens every year before Christmas break is our Year 4 Christmas Production. This year, children will be performing the Bah Humbug pantomime, and I know that our staff have already held auditions for the roles available. I am very much looking forward to the production, as it always amazes me how talented our pupils are. I know that this production will be the one that parents/carers and children will remember and talk about for years to come.

Next Friday is Children in Need Day (18th November) and I hope that you agree with me that this is a particularly worthwhile charity. Money raised through BBC Children in Need 2022 Appeal will provide vital support to children and young people across the UK, during the cost of living crisis. BBC Children in Need Appeal Night Show will be aired from 7pm on BBC One & iPlayer. To support this charity, we will ask the children to come to school on Friday 18th November 2022 wearing their pyjamas and to bring some loose change. During these challenging economic times, it is sometimes difficult to find extra pennies to support a charity, so I understand if parents/carers do not wish to donate. As I do not want for any child to feel excluded, all children can dress up – regardless whether families donate or not. Thank you, in advance, for your generosity.

I was always very keen to support a charity nominated by the school and children. I am pleased to report that after meeting our School Council (our Children’s Leadership Team), we agreed that the charity supported by Woodside Junior School will be Cancer Research. As a result of the unexpected visit of the Air Ambulance this week, we will also be looking to raise money to support their essential works. Thank you to all the children who contributed to our discussions. I absolutely love chatting to our young leaders and ascertaining their views of the school. I will let you know, in a due course, the outcomes of our very fruitful discussions. I am always humbled as to how perceptive our children are and how they can voice their opinions in a mature way. Thank you again.

The school held a two minute silence today for Remembrance Day. This was to commemorate the agreement that ended the First World War and to honour armed forces members who have died in the line of duty.

Before I finish, I would like to report that children appear happy, settled and enjoy their learning. Our curriculum provides them with a structured way of gaining knowledge and developing key concepts. Thank you to Mrs Harrison for her lead in ensuring that our curriculum is the best that can be for our pupils.

Just to remind that this half term’s value is **POSITIVITY**. Remaining positive despite challenges, is such an important character trait and I hope that the work that we do with the children will help them to continue to have a positive outlook on school and life – in general. Positive thinking can help with stress management and can help improve general well-being.

So on this note – let’s all stay positive and enjoy a well earned rest this weekend.

With my warmest wishes

Dorota Milner

Headteacher

Please remember.....



Dates for your diary

Date	Event
12.11.22	PTA Quiz Night
16.11.22	Bag2School (all bags of clothing to be in school by 9am)
17.11.22	PTA Disco (parents need to book places on Classlist—flyer contained in this newsletter)
18.11.22	Children in Need Charity Day - wear pyjamas!
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.
20.3.22-24.3.22	Yr6 Residential
17.6.22	Advance notice!! PTA Summer Fair—SAVE THE DATE

House Point Totals

This Week	197	292	268	292
Since Start of Term	1585	1759	1424	1652
	Maple	Willow	Elm	Cedar

Mrs Harrison's Curriculum Update

Friday 11th November 2022

Welcome to Autumn 2. It's all change here in many of our curriculum subjects. Year 3 are learning all about the UK, year 4 have started their unit of work on Ancient Greece, year 5 Ancient Maya and Year 6 world trade. This week, I'd like to point you in the direction of a great website <https://www.booksfortopics.com> where you can browse the site by topic or year group.

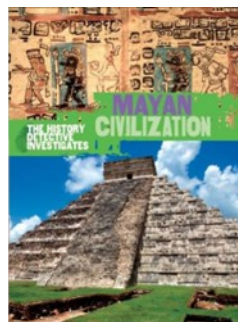
As you are aware, yesterday an air ambulance landed on our school field to assist with an incident nearby. We of course understood the seriousness of this, but this also didn't stop the children watching in awe as the helicopter landed. Whilst the flight paramedics attended the scene, the pilot invited the children to come and take a closer look (which they were very excited about!) The pilot, Jim, gave us a tour of the helicopter, showed the children the jet engine and controls and answered lots of their (and my) questions! It was an invaluable and spontaneous learning opportunity for the children and we are ever so grateful for the time that Jim gave us. Did you know that these air ambulances cost £3.5 million and cost £15,000 a day to run?



Over the coming weeks, I will be spotlighting some subjects with you and sharing some of the activities, learning and work that goes on here. We have some trips and workshops coming up too, as well as visitors and our Christmas performances.

I hope to see some of you at the PTA quiz on Saturday night! Have a lovely weekend, Mrs Harrison

My book recommendations of the week:



Safeguarding

Call the National Society for the Prevention of Cruelty to Children (NSPCC) helpline for support and advice if you have a concern for your own or another child's safety on **0808 800 5000**. If you feel that a child is in immediate danger, call the police on **999**. You can also report concerns to the police on their non-emergency number, **101**. You can contact the relevant social care team at your local council to report a concern about a child or adult.

Domestic Abuse

Domestic abuse is a very difficult topic to approach but it is, in my view, necessary to discuss as domestic abuse can have devastating consequences for children. It can have lifelong impacts on their mental and physical health and behaviour into adulthood. Domestic abuse occurs between those who are, or have been, in relationships. It can also occur between family members, such as between teenagers and parents.

Recognise domestic abuse

Does your partner, ex-partner or someone you live with:

- cut you off from family and friends and intentionally isolate you?
- bully, threaten, or control you?
- take control of your finances?
- monitor or limit your use of technology?
- physically and/or sexually abuse you?

Domestic abuse is not always physical violence. It can also include:

- coercive control and 'gaslighting'
- economic abuse
- online abuse
- threats and intimidation
- emotional abuse
- sexual abuse

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, religion, socio-economic status, sexuality or background.

If you believe that you are a victim of domestic abuse, there are signs that you can look out for including:

- being withdrawn, or being isolated from your family and friends
- having bruises, burns or bite marks on you
- having your finances controlled, or not being given enough to buy food, medication or pay bills
- not being allowed to leave your house, or stopped from going to college or work
- having your internet or social media use monitored, or someone else reading your texts, emails or letters
- being repeatedly belittled, put down or told you are worthless
- being pressured into sex or sexual contact
- being told that abuse is your fault, or that you're overreacting

Get help and support

All forms of domestic abuse are not acceptable in any situation. If you're experiencing domestic abuse and feel frightened of, or controlled by, a partner, an ex-partner or family member, it's important to remember that it's not your fault and there is no shame in seeking help. It may seem like a difficult step to take, but there is support available. Free, confidential support and advice is available to victims and their concerned family members or friends, 24 hours a day.

Call the NSPCC helpline for advice and support if you have concerns about a child on 0808 800 5000, or the National Domestic Abuse helpline on 0808 2000 247

If you are in immediate danger, call 999 and ask for the police. If you are unable to talk on the phone, listen to the questions from the operator and respond by coughing or tapping the handset if you can. Follow the instructions depending on whether you are calling from a mobile or a landline.

Walking Home In The Winter Months

Please can we remind all parents/carers, that now we are in the darker months of the year, all children are expected to be collected in person after clubs.

Well-being

My sincere apologies that the topic of positivity follows such a difficult topic as domestic violence.

I would like, however, to write about positivity and the importance of being optimistic during these difficult times. It is certainly not easy, as the news that we hear every day can be difficult: shrinking economy, inflation, cost of living crisis, strikes etc. It is hard to stay positive when we hear so much negativity as well as some hard and unsettling realism.

However, I found some 'words of wisdom' on how to stay positive during hard times. I sincerely hope that you will not find these condescending but hopefully there will be some really helpful hints to make life a little easier.

· First, tell yourself it is fine to feel down

The first thing to do when you feel down is to acknowledge that not feeling fine is, in fact, completely fine. All of our feelings are temporary states that cannot be kept forever. We cannot be happy every minute of every day and that means sometimes we are going to feel unmotivated or sad.

· Building emotional resilience can help

Emotional intelligence is often defined as reacting well and strategically to bad experiences and stressful situations. When these instances occur, our emotions may go into meltdown. But it's not just there for extreme circumstances – good resilience helps you deal with those days where nothing seems to go right.

· Stay social (but make sure you have some "you time")

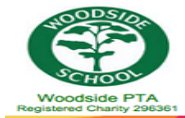
We have friends and family because they love us, support us, and help us when things are difficult. Even though you may want to be alone more than on other occasions, try to still meet up with those that care about you. If that's physically difficult, try to have catch ups over the phone or video calls.

· Exercise more

Exercise is not just to lose weight or build strength. It is a way to make us feel good about ourselves. When we go for a run, a hike, or to the gym to work up a sweat, an array of chemicals are released, including endorphins and dopamine. These chemicals are powerful to the body because they make us feel happy, reduce our stress levels.

And, finally, some additional items: explore nature, improve nutrition, listen to the music and **always ask for help**

From our PTA



**BUY YOUR TICKETS
ON CLASSLIST!**

**WWW.CLASSLIST.COM & SEARCH
FOR WOODSIDE JUNIOR SCHOOL**

SCHOOL DISCO!

THURSDAY 17TH NOVEMBER
YRS 3&4 - 4.00 TO 5.00PM
YRS 5&6 - 5.30 TO 6.30PM

**£5 per ticket, buy on Classlist:
includes bottomless squash, snack &
disco gift (no cash needed)**

**Wear your best disco outfit, see you
in the School Hall!!**

*FTF Yrs 3&4: children will be taken to the disco, and
returned to the Hideout after if needed*

*Hideout Zone: children will be supervised between the
club and disco and returned to Hideout if needed*

*You can notify on Classlist when buying your ticket if
your child is in an afterschool club*

**PARENT VOLUNTEERS NEEDED
PLEASE SIGN UP ON CLASSLIST
WHEN YOU BUY YOUR TICKETS**

**Woodside PTA raising funds to enhance the children's
educational experience**

*Please note that children will not be allowed to walk home unaccompanied after
this event due to dark evenings.*

CHILTERN FOOD BANK

Thank you for all your Harvest donations for the Chiltern Foodbank. The total weight of the donation was 47.8kgs! Thank you everyone!