

## A word from Mrs Milner

Friday 21st April 2023



Dear Parents / Carers

On behalf of all our staff I would like to welcome you back to school. I sincerely hope that you had a wonderful Easter break. It was lovely to see the children's smiling faces on Monday, and I could tell they were all eager to see their friends and continue this year's educational journey.

Our value for this term is Resilience, and I talked to the children about the remarkable plight of the Chilean miners, who were trapped underground for 69 days. They were all successfully rescued but their resilience in face of such a disaster was quite remarkable. We spoke of how we can be resilient at school, and this is something that we will be exploring further as the term progresses. I have a feeling that this term is going to be wonderful, albeit mixed with sadness as it will be my last term serving you and the children as the Headteacher of Woodside School. However, until the day comes, we are all going to enjoy our annual Sport's Day, Summer Fayre, Woodside's Got Talent, Year 6 performance, Year 6 mini –enterprise, Rocksteady concert –amongst others. I am sure that there will be many more exciting activities for the children to experience.

I would like to welcome to Woodside Mr Nick Brown, our Year 4 class teacher, as well as Miss Woodman and Mrs Liu –our new Midday Supervisors. Both Miss Woodman and Mrs Liu have a long association with Woodside as both worked for Chartwells - our previous catering company. On that note, I sincerely hope that you and the children are happy with our new catering arrangements. Children adapted quickly to their new routine, and everything seems to be running smoothly. Children are particularly pleased with our 'Hydration Station', where they can help themselves to water and milk (as opposed to being served by our lunchtime staff).

Thank you to all who attended our parent / teacher interviews at the end of last term, and I sincerely hope that you found the information given to you by their class teacher both informative and useful. You also had an opportunity to look through your children's books and acknowledge their hard work throughout the academic year.

As it is my first newsletter back, it will be short. However, I recently came across a poem that I remember reading when my own children were very young. It really resonated with me then, and I hope that it will strike a chord with you as well.

### Children Learn What They Live

By Dorothy Law Nolte,

*If children live with criticism, they learn to condemn.  
 If children live with hostility, they learn to fight.  
 If children live with fear, they learn to be apprehensive.  
 If children live with pity, they learn to feel sorry for themselves.  
 If children live with ridicule, they learn to feel shy.  
 If children live with jealousy, they learn to feel envy.  
 If children live with shame, they learn to feel guilty.  
 If children live with encouragement, they learn confidence.  
 If children live with tolerance, they learn patience.  
 If children live with praise, they learn appreciation.  
 If children live with acceptance, they learn to love.  
 If children live with approval, they learn to like themselves.  
 If children live with recognition, they learn it is good to have a goal.  
 If children live with sharing, they learn generosity.  
 If children live with honesty, they learn truthfulness.  
 If children live with fairness, they learn justice.  
 If children live with kindness and consideration, they learn respect.  
 If children live with security, they learn to have faith in themselves and in those about them.  
 If children live with friendliness, they learn the world is a nice place in which to live.*

With my warmest wishes and Eid Mubarak to all our families celebrating today.

Dorota Milner

## Dates for your diary

Date	Event
25.4.23	PTA Meeting in school 8-9pm
1.5.23	Bank Holiday
5.5.23	Wear red, white and blue to school
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
5.6.23	Inset day
13.6.23	School Group/Class Photos
15.6.23	Year 5 Athletics at DCHS
17.6.23	PTA Summer Fair—SAVE THE DATE
27.6.23	Year 6 Games at DCHS
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
7.7.23	Year 5 to St Clement Danes School for Science Fair.
21.7.23	Break up 1.30pm
	<a href="#">Link to 2023/24 term dates on website</a>



### House Point Totals

This Week	132	165	177	224
	Maple	Willow	Elm	Cedar

## Gardening Club



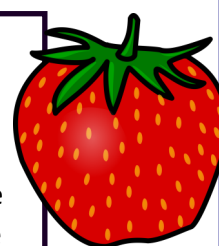
### Have your say....

#### Woodside PTA Funds-Parent/Carer Survey

Thank you to everyone for donating towards the PTA events, we would love to hear from you on how you think the PTA could spend some of the money... please click [here](#) to complete the survey!

Spring has sprung...finally!

Some of our gardening club children were enjoying the spring weather, planting some strawberry and harvesting the first crop of the year.



### Are you interested in becoming a Primary School teacher?

Chepping View SCITT are a **specialist provider** of Primary teacher training programmes, leading to the award of Qualified Teacher Status (QTS). We offer graduate trainees the **highest quality, personalised**, school-based teacher training experience. There is also the option to study for a PGCE (Postgraduate Certificate in Education) with Oxford Brookes University.

### Primary Teacher training places are available for September 2023

If you are a career changer, returning to work after a career break, a graduate working as a teaching assistant or coming to the end of your undergraduate degree, and have the desire, motivation and commitment to pursue a fulfilling and rewarding career in primary teaching, we would love to meet you.

**We are partnered with up to 30 local schools, working together to provide the best possible training and classroom experience.**

## Chepping View Primary SCITT

### Training Primary Teachers for the Future

Find out more at our information session:

Saturday 22<sup>nd</sup> April  
10:00am- 12:00am

At Chepping View Primary Academy, High Wycombe

Email: [kharrison@CVPA.school](mailto:kharrison@CVPA.school)  
Visit: [www.cheppingviewscitt.com](http://www.cheppingviewscitt.com)  
Tel: 01494 535564, option 3



For more information on Primary School teaching, including an upcoming information session- please click [here](#).

# WOODSIDE TALENTED ARTISTS OPPORTUNITY



Discover Bucks Museum are looking for the **most talented young artists and craftspeople** based in Buckinghamshire to celebrate the wide-ranging creative talent that exists locally to form an **art exhibition**. How exciting!

So, why not chose one of your favourite pieces of **artwork** or **create something new?**



The museum will only accept **one entry per artist**. The winning entries will form an **exhibition** that will run throughout **May Half Term** (Friday 26 May - Saturday 3 June 2023).

The accepted categories for this art show are **painting, printmaking, drawing, sculpture, ceramics, textiles, photography and mixed media**.

So be creative.

More information can be found here: [Children Open Art Exhibition Submissions - Discover Bucks \(discoverbucks.org\)](https://discoverbucks.org/children-open-art-exhibition-submissions)

## **How to enter:**

1. All art entries (named) with completed submission form to Mrs McCarthy or the school office **by FRIDAY 12TH MAY 2023**.

(Parents, please download and complete the **Children and Young People Open Art Submission form** and read the **Terms and Conditions for the Children and Young People Open Art Exhibition 2023**).

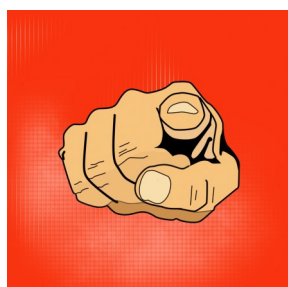
2. Mrs McCarthy will photograph and email details of your entry to the museum. She will deliver any winning chosen entries to Discover Bucks Museum in Aylesbury. All entries will be returned.

## **Prize:**

A People's Choice award of £25 will be voted for by visitors during the exhibition and awarded at the end.

**Best of luck Woodside artists and happy creating!**

**Mrs McCarthy, Art Lead**





# A Huge THANK YOU!!!

Please see a letter below confirming the donation from Woodside for £201 to the Turkey-Syria relief.



**Attn: Laura Saywer**  
**DEC Turkey-Syria Earthquake Appeal**  
Registered Charity No. 1062638  
Donation reference number: 0014G000038q17S  
£201.00 on 21 March 2023

Thursday 30<sup>th</sup> March 2023

Dear The Woodside Association,

Thank you for donating to the DEC Turkey-Syria Earthquake Appeal.

Thanks to your generosity, DEC charities and their local partners are responding, working with locally led relief efforts in Turkey and Syria. Your support is helping provide emergency aid such as shelter, food, clean water, and medical care.

You can stay updated with all the life-saving work DEC charities and their local partners are doing in Turkey and Syria by visiting our website ([www.dec.org.uk](http://www.dec.org.uk)) or following us on Facebook and Twitter.

Like us on Facebook - [www.facebook.com/DisastersEmergencyCommittee](http://www.facebook.com/DisastersEmergencyCommittee)  
Follow us on Twitter - [www.twitter.com/DECappeal](http://www.twitter.com/DECappeal)

Your gift will make a real difference, providing urgently needed aid to help those devastated by the earthquakes in Turkey and Syria. DEC charities continue to assess the ever-changing situation to ensure aid gets to the people who need it the most.

Your donations are enabling DEC charities to respond rapidly as well as support families affected in the months and years to come as the lasting impact of the crisis continues.

**On behalf of all those your donation will support; we want to say thank you once again.**

Yours sincerely,

Saleh Saeed  
DEC Chief Executive

Disasters Emergency Committee  
17-21 Wenlock Road,  
London, N1 7GT

Tel: +44 (0) 20 7387 0200  
Fax: +44 (0) 20 7387 2050  
Email: [support@dec.org.uk](mailto:support@dec.org.uk)

[dec.org.uk](http://dec.org.uk)

DEC Member Charities:

ActionAid UK  
Action Against Hunger UK  
Age International  
British Red Cross  
CAFOD  
CARE International UK  
Christian Aid  
Concern Worldwide (UK)  
International Rescue Committee UK  
Islamic Relief Worldwide  
Oxfam GB  
Plan International UK  
Save the Children UK  
Tearfund  
World Vision UK

# Safeguarding

Some latest safeguarding news for your perusal:

## New Digital Wellbeing Features Announced for TikTok

- **TikTok** has recently announced new updates aimed at improving digital wellbeing, screen time management and parental controls. These features are intended to support teenagers and families and will be gradually rolled out over the coming weeks. This move builds on TikTok's previous updates to enhance privacy and security on their platform throughout the last few years.
- One significant update is a **new default 60-minute daily screen time limit for users under 18**. If this limit is exceeded, a passcode will be required to continue watching videos, prompting young people to make an active decision about extending their time on the platform. **Users under 13** will also have a **60-minute limit but will require a parent or carer's pass code** to extend their screen time by an additional 30 minutes.
- This update is based on research from Internet Matters suggesting that being aware of the amount of time we spend on certain activities can help us make more intentional decisions.
- **TikTok** has also added new features to the existing **"Family Pairing" option**, which enables parents and carers **to manage privacy** and security controls on their **teen's account**. The three new updates include muting notifications, customising daily screen time limits, and a screen time dashboard for parents to see how long their teen spends on TikTok.

## Warning issued to WhatsApp users over account takeover scam

- Action Fraud has received over 60 reports relating to a **scam** that steals access to a **WhatsApp** user's account. The scam begins when a criminal **gets access to another WhatsApp account which has you listed as a contact**. The criminal, posing as your friend or someone that's a member of a WhatsApp group you're in, will then send you seemingly normal messages to try and start a conversation with you.
- However, around the same time you will receive a **text message** from WhatsApp with a **six-digit code**. This is because the criminal has been trying to login to WhatsApp using your mobile number.
- The criminal will claim that they sent you their code by accident and ask you to help them by sending it to them. Once the criminal has this code, they can login to your WhatsApp account and lock you out.
- The criminal will then use the same tactic with your WhatsApp contacts in an effort to steal more accounts and use them to **perpetrate fraud**.

## What you need to do

- Set up two-step verification to give an extra layer of protection to your account: Tap Settings > Account > Two-step verification > Enable.
- **THINK. CALL.** If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity.
- Never share your account's activation code (that's the 6 digit code you receive via SMS)
- You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions.

## Every report matters

If you have been a victim of fraud or cyber crime, report it to [Action Fraud](#) or 0300 123 2040.

# Wellbeing

Hay fever season has truly arrived! It can make you (and children) very miserable. **Hay fever is very common**, and affects up to **30 per cent of children**. Children with hay fever commonly also have other allergic conditions like asthma, eczema or food allergy.

## Some information from NHS Inform

Hay fever is a common allergic condition. It affects up to 1 in 5 people at some point in their life. You'll experience hay fever symptoms if you have an allergic reaction to pollen. Pollen is a fine powder released by plants as part of their reproductive cycle. It contains proteins that can cause the nose, eyes, throat and sinuses to become swollen, irritated and inflamed.

You can have an allergy to:

- tree pollen, released during spring
- grass pollen, released during the end of spring and beginning of summer
- weed pollen, released late autumn

The symptoms of hay fever include:

- frequent sneezing
- runny or blocked nose
- itchy, red or watery eyes (allergic [conjunctivitis](#))
- an itchy throat, mouth, nose and ears
- [cough](#), caused by postnasal drip (mucus dripping down the throat from the back of the nose)

Less commonly, you may also experience:

- the loss of your sense of smell (anosmia)
- facial pain (caused by blocked sinuses)
- [headaches](#)
- [earache](#)
- tiredness and fatigue

If you have asthma, your asthma symptoms may get worse when you have hay fever.

Unfortunately, there's currently no cure for hay fever. But most people can relieve symptoms with treatment, at least to a certain extent. The most effective way to control hay fever would be to avoid exposure to pollen. However, it's very difficult to avoid pollen, particularly during the summer months.

Treatment options for hay fever include:

- antihistamines – which help to prevent an allergic reaction
- corticosteroids (steroids) – which help to reduce inflammation and swelling

You can get hay fever at any age. But it usually begins in childhood or during the teenage years. It's more common in boys than girls. In adults, men and women are equally affected.

It's sometimes possible to prevent the symptoms of hay fever by taking some basic precautions.

- wear wraparound sunglasses to stop pollen getting in your eyes when you're outdoors
- take a shower and change your clothes after being outdoors to remove the pollen on your body
- stay indoors when the pollen count is high (over 50 grains per cubic metre of air)
- apply a small amount of Vaseline (petroleum gel) to the nostrils to trap pollen

Hay fever doesn't pose a serious threat to health. But it can have a negative impact on your quality of life. Very severe hay fever may disrupt your productivity at school or work.

Inflammation of the sinuses ([sinusitis](#)) is another common complication of hay fever. Children may also develop a [middle ear infection](#) as a result of hay fever.