

# A word from Mrs Milner

Friday 1st July 2022



Dear Parents,

Many thanks to all of you who, , responded to our parental survey. It is very much appreciated, as your views are always important to us. I firmly believe that the education of children is a collective effort and your suggestions will certainly be considered and acted upon –where appropriate. If you have not responded to our survey, as yet, please do so as we really would like to have an extensive parental view. The deadline was this morning but, to maximise the number of responses, we have decided to keep the survey open until 9am on Monday morning. Please click [here](#) to access the survey. Your views are anonymous so please do not hesitate to voice your critique –if necessary. We obviously are very happy to accept any compliments too 😊😊😊. I will respond point by point to all your suggestions, worries and compliments. Thank you in advance on behalf of our Senior Leadership Team and Woodside’s Governing Body.

I cannot believe that it is only two and a half weeks until the end of the term. In my last newsletter I will share with you all the highlights of this academic year. It certainly was a challenging year as COVID was, and still is, with us and this brought its own problems. However, we managed and I sincerely hope that your children’s education was not adversely affected.

This week, as always, has been very busy. Our Year 6 pupils are involved with their annual ‘Mini enterprise.’ This yearly event helps our pupils develop their business ideas and personal skills. It is the first step for our children to develop the life skills, knowledge and confidence that they will need to succeed in the world of work –in the future. On Thursday children presented their business ideas to our distinguished panel, who had an incredibly difficult task to choose a winner. I will update you with further details in my next newsletter so watch this space.

On Wednesday, our Year 4 pupils visited Roman Verulamium museum as part of the Romans topic studied. Many thanks to all staff as well as volunteers, who supported the children during the trip. I have not had a chance, as yet, to chat to the children but I am sure that they shared with you all the highlights of the trip. The museum exhibits items associated with everyday life in Roman Britain. It is based in St. Albans, site of one of the largest Roman settlements in Britain. The children had an opportunity to look at ancient treasures, including mosaics. As always, they behaved impeccably and were such a credit to the school and their families. Thank you, boys and girls.

Next Tuesday is a countrywide transition day. I am sure that the children are getting excited as they will be meeting their new teachers. We will be welcoming our prospective Year 3 pupils and their families and I am looking forward to meet as many parents as possible. I would also like to wish our Year 6 pupils all the best for the day. I sincerely hope that a day spent in your next school will reassure and alleviate any potential fears and insecurities. Good luck Year 6 – you will love it!

I think that this is it for this week. I am hoping for some sunshine this weekend. I wish you all a very happy weekend

Dorota Milner

## Dates for your diary

Date	Event
w/c 4th July	Last week of after school clubs
Tues 5th July	Transition Day
Thurs 7th July am	Sports Day - 9am Parents welcome
Thurs 7th July pm	Year 6 Enterprise Fayre
Mon 11th July	PTA ‘A Midsummer Night’s Dream’ whole school
Mon 11th July	BMT Music Concert 3.30-5pm
Wed 13th July	Yr6 Production Matinee 1.30 - 3 pm Evening 6 —7.30pm
Fri 15th July	PTA Raffle drawn (tickets on sale on Classlist)
Mon 18th July	Yr6 Leavers Assembly Starts 1.45pm All parents welcome
Tues 19th July	Rocksteady Summer Concert 11am-12pm

### Upcoming term dates for your diary

Close Wed 20th July	1.30pm
Term starts Tues 6th September 2022	Gates open: 8.35am

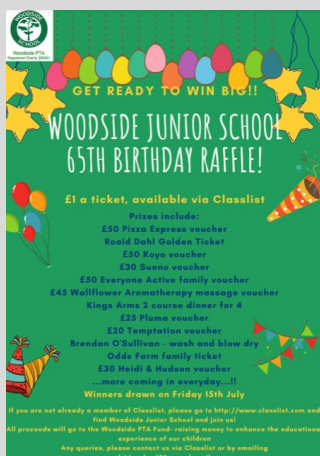
## From the PTA

**GET YOUR 65th BIRTHDAY RAFFLE TICKETS NOW!** Woodside Junior School is 65 years old this year and to celebrate, the PTA have organised an amazing raffle for you to win some incredible prizes. A £1 ticket could win you one these fantastic prizes:

£50 Pizza Express voucher      Roald Dahl Museum Family Golden Ticket      £50 Koyo voucher      £50 Everyone Active family voucher      £45 Wallflower Aromatherapy massage voucher      £20 Temptation voucher      Brendan O’Sullivan - wash and blow dry      Odds Farm family ticket      £30 Heidi & Hudson voucher      £20 The Entertainer voucher      ...and many more!

Click [here](#) for a larger copy of the flyer  
**YOU WON’T WANT TO MISS OUT - IT’S A BIG ONE!**      Tickets: £1.00 each

The draw will take place on FRIDAY 15TH JULY during the school assembly and winners will be contacted as soon as possible afterwards. See the attached leaflet for more information and a list of all the prizes. Tickets are available until 13th July at 4pm. All proceeds go back into the school and your child’s educational experience. If you have any queries, then please contact the PTA via Classlist, or by emailing [woodsideschool08@googlemail.com](mailto:woodsideschool08@googlemail.com).



## Safeguarding

*'Keeping Children Safe in Education 2021' reminds us that safeguarding and promoting the welfare of children is everyone's responsibility. Everyone who comes into contact with children and their families has a role to play. This means that they should always consider what is in the best interests of the child. Our staff follow the principles that safeguarding in our school is essential for keeping children safe.*

*It means having:*

- ⇒ *Whole-school policies and procedures*
- ⇒ *Staff and volunteers confident in identifying and raising concerns*
- ⇒ *Leadership confident in responding to and referring concerns and working with other agencies to protect children*
- ⇒ *Teaching resources to promote wellbeing.*
- ⇒ *Curriculum to promote safety and well being*

*I thought that as it is end of the year, I will share with you some our curriculum activities designed to promote safety and well-being of our pupils.*

- ⇒ *Assemblies*
- ⇒ *PSHE and RE lessons*
- ⇒ *RE lessons reinforce messages of tolerance and respect for others*
- ⇒ *Opportunity to visits places of worship that are important to different faiths*
- ⇒ *Opportunities to welcome visitors representing different faiths*
- ⇒ *Healthy eating focus in design and technology lessons*
- ⇒ *Anti-bullying ambassadors*
- ⇒ *Links with nationwide initiatives to promote safety and well-being of children*
- ⇒ *Regular safety guide for parents*
- ⇒ *Bikeability training for our Year 6 pupils*
- ⇒ *Local community representatives to support the curriculum*
- ⇒ *Transition work from Year 2 to Year 3 and Year 6 to Year 7*
- ⇒ *School website linked to safeguarding*
- ⇒ *Safeguarding newsletters which create talking points with children and families about keeping safe*
- ⇒ *Mental wellbeing support such as ELSA*
- ⇒ *Significant pastoral support for pupils*
- ⇒ *Swimming lessons for our Year 5 pupils for all pupils*
- ⇒ *Road and rail safety work*
- ⇒ *Anti-bullying work throughout the year*
- ⇒ *School Council learn about different models of democracy and how to ensure we have a safe and productive environment in our school*
- ⇒ *Pupil voice*
- ⇒ *Engagement with charities that broaden pupils awareness, understanding and worldview*
- ⇒ *Forest School programme and outdoor learning*
- ⇒ *Continual challenge of stereotypes/assumptions in all lessons*
- ⇒ *Behaviour policy and practise in school*
- ⇒ *Mental Health awareness and support*
- ⇒ *Teaching First Aid to pupils*
- ⇒ *E-safety lessons*

*We believe that it is vital for our children to have opportunities to learn how to stay safe both in and outside of school—learning that comes from parents and our staff. Safeguarding awareness starts with the knowledge and skills we introduce at school. Many thanks for all your work and cooperation in keeping our children safe.*

# More Woodside News

## Wellbeing

### Men and Mental Health (from Compass Health and Well-being Guide)

I did not realise that Men's Mental Health Week was between 13th to 19th June 2022 –my apologies. However, it is never too late to raise awareness of mental health issues. Men's Mental Health Week initiative was to raise awareness on male mental health and what help is available.

Men's Forum Foundation provides some figures:

- ⇒ Three times as many men as women die by suicide
- ⇒ Men are less likely to access psychological therapies than women: only 36% of referrals to NHS talking therapies are for men
- ⇒ Men are nearly three times as likely as women to become alcohol dependent, and to report frequent drug use

### Why don't men talk about mental health?

Society's expectations and traditional gender roles play a part. Research shows that men who can't speak openly about their emotions may be less able to recognise symptoms of mental health problems in themselves, and less likely to reach out. Men are more likely to use potentially harmful coping methods such as drugs or alcohol and are less likely to talk about their mental health.

### Signs and symptoms in men

A man is more likely to hide his feelings from himself and others, or to mask them with other behaviours. While men may experience symptoms of depression such as despondent mood, loss of interest, sleep disturbances, and concentration problems, they are more likely than women to experience "stealth" depression symptoms such as anger, substance abuse, and agitation.

### Getting help

It takes courage to seek help. Most men respond well to self-help steps such as reaching out for social support, exercising, switching to a healthy diet, and making other lifestyle changes. Many men recovering notice improvements in sleep patterns and appetite before improvements in their mood.

### Professional treatment for depression

If support from family and friends and positive lifestyle changes are not enough, men are encouraged to seek help from a mental health professional. If you're concerned about a friend or relative, there are things you can do to help them.

- ⇒ Let them know you're there to listen to them without judgement
- ⇒ Someone who is experiencing mental health problems may find it hard to reach out, so try to keep in touch. A text message or a phone call could make a big difference
- ⇒ Find out about local services such as talking therapy or support groups. See if there are any specifically for men if you think they'd prefer that. Mind has an online directory of peer support groups in England and Wales
- ⇒ Help them to get help. Reassure them it's okay to ask for help, and that support is out there. You could help them contact their GP or accompany them to their appointment if they want you to
- ⇒ CALM has a helpful webpage about what to do if you're worried someone might be suicidal, including warning signs, what to say and what to do next.

## House Points: Weekly Totals



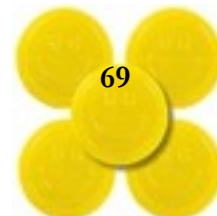
Cedar



Elm



Maple



Willow