

A word from Mrs Milner

Friday 4th February 2022

Dear Parents,

Another very busy week at Woodside! Today (and please talk to your son and/or daughter) the children had an amazing opportunity to experience an interactive fitness workshop provided by Carl from Kidzfit. The children were taught about health and nutrition through a busy, fun session. Each session also covered elements of PSHE teaching and I am sure that our pupils thoroughly enjoyed these sessions. I am happy to report that children skipped, danced and hula hooped as well as tested their agility and coordination! There was much excitement and enthusiasm throughout the day and I sincerely hope that the sessions will leave some long lasting legacy for the children. Thank you to Mrs Tandara, our Physical Education Lead, for organising this event.

Shout about climate change!

Thursday this week, the whole school participated in an interactive presentation with Paula McMohan, a very successful Civil Engineer and STEM Ambassador. One of her missions is to talk to children across the country about the issues we face with climate change and to share ideas as to how we can all help. Paula loved talking to our Woodside children and was very impressed with their questions and knowledge about this ever increasing concern. Here is a link to one of her fantastic educational videos that you could share with your children at home, so you too can SHOUT about Climate change https://youtu.be/N_qDJFBtx0A. I would encourage the whole family to watch it as it will definitely give us all food for thought. Thank you to Mrs Webber, our Science Lead, for organising this important event. I sincerely hope that if all of us can do even the smallest thing for our environment, it will benefit generations to come.



Reminder re: photographer in school

Can I just remind all parents that on Thursday we will have a photographer from the Department of Education taking photographs of our school. As I mentioned before, they will take photographs of the children in class and taking part in curricular activities and it is the school's intention to also use the photographs as part of our website overhaul. We already have on our records children whose parents do not wish for them to be included in any publicity photographs, however, if you have objections to your child being included in any images captured on the day – please let the office staff know as soon as possible and before 10th of February 2022.

Children's mental health week 2022

From 7-13 February 2022, we will be taking part in Children's Mental Health Week. As a school, we will be embracing the theme of 'Growing Together' and thinking about growing emotionally as well as finding ways to help each other grow. We will be creating a 'Growing Together' tree to celebrate the growth everyone has made starting at Woodside. Alongside this, we will be thinking about our 'support balloons', ways to support our well-being and dealing with worries.

As a school, we will be putting into place a range of strategies, designed to support children's well-being and mental health. I will write to you regarding these initiatives in due course.

Dress to express—Wednesday 9th February

We are asking children to think about 'What makes me ME?' The clothes they choose to wear on this day need to say something about them. It could be a colour they love; a way of celebrating their talents; an outfit or uniform they wear to an out-of-school club. I sincerely hope that every child (and staff) will be able to participate in this initiative.

Please continue to support your child's mental well –being by:

- Being there for them and listening
- Staying involved in their lives
- Taking what they say seriously
- Supporting them through difficulties
- Encouraging their interests
- Building positive routines

I sincerely hope that everyone will have a lovely weekend,

With warmest wishes,
Dorota Milner

Please CONTINUE READING—MORE NEWS on next page



Dates for your diary

Date	Event
Fri 4th Feb	Kidz Fit Whole School
Mon 7th Feb	Foodbank Collection
Wed 9th Feb	Dress to Express day
Tues 15th Feb	Next PTA Zoom meeting (evening)
Wed 16th Feb	Yr3 Egyptian Day
Fri 18th Feb	Break The Rules PTA Day
Wed 2nd March	Yr6 trip to Imperial War Museum
Wed 2nd March	Yr5 trip to The Living Rainforest
Sat 5th March	Cross Country—venue tbc
Wed 9th March	Bags 2 School
Fri 18th March	Red Nose Day—wear red!
Mon 21st-Fri 25th Mar	Yr6 residential trip to Osmington Bay PGL

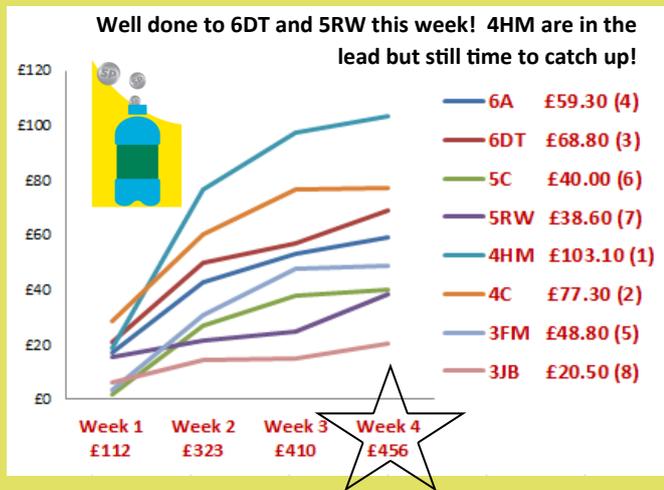
Dates for your diary

Close Friday 18th February	3.15pm
Open Monday 28th February	Gates open: 8.35am
Close Friday 8th April	1.30pm





PTA 5p Challenge Weekly Update



Red Nose Day Friday 18th March

Children are invited to wear red and pay **£1** for Red Nose Day charity, Comic Relief.



School Council will run a **quiz** for children to take part in (on paper) and to enter it will be an **extra £1** for the charity.



Collection:

Monday 7th February 2022
8.30—3.15pm click [here](#) for details.

This week all the children will be bringing home a piece of homework titled

'We are surrounded by scientists every day, but can you spot them?'

Please spend some time with your child over the weekend to complete this piece of homework. Help them to see how science is everywhere and how their parents are secret scientists too! Click [here](#) for the homework.



Useful Resources (for parents)

Safeguarding

Bullying, especially if left unaddressed, can have a devastating affect on children. It can be a barrier to their learning and have serious consequences for their mental health. Bullying which takes place at school does not only affect an individual child during childhood but can have a lasting affect on their lives well into adulthood. All staff at Woodside takes bullying seriously and we collectively work hard to prevent bullying taking place in our school in any shape or form. I would like, at this stage, to remind all parents of the definition of bullying:

*Bullying is behaviour by an individual or group, **repeated over time, that intentionally hurts another individual or group either physically or emotionally.** Bullying can take many forms (for instance, cyber-bullying via text messages, social media or gaming, which can include the use of images and video) and is often motivated by prejudice against particular groups, for example on grounds of race, religion, gender, sexual orientation, special educational needs or disabilities, or because a child is adopted, in care or has caring responsibilities. It might be motivated by actual differences between children, or perceived differences.*

It is the phrase 'repeated over time' and 'intentionally' that I would like parents to focus on. Children do fall in and out of friendships, and unfortunately can say unkind things to each other. We see children being the best of friends one day and then not - the very next day. They then are friends again. We obviously help the children to negotiate those issues. However, all of the above is, what I constitute, a perfectly acceptable part of growing up and trying to work out how to navigate friendships. Bullying is different. It almost always involves an imbalance of power between the perpetrator and the victim and it is unacceptable in any school and society. As bullying can have such a negative effect on children's mental health, I would like to ask you that you talk to your child regularly and emphasise that they need to talk to any of our friendly staff, here at Woodside, if they experience difficulties navigating relationships or if they feel that someone is persistently unkind. We will be introducing 'worry boxes' in all classrooms and I will write to you about those later this half term. Alternatively, please do not hesitate to contact your class teacher, in the first instance, if there is anything that is of a particular worry. If we are not aware of issues- we cannot solve them! I am pleased to report that cases of bullying are extremely rare at our school and we, as staff, will do everything in our power to ensure that children continue to be happy and eager to learn.