



# Wrockwardine Wood C of E Junior School

## 'Wrockers' Weekly

'Love, Laugh and Learn'

This Half Terms Value — Courage

Friday 10th February 2023



We have celebrated Children's Mental Health Week this week in school. Each class has focussed on the theme this year of 'being connected' and the huge impact having positive connections with friends and family has on our mental health. Each class has produced some beautiful work around this theme and have been busy focusing on their mental health by creating some fantastic artwork and having the opportunity to explore strategies that support our mental health, such as exercise, reading, drawing and puzzle solving!



### Dates for your Diary

#### Friday 17th Feb

Break up. Normal time normal uniform

#### Monday 27th Feb

Return to school normal time normal uniform

#### Thurs 2nd March

Wolv Art Gallery 3/4G

#### Friday 3rd March

Walsall Art Gallery 6J & 6S

#### Mon 20th March –

#### Wed 22nd March

Standon Bowers Residential

### Safer Internet Day 2023

Safer Internet Day 2023 took place on the 7th of February 2023 but we celebrated it on Friday 10<sup>th</sup> February. On Friday, celebrations and learning was based around the theme 'Want to talk about it? Making space for conversations about life online'. The children participated in lots of fun activities which gave them many skills they can use to help themselves stay safe online. Internet safety is embedded within our computing curriculum and children have an internet safety mini lesson very week. If you have any concerns about keeping your children safe online or would like any support please do not hesitate to contact us.



Achievement Award	TA Award	Star of the Week		Headteacher Award
Thomas E	Roman G	Charlie H	3B	Isabella H
Viaan S		Vinnie D	3W	
Max S		Regan B	3/4G	
Shayla-Mai P		Elijah E	4B	
Evelyn M		Leo M	4C	
Lilly-Mae B				

## MFL Day Wednesday 9th February 2023

We had a great day on Wednesday, learning French all day!

In year 6, our theme was 'This is France' and we learnt about countries surrounding France, cities in France, directions, and distances. We also found out about famous French people and how to describe nationalities. We are all so impressed with how the children's language skills are developing, well done everyone!



### Amazing homework

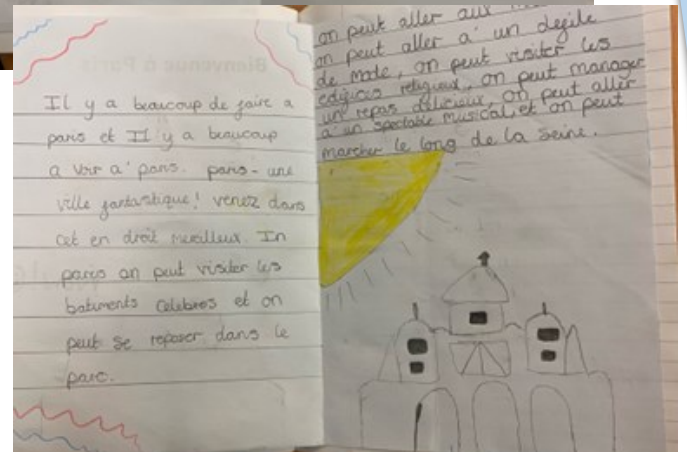
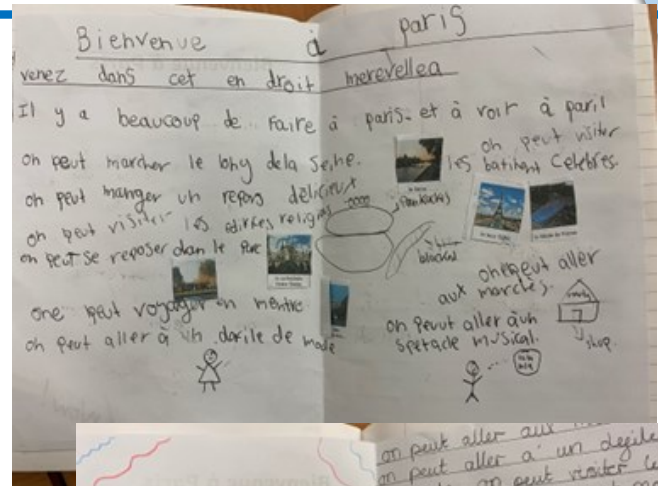


Isabella in 3/4G brought in a wonderful cake she'd made at home based on our topic of volcanoes. She has done a write up too:

Here is my fabulous world cake. It even has a

towering trees and a fast flowing river. The volcano has some trickling lava as hot as the sun and a magma chamber. It has the layers of the earth which are the crust, the mantle, the outer core and the inner core.

Well done Isabella!



### Mrs Brayne

We are sad to say that Mrs Brayne leaves us today as both a Classroom Assistant and our Wraparound Care Manager. Mrs Brayne has decided to explore new ventures and we would like to thank her for her many years of service to the school and the children. We would also like to wish her good luck and success with whatever she undertakes. We will miss you!



### Attendance:

Our whole school attendance for this week is 93.5% which is up from last week. Thank you for your support!

3/4G are currently leading this week with 96.8%. 6S are our highest in upper school with a figure of 97.5%. Thank you everyone for your continued efforts.

# WORLD BOOK DAY®

Changing lives through a love of books and reading.

We will be celebrating World Book Day on **Wednesday 1<sup>st</sup> March**. We would love for children to dress up as a book character or in their pyjamas for the day. We will be reading lots throughout the day and have planned lovely activities that are based around fantastic books. World Book Day celebrates the joy and value of books and reading. To help get them started on their reading journey, every child receives a £1 World Book Day, Book Token that can either be exchanged for a special £1 World Book Day book or used to get £1 off any book costing £2.99 or more. Your local bookseller might be on a high street or could be a supermarket. The book tokens are valid from **Thursday 16 February to Sunday 26 March 2023**.



Safer, Stronger  
Communities

# WROCKWARDINE WOOD & TRENCH

COMMUNITY EVENT  
13 FEBRUARY 3.15-5PM

Wrockwardine Wood C of E Junior School,  
Church Road, Telford, TF2 7HL



## Parents, Grandparents and Carers, we need your help!

We are working with the Parish Council to revamp our school garden. Our aim is to provide our children with the opportunity to grow a variety of fruits and vegetables which we can share with the community. For the project to be successful, we really need volunteers who would be willing to come in to help us for a couple of hours in an afternoon for two or three weeks, during the summer term. You would be working alongside your own children and there will be no heavy digging involved! If you would be able to help at all, we would be really grateful.

For more information, please contact Mrs Leck –  
[cara.leck@taw.org.uk](mailto:cara.leck@taw.org.uk)

Thank you!



## Wrockers' Wraparound Care

Our wrap around club is becoming increasingly popular with children thoroughly enjoying participating in a wide range of activities including games, crafts and looking after our two African snails. Booking forms can be gained through the school office or the school website:

<https://www.wrockwardinewoodjunior.org.uk/parents-info/wrap-around-care>

We would like to politely remind parents that regular payments for this service need to be made. **In order to book future childcare you must make sure that your account is not more than £30 per child in debit each week and the debt is cleared weekly.** We appreciate your support with this.



# E Safety Weekly Update

## What Parents & Carers Need to Know about

# HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

### 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

### 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

### 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident *does* occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

### 5. BE PREPARED TO LISTEN

When conversations about online bullying *do* take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

### FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0808 800 5000

### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

### 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

### 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

### 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

# LET'S CONNECT



## TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

### WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

### WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

#### 1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

#### 2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

#### 3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

# LET'S CONNECT



Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

- 4. Connect by taking an interest in your child's world**  
As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.
- 5. Find time to connect as a family**  
Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.
- 6. Try to resolve conflict and re-connect after arguments**  
Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

## Video activities from Place2Be

**Puzzle Pieces** – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? [childrensmentalhealthweek.org.uk/puzzlepieces](https://childrensmentalhealthweek.org.uk/puzzlepieces)

**Connecting Paperchains** – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. [childrensmentalhealthweek.org.uk/paperchains](https://childrensmentalhealthweek.org.uk/paperchains)

**Exchanging Postcards** – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. [childrensmentalhealthweek.org.uk/postcards](https://childrensmentalhealthweek.org.uk/postcards)

## Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. [parentingsmart.org.uk](https://parentingsmart.org.uk)

**Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.**

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: [place2be.org.uk/help](https://place2be.org.uk/help)