



Wrockwardine Wood C of E Junior School

'Wrockers' Weekly

'Love, Laugh and Learn'

This Half Terms Value — Forgiveness

Friday 24th March 2023

Year 4 Residential at Standon Bowers

Year 4 had a fantastic 3 day residential at Standon Bowers in Staffordshire at the start of the week. At times the weather was not great but all of the children wrapped up in their waterproofs and had a great time regardless. They participated in activities such as archery, caving, fire lighting, low ropes and team building races. The children showed resilience and determination to experience new things and overcome fears. For some of the children it was their first time away from home overnight and they conducted themselves incredibly maturely organising their dorms, making their own beds and managing their clothes. We hope that they have made some treasured memories that they will keep with them.



Dates for your Diary

Wednesday 29th March

Arthog Parents meet 2:40pm

Easter

Eggstravaganza
29th March

Designs to be in school at 9am

Thursday 30th March

Year 4 Easter Service at church—Year 4 parents welcome to attend

Friday 31st March

Break up normal time



Normal school uniform

Monday 17th April

PD Day—staff only in school

Tuesday 18th April

Children return to school as normal

Achievement Award	TA Award	Star of the Week		Headteacher Award
Mylo B	Alfie M	Mollie-May E-L	5G	Alfie T
Lily M		Ellie J	5H	
Tommy W		Freddie C	5/6 P	
Andrew K		Deepika K	6J	
Lacey A		Danny C	6S	
Maisey B				

Red Nose Day

We had a fantastic day raising money for Comic Relief on Friday 17th March. Pupils and staff came to school with crazy hairstyles for a donation of £1. It was great to see so many imaginative crazy styles, some of which must have taken ages to do!

We raised £104 in total so thank you very much for your support in raising money for such a worthwhile cause.

The School Council presented a PowerPoint in a whole school worship to explain what Red Nose Day is and where our money goes. They were fantastic standing up in front of the whole school, explained all about Comic Relief and how there is always a funny theme for us to be involved in to raise money. We learnt that as well as raising money for good causes in the U.K. some money also goes to other countries around the world.



RED NOSE DAY

Attendance

Once again, thank you all for your effort with ensuring your child attends school. The figure this week has jumped to 95.48%. Our weekly in school attendance league is still as competitive with 3B (99.5%) ahead of 34G (98.4%) In upper school 5/6P are now leading with 97.7% Well done everyone, not long now until half term. Let's end on 100%!!!



Arthog Parents' Meeting—Year 6

The meeting will be held at 2:40pm in the school hall on Wednesday 29th March.

Easter Service - Thursday 30th March

Our Year 4s will be leading the Easter Service in church on Thursday 30th March—all year 4 parents are welcome to attend. Unfortunately we cannot open this up to other year groups due to space restrictions.



We have joined together with Holy Trinity Church this Lent and have offered our support in collecting tins and dried goods for the community food bank. If you would like to donate a tin or something dried (pasta, rice etc) which is still in date then please send in donations before Thursday 30th and we will hand them over to the church during our Easter service. Many thanks for your continued support.

Year 5 Experience Easter at Holy Trinity Church

Today, year 5 went to the church for Experience Easter. We went and talked about what Jesus did for us. We wrote prayers for people that are not as fortunate as we are and we were given little crosses to help us remember. I liked it a lot because it was fun and enjoyable. It felt good worshipping Jesus and it made me feel very grateful reminding ourselves what he did for us.

Daisy 5/6P



St Giles Year 5 workshop

On Wednesday, year 6 met up in the hall to have a presentation on gangs. A man and three ladies came to meet us. The man's name was Cairo and he was an ex-gang member who had served time in prison for what he had done in the past. He was giving us advice on how to stay safe and how not to get involved in gangs and anti-social behaviour. Cairo asked us questions and showed us four pictures of groups of people. He went on to ask us which group we thought were a gang.

Due to stereotypes, we all picked the people in masks with chains on. However, this was not the case! It was really helpful and one of the things that really made me think, was that if someone gives you or asks you to hold a bag, that you do not touch it at all. I'm very grateful that Cairo came to our school and taught us the dangers so that we are aware of them as we move to Secondary school this year.

Roza C. Year 6

St Giles

Turning a past into a future

Easter Eggstravaganza!

Reminder that we are having another 'Eggstravaganza' competition which will be judged on **Wednesday 29th March**. The competition is open to every child and there are Easter egg prizes for the winners.

In order to enter, your child will need to transform the simple egg or eggs (Polystyrene is fine, the eggs don't have to be hard-boiled) into something spectacular- this is where their imagination comes into play. They can use paint, felt tips, glue, wool, material etc to create a likeness of a famous person or object. **Their completed work has to be given a name with the word egg somewhere in it- for example Little Regg Riding Hood, Leggo or Finding Nemegg.**

There is no limit to the number of eggs that they can use so if they want to create a pop group they can! Shoe boxes are ideal for creating a backdrop for the egg/s, such as a football match or pop concert. The competition will be split into two categories: family effort and solo. Each child can only enter into **one** category to make this a fair chance for everyone.

We hope that everyone will enter. Finished models, complete with the title name can be brought into **class** on **Wednesday 29th March**. Please do not bring into school prior to this as we cannot guarantee that models won't be accidentally damaged. Please also do not bring into school during the school day as it is difficult to store the models without interrupting the classes during lesson time and we cannot guarantee they will be included in the competition.

Important: please place your child's name on the underside so that it's not immediately visible.



SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS 1

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



RIGHT TIME, RIGHT PLACE 2

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



KEEP IT AGE APPROPRIATE 3

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



EMPHASISE HOPE 4

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



MONITOR REACTIONS 5

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



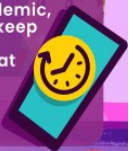
CONSIDER YOUR EMOTIONS 6

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



SET LIMITS 7

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



TAKE THINGS SLOWLY 8

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



ENCOURAGE QUESTIONS 9

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



FIND A BALANCE 10

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



BUILD RESILIENCE 11

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



IDENTIFY HELP 12

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

