



'Wrockers' Weekly

'Love, Laugh and Learn'

This Half Terms Value — Friendship

Friday 19th May 2023

The Dog Mentor

On Monday we were visited by the Dog Mentor. Myself, Ms Ashley and Ms Bromley spent the day being trained in dog mentorship with Nala. We had a wonderful day and learnt lots of new and exciting strategies that we can deploy across the school to use with Nala. For example did you now that dogs can learn between 800 and 1000 words! We will start to use these over the next few weeks with an aim to launch Nala's new working timetable fully in September. She will be spending much more time in classrooms and working one to one with children who will be helping her continue her training and teaching her new tricks.



Dates for your Diary

Thu 25th May

Blists Hill trip—6S

Back normal home time

Fri 26th May

Year 5 parent lunch— details on ParentPay

Fri 26th May

Blists Hill trip—6J

Back normal home time

Mon 19th June

Sports Day Years 5 and 6—am. Parents welcome

Sports Week

Monday 19th June – Friday 23rd June

Tues 20th June

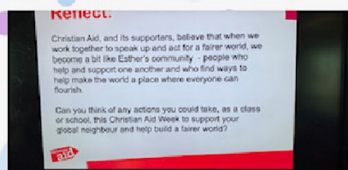
Sports Day Years 3 and 4—am. Parents welcome

Fri 23rd June

Year 6 parent lunch— details to follow

Christian Aid Workshops with Reverend Debbie

On Thursday we had a visit from Reverend Debbie. She talked to us about Christian Aid Week and why we celebrate it. Then we learnt about a lady in Malawi called Esther who plants seeds called pigeon peas. They are very special because they grow even if the soil is really dry. Esther is a kind person because she makes bread with the seeds and sells it to help people in her village. At the end of the workshop, we thought of something we could do to show kindness and help others. By Max and Ellis - 3B





Sporting

Superstar

This superstar played in a u8s football tournament on Saturday 13th May. His team won the tournament and all of them received medals and a trophy. Well done H, we're very proud of you!



Woodland Clay faces



5/6P made some wonderful Green Men to display around our wood this week.

Christian Values Passport

Congratulations MB for achieving your Compassion sticker in your Christian Values Passport! M showed that she understood and valued the feelings of others by writing a beautiful letter to a relative who had recently lost a loved one. Well done M. We are all very proud of you!



You can come and see us when YOU want to!

WHO CAN USE BEAM?

Anyone under the age of 25 can get support from Beam.

Parent and carer support can be given in conjunction with a young person.

No referrals & no appointments: those wishing to access the Beam service can just come along to a drop-in session.



Beam is run by **The Children's Society**, a national charity that works with the most vulnerable children and young people in Britain today. For more information about the history of our organisation, as well as details of our various projects, please visit our website:

<https://www.childrenssociety.org.uk>

We are a friendly team made up of **Therapists, Youth Workers & Wellbeing Volunteers.**

We listen & know this can make all the difference.



Our aim is to give advice, signposting and support with any concerns relating to feelings and emotional wellbeing.

WE WILL Help you to understand your thoughts and feelings, give you practical support and suggestions as well as worksheets to take away if needed.

WE WON'T Diagnose, automatically make referrals or provide appointments.

It can be scary going somewhere for the first time: our drop-ins are set out to be as welcoming as possible. A team member will greet you and ask you to register before a practitioner will introduce themselves, and then take the time to listen before making suggestions.

AskBeam@childrenssociety.org.uk

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BEAM DROP-INS ARE HELD:

Mondays & Tuesdays	9 Market Square, Wellington, Telford TF1 1BP	Open: 12pm Close: 7pm
Thursdays	Upstairs at Palmer's Café, Claremont Street, Shrewsbury SY1 1QG	Open: 2pm Close: 7pm
Saturdays	9 Market Square, Wellington, Telford TF1 1BP	Open: 11am Close: 4pm
BEAM IS NOW IN LUDLOW! Ludlow Youth Centre, Ludlow SY8 1RT		
FIRST and THIRD Wednesday of each month Open: 3.30pm Close: 7pm		

PLEASE NOTE: no sessions will be started during the last hour of our drop-ins. This means we cannot accept anyone into the service after 6pm on weekdays or 3pm on Saturdays.

Ask us about...

BEAM WORKSHOPS therapeutic group support relating to a range of common mental health and emotional wellbeing topics. Ask for our current workshop calendar!

GRAVITY—THE BEAM YOUTH PARTICIPATION GROUP gives young people the chance to be involved with shaping the Beam service.

AskBeam@childrenssociety.org.uk

emotional wellbeing drop-in for children and young people under 25.



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It's cool to attend school



Come join us!

Thank you all for your effort with ensuring your child attends school, even with the sickness bug going around. Last week's figure was back up to over 96%. Our weekly in-school attendance league is starting to get competitive now with 5/6P(97.69%) just pipping 5H (97.41%) to the post with not even a whole % more!! In Lower school 4C are leaps ahead with 99.07%



Charlton Dance Workshop

People from Charlton came to give 5/6P, 6S and 6J a dance lesson. Each class learnt a different section. It was so much fun! I can't wait to keep practising for 'Charltonbury', when we will perform it. I really wish I could turn back time and do it all over again!

Sports Week and

Healthy Eating Week!

We are all very excited about our upcoming Sports Week and Healthy Eating Week which will be taking place from **Monday 19th June – Friday 23rd June**. The children will be taking part in lots of fun sporty activities as well as learning all about how to fuel their bodies for exercise in a healthy way (keep an eye out for more details about healthy eating!) Please see the timetable for the activities we have planned for the children. **Please could children come to school in PE kit each day and on the Friday, they can wear any sports kit they like in exchange for £1, payable on ParentPay, which we will spend in new sports equipment for Lunchtimes and PE sessions!** We really hope they enjoy the activities and are looking forward to seeing you at Sports Day!

Thank you for your support
Mrs Slow

	Year 3	Year 4	Year 5	Year 6
Monday	AM: Exciting PE lesson PM: Football tournament DT Healthy Eating Lesson 1	AM: Exciting PE lesson PM: Football tournament DT Healthy Eating Lesson 1	AM: Upper School Sports Day PM: exciting PE lesson	AM: Upper School Sports Day PM: exciting PE lesson
Tuesday	AM: Lower School Sports Day PM: Activities about an inspirational sports person	AM: Lower School Sports Day PM: Activities about an inspirational sports person	AM: Activities about an inspirational sports person PM: Football tournament DT Healthy Eating Lesson 1	AM: Activities about an inspirational sports person PM: Football tournament DT Healthy Eating Lesson 1
Wednesday	Throughout the day: Skipping workshop AM: Healthy eating Lesson 2 PM: Healthy eating Lesson 3 (Make in Classroom)	Throughout the day: Skipping workshop AM: Healthy eating Lesson 2 PM: Healthy eating Lesson 3 (Use of kitchen for cooker)	Throughout the day: Skipping workshop AM: Healthy Eating Lesson 2	Throughout the day: Skipping workshop AM: Healthy Eating Lesson 2
Thursday	AM: This Girl Can Workshop Throughout the day: Clubbercise session with Pulse Fitness	AM: This Girl Can Workshop Throughout the day: Clubbercise session with Pulse Fitness	AM: This Girl Can Workshop Throughout the day: Clubbercise session with Pulse Fitness AM: Healthy eating Lesson 3 (Use of kitchen for cooker)	AM: This Girl Can Workshop Throughout the day: Clubbercise session with Pulse Fitness PM: Healthy eating Lesson 3 (Use of kitchen for cooker)
Friday	Throughout the day: Martial Arts Academy session	Throughout the day: Martial Arts Academy session	Throughout the day: Martial Arts Academy session	Throughout the day: Martial Arts Academy session Year 6 to put food together for parent lunch

E Safety Advice

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.