



Wrockwardine Wood C of E Junior School

'Wrockers' Weekly

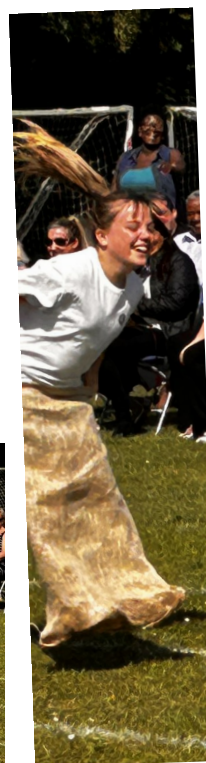
'Love, Laugh and Learn'

This Half Terms Value — Respect

Friday 23rd June 2023

Sports Day

We had a great time at Sports Day this week! We all took part in a sprint race and a fun race like the three-legged race, sack race, hurdles race, egg and spoon race and the obstacle race. We also did a relay race with our whole class and then some of the brave parents took part in a three-legged race which was really funny! Well done to all of the amazing athletes and a big thank you to the parents for coming to watch us!



Dates for your Diary

Mon 3rd July & Tues 4th July

Year 6 transition days

Fri 7th July

5H Newport Girls High School Trip

Mon 10th July

5S Newport Girls High School Trip

Mon 10th to Wed 12th July

Y6 Group 1 Arthog

Wed 12th to Fri 14th July

Y6 Group 2 Arthog

Year 6 Parents Lunch

It was lovely to invite year 6 parents into school today to share a dinner with their children. Parents were able to have a school dinner but also sample the pasta salads that their children have made during healthy eating week. We had lots of great feedback and the kitchen staff were very pleased with the lovely comments and thanks they received from parents. This was a lovely end to our sports and healthy eating week.





Managing Worries



Sarah Rushton, our Mental Health Practitioner, delivered an assembly on worries and ways to manage worries. She gave us some practical tips on ways to relax. She also helped us to understand that not thinking about a worry can be hard and distraction with a fun activity can help us.

Wrockers Wraparound



Our children enjoy participating in a wide range of activities at wraparound including reading, snooker, jigsaws and board games.

If you have any board games, colouring books, reading books or toys you no longer want at home that are appropriate to the age of our children we welcome donations to enable us to continue to give our wrap around children a wide variety of experiences.



Bereavement Cafe



**Holy Trinity Church
Wrockwardine Wood
2nd Saturday of each
month 10 am - 12 pm**

**An opportunity to talk
about your loved ones
in a safe and
welcoming
environment**

**Hear from others who
are on their own
Journey with grief**

**Hot and cold drinks
available along with
cake and biscuits**



Attendance

Thank you all for helping us to safeguard your children, we have noticed a big increase in the number of parents who are calling our attendance line to inform us when your child is ill, this means we are saving vital time by not having to check on the safety of children who are not in school. Our attendance figure for last week stands at 94.43% which is slightly down from the week before. 3B are new leaders in lower school with 98.18%, closely followed by 6J with 97.69% who lead upper school.



Attendance Matters



Sports Week

Super Sports Week!

We have had lots of fun this week during sports week and have enjoyed taking part in many different activities including: A clubbercise session where we danced using glowsticks and disco balls, a martial arts kickboxing session where we learnt some new skills and a skipping workshop where we used teamwork to make sure our whole class could travel beneath a huge skipping rope! We have also had some 'This Girl Can' workshops led by our School Sports Partnership, who worked to develop girls' confidence in sport, and the leader - Sally Harris was very impressed with the children who took part. We were all involved in a football tournament, which we enjoyed and teachers have led exciting PE lessons with their classes including bhangra dancing by Mrs Landa in year 6! We have also carried out work in class involving inspirational athletes which was really fun!



Andy Goldsworthy

Year 6 have been working with Mrs Williams in the forest area and emulating the art work of Andy Goldsworthy.

Andy Goldsworthy is an English sculptor, photographer, and environmentalist who produces site-specific sculptures and land art situated in natural and urban settings.

The children thoroughly enjoyed exploring natural materials, working collaboratively and creating some wonderful artwork.





Shropshire Beam

Shropshire Beam are pleased to provide Virtual workshops for Parents & Professionals from July 2023. All virtual workshops will take around an hour.

All details below in the chart, you need to click on Link at the appropriate time of chosen Workshop. All workshop will be done via M S Teams Video call, we are unable to record sessions. The Workshops are derived to be informative and engaging sessions, please be willing to participate during the sessions.

There are four Workshops which will be rolled out at 4pm to enable more people to attend, please see the following details of content:-

Managing Anxiety – aims & Objectives are to pass over psycho - education within the topic followed by practical suggestions of methods & techniques to help support the youth experience issues with anxiety.

Understanding & Responding to Self-Harm - – aims & Objectives are to pass over psycho - education within the topic followed by practical suggestions of methods & techniques to help support the youth experiencing issues with self-harm.

Wellbeing Planning – a workshop which explains & provides a tool for Children & Young people to support their general Emotional Health & Wellbeing, it recognises triggers and promotes self-awareness, his can also be used as a relapse tool to support resilience.

Sleep Support - aims to pass over psycho - education within the topic followed by practical suggestions & advise of methods & techniques to help support the children & young people having difficulties with getting to sleep and staying a sleep. This workshop will be rolled out twice over the four weeks, due to popular demand.

Date & Time	Title	M S Teams Link
Wednesday 5 th July at 4pm for approximately one hour.	Sleep Support	Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 385 863 571 287 Passcode: GzLoGa Download Teams Join on the web Learn More Meeting options
Wednesday 12 th July at 4pm for approx. 1.5 hour.	Supporting and understanding Self-harm	Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 369 405 485 015 Passcode: 7NzrRb Download Teams Join on the web Learn More Meeting options

Wednesday 19 th July at 4pm for approx. one hour.	Wellbeing Planning	Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 385 053 319 151 Passcode: RV2APL Download Teams Join on the web Learn More Meeting options
Wednesday 26 th July 4pm for approx. one hour.	Managing Anxiety	Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 398 258 721 67 Passcode: yfWBs8 Download Teams Join on the web Learn More Meeting options

The links to the following dates will be included in the Newsletter for next week: Wednesday 2nd August, 9th August, 16th, 23rd and 30th August

Your School Nurse

What we can offer you:

Children will have their **height and weight** measured in reception and year 6 (unless opted out of). More information and help can be found at [National Child Measurement Programme - NHS Digital](#)

Advice, support, and signposting to resources on **toileting, behaviour, healthy lifestyles, emotional and mental well being.**

Our Emotional health and wellbeing lead nurse also runs a **clinic for parents every Monday**, 9-2pm at Sutton Hill Medical Practice (online appointments also available upon request via the number below).

Ask your school to refer in or self-refer by calling [0333 358 3328](tel:03333583328)



What we don't do:

We no longer check hearing and sight in reception

We are not a diagnostic service however we are able to sign-post to appropriate services/support

How and when to get your child's eyesight checked:

- You can attend most opticians and book a sight check for your child
- Please follow this link to find a local optician: [Sight Tests - NHS \(www.nhs.uk\)](#)
- Checks are free on the NHS for children
- It is best to get your child's sight checked before they start school and then yearly thereafter.
- They will ensure your child's sight and eye health is monitored and issue glasses if required.

How to get my child's hearing checked:

- Should you notice an issue with your child's hearing, or you are alerted by school there maybe an issue you should attend your local GP who will be able to examine the ear canal and rule out infection. The GP can also refer for a hearing test if necessary.
- A school nurse can also do an audiology referral

E Safety Support

10 Top Tips for ...

KEEPING CHILDREN SAFE FROM CYBER CRIME

We all want to continue being informed and inspired by the ever-expanding capabilities of the internet. But we also need to be able to safeguard ourselves against the growing amount of online hazards. Knowing what is fact, understanding what dangers exist and taking appropriate steps can go a long way towards protecting yourself and your family. National Online Safety has collaborated with the Yorkshire and Humber Regional Cyber Crime Unit to compile 10 pointers to help you keep your children safe from cyber crime.

1. Spot Phishing Bait

Phishing messages are untargeted mass emails asking for sensitive information (e.g. usernames, passwords, bank details) or encouraging recipients to visit a fake website. It's safest to learn the warning signs of phishing and increase your child's awareness. Too good to be true? Spelling or punctuation errors? Odd sense of urgency? These are all red flags. Don't click on links or follow demands: if you're unsure, contact the official company directly online to enquire further.

3. Encourage Strong Passwords

Weak passwords make it faster and easier for someone to gain access to your online accounts or get control of your device – giving them a route to your personal information. For a strong password, national guidance recommends using three random words (e.g. bottlegaragepylons). Consider paying for your child to access a password manager. Encourage them to have a separate password for their email account. Ensure the whole family uses two-factor authentication where possible.

5. Back up Your Data

Some cyber attacks can lead to the theft or deletion of important (and possibly sensitive) data or loss of files (like photos and videos) that can't be replaced. Backing up your data to the cloud – or to another device – will help prevent data loss if you ever become the victim of a cyber attack. Where possible, set your child's devices to back up automatically. Also encourage them to back up their data prior to installing any updates.

7. Take Care When Chatting

Criminals may look to manipulate others online and coerce them into using their talents or cyber skills for unethical means. Try to get your child to be open about who they are talking to online. Communication tools such as Discord are popular among gamers – but be cautious of the other people using them, and ensure you know who your child is chatting with.

9. Understand Their Motivations

Those being influenced online to use their skills unethically may display certain key warning signs. Sudden evidence of new-found wealth (unexplained new clothes or devices, for example), secrecy around their online behaviour or boasting of new online friendships are all causes for concern. If in doubt, refer through to your regional cyber crime team.

2. Don't Over-Share

Is your child sharing too much on social media? Do they post things about their private life, upload images of your home, or discuss their friendships and relationships online? Criminals will gather this information and may try to use it for identity theft or other offences such as fraud. To combat this, ensure your child's privacy settings mean they are only sharing information with family and close friends. Use parental controls where appropriate.

4. Stay Updated

People often put off installing updates to apps or software because they don't feel it's necessary, it can be time consuming, or could cause problems with programmes they rely on. But updates help protect users from recently discovered vulnerabilities to malware. You can usually set them to run automatically – encourage your child to select this option. Ensure updates are installed as soon as possible after you're notified they're available.

6. Be Wary of Public WiFi

Free public WiFi is commonplace – but it's often not secure and sends unencrypted data via the network. A hacker on the same network could access personal data (like financial information) without you even realising they'd done so. To avoid this, suggest to your child that they use their 3G or 4G mobile data when they're out and about, rather than free WiFi. Consider purchasing a VPN (Virtual Private Network) where possible.

8. Recognise Warning Signs

Often, budding cyber experts will relish the challenge of testing themselves or earning recognition from peers for their exploits. Even principled 'white-hat' hackers will look to test their skills online. If you think your child is interested in hacking, try to understand what their motivation is. You could encourage their participation in ethical competitions such as bug bounties.

10. Know the Consequences

Many young people may feel that hacking is essentially a light-hearted prank, and not especially serious. So make sure your child is aware of the implications of a conviction under the Computer Misuse Act – not only the possibility of a criminal record, but also lifelong travel restrictions and damage to their future career or educational prospects.

