



Wrockwardine Wood C of E Junior School

'Wrockers' Weekly

'Love, Laugh and Learn'

This Half Terms Value — Thankfulness

Friday 8th March 2024

SIAMS Inspection

Last Friday we were visited by two inspectors from The Statutory Inspection of Anglican and Methodist Schools (SIAMS) team. SIAMS inspections are a key element of the life of all Church of England and Methodist schools in England. SIAMS explores ways in which each school's theologically rooted Christian vision drives its work and enables the school to live up to its foundation as a Church school.

Throughout the inspection parents, member of Holy Trinity church, staff and pupils were interviewed by the team and judgements were made against 6 IQ questions which form the inspection framework. All of our children were an absolute credit to us throughout the day and clearly demonstrated their understanding of our Christian values through their conduct and the conversations they held with the inspectors. We are very proud of our school and its wider community and look forward to sharing the findings and result of the inspection very soon once it has been officially released. Thank you to everyone who was involved in the inspection day and supported us in celebrating all of our successes and positive developments.



THE CHURCH OF ENGLAND

Dates for your Diary

Tuesday 12th March

Class group photos

Year 4 Residential

Standon Bowers

13th, 14th, 15th March

Friday 22nd March

Break Up Easter Holiday. Normal time and normal uniform

Monday 8th April

P D Day staff only in school

Tuesday 9th April

Children return to school. Normal time and normal uniform

Monday 6th May

Bank Holiday. No children or staff in school

Experience Easter Year 5

On Thursday 7th March, year 5 had the opportunity to go to church to take part in an Experience Easter workshop. Throughout the session, the pupils took part in different activities, each exploring a different part of the Easter story. The pupils were able to develop their understanding of Palm Sunday, Good Friday and Easter Sunday. There were opportunities for pupils to ask questions such as 'why do we celebrate Good Friday and where does it get its name?' which Reverend Lisa answered, enhancing their knowledge and understanding.



We are pleased to inform you that your child now has access to Numbots. This is an interactive yet educational way for your child to practise and improve their addition, subtraction and number bonds skills at home. There are lots of useful resources and games on there to encourage your child to speed up with their fluency skills. They can access this using the same logons as their TTRockstars

Forest School



This week in Forest School, Year 3 created some fantastic clay creatures, using items they had foraged for in the woodland. There was a menagerie of squirrels, spiders,

snails, slugs and many more. The children also had a go at tying a reef knot; ask them to show you at home! Well done Year 3.





Crazy Hair for Red Nose Day!

We will be raising money for Comic Relief which is on Friday 15th March. All children are invited to come to school on that day with crazy hair. **Please send your donation of £1 cash for this fantastic cause by next Wednesday (13th) if your child would like to take part.** Donations will be collected by the class teachers.

We politely request that your child **does not** attend with crazy hair if you don't wish to make a donation to Comic Relief as all donations are sent direct to them. Thank you.



The Wrockwardine Wood CE Junior School "Living life in all its fullness" challenge.

This week's challenge is to:

Solve a riddle and write your own "what can you break even if you never pick it up or touch it?"

We would love to see your photos please email them to: a3129@telford.gov.uk or DoJo to your class teacher.



International Women's Day

International Women's Day is celebrated annually on March 8th as a focal point in the women's rights movement. International Women's Day gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.

"International women's day embraces the power and beauty of females and girls. It shows us that everybody can make a difference. We have learnt about Joan of Arc, Rosa Parks, Cleopatra and many more successful women from history.

This makes me feel that even though we just have one day for International Women's Day, we can make a difference every day. This empowers me to think that all these women have made a difference, so how can I?

I most enjoyed speaking with Sally Harris who came into school to speak with us about inspirational women"

By Jemima 5H



Active Families!

Here is an idea for a quick, active and fun activity you could carry out with your family this weekend! We hope you enjoy!

First to 50

What you need: a dice and 1 or more players.

How to play:

- Roll the dice and complete the action specified.
 - 1 = 1 x burpees. 2 = 2 x press ups. 3 = 3 x sit ups.
 - 4 = 4 x lunges. 5 = 5 x squats. 6 = 6 x star jumps
- Roll the dice again and add the number to your previous roll so that you keep a running total.
- Continue until you reach 50.
- Playing with someone else? Who can roll 50 first?
- Playing by yourself? How quickly can you roll 50?
- Make this harder by subtracting 5 when you roll a 5.

Change the target number or exercises and play again.



Singing Superstar

AM attends Fusion an acting school in Telford, he has been awarded with a certificate recognising his fantastic singing with great enthusiasm.

Well done A, we are very proud of you!



Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:

- <https://www.internetmatters.org/issues/screen-time/protect-your-child>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:

- <https://www.internetmatters.org/issues/screen-time/deal-with-it/>

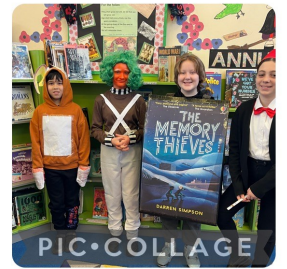
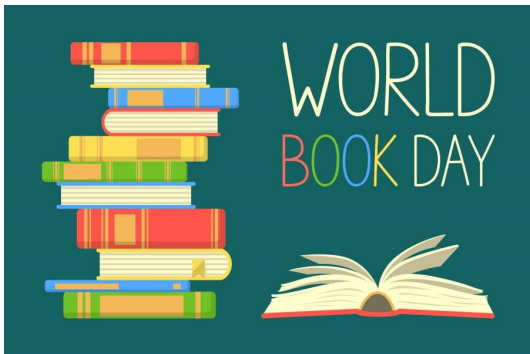
This final link provides a guide on how to balance screen time:

- <https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/>



World Book Day

Today for World Book Day, we got to “taste” some books and made book reviews for them – lots of us decided to keep the books we reviewed to take home because they sounded so interesting! After we got to read a fantastic book called the Harris Burdick story book. We brainstormed ideas in partners for what we thought would happen! When we completed those activities we used a picture for inspiration and held a creative writing competition. For the final lesson for World Book Day, we perfected the art of story-telling and year 3 got to come into 6S and we got the opportunity to read to them, which was really fun! We can't wait to spend our book tokens now!



This year's World Book Day was celebrated on the 7th March, in school we dressed up as our favourite characters or in our PJs. We also shared books with our friends. World Book Day encourages people to love books and reading. The teachers and children dressed to impress as characters such as Mary Poppins, Willy Wonka, Tinkerbell, Horrid Henry, Hermione Granger and many more. It was fun to guess who everyone had come as. I'm looking forward to next year's World Book Day! By AT 5B

Pre Loved Uniform—If you have any pre loved uniform that your children have grown out of we would be very grateful if you donated it to school to replenish our spare uniform stocks. We are particularly short on jogging bottoms for PE (blue, black or grey) Thank you.



Attendance—Thank you so much to everyone for your continued support in ensuring your child attends school. Every single day makes a difference!

Wraparound Care Payments

Polite reminder to please clear any debts for Wraparound Care weekly (unless you pay via the Government Payment System). This ensures that admin is kept to a minimum and that debt for this facility is not accrued.

Shortly, we will be using a new system in the main school office and any debts still showing on ParentPay for Wraparound Care will impact on your child's place at Wraparound. Obviously, we want this transition to be completed as easily as possible and would appreciate your help in keeping your Wraparound account clear. Thank you.

IMPORTANT!

Let Girls Play

Some girls from each class have taken part in a fun football tournament this afternoon and showed excellent teamwork, co-operation and resilience!

We are very proud of you all and hope that you continue with your footballing journey.....who knows, we may even have a future lioness on our hands!





Art exhibition and sale!

It was so lovely to see so many families come along to our wonderful exhibition! It was lovely to see so many of you enjoying the art that has been created by our fantastic children last half term. Thank you for your wonderful donations that will help our art council order new resources and set up new projects - Miss B



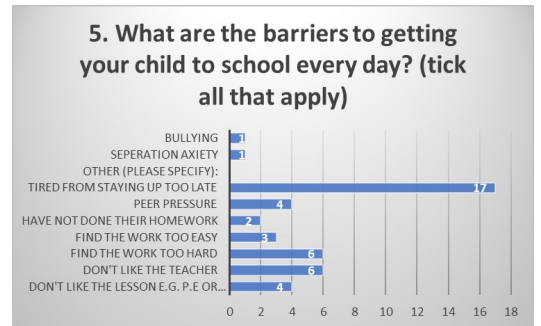
Attendance

| Your child's age | Recommended sleep time in 24 hours |
|--------------------------|------------------------------------|
| Infants 4 to 12 months | 12 to 16 hours including naps |
| Children 1 to 2 years | 11 to 14 hours including naps |
| Children 3 to 5 years | 10 to 13 hours including naps |
| Children 6 to 12 years | 9 to 12 hours |
| Teenagers 13 to 18 years | 8 to 10 hours |

This week's feedback looks at barriers to school attendance. Our parent voice survey highlighted a need with routines and sleep.

Did you know that sleep routines are essential in supporting our children's wellbeing and play a huge part in achieving good school attendance.

The table below gives an indication of the amount of sleep your child needs on a regular basis to keep them healthy.



Things to think about when creating good sleep hygiene.

Caffeine—Good sleep hygiene begins in the day, with consideration of your child's food and drink intake. Caffeine is a stimulant that prevents sleep and can cause your child to stay awake for longer and find it more difficult to settle to sleep. Caffeine is present in drinks such as tea, coffee, cola, energy drinks and fizzy pop. If your child drinks these, try to limit their intake and avoid them altogether after lunchtime.

Food and mealtimes—Eating a large meal before bedtime can prevent sleep. Consider the best time to eat your main evening meal; if your child has an early bedtime, ensure that a large meal is not being eaten directly beforehand. On school nights, it might be preferable for your child to eat earlier, saving family meals for weekends or holiday periods. Some foods can be helpful in promoting sleep – for example, a drink of warm milk.

Exercise—Children may have difficulty in falling asleep if they have been inactive throughout the day. Encouraging your child, where possible, to undertake sports and to play outside can help to burn off energy and promote tiredness at the end of the day. Even going for a walk in the fresh air can be helpful. However, avoid exercise too near to bedtime.

Environment—Your child's sleeping environment should be a place where they feel safe and secure, but also be a place to sleep and not play. There are ways in which the sleeping environment can be adjusted, which will depend on the needs of your child (and other children sharing the room). For instance, some children may find a nightlight can make them feel safe, others may sleep better in total darkness. If possible, adjust room temperature and noise to levels at which your child feels comfortable to fall asleep. Your child's bedroom should not contain items that distract from sleeping. For example, would it be possible to remove toys from the bedroom before bedtime, or move toys to a different area of the house?

Set a routine—Having a bedtime routine and a set bedtime can help your child to understand what to expect and how they should behave. A routine can begin 30 minutes to two hours before bedtime and can include activities to help wind down, such as a warm bath/shower or reading a story. Sticking to a set pattern each night will help your child to settle before bed and give them the time to calm down before sleeping. Going to the toilet as the last task before getting into bed can also help prevent your child from needing to get up in the night time.

Technology- The use of electronic devices (such as televisions, mobile phones and tablet computers) close to bedtime can prevent your child from settling to sleep. This is because they produce light that is good at suppressing natural hormones in the brain that cause sleepiness. Ideally, these devices should not be used in the hours before bed and removed from your child's bedroom to create an environment that your child associates with sleep. If your child uses these devices to help them fall asleep, consider replacing this routine with a bedtime story or playing soothing music

Beam, our localised emotional health and wellbeing drop-in service for young people under 25 years old who are registered with a GP in Shropshire, Telford or Wrekin. Are offering parents and carers workshops around:

Sleep Support – With 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. And

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.

Thursday 17th March at 4pm (link on web page) – Sleep Support – [Click here to join the meeting](#)

Monday 21st March from (Link on Web page)10am-11am – Wellbeing Planning – [Click here to join the meeting](#)

Also, please can I remind you that your child's class teacher is contactable via class dojo and they are happy to support you and your child to reduce any barriers to school attendance.

E Safety Support

Be

1 I only go online with a grown up



2 I am kind online



SAFE

3 I keep information about me safe



Online

4 I tell a grown up if something online makes me unhappy

