

# WROCKERS' WEEKLY

This Half Term's Value — Friendship

Friday 9<sup>th</sup> January 2026

## Welcome Back!

I hope you all had a wonderful Christmas break and enjoyed some special time with family and friends. It has been fantastic to see our pupils return to school so settled, focused, and ready to learn. They have made an excellent start to the new term, and we are very proud of their positive attitude towards their work. This half term, our main focus is Art, and we have lots of exciting trips and activities planned to inspire creativity and imagination. We are really looking forward to seeing the amazing pieces the children will create and sharing their work with you at our annual Art Sale later in the term.

Thank you for your continued support, and here's to a creative and inspiring few weeks ahead!



Thank you so much for all your generous donations and support towards the Severn Hospice Rudolph Relay. Your contributions have made a real difference and the children really enjoyed the relay and were so proud to take part in something that helps others. If anyone would still like to make a donation and needs to return sponsorship forms, please note that the final date for contributions is approaching soon: Friday 16th January. Sponsorship forms can be returned to the school office or alternatively given to your child's class teacher. The just giving page will remain open until the final date too so if you wish to make contributions this way, please see the QR code above. Any additional support before the closing date will be greatly appreciated. Thank you again for your kindness and generosity — it truly means a lot. Happy New Year 😊

## Spring 1 – Laugh: Joy

This half term, we are focusing on the Christian Value of **joy**.

Joy is the feeling of great pleasure and happiness, that often comes from the act of someone else.

Outside of school, children might demonstrate **joy** in the following ways:

Smile. One of the easiest ways to bring others joy is simply by smiling at them.

Helping someone in need. Spending time with someone who needs company. Showing that you are thankful for something by writing a thank you letter. Using manners.



## Dates for your diary

### Tuesday 20<sup>th</sup> Jan

Maths Parent shadowing  
Year 3 - 9:30 - 10:30  
Year 5 11:15 - 12:15

### Wednesday 21<sup>st</sup> Jan

Maths Parent shadowing  
Year 4 - 9:30 - 10:30  
Year 6 - 11:15 - 12:15

### Monday 26<sup>th</sup> Jan

Year 4 trip –  
Shrewsbury Art Gallery.  
See ParentPay

### Tuesday 27<sup>th</sup> Jan

RE Parent shadowing  
Year 3 - 9:30 - 10:30  
Year 5 - 11:15 - 12:15

### Wednesday 28<sup>th</sup> Jan

RE Parent shadowing  
Year 3 - 9:30 - 10:30  
Year 5 - 11:15 - 12:15

Join us from the comfort of your own home for Parenting Together – an online four-week course delivered by the Family Hubs team.

Whether you prefer mornings, afternoons, or evenings, we've got a time that works for you.

Here's a week-by-week breakdown of what the course covers:

- 👉 Week one: parental wellbeing and understanding behaviour
- 👉 Week two: building secure attachment, fostering positive relationships and emotional regulation
- 👉 Week three: setting boundaries, exploring consequences and promoting positive parenting
- 👉 Week four: keeping children safe - online, offline and in the community

 Wednesday 14 January from 10am to noon  
 Tuesday 10 February from 6.30 to 8.30pm  
 Tuesday 3 March from 12.30 to 2.30pm

To register your interest and to book a space, please click on the link below.  
<https://orlo.uk/dWm8f>



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

This week's challenge is to:

Enjoy a winter walk with your family and friends.

We would love to see your photos please email them to: [a3129@telford.gov.uk](mailto:a3129@telford.gov.uk) or Dojo to your class teacher.



## Traffic Lights



What you need: an adult to call the instructions

### How to play:

- Children imagine they are getting in the car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
- Green light: jog around
- Red light: stop
- Yellow light: sit down
- Roundabout: spin a circle
- Speed bumps: jump up and down
- Zebra crossing: lie in a straight shape
- Reverse: walk backwards



Have a go at making up your own. You could even include different times for different speeds.

[www.getset4education.co.uk](http://www.getset4education.co.uk)

Active Families

Attendance plays a vital role in student success, and we're proud to report that our first-week attendance has been strong. Being present every day helps students stay on track with lessons, build confidence, and make the most of every opportunity.

Let's keep this momentum going! Parents and guardians, thank you for your continued support in ensuring students arrive on time and ready to learn. Together, we can make this term a fantastic one.

Here's to a great start and an even better journey ahead!



**MFL Phrase of the Week!**  
Here is our French phrase of the week!  
We hope you enjoy practising and learning it at home!

**Comment vous appelez-vous ?**

What is your name?  
(formal/plural)



# E-SAFETY SUPPORT

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthrals young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

### 1. UNDERSTAND THE ALGORITHM



Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

### 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

### 3. DISCUSS WHAT THEY'VE SEEN



Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

### 4. LEARN HOW TO HIDE CONTENT



If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

### 5. SET DAILY LIMITS



Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces; involving your child in creating this agreement makes them more likely to stick to it.

### Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: [www.bbc.co.uk/news/technology-52204605](http://www.bbc.co.uk/news/technology-52204605)  
<https://www.socialmedia.org.uk/guides/social-media-algorithms/>

### 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

### 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

### 8. USE DEVICES TOGETHER

Giving children Internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

### 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

### 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

**National  
Online  
Safety®**

#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

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Wrockwardine Wood C of E Junior School

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# WROCKWARDINE WOOD AND TRENCH YOUTH CLUB

## EVERY 2 WEEKS

**NO NEED TO BOOK**

**Wednesdays: 3:45pm - 5:15pm**

**Wrockwardine Wood and  
Trench Parish Rooms**

**Ages 6-16**

**Activities will include  
sports, arts/crafts, game consoles, pool, darts  
and more!**

**YOUTH OFFER**

