



# Wrockwardine Wood C of E Junior School

## 'Wrockers' Weekly

'Love, Laugh and Learn'

This Half Terms Value — Perseverance

Friday 11th February 2022

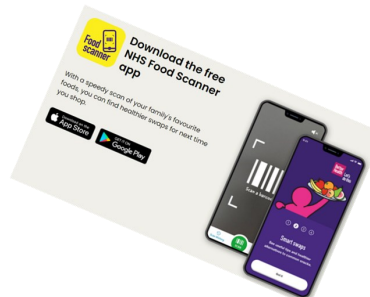
### Health and wellbeing at WWJS!

As part of our commitment to health and wellbeing and to celebrate Children's Mental Health Week 2022, we invited some special guests from the Telford and Wrekin Health Team to work with our children on sugar awareness! Using the NHS Food scanner app, we had the opportunity to scan a range of different everyday snacks and drinks to see the sugar content - we were very surprised by some of the results! Niki and Kerry then talked to us about the importance of making healthy choices and what it means to have a balanced diet.

To support our commitment to health education, we have worked with the health and wellbeing team at Telford and Wrekin to create a new food policy, which has been sent out to you this week. You will see that in the policy, we are encouraging our pupils to make healthier choices through the drink, snack and packed lunch that they bring into school. If you would like to be a part of our Food Policy consultation, please complete the Parent/Carer Voice questionnaire which can be accessed by following this link:

<https://forms.office.com/r/KUvn4ysEvQ>

Or scan this code:



### Dates for your Diary

Fri 18th Feb 2022

Break-up for half term

Fri 18th Feb 2022

Cricket Day for whole school

Mon 28th Feb

Return to school for everyone

Tues 8th March

International Women's Day

Week comm 9th May 2022

SATs Year 6

### Christian Values Passports

This lovely young lady has received a Generosity sticker for her Christian Values Passport this week. Whilst out shopping with her mum, she very kindly asked if they could buy a meal deal and some dog biscuits from the supermarket for a homeless person who they saw sitting outside.

Well done, we are incredibly proud of you and your generous nature. ES 5/6BD



### Stars of the week

3G	Oskar F	4W	Henry L	6J	Olivia J
3H	Iza M	5C	Amelia L	6S	Olivia E
3/4L	Faith R	5H	Azzaria P		
4B	Elizabeth S	5/6BD	---		

### Headteacher's Award:

**Daisy D & Eboni R**

Well done to you all for your awards, you are all AMAZING!





## Children's Mental Health Week at WWJS!

This week, we have been raising awareness of Children's Mental Health Week, and the importance of staying mentally and physically healthy as well as celebrating our unique differences!

We have used some super texts such as 'Can you see me?' by Libby Scott to explore the world through an autistic child's eyes. We realised the importance of celebrating ourselves and talked about how we want the world to recognise us!

The whole school spent the afternoon taking some time to be mindful, through expressionist art, physical activity and lots more! We also enjoyed some 'time to talk' sessions and realised the importance of talk in keeping us healthy, safe and connected.



### Book review!

The name of the book is *The Last Wild*.

The author of this book is Piers Torday.

I enjoyed this book because it is adventurous. It is a very happy book with a great ending.

I recommend this book because it is easy to understand and a great book about friendship. It has a lot of descriptive language, this created great emotion and I felt like I was there with the main character 'Kester' enjoying his adventures. By LC 6J



### PE Kit Days Spring Term (second half)

Please could your child come to school wearing their school PE kit (plain white T-shirt, school jumper, plain black or grey shorts or jogging bottoms and trainers) on the following days:

Year	Indoor PE	Outdoor PE
3	Tuesday	Wednesday
4	Monday	Thursday
3/4	Thursday	Monday
5	Friday	Tuesday
6	Wednesday	Friday
5/6	Thursday	Monday

This starts on the first day back after half term.

### Safer Internet Day

Tuesday, 8 February was Safer Internet Day with actions taking place right across the globe. With a theme once again of **"Together for a better internet"**, the day called upon everyone to join together to make the internet a safer and better place for all, and especially for children and young people. At school each class has spent a day this week focusing on Internet Safety and how they can keep themselves safe on and off line. We will be hosting an E Safety workshop for parents on **Thursday 17th February at 4pm via TEAMS**. A link has been emailed to all parents and we would encourage you to attend. Please also see the links below which signpost you to some advice and suggestions to help you educate and support your child in safely navigating the online world.

<https://www.parentsprotect.co.uk/internet-safety.htm>

[saferinternet.org.uk/guide-and-resource/parents-and-carers](https://saferinternet.org.uk/guide-and-resource/parents-and-carers)

### 3G Forest School

Please remember kit for Forest school every Friday.



# How to nurture a child's mental health



Actively listen before offering your advice



Be patient



Share your feelings and validate theirs



Tell the truth



Model healthy behavior



Surround them with healthy adults



Be consistent and follow through with what you promise



Teach them how to be safe



Believe them and in them



Use open ended questions



Have scheduled family time



Limit electronic time for everyone



Reach out and hug them



Practice relaxation exercises together



Model forgiveness



Respond calmly when their emotions are elevated



View their behavior as a window to their needs and feelings



Make play and exercise a requirement



Recognize positive choices



Be present



Set and respect boundaries

## Recent Book Releases!

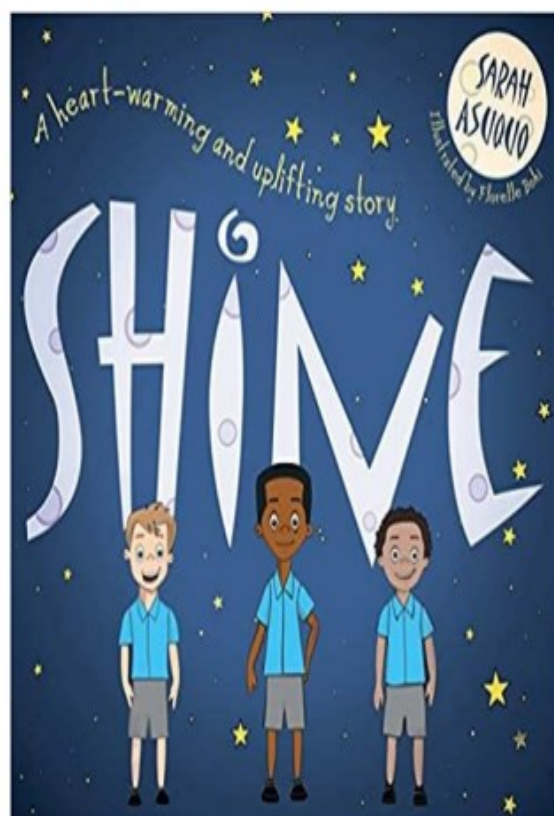
If your youngsters are on the lookout for some new reading material, here are some exciting new book releases your super readers might want to try! They should be available in local book shops like Waterstones or to order from Amazon. Happy reading!

### Shine by Sarah Asuouo (Suitable for ages 5 - 9)

Kai is excited to go back to school after the summer holiday, but soon finds himself being mocked by his peers for being different. Kai's confidence is lowered and he begins to wish that he is normal like everyone else.

With the help of his parents, Kai learns to be proud of himself and his unique qualities and values. Kai's mother explains how although the moon and stars are different they both shine beautifully in the sky. He learns an important lesson: that everyone is special and valuable in their own way. He realises that the things that make him different are the things that make him special. He makes a decision to use his qualities to shine his light.

*Shine* is a touching and heart-warming story which encourages young readers to celebrate diversity and to recognise how our differences make us special. It deals confidently with issues including bullying, low self-esteem, self-confidence and forgiveness in a manner that children can comprehend.



### Scavengers by Darren Simpson (Suitable for ages 11 - 13)

Landfill has lived his whole life as a scavenger, running with wooflers, swimming with turtles and feasting on fresh gull. Old Babagoo has always looked after him, on one condition - follow his rules. NEVER COME LOOKING OUTSIDE. NEVER RISE ABOVE THE WALL. But despite the dangers, Landfill longs to see Outside. And some rules are made to be broken.

