



RSHE Parent Meeting

Next half term, all pupils will be taught statutory lessons during their PSHEE lessons on relationships, sex and health education. On Wednesday 8th May at 2:45pm, parents and carers are invited to a meeting in the hall about this upcoming unit. The meeting will involve a brief overview of the curriculum content for each year group and will be an opportunity for you to ask any questions about the RSHE curriculum that will be delivered.

If you would like to attend this meeting, please complete the google form below:

<https://forms.gle/yuifn7meSht42d2S6>

Science Experiments 5/6S

This week, 5/6S conducted a science experiment about density in different substances. We proceeded to drop a variety of items into honey/syrup, oil and water. As we poured the substances into the plastic cups, we poured them in different orders.

The substances didn't mix and separated. We then placed a variety of items to explore which substance was the densest. HY and JM 5/6S



Dates for your Diary

Monday 6th May

Bank Holiday

Tuesday 7th May

Children return to school. Normal time, normal uniform

Wed 8th May

RSHE Parent Meeting 2:45pm in school hall
All welcome

Mon 13th May—Fri 17th May

Year 6 SATs week

Thursday 23rd May

6J and 6S Blists Hill trip

Friday 24th May

Break up normal time. Normal uniform

Achievement Award	TA Award	Star of the Week		Headteacher Award	
Teddy E	George G	Tommy K	3B	Mark P	
Zoey H-P		Ava-Marie W	3LB		
Arlo W		Finley O	4C		
Simran K		Keia S	4T		
Leen M					
Mark P					

Superstar!

This absolute superstar was part of the fusion show at the weekend where she performed a solo role and also won a trophy.

Well done M, we're very proud of you!



Nala is 3 Years Old!

Nala celebrated her third birthday this week with a delicious cake made with mashed potato. She is missing everyone at school but is doing a great job looking after Mrs Cartwright at home while she recovers!



Attendance

Thank you all for your effort ensuring your child attends school, last week's figure remained unchanged at 95.7%, despite all the bugs circulating.

A gentle reminder, our policy for sickness and diarrhoea is to stay off school for 48 hours after the last bout of symptoms. To help stop the spread wash your hands frequently with soap and water, alcohol hand gel does not kill the winter vomiting virus.

Attendance League: 5B are holding on to the lead in upper school with 96.4%. 3B are top the lead once again in lower school with 98.5%.

WHAT IS GOOD ATTENDANCE?

190 days	180 days	178 days	163 days	161 days	143 days
100%	95%	94%	86%	85%	75%
Good		Worrying		Serious Concern	
Only 1-2 day missed per term		Between 3-8 days missed per term		More than 9 days missed per term	

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

This week's challenge is to:

Paint a pebble

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



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!

Fireball

What you need: 1 x pair rolled up socks, 2 x cushions, 2 x players

Practise:

- Practise throwing the socks to a partner.
- Every 4 successful catches move back a little bit and try again.

How to play:

- Place the cushions 4m apart.
- How many times can you run between the cushions without being hit by the socks.
- Thrower can only aim below the shoulders.
- Swap roles.



Where's Nala?

Well done to Penelope B who correctly identified where Nala was hiding. Last week she was in the article about the French lesson. Well done! You win a Freddo bar.



We've only had a few entries each week so far—we are sure more children are spotting Nala but just not entering! Please place your name and class on a piece of paper with where Nala is and place it in the box outside the office. The winner is drawn randomly each Friday morning.

Sports Week!

We are all very excited about our upcoming Sports Week which will be taking place from **Monday 24th June – Friday 28th June**. **Sports Day will take place on Monday 24th June for lower school (Years 3 and 4) and on Tuesday 25th June for upper school (Years 5 and 6) with both events beginning at 9.15am (weather dependent!).** Please see the timetable below 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, 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.

	Year 3	Year 4	Year 5	Year 6 and 5/6
Monday	AM: Lower school Sports day PM: Exciting PE lesson	AM: Lower school Sports day PM: Exciting PE lesson	AM: DT Healthy Eating Lesson 1 PM: Cross country track competition	AM: DT Healthy Eating Lesson 1 PM: Cross country track competition
Tuesday	AM: DT Healthy Eating Lesson 1 PM: Cross country track competition	AM: DT Healthy Eating Lesson 1 PM: Cross country track competition	AM: Upper school Sports day PM: Exciting PE lesson	AM: Upper school Sports day PM: Exciting PE lesson
Wednesday	Throughout the day: Clubbercise session with Pulse Fitness Paris Olympics Awareness Day	Throughout the day: Clubbercise session with Pulse Fitness Paris Olympics Awareness Day	Throughout the day: Clubbercise session with Pulse Fitness Paris Olympics Awareness Day	Throughout the day: Clubbercise session with Pulse Fitness Paris Olympics Awareness Day
Thursday	Throughout the day: Skipping workshop PM: Football tournament with Mrs Slow AM: Healthy eating Lesson 2 PM: Healthy eating Lesson 3	Throughout the day: Skipping workshop PM: Football tournament with Mrs Slow AM: Healthy eating Lesson 2 PM: Healthy eating Lesson 3	Throughout the day: Skipping workshop PM: Football tournament with Mrs Slow AM: Healthy Eating Lesson 2	Throughout the day: Skipping workshop PM: Football tournament with Mrs Slow AM: Healthy Eating Lesson 2
Friday	Throughout the day: Circuit training with Mrs Slow	Throughout the day: Circuit training with Mrs Slow	Throughout the day: Circuit training with Mrs Slow AM Healthy eating Lesson 3	Throughout the day: Circuit training with Mrs Slow PM Healthy eating Lesson 3

Friday 28th June 2024

If your child would like to wear ANY sports kit on this day, please send them into school with £1 cash. This will be collected by the class teachers during the morning registration. These funds will be used to buy extra sports equipment. Thank you!



Be the change
that lasts a
lifetime!

Volunteer for
Home-Start
Telford &
Wrekin



For more information
contact us on:
info@homestarttandw.org.uk
01952 872280

**HOME
START**
Telford &
Wrekin

VOLUNTEERS ARE REQUIRED TO
UNDERGO A DBS CHECK

BE AMAZING

BE A
HOME-START
VOLUNTEER!

Create a
positive
impact on
local families



**HOME
START**

Next volunteer training course
starting soon

For more information contact us on:
01952 872280

Volunteers are required to undergo a DBS check



KEEPING families STRONG!

STARS

Did you know that STARS have a range of free online self-help programmes available? These can be done from the comfort of your own home, all you need is data or Wi-fi to connect to the internet. The programmes are designed by specialists in developing online programmes to help support your wellbeing and mental health.

They have programmes for: Mindfulness, Resilience, Sleep, Money Worries, Drugs & Alcohol.

Access them using code 'TSTARS'

Please click the following link to view their offer: [STARS](#)

NHS
inclusion

Mental Health
& Wellbeing
Support

Mindfulness
Drugs & Alcohol
Money Worries
Resilience
Sleep

Telford
STARS

E Safety Support

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National
Online
Safety

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1



Which apps/games are you
using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you
enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3

PLAY AGAIN?
YES NO



How does this game/app work?
Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any
online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



4

5



Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your
personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7



Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL, OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.