

WROCKERS' WEEKLY

This Half Term's Value — Courage

Friday 26th June 2026

Archery Session Success! 🎯

On Tuesday, all of our children had the exciting opportunity to take part in a special archery session, delivered by the School Sports Partnership alongside a PE specialist. The session was thoroughly enjoyed by every child, with lots of enthusiasm, determination, and smiles seen throughout the day. Archery is a fantastic activity that not only introduces something new and engaging, but also helps to build key physical skills such as hand-eye coordination, focus, and control. During the session, the children learned how to safely handle a bow and arrow and were guided through the techniques needed to aim and shoot accurately. They had plenty of opportunities to practise, developing their confidence as they worked towards hitting the target. It was wonderful to see the children supporting one another, celebrating successes, and showing resilience as they improved their skills. Activities like this are a great way to inspire positive attitudes towards physical activity and encourage children to try something different. A big thank you to the School Sports Partnership and our visiting PE specialist for providing such an enjoyable and memorable experience for all of the children.

We look forward to offering more engaging sporting opportunities next week in our rescheduled sports week.



We would like to take this opportunity to thank you for your continued support and flexibility this week. The extreme heat has presented a challenge, and we are very grateful for the way you have worked with us to ensure that all children have remained safe and well looked after during this period.

This level of heat has been something of a first for us here in the UK, and while we hope it is not something we experience too often, it may well be something we see more of in the future. As a school, we are committed to learning from this experience and putting measures in place to better prepare for similar conditions.

We will be exploring a range of contingencies to help make the school as future-proof as possible. This includes reviewing the timing of events such as sports days and considering options such as improved cooling systems, including air conditioning where feasible. As you may be aware, education budgets are extremely tight and our building is quite old, but we are actively seeking and exploring ways to ensure we can keep children as cool and comfortable as possible while remaining in school.

Once again, thank you for your support—it is very much appreciated.

We are currently planning to hold the Year 3/4 Sports Day next week, weather permitting. The event will begin at 10:00am and will follow the usual structure of races, followed by a picnic lunch (please bring your own) with the children outside and purchasing an ice cream to finish if you wish.

Thank you again for your continued support.



Dates for your diary

Tue 9th June -7th July.
Swimming for years 5 & 6 during the morning

Wed 1st July 10am
Sports Day and picnic lunch Year 3 & 4 (weather permitting)

Wed 1st July and Thur 2nd July.
Arthog Outreach for 6S during the school day

Tues 7th & Wed 8th July.
Secondary transition days - please check with individual schools

Thur 9th July.
Crucial Crew - Year 6 during the afternoon

Friday 10th July.
Year 6 Leavers' Plays 10am and 2pm - see ParentPay to book tickets

Our Talented Mathematicians Shine at the Maths Challenge!

We are delighted to share some exciting news about our Year 3 and Year 4 pupils, who recently represented our school at a Maths Challenge competition. Our talented mathematicians demonstrated enthusiasm, teamwork and impressive problem-solving skills throughout the event, making us all incredibly proud.

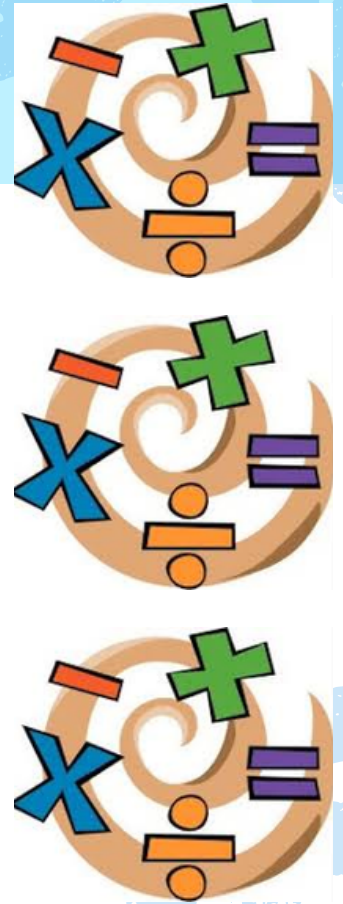
During the competition, the children took part in a range of engaging and thought-provoking mathematical activities. One of the highlights was a challenge involving pentominoes, where pupils worked carefully to create all 12 possible shapes. This task tested their spatial awareness, perseverance and logical thinking. They also took part in activities focused on mathematical vocabulary, helping them to deepen their understanding of key maths concepts while applying their knowledge in a fun and interactive way.

The competition was close and exciting. Our team achieved an excellent score of 50 points, just behind the winning team who scored 56 points. This was a fantastic result and a reflection of the children's hard work, determination and positive attitude.

Most importantly, the children represented our school with great confidence, respect and teamwork. They supported one another, approached each challenge with resilience, and showed a genuine love for learning.

We are extremely proud of their achievements and the way they embraced this opportunity. Well done to all involved—what a wonderful example of our school's passion for maths!

Provide your feedback on BizChat



Air Hockey



What you need: Two players, two towels, three tupperware lids.

How to play:

- Use a flat smooth surface.
- Roll the towels up and place them 1m apart to act as the sides of the table.
- Players remain opposite one another at either end of the table.
- One tupperware lid is used as the 'puck'.
- Players have one tupperware lid each that they can use to stop and push the puck.
- Players score points by pushing the puck past their opponent.



First to 15 wins.

[the4education.co.uk](http://www.the4education.co.uk)



MFL Phrase of the Week!

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



Quelle est ta couleur préférée ?

What is your favourite colour?



Active Families

Arthog Outreach - Miss Steventon's Class

Today on the 24th of June, 6KS went to the Arthog outreach centre in Wellington. To get to there we had split up into three separate minibuses. During the short stay we had, we did multiple teamwork games including the floor is lava and we went on their short obstacle course with partners that would spot us for our own safety. After that, we moved inside to escape from the hot weather and took part in rock climbing; we then had challenges in each game to assess our capabilities. Near the end of our stay, we played shark attack in which we had to run to the climbing wall to not get caught out by the sharks. Then we played Simon says which was very challenging as many of us got caught out by the constant changes. Afterwards we headed back and said our greatest thank you's to the Arthog outreach team and continued on with our fabulous learning.

Written by Elliot and Jacob



An enormous thank you to Councillor Shirley Reynolds who supported this trip with a financial grant from her Councillors' Pride fund which enabled all of our year 6 to visit Arthog Outreach for free!

Attendance Update

We understand that attendance has been lower this week due to the extreme weather conditions, and therefore have postponed our attendance league for this week. The heat has made it challenging for many families, and we appreciate the efforts it has taken to manage daily routines during this time.

A heartfelt thank you to everyone who has persevered—it's been a testing period for us all, and your continued support and resilience have not gone unnoticed.

We hope you all have a lovely weekend—please take care and stay cool!

Sports Week!



We are all very excited to reschedule our Sports Week, which will now take place next week after being cancelled due to the extreme heat and the need to ensure children did not take part in strenuous activity in unsafe conditions.

Sports Week will now run from Monday 29th June to Friday 3rd July.

Please could children come to school in their PE kits each day throughout the week, so they are comfortable and ready to take part in all activities.

On the Friday, children may wear any sports kit they like in exchange for £1 (if not already handed in), which will go towards new sports equipment for lunchtimes and PE sessions.

We really hope they enjoy the activities, and as always, thank you for your continued support 😊

Congratulations to our winner of the Multiplication Marathon: KG in Year 3
Well done to all the children who participated and practiced their multiplications whilst raising money for charity. You're all super stars! 😊



Sun Safety

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

Be UV Aware—Stay Safe in the Sun

The UV index measure's the intensity of the sun's rays. The higher the number, the less time it takes for your skin to burn. Check the UV index on your local weather forecast.

If it's 3 or higher, protect your skin by applying sunscreen, cover up and seek shade.

How to Apply Sunscreen

As a guide, adults should aim to apply around:

- 2 teaspoons of sunscreen if you're just covering your head, arms and neck
- 2 tablespoons if you're covering your entire body while wearing a swimming costume

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

Skin cancer is one of the most common cancers in the world.

In the UK, around 147,000 new cases of non-melanoma skin cancer are diagnosed each year. It affects more men than women and is more common in the elderly.

See a GP if you have any skin abnormality, such as a lump, ulcer, lesion or skin discolouration that has not healed after 4 weeks. While it's unlikely to be skin cancer, it's best to get it checked.

Non-melanoma skin cancer is not always preventable, but you can reduce your chance of developing it by avoiding overexposure to UV light.

Reminder: please remember to apply sun cream to your child before coming to school on warm/hot days and to make sure they have a hat and a bottle of water to bring to school. Thank you.

YEAR 5 AND 6 SPORTS DAY



Our Year 5 and 6 Sports Day was a fantastic celebration of teamwork, determination and, most importantly, enjoyment. Pupils showed outstanding effort throughout the day, supporting one another and demonstrating excellent sportsmanship in every event. The range of races kept everyone engaged and active, with favourites including the bat and ball balancing race, hurdles, skipping race, and the ever-entertaining sack race. The sprint races showcased some impressive speed, while the class relays highlighted brilliant teamwork and coordination, with pupils cheering each other on right until the finish line. What stood out most was the way pupils encouraged their peers. Whether celebrating a win or motivating others to keep going, there was a strong sense of unity and positivity across all classes. A special highlight of the day was the parents' races, where families joined in the fun. The skipping race proved to be a crowd favourite, with parents enthusiastically competing against one another and providing plenty of laughter and excitement for spectators. Overall, it was a joyful and successful day, filled with energy, smiles and memorable moments. A big well done to all the children for their fantastic participation, and thank you to the staff and families who helped make the event so special.

E-SAFETY SUPPORT

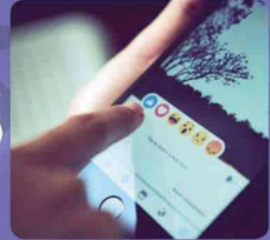
At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should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



'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.



What parents need to know about SOCIAL PRESSURES LINKED TO 'LIKES'



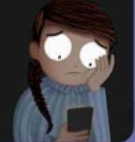
DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes instilling a greater level of confidence and acceptance amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or isolation and could potentially suffer from low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.



AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with app's for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.



UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who receive millions of likes. Not everything on social media is a true reflection of the world and your child may feel pressured into behaving in a similar way in real life or posting similar material in order to feel popular and achieve a similar level of self-worth.



COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more riskier activities.



Safety Tips For Parents

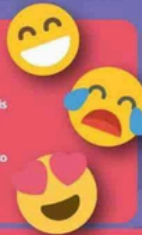
FOLLOW OR BEFRIEND YOUR CHILD ONLINE

Using the same social media sites as your child and connecting with them online will allow you to keep an eye on what their interests are and who may be influencing them. Following their likes will help you build a picture of what your child is being exposed to and what they find interesting.



MONITOR MENTAL HEALTH

If your child does post on social media, it is important to monitor their feelings and emotions, supporting them and encouraging them to talk to you about what they may be experiencing. Explain to them that not everything online is real and that life is not dictated by how many likes a post may or may not get.



ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time and need for social media through encouraging them to do other things such as a sport or hobby or simply playing with friends outdoors. Supporting them to take up other activities that they enjoy can also help build self-esteem and increase their own confidence.



DISCUSS THE REAL WORLD

Talk to your child about online perceptions and about what they feel is and isn't important in their life. Try to establish an open and honest conversation and speak about what they feel is acceptable to post online and if they feel pressure to conform.

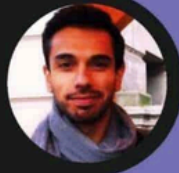


HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and listening to them if they are struggling with the way they look or feel. Talk to them about the positive aspect of their personality and help them understand that looks aren't everything. Try not to criticise or blame your child which could compound any negative thoughts they are already feeling.

Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



<https://www.independent.co.uk/life-style/gadgets-and-tech/techbook-like-inventor-defies-app-iphone-justin-rosestein-addiction-fears-7798566.html>, <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2018/01/Childrens-Commissioner-for-England-Life-in-Likes-3.pdf>, <https://www.psychologicalscience.org/news/releases/social-media-likes-impact-teens-brains-and-behavior.html>, <https://ico.org.uk/media/about-the-ico/consultations/2614762/age-appropriate-design-code-for-public-consultation.pdf>, <https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.08.2019