



# School Newsletter

## April 2023

School Contact Number: 01952 388280

School Email: A2158@telford.gov.uk

School Website: <https://williamreynoldsprimary.org/>

**"To be the best we can be"**

Head Teacher:

Miss Julie Marriott

Chair of Governors:

Mrs Jane Tranter

Dear Parents, Carers and Governors,

Across school, we have had a successful start to what is set to be an extremely busy term. There are lots of important dates on the last page of our newsletter to give you information about what is planned for the term ahead.

We are particularly excited about the upcoming enrichment events that will take place in the second half of the summer term. These were so successful last year that we wanted to repeat the experience. We recognise the positive benefits of inviting parents and carers into school and hope you can join us on the planned dates. More information will follow closer to the time.



**Thank You!**

It is really important for us to stop and reflect on how lucky we are as a school community.



We want to thank and show our appreciation to our fabulous parents and carers. The support you all show our school, time and time again is amazing! We could not wish for more...Thank you for being part of our journey and supporting your child and our school along the way.

Thank you to all our children, who work hard and continue to impress us with their achievements, making us proud every day.

To our whole staff team...a heartfelt thank you. We know that there are day to day challenges and that you meet these with dedication and commitment, putting our children at the heart of everything you do. School is a busy place and there never seems to be enough hours in the day to say thank you to you all - every adult in school plays their part in making our school the nurturing, supportive place it is, enabling our children to enjoy their learning and make fabulous progress!

## Our School Values

<b>Challenge</b>  Make every experience exceptional	<b>Honesty</b>  Always do the right thing	<b>Ownership</b>  Take accountability for your actions	<b>Courage</b>  Be determined to deliver greatness	<b>Collaboration</b>  Work together to succeed
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## Absence

Please call us by 9am, in the event of your child being too unwell to attend school.



**01952  
388280**

Thank you for your support.

## Punctuality

A polite reminder to our families that our school day starts at 8:45am.

If your child arrives after this time, their lessons will have already started, meaning that they are missing out on their learning which will have an impact on the progress they are able to make in school.



Perfection ← 100%

Impressive ← 98%

Good Effort ← 97%

Nearly There ← 95%

Needs to Improve ← 94%

Danger Zone ← 90%

## Best Attendance for Spring 2nd Half Term



### Early Years

Well done to **Base 1**, who had the best attendance in Early Years during the second half of the spring term.

### Key Stage 1

Congratulations to **Base 3**, who had the best attendance in KS1 during the second half of the spring term.



### Key Stage 2

**Base 8** had the best attendance in KS2 during the second half of the spring term - well done Base 8!

## Best Attendance

### Autumn Term

Well done to **Base 12**, who had the best attendance in the whole school during the Autumn Term.



### Spring Term

Well done to **Base 10**, who had the best attendance in the whole school during the Spring Term.

## Best attendance this year so far...

**Base 12** have the best attendance in the school so far this year - well done Base 12!



## Attendance

We are working really hard on our attendance and expect all children to attend every day unless they are extremely unwell. **Parents have a legal responsibility to ensure their child attends school regularly.**

If your child suffers from a recurrent illness that is having an impact on their attendance, we are able to provide you with a print out of their attendance so that you can share this with their doctor, who may be able to provide further medical advice.

## Medication



If your child has been prescribed medication, we are able to administer this in school so they are still able to attend school. Please visit the school office to fill in a form, if your child needs to take prescribed medication during the school day.

## 100% Attendance

Well done to the children who have 100% attendance so far this year - we are really proud of them all.

Roman Collins	Megan Wallis	Ephrem Bobin
Oscar Jones	Nabeelah Adeniran	Abinav Kumar
Arianna Kwofie	Lilly-Mae Boardman	Winnie Opoku-Agyeman
Molly Malin	Faith Gandy	Tommy-Lee Price
Giavanna Raine	Alvin Nimoh	James Rodgers
Jake Boldero	Zenat Omarzada	Lily Adams
Georgia-Mae Dyson	Keeley Boardman	Kara Colhoun
Cara-Rose Hickman	Mustafa Omarzada	Eliora Frimpong
Casey Ward	Megan Patterson	Katie Nash
Gabriel Agodigbe	Kyle Smith	Cassie Oduro-Sarpong
Winslet Antwi	Aneeq Adeniran	





# Year 6 Residential: Arthog 13th - 17th March 2023

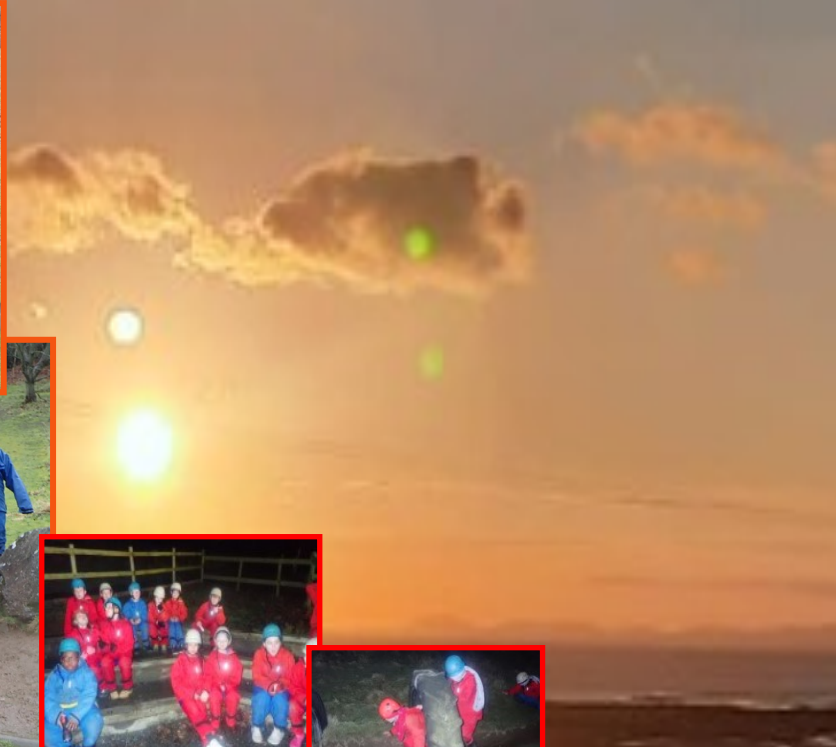
Year 6 had an amazing experience at Arthog...

You can see by the photographs that the children have made memories that will last a lifetime!

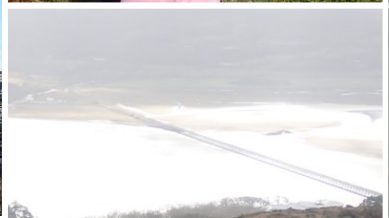
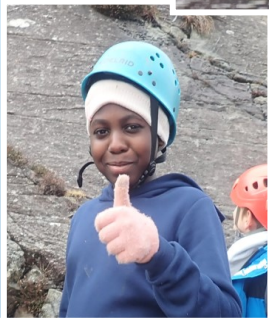
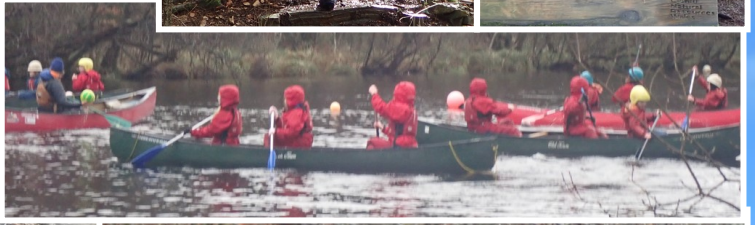


You can view all the photos on our school website by visiting this link:

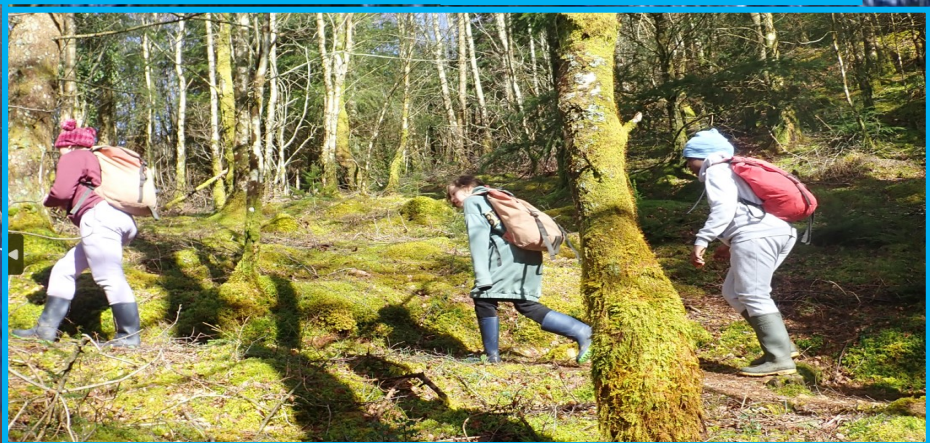
[Arthog 2023 | - William Reynolds \(williamreynoldsprimary.org\)](http://www.williamreynoldsprimary.org)























## The Coronation of King Charles III

Across the country, celebrations are being planned to celebrate the upcoming Coronation of King Charles III.

At school, we are planning to celebrate the historical event by holding a King and Queens Day on 28/04/23, where children can attend school, dressed as a King or Queen. Alternatively, they can wear Red, White or Blue.



We are following this up on the 5th May with a Coronation Meal at lunchtime, to celebrate the events that will take place over the weekend of the 6th and 7th May.

**Coronation Celebrations**

**Kings & Queens Day** – Friday 28<sup>th</sup> April

In celebration of the Kings Coronation, we will be holding a Kings & Queens Day on Friday 28<sup>th</sup> April. Children can dress in Red, White or Blue, or come dressed as a King or Queen.

**Coronation Meal** – Friday 5<sup>th</sup> May

We will be having a separate celebratory lunch. The menu will be Hot dogs – Fries – Sweetcorn – Coronation Muffin

JOIN US FOR THE KING'S CORONATION

SATURDAY 6 MAY

# STREET PARTY

PARK AVENUE, 10AM-2PM

ROAD CLOSURE IN PLACE FROM 9AM-3PM

Book your child's FREE place at the party table by collecting a free ticket from Madeley Community Library.

Tickets will be available from Tuesday 18 April until Friday 28 April on Tuesdays, Wednesdays, Thursdays & Fridays between 9am-3pm.

You will need to bring ID/Proof of Address.

In addition to the children's party table & food there will be street entertainers, activity bags, music and themed tattoos. There will be a live stream of the Coronation Ceremony and cream teas in the Anstice Ballroom (on a first come first served basis). Also, Madeley Market will be in full swing along with fun activities outside Tesco Madeley Store

FREE party table tickets will be issued for children living in Madeley, Sutton Hill & Woodside

In the local area, there is a street party taking place - this party is only for residents in the local area. If you have not got your ticket yet, there is still time as these are available until the 28th April.

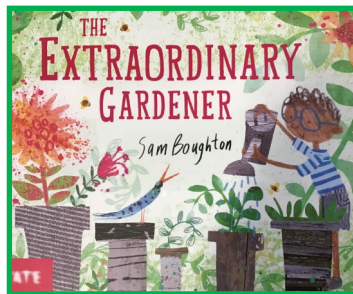




## Reception - Life Cycles - Growing



The children in Reception talked about why it is important to grow fruit, vegetables, and flowers. They then planted seeds and discussed what they need to do to make the seeds grow - food, water, and light. When the seeds have grown into seedlings the children will plant them in the garden and discuss what the seedlings need to grow into strong healthy plants.



## Reception - Forest School

The parents of children in reception were invited into school to take part in a forest school session with their child. They enjoyed den building, the mud kitchen, tic tac toe and a treasure hunt. Everyone enjoyed making smores over the fire pit and drinking hot chocolate. Great fun was had by all!

### Parent Comments

*'I've enjoyed seeing what you all do in forest school and was amazed by the firepit and everything you do.'*

*'We loved watching him explore and show us what he does at forest school. Making smores and collecting his treasure stuff, exploring the nature and being outside.'*

*'Spending time with our son. Jumping in the muddy puddle and getting stuck in the mud.'*

*'It was absolutely brilliant! We loved every minute of it. We loved building the den but every activity was brilliant, hard to choose.'*

*'We loved forest school. We found worms, a caterpillar, woodlouse and a centipede.'*

*'I have enjoyed every moment but my favourite part was building a tepee and looking at bugs.'*





## Telford Crisis Support - Comic Relief

On the morning of Thursday 30th March, our Year 6 school council representatives were invited to shop for food and sanitary items to be donated to the charity Telford Crisis Support. The children spent the money we raised as a school on Comic Relief Day. It was a wonderful opportunity for the children to see how the money we worked so hard to raise as a school is spent. The children picked a selection of products ranging from tinned meats to toothpaste to help support families in our community. The team at Telford Crisis Support were extremely grateful to receive the donation and were happy to show the children how the food was distributed.



## Sewing Club

At school, we have numerous clubs after school for our children to enjoy. These will be starting soon.

Take a look at some of the creations that the children who attended sewing club made. We are really proud of what they achieved.



**Telford  
Crisis  
Support**

Here is what some of the children had to say about the experience:



**Kara:** It made me feel like we've done something to help lots of people. It was good to experience the workings of a charity and to see where our donations went.

**Miley:** I feel good about myself because we've put other people's interests before our own.

**Logan:** Erin at Telford Crisis Support showed us where our food and sanitary products will go to support families.







We are all responsible for reporting concerns about a child's welfare.

If you are worried about a child, call Family Connect:

01952 385385  
option 1

01952 676500  
(out of hours)



If you are worried about a child or family in school, you can also speak with a Designated Safeguarding Lead (DSL).

We have seven DSL's in school.

**Child Protection**  
The Designated Safeguarding Leads are:

	<b>In the first instance:</b> Miss Julie Marriott: Headteacher
	Mrs Joanne Shephard: Deputy Headteacher
	Mrs Ruth Angeloff: Assistant Headteacher
	Miss Emma Shankland: SENDCo
	Mrs Wendy Bowen: Teacher
	Mrs Debra Groucott: Inclusion Mentor
	Miss Lauren Dawkins: Wraparound Care Manager
	Mrs Jane Tranter: Governor with responsibility for Safeguarding



[Child to parent abuse | Parental Education Growth Support \(PEGS\) \(pegssupport.co.uk\)](http://pegssupport.co.uk)

**What is PEGS?**

PEGS is committed to supporting parents, carers and guardians impacted by Child to Parent Abuse.

Their services are free, available for any parent regardless of the age of their child (including adult offspring), and aimed at any parent, carer or guardian experiencing Child to Parent Abuse.

Self referrals can be made by clicking the link below:

[Self Referral Form \(pegssupport.co.uk\)](http://pegssupport.co.uk)

**Get in Touch**

[hello@pegssupport.com](mailto:hello@pegssupport.com)



**Behaviour Policy**

We have recently updated our Behaviour Policy and wanted to make you aware that this is available to be viewed on our school website. Reading the policy will enable you to see how our high expectations in school are established and how the children are supported to make good choices using a positive, nurturing approach. You can view the policy by clicking here: [behaviour-policy.pdf](http://behaviour-policy.pdf) ([williamreynoldsprimary.org](http://williamreynoldsprimary.org))

**William Reynolds Primary School and Nursery**

**Behaviour Policy**

Date of policy creation:	March 2023
Date of policy review:	March 2024
Governing body signature:	

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## ARC (Attachment Research Community) Award

We are really proud of our recent achievements, where we have been recognised for our Attachment Aware and Trauma Informed Practice. We are now beginning to work on our Gold Award.



## We have been awarded Silver Artsmark!

Read our feedback following our successful submission of evidence.

Your Statement of Commitment and Statement of Impact have been assessed and we're pleased to share this feedback from our assessors with you:

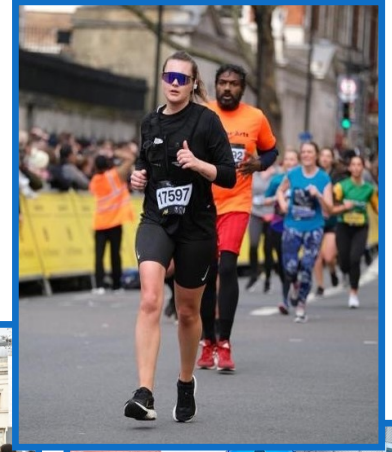
'You are positively increasing the emphasis on arts and culture and engaging with the Arts is having tangible results on pupils and staff. The arts feature in the School Improvement Plan and are supported by SLT and governors, extra-curricular activities, and a newly developed progression linked curriculum for music. All pupils access a consistent and relevant range of experiences in school which leads to showcasing within school and the local community. It's lovely to hear about the choir performing locally, that pupils' vocabulary is increasing through access to poetry, and that you continued online during the pandemic. These are all great examples of how Artsmark has raised the profile of the arts in school to begin to develop quality teaching and learning. It's positive that you are working with your local music service, and they are providing staff CPD and curriculum support for music. As you recognise, it's important to work with practitioners to build strong, long-term partnerships who can help plan your curriculum, as well as work with pupils, to embed authentic artistic experiences and make arts the 'golden thread' through school.



## Well Done Miss Chadwick!

We are really proud of Miss Chadwick, one of our Year 2 teachers, as she has recently competed her first marathon!

On the lead up to this event, Miss Chadwick ran in the London Half Marathon (13.1 Miles) on Sunday 2nd April. On Sunday 16th April, Miss Chadwick ran in the Manchester Marathon (26.2 Miles). Her finishing time was 4 hours and 55 minutes.



## Parents into Lunch



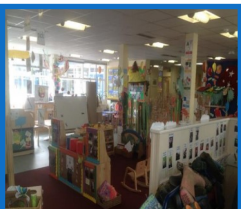
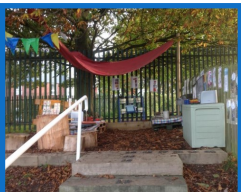
It has been lovely to be able to invite some of our parents into school to have lunch with their children recently. Year 5 and 6 have so far enjoyed having the opportunity to have their lunch with their parents.

*"It was lovely for my Mum to come into school for lunch, because it was nice to catch up over a meal together."* Joel

*"It was really good for my Mum to come into lunch because we got to have a good chat about our days and stop and not be busy like we are at home sometimes."* Casey

## Nursery Places

We have spaces available for morning and afternoon Nursery. Children can start after their third birthday - please ring the School Office.



## Wraparound Care

We provide:

**Breakfast Club: 07:45am**

**Cost: £1:50 per session**

**After School Provision: Until 5:30pm**

**Cost: £5 per session**



Wraparound Care Admission Form	
Please fill in this form and hand it to the school office.	
Child's Name:	<input type="text"/>
Child's full name:	<input type="text"/>
Contact Number:	<input type="text"/>
Address:	<input type="text"/>
Postcode:	<input type="text"/>
Occupation Name and address of employer:	<input type="text"/>
<p><small>As we are linked on systems at the moment, we are only offering to support parents who will continue to work as usual. Please call us if you are unable to work. Please call us if you are unable to work. Please call us if you are unable to work.</small></p> <p><small>It is the responsibility of the parent or guardian to inform the school if any information on this form changes.</small></p> <p><small>This school will not use the personal data for any other purpose and will only access your personal data where it is necessary to do so.</small></p> <p><small>Your child's personal data will be processed in accordance with the Data Protection Act 2018.</small></p>	
<p><small>Please make sure this is used for the purpose of the school. We will not be able to accept it if you have used it for any other purpose.</small></p> <p><small>Do not send us any other personal or sensitive data unless you have been asked to do so.</small></p>	

Please fill in a form at the office if you need a place for your child. Payment is made through ParentPay.



## Netball Tournament - Success!

On Tuesday 21st March, we were invited to a netball tournament at Telford Langley Secondary School. When we arrived, everyone was buzzing with enthusiasm - including our team. We saw a handful of other schools practising; we found a spot for us to put our belongings; then started warming up and throwing the ball around practising our different passes. Shortly after, we were called for our first match. At first, we were very nervous but as the game commenced, we started to relax. Sadly, due to a combination of nerves and a couple of falls, we lost our first game, although we played well but we were encouraged not to give up. After a short break, (eating our snacks) we were called again for our second game. We pushed through and won! After the game, we shook hands with the opposing team. It was an enjoyable experience. After a couple of weeks, it was announced in assembly that we had come second, and we all received a medal which was brilliant.

Written by: Jesse and Kara from Year 6



Well done to the children who competed in the tournament!

**Lebenam Agodigbe**

**Kara Colhoun**

**Eliora Frimpong**

**Logan Hill**

**Jesse Opoku-Agyeman**

**Lilly Welch**



## Easter Colouring Competition

Children across school entered the Easter Bunny Colouring Competition that was organised by Madeley Town Council. We are really proud of our winners from the different categories. Well done to them all!



**Leah Bryan**

**Ruby Collins**

**Scarlett Howe**





## Year 2 - Shrewsbury Museum and Art Gallery Visit

"I couldn't believe that we got to see a real newspaper from the moon landing!" **Frankie**

"I liked seeing the timeline photographs because we learned about this in our history work at school." **Soraayah**

"I was so excited that we got to touch real moon rock!" **Holte**

"It was the best day ever because we got to learn more history about the moon landing and I loved doing the art work because my moon picture looked real!" **Elizabeth**

"My moon picture was brilliant because I used texture to show the moon's craters." **Chloe**

"I loved the giant moon it made me feel like I was really in space. I want to take my family to the museum!" **Lila- Rose**

"It was so fun in the reading corner in the museum because we looked at special pop up space books" **Kacey**

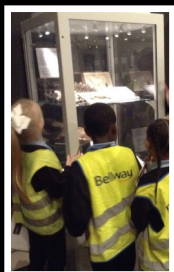
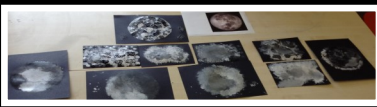
"The best bit was when we got to touch the real moon rock!" **Taylor**

To celebrate the end of their History focus on Space Travel, Year 2 visited Shrewsbury Museum on 31st March to explore a moon themed exhibition along with a hands-on art workshop.

The moon exhibition complimented their history learning perfectly as the children had the opportunity to encounter astonishing historical artefacts that included photographs, newspapers and even touchable moon rock! The photographs from the visit show what a memorable, exciting day the children shared.



During the art workshop, the children worked creatively to produce their own pictures of the moon. The children thought carefully about tone and texture and were extremely proud of their finished pieces of art.





Year 3 had a fabulous day taking part in a **Stone Age workshop**. Dan, who led the day, shared his own personal experience of living off the land, in the wilderness with a Stone Age tribe. We learnt about the Palaeolithic period all the way through to the Neolithic period of History. Children took part in making a fat lamp using clay and a Stone Age tool which they smoothed and sharpened themselves using authentic techniques.

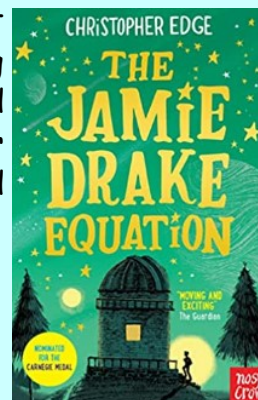


Stone Age	Bronze Age	Iron Age CELTS	Romans	Saxons
500,000	2,000	700	43	410
BC			AD	



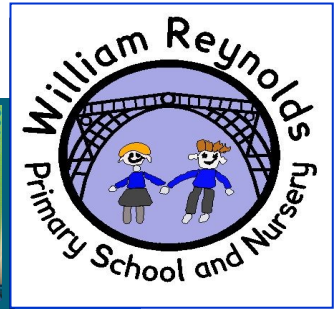
In Year 5, we have started our narrative work on **The Jamie Drake Equation**. Last week, we all took part in designing and creating 3 planets and creatures that could live on them.

Some of our gifted artists spent lots of time designing and drawing our 3 planets. We are very proud of what they have achieved so far in Literacy and we're very excited to continue our Narrative unit!





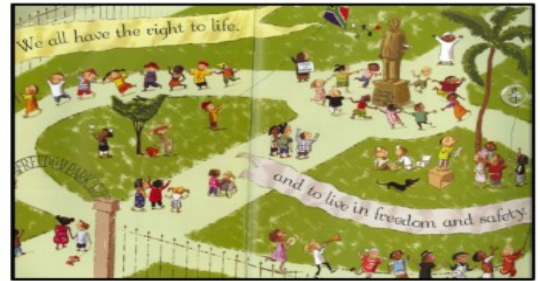
# Subject Spotlight: Personal, Social, Health and Economic Education including Relationships and Health Education



At William Reynolds Primary School, we recognise the importance of encouraging our pupils to become healthy, independent, and responsible citizens. Our approach to PSHE (Personal, Social, Health and Economic Education) is a teaching and learning programme which includes the statutory RHE (Relationships and Health Education) curriculum and has a strong focus on emotional and mental health and wellbeing.

Our principle aims for Personal, Social, Health and Economic Education (PSHE) are for pupils to:

- ⇒ learn the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts including online
- ⇒ learn how to be safe and healthy and how to manage their academic, personal and social lives in a positive way
- ⇒ understand the importance of wellbeing and develop resilience and character that are fundamental to them being happy, successful, and productive members of society
- ⇒ know facts about puberty including physical and emotional



The impact of our curriculum is that all pupils:

- ⇒ have healthy, respectful relationships with people at school, at home and online
- ⇒ know how to stay safe, including online, in our ever-changing world
- ⇒ know how and where to seek support if they need it
- ⇒ can recognise and talk about their own, and others, emotions
- ⇒ know how to stay healthy and know ways to prevent illnesses, including their own personal hygiene
- ⇒ know key facts about puberty and the changing adolescent body
- ⇒ know how to consider the effect of their online actions
- ⇒ are ready for their next stage of their education

Our school progression documents are available on the school website:

[pshe-progression-grid.pdf](#)  
(williamreynoldprimary.org)

Our RHE Leaflet is available to view on the school website:

[rhe-leaflet.pdf](#)  
(williamreynoldprimary.org)

**Relationships Education**

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and others. Your child will be taught what a relationship is, what friends are, what family means and who can support them. It is age-appropriate and your child should not ever have to trust each other with limited, consentation and respect.

**Health Education**

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise abuse in themselves and others, and to seek support as early as possible when issues arise.

**Our approach**

Our approach to PSHE (Personal, Social, Health and Economic Education) is a teaching and learning programme, which includes the statutory RHE (Relationships and Health Education) curriculum and has a strong focus on emotional and mental health and wellbeing. We believe that this work is vital to support children's development and to enhance their learning capacity, and that it is most effective when parents and carers work in partnership with the school. We, like parents and carers, want children to be safe, healthy and happy. We will be respectful of parents, the faith, beliefs and customs of children's families, engaging with parents and carers. Children's safety and wellbeing is paramount and we must follow their statutory duties.

**What are the aims of Relationships Education, Sex Education and Health Education in the primary school?**

The opening paragraph of the Department for Education Relationships Education, Sex Education and Health Education guidance (2020) states:

"Today's children and young people are growing up in an increasingly complex world and facing their lives differently and often. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to be able to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

**What does the DfE say?**

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

**A guide to Relationships Education and Health Education at William Reynolds Primary and Nursery School**

In July 2020, the Department for Education (DfE) published a document entitled Relationships Education, Sex Education and Health Education, which outlines what schools must cover in these subjects from September 2020. Parents can read the statutory guidance on the Department for Education (DfE) website.

From September 2020, all schools in England are required to teach Relationships and Health Education. This is a statutory requirement for all schools. The guidance stresses consistency in what schools deliver as part of this subject. It will also ensure a clear progression of themes and topics throughout primary school and into secondary school.

**When are these lessons taught?**

The new Health and Relationships Education lessons, including lessons on safety (Year 4, 5 and 6) are taught in the Summer Term. Lessons about mental health, good and bad health, people who help us, good friendships and peer pressure are taught throughout the year. These lessons start in Reception and build each year so that when children have primary school, they will have a comprehensive understanding of healthy friendships, growing up, staying safe and how to seek help or advice if they are worried or stressed.

**The aim of these lessons is to:**

The aim is to determine whether pupils should be taught sex education based on the requirements of the national curriculum. At our school, we do not teach pupils sex education beyond what is required in the national curriculum.

**How do I stop myself from worrying so much?**

- \* usually I eat some chocolate
- \* I play my games
- \* I talk to someone usually an adult
- \* I have a friendship jar at home where I put notes in. If someone is nice to me and says something nice, I write it down and put it in the jar then I take one out when I'm worried about

We have discussed making our own friendship jar for the class.







# 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.

## 2 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.



## 3 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.

## 4 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.



## 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.

## 6 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.



## 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.

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

Twitter - @natonlinesafety

Facebook - /nationalonlinesafety

Phone - 0800 368 8061

Visit our website for more Online Safety tips:

[Online Safety | - William Reynolds](#)

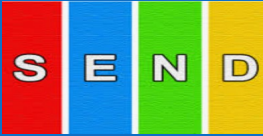




## BeeU Children's & Family Mental Health Services

**NHS**  
Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust

Bee U is the emotional health and wellbeing service for people, up to the age of 25, living in Shropshire and Telford & Wrekin. Previously known as CAMHS the service offers a range of support depending on the needs of the child or young person. The services you may be offered are described briefly here or you can find out more about what help is available at <https://camhs.mpf.nhs.uk/beeU>



Involving & Supporting Families Who Have a Child or Young Person With a Disability or Additional Need (age 0-25)  
"Together We Can Make a Difference"



EMOTIONAL WELLBEING SUPPORT FOR CHILDREN & YOUNG PEOPLE UNDER 25

**Monday - Drop In's** at The Lantern, Meadow Farm Drive, Shrewsbury. SY1 4NG  
From 12pm - 4pm (last session 3:15pm)

**Tuesdays - Drop In's** at Wellington Beam, 9 Market Square Wellington, TF1 1BP  
From 10am - 6pm (last session 5:30pm)

**Thursdays - Drop In's** at Wellington Beam, 9 Market Square Wellington, TF1 1BP  
From 10am - 6pm (last session 5:30pm)



This service is run by The Children's Society. Proud to be part of Bee U.



### Beam - phone or face to face

Beam is an emotional well-being service for children and young people under 25 years old who are registered with a GP in Shropshire or Telford & Wrekin.

Beam are currently offering support via:

- Phone
- Virtual face to face (via MS Teams)

You can request support from Beam via our website:  
<https://www.childrensociety.org.uk/beamsshropshire>

Young people aged 14 years+ can register themselves.

Young people aged 13 and under will need a parent/carer to register on their behalf.

If you have any questions about the Beam service, please contact us email [shropshirebeam@childrensociety.org.uk](mailto:shropshirebeam@childrensociety.org.uk)



**SEND - Local offer**  
[telfordsend.org.uk](http://telfordsend.org.uk)

## PODS HELPLINE

(Supporting families with disabled/Additional need children aged 0-25 years)

Are you in need of some guidance or information? Would you like to access our Befriending service or maybe receive a call from one of our staff?  
Then please give us a call or email us!

Hello it's PODS, how can we help?



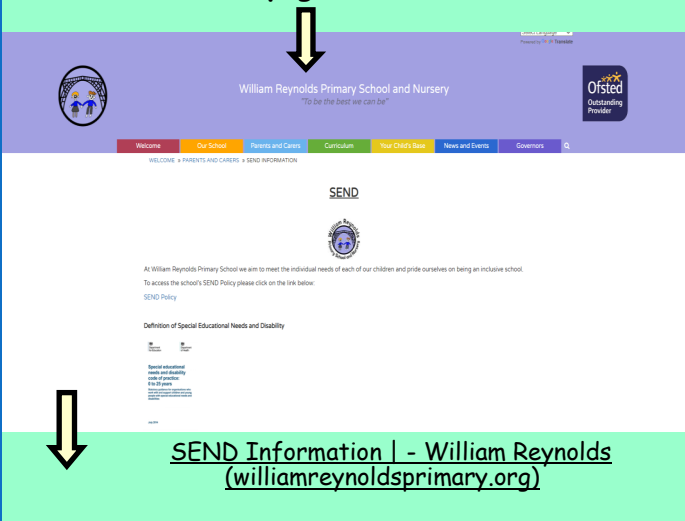
01952 458047

[info@podstelford.org](mailto:info@podstelford.org)

Calls will be answered between 10am-4pm Monday-Friday, outside these hours please leave a message.



### Visit our SEND page on our school website.



**SEND Information | - William Reynolds**  
[williamreynoldsprimary.org](http://williamreynoldsprimary.org)

### SEND Drop In

#### Parents, Carers & Families

A new SEND Drop In has been arranged, it provides and opportunity for parents, carers and young people to talk to a SEND Officer. The Drop In location has been arranged to enable families to request advice from Future Focus Careers Advisors at the same time, if appropriate.

Time: Every Monday 1pm - 4pm

Venue: Youth Hub (Floor 2), Southwater One, Southwater Square, Southwater Way, Telford, TF4 4JG

**Who is this service for?**  
Our service is available to children and young people 0-18 years who have a diagnosis of Autism. Our website is available for everyone and offers a wide range of information and resources.  
To access our Children's Autism Hub you need to be a resident of Telford and Wrekin.

**Telford Children's Autism Hub**

**Children & Young People 0-18**

**HOW TO FIND US**  
We are based at Telford Centre, so it's easy to get to us by car, bus or train!  
plus, there's plenty of parking too!

**GET IN TOUCH**  
Telford & Wrekin CVS  
01952 262002 (24 hour answerphone)  
Email: [childrensautism@telford.gov.uk](mailto:childrensautism@telford.gov.uk)  
Website: <http://www.telfordautismhub.org.uk/>

Logos for Telford & Wrekin CVS, Future Focus, and other partners.



# Sleepy heads:

Information, advice and practical suggestions relating to sleep: a guide for parents & carers.



## Issue: Fears and Nightmares

Nightmares are a common occurrence in children and young people – even for adults.

They can be a response to worries, changes, a new sibling, a new school, a trauma... the list is endless.



We can't prevent them.

But what we can do is help children (whether they are pre-schoolers or teenagers!) manage the associated feelings that come along with them.

### How can you help?

*"teaching your child that he or she can be the boss and not get tricked by their worry brain."*

Teach your child the tricks that worry can play, like how it loves to exaggerate, catastrophize (make up extra scary stories for situations that are actually extra safe—like turning piles of laundry on the dresser into monsters, or household creaking sounds into intruders), and ignore the facts.

You can encourage your child to take charge, and enlist their imagination to be more honest with them.

How do they do that? By calling in their smart brain to test their fears instead of trusting them."

<https://www.psychologytoday.com/uk/blog/worry-wise/2015/03/helping-your-anxious-child-overcome-bedtime-fears>



## 10 Tips for Dealing with Bad Dreams

### Listen and understand



Try to understand the fears instead of dismissing them. Show empathy. Instead of 'why do you feel scared?' which might make them feel the need to justify their fears, try saying 'I know you're feeling scared'.

### Label it as a bad dream

Explain to your child it was a bad dream, it isn't real and they are safe.

### Encourage self-soothing

Use objects for this – a cuddly toy, a blanket... Anything that you have already identified as being soothing for your child where sleep is concerned.

### Set limits for reassurance

Don't ruin work already done! It is key to be mindful of not reinforcing their 'being scared' behaviour and encouraging bedtime resistance. This is why it is so important to work with your child to overcome their fears in relation to nightmares and the dark.

### Discuss fear in the day

Allow time to listen to your child's fears about their nightmares and their worries. During the day you can spend more time with your child on the next step: labelling and fact-checking their worries.

Help your child view worry as a choice that they don't have to make:

"First, tell me what worry is saying to you. Then tell me what you think"

### Separate your child from the worry & fact check

Label the worry and then ask questions such as:

- o How true do you think that is?
- o What do you really think is going to happen?
- o Do you believe it?
- o Why or why not?
- o If worry were taking a test at school would the teacher mark that answer right or wrong?
- o What does your smart brain say about the dolls coming out of the closet?



The aim is to get them to see that just because the worry is there, it doesn't mean they have to believe it. They can choose to believe what other parts of their brain are saying.

### Teach coping skills

Let them know how you have dealt with something that you have been afraid of. Use coping role models from stories where characters have overcome fears.

### Make the dark fun

For younger ones, be creative in the dark outside of bedtime:

- o Hold bedroom camping trips complete with torches.
- o Have a treasure hunt in the dark, or hide glow in the dark items in their room and get them to find them.
- o Get your child to be a 'tour guide' – either in their bedroom or another room: in the dark they can point out the light switches to you and show you how they work.

### Use nightlights



- ✓ If the room being pitch black isn't helping, use a nightlight. Nothing too bright that will disturb their sleep!
- ✓ If not a nightlight, leave the door open with the bathroom light on.
- ✓ Lava lamps can help too – your child may like to watch this while they fall asleep!

### Be creative



- ✓ If your child has a dream with a specific monster, get them to draw it and then make it look silly: add tutu's, silly glasses... whatever makes them giggle.
- ✓ Have 'monster spray' on hand – this can be a spray bottle filled with water and maybe a soothing fragrance (lavender for example).  
<https://www.andthenhome.com/diy-magic-monster-spray/>
- ✓ Use a 'dreamcatcher' above their bed and explain what this is for:
- ✓ Help them to imagine a different ending to their dream. Watch a short video about 'The Dream Completion Technique'  
<https://www.youtube.com/watch?v=swNRAISZgM>





CHALLENGING PERCEPTIONS

# SENSORY ROOM

0 - 11 YEAR OLDS

Week Days  
9am - 5pm

To book call  
01952 683 700

**PRICES**  
£3.00 0-30 MINS PER CHILD  
ADULTS GO FREE WITH PAYING CHILD MAX 3 CHILDREN

BOOKING A BIRTHDAY PARTY WITH PARK LANE CENTRE WHY NOT ADD THE SENSORY ROOM TO YOUR PACKAGE.

CHALLENGING PERCEPTIONS - PARK LANE CENTRE - PARK LANE - WOODSIDE - TF7 5OZ  
INFO@CPTELFORD.CO.UK WWW.CPTELFORD.CO.UK 01952 683 733

## Well Beans Weekly Cafe

**NEW TIME**

Fridays 1pm-3pm  
@ Park Lane Centre

Meet New People | Learn to Cook on a Budget | Everyone welcome

Playbarn Open | £1 Session

# TRY TENNIS OPEN DAY

## JUNIOR PROGRAMME

POWERED BY  
STA YOUTH & W

## CITIZENS ADVICE DROP IN

RECEIVE HELP AND ADVICE ABOUT BENEFITS, WORK, HOUSING, MONEY PLUS MUCH MORE...

**THURSDAYS 9AM-4PM**  
PARK LANE CENTRE

### Woody's Warren Cafe

**BREAKFAST**

Full English Large	£6.00
Full English Small	£4.50
Beans or Egg on Toast (2 Slices)	£2.20
Toast (2 Slices) With Jam or Marmalade	£1.20
3 Hash Browns	£1.20

**LITE BITES**

Assorted Hot or Cold Sandwiches FROM	£2.50
Assorted Panini	£3.50
Jacket Potato 1 Filling	£3.00
Jacket Potato 2 fillings	£3.50
Chips	£2.00

**SPECIALS**

Daily Special FROM	£5.00
Childs Special or Lunch Bag FROM	£3.00

**BEVERAGES**

Coffee Regular	£1.00
Coffee Large	£2.00
Tea	£1.00
Hot chocolate	£2.00
Canned Drink	£1.00
Fruit Shoot	£1.00
Bottled Water	£1.00

Woody's Warren, Park Lane Centre  
01952 683 718

# TRY TENNIS OPEN DAY

## SUNDAY 23RD APRIL

At Cathie Sabin Community Tennis Centre, Sundorne Road, Shrewsbury, Shropshire, SY1 4RG

**JUMP ON COURT WITH US FOR SOME FUN TENNIS ACTIVITIES, BEGINNER OR BUDDING PRO THERE'S SOMETHING FOR EVERYONE!**

Scan the QR to book into one of the sessions today!

**JUNIOR PROGRAMME** POWERED BY STA YOUTH

SUPPORTED BY HEAD, AMC, PARALLEL, NOWTennis, A brand of inspire2coach

For further information visit [inspire2coach.co.uk](http://inspire2coach.co.uk) | Follow us: @inspire2coach

## PARK LANE CENTRE COMMUNITY LIBRARY NOW OPEN!

**OPENING HOURS**

Monday 9am - 4pm  
Tuesday 9am - 4pm  
Wednesday 9am - 4pm  
Thursday CLOSED  
Friday 9am - 4pm

**PLEASE REGISTER WITH RECEPTION BEFORE BORROWING BOOKS**

Funded by: **Pride in our Community**

Inspire. Develop. Empower.

### Courses for Parents

The Aim Group has a number of courses available that are fully funded.

If you click on the 'Learner' tab, it will take you to the courses which are available.

You can then sign up.  
<https://www.learningcurvegroup.co.uk/courses>

### Children's Groups

**Monday**

- Families in Telford (Term time only) 9:30am-11:00am
- Rainbows 5-7yrs 17:00pm -18:00pm
- Brownies 7-10yrs 18:00pm - 19:30pm
- Guides 10-14yrs 19:30pm - 21:00pm
- Making Changes Youth Club 13+ 18:00pm - 20:00pm

**Tuesday**

- Challenging Perceptions/Next Gen Youth Club 16:00pm-17:30pm
- Taekwondo 18:00pm - 20:00pm

**Thursday**

- Families in Telford (Tums & Tinies) 9:30am- 11:00am
- Callisto Dance 17:30pm - 20:30pm

**Friday**

- Playing together (Strengthening Families) 13:00pm - 14:30pm





Date	Year Group	Event
Friday 28th April	All	Kings and Queens Dress up Day - to celebrate the upcoming Coronation
Thursday 4th May	Y3	Visit to Shropshire Sculpture Park
Friday 5th May	Reception - 6	Coronation Meal
Tuesday 9th May - Friday 12th May	Y6	KS2 SATS Week
Monday 15th May - Friday 19th May	Y2	KS1 SATS Week
Thursday 18th May	Reception	Height and Weight—School Nurse
Tuesday 6th June - Friday 16th June	Y4	Multiplication Check
Thursday 8th June	Y3	Chester Visit
Monday 12th June - Friday 16th June	Y1	Phonics Screening
Monday 19th and Tuesday 20th June	Y6	Bikeability
Wednesday 21st - Friday 23rd June	Y5	Arthog Outreach
Thursday 22nd June	Y6	RAF Cosford in school for DT project
Monday 26th June	Y6	Leavers Photographs
Tuesday 27th June	Y6	Enrichment Morning
Tuesday 27th June	Y3	Enrichment Afternoon
Wednesday 28th June	Y5	Enrichment Morning
Wednesday 28th June	Y4	Enrichment Afternoon
Tuesday 4th July	All	Transition Morning - children visit their new classroom, ready for September
Wednesday 5th July	Y2	Enrichment Morning
Wednesday 5th July	Y1	Enrichment Afternoon
Thursday 6th July	Reception	Enrichment Morning
Monday 10th July - Friday 14th July	All	Arts Week
Tuesday 11th July	Nursery	Activity Morning
Thursday 13th July	Y6	Performance to Parents
Wednesday 19th July	Y6	School Leavers Party

**Bank Holiday: Monday 1st May 2023**  
**Bank Holiday for The Coronation: Monday 8th May 2023**  
**End of Summer Half Term: Friday 26th May 2023**  
  
**PD Day: Monday 5th June 2023**  
**Back to school: Tuesday 6th June 2023**  
**End of Summer Term: Friday 21st July 2023**



"To be the best that we can be"

