

School Newsletter

January 2024

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 Jasmin Taylor

Chair of Governors:

Mrs Jane Tranter

Dear Parents, Carers and Governors,

Thank you to all our families - your children have returned to school happy and settled and are working hard in their classes.



You will be aware that we have had a new Headteacher - Miss Jasmin Taylor. Many of you will have already met her on the playground. We would like to welcome her to our school, as we continue our journey as a successful school community.

Welcome from our Headteacher



It gives me great pleasure to introduce myself as the new headteacher of William Reynolds Primary School and Nursery. I feel very privileged to have been appointed by the governors. Everyone has made me feel very welcome and I have enjoyed my first two weeks at school.

We have a caring, committed and knowledgeable staff, wonderful children, and behaviour is exemplary - this makes our school outstanding. We have a strong vision, 'to be the best we can be', and

this absolutely resonates with me and my values. Being 'the best we can be' today is going to be different to being 'the best we can be' tomorrow, or in a month's time, even in a year's time, and I will strive to be the best headteacher I can be today and in the future.

I have high expectations of the children and will continue to expect excellent behaviour, and a positive attitude to learning. I will be on the gate regularly so please do come up and introduce yourselves. I look forward to meeting more of you in the coming weeks.






Our School Values

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

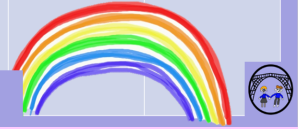


Our School Rainbow Values

Each week, children are awarded their Values Certificates on a Friday. Teachers identify children who are showing the school values - they have to work hard to achieve these values in school so we are always really proud of them when they are awarded their certificates.

Challenge	Honesty	Ownership	Courage	Collaboration
				
Push ourselves and have confidence	Always do the right thing	Take responsibility for your actions	Be determined to deliver greatness	Work together to succeed
<ul style="list-style-type: none"> • Work hard • Don't give up • Be a creative and independent thinker 	<ul style="list-style-type: none"> • Act honestly • Do what is right over what is easy • Treat everyone with respect • Respect our differences 	<ul style="list-style-type: none"> • Go the extra mile • Take responsibility in all areas of school • Care about the wellbeing of yourself and others • Be positive 	<ul style="list-style-type: none"> • Be brave • Be determined • Try hard everyday • Have confidence 	<ul style="list-style-type: none"> • Work together • Listen to others • Respect the opinions of others • Participate in all activities • Be proud of our diverse, British society.

William Reynolds Rainbow



Children receive their 'Rainbow Values Badge' when they have achieved all five Values certificates within the school year they are in. There is a different Rainbow Badge to work towards in each year group.



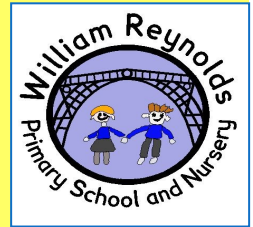
Parent Consultations

We look forward to welcoming parents into school to meet with their child's class teacher in the Spring Term. Please make a note of the date below. You will receive further information closer to the date so that you can book an appointment.



Date	Event
Monday 26th February	Year 1 Parent Consultation
Wednesday 28th February	Year 4 Parent Consultation
Thursday 29th February	Year 3 Parent Consultation
Friday 1st March	Year 6 Parent Consultation
Tuesday 5th March	Reception Parent Consultation
Wednesday 13th March	Year 2 Parent Consultation
Thursday 14th March	Year 5 Parent Consultation
Tuesday 19th March	Nursery Parent Consultation

Subject Spotlight: Internet Safety



On Tuesday 6th February, we will join schools and youth organisations across the UK to celebrate Safer Internet Day 2024.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to join together in a joint mission to create a better Internet.

Be SMART online

Follow Childnet's top tips to help keep you and your friends safe online.

Childnet



S is for safe



Keep your own and others' personal information safe and don't share it with people you only know online. This includes your full name, passwords, school and contact details. Remember personal information can be found in pictures and videos you share too.

M is for meet



Be careful with people you only know online. Tell a trusted adult straight away if they ever ask:

- to meet up,
- for photos or videos of you,
- for you to livestream or video chat with them.

A is for accepting

Think carefully before you click on links, pop-ups, or adverts, as you don't know where they may lead.

It's safest not to accept friend, message or trade requests from people you don't know.



R is for reliable

Not everything you see online can be trusted. Things can be out of date, edited or fake! If something online seems too good to be true, it probably isn't true. Check your facts in several different places and talk to someone about what you have found if you're not sure.



T is for tell

If anything or anyone online makes you feel upset, worried or confused, tell a trusted adult.

There are lots of people who will be able to help, like family members, school staff or club leaders.

Think: **who are your trusted adults?**

Be SMART with a heart

Remember to always be SMART with a heart by being kind, respectful and thinking about other people online.

Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

Childnet

childnet.com

Using the internet safely and positively is a key message that we promote at William Reynolds Primary School and Nursery, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

Being respectful online means:



Below are resources which you may find helpful in supporting your child online:

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



<https://www.childnet.com/parents-and-carers/>

<https://www.commonsensemedia.org/>



<https://www.internetmatters.org/parental-controls/>

<https://www.ceop.police.uk/safety-centre/>



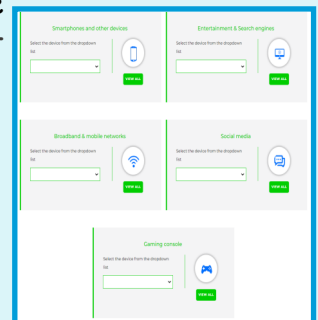
Internet Safety

What are parental controls?

Parental controls are the names for a group of settings that put you in control of what content your child can see. Combined with privacy settings, these can help you protect your children from inappropriate content, online grooming, cyberbullying and other online safety issues.



Remember that parental control settings are only one part of online safety. Make sure to keep having regular conversations about their online lives to stay on top of any issues that come up.



How do you set up parental controls?

Visit the link below to find out how to set parental controls.

[Parental Controls & Privacy Settings Guides | Internet Matters](#)

You will find a drop down menu, where you can select the controls you want to set. Once you select them, you can download a step-by-step guide to help you.

School Council Update

The children in school council have been working hard towards the Unicef Rights Respecting Schools award. I am pleased to say that we sent evidence towards the first stage of the UNICEF UK's Rights Respecting Schools Award and we achieved the Bronze award. William Reynolds Primary School is now a Bronze: Rights Committed school.

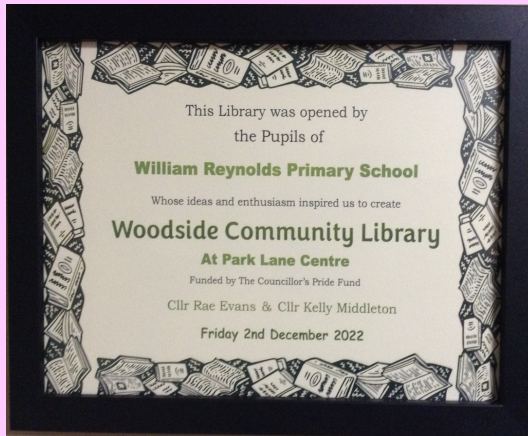




Park Lane Community Library

Have you visited the local community library at Park Lane Centre yet?

For your child to borrow a book from the library, you will need to accompany them on their first visit and fill in a short registration form, which can be collected from the Park Lane Centre. As soon as the form is completed, they can choose a book straight away!



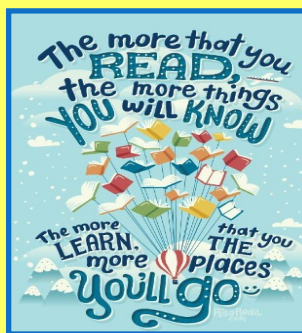
There are a huge amount of books to choose from and we know that children in school have already registered and started to enjoy the range of books available.

School Book Fair

We would like to thank everyone who supported the Book Fair in school before Christmas. As a result of the sales made, we raised over £200 which will be used to purchase some new books for the children.

As you can imagine, books in school are precious and we do sometimes find that children forget or misplace them. Please can I ask you to have a look around your home and return any books that have been forgotten or hiding, so that we can decide what we need to buy.

One single Read Write Inc story book costs over £5, with many books for the Upper Key Stages costing even more, so it is important that we get any lost books back into the classroom that they belong to.



What is lovely, is that there is no charge to join and your child can immerse themselves in reading lots of different texts without it costing a penny.

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: Park Lane Centre, Pride in the Community



Phonics Workshop for Year 1 Parents

Come and join us at school on:

Date: Tuesday 30th January

Time: 9am





"It's the same."

"This side is lighter. This side is heavier."

PIC•COLLAGE



"It's the same."

"This side is lighter. This side is heavier."

PIC•COLLAGE



"I can write the number 8."

"I'm writing my numbers to 20."

PIC•COLLAGE



"1, 2, 3, 4, 5, 6, 7, 8. Tower of 8."

PIC•COLLAGE



"1, 2, 3, 4, 5. This is 5."

PIC•COLLAGE



"I have made a square."

"My triangle has 3 sides and 3 corners"

PIC•COLLAGE

Early Years Foundation Stage Child Led - Mathematics

During child-led learning, Reception and Morning Nursery children enjoyed a range of activities linked to maths.

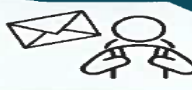
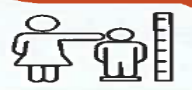
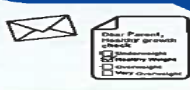


- Subitising
- Matching Numicon to numbers
- Measuring
- Writing numbers 1-10
- Making towers of cubes 1-10
- Making 2D shapes with lollipop sticks
- Weighing objects with scales
- Adding 2 single digit numbers together

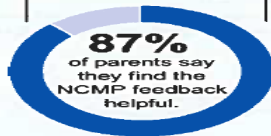
Height and Weight - Year 6

On Thursday 25th January, health professionals will visit school to complete height and weight measurements for children in Year 6. You will have received a letter about this, with an option to opt out if you do not want your child to take part. Below is some information that explains the process of this and why it is carried out.

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

<p>PARENTS ARE NOTIFIED</p>  <p>Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.</p> <p>Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.</p>	<p>SCHOOL HEIGHT & WEIGHT CHECKS</p>  <p>Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.</p>	<p>PARENTS' FEEDBACK LETTER</p>  <p>Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.</p>	<p>PARENTS' ACTION</p> <p>A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.</p>  <p>Parents can visit the children's weight page at Better Health - Families for tips on healthier changes.</p> <p>Parents can monitor their child's weight by visiting the NHS healthy weight calculator.</p>	<p>DATA USE</p> <p>The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.</p> 
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Physical Education (PE) - Reminders

From Year 2, all pupils access at least 90 minutes per week of taught PE where they are given opportunities to participate in a range of sports. Early Years & Year 1 have a weekly timetabled PE lesson.

Please could you support us by ensuring that your child brings in their PE kit on a Monday, their kit can then remain in school and be brought home on a Friday (with the exception of swimming kit, which children will bring home on the day of their swimming lesson).

For safety reasons, earrings need to be removed when children participate in PE lessons. We thank you for your support with this.

What should my child wear for PE?

- White T-Shirt
- Black Shorts
- Black Jogging bottoms or leggings in cold weather for outdoor PE
- Plain sweatshirt for outdoor PE in colder weather
- Black pump or trainers for outdoor PE



Year Group	Indoor PE Day	Outdoor PE Day
Reception	Thursday	
Year 1	Friday	
Year 2	Monday	Wednesday
Year 3	Monday	Tuesday
Year 4	Thursday	Monday
Year 5	Friday	Wednesday
Year 6	Tuesday	Thursday

Parents into Lunch

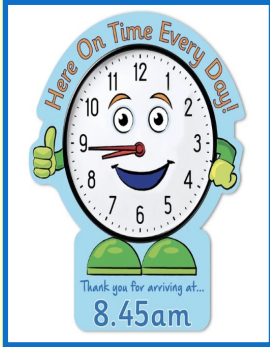
We are looking forward to seeing our Year 5 and 6 parents, when they join their child to enjoy a school lunch. Parents into lunch is an excellent opportunity for parents to come into school and enjoy sampling our school menu in a relaxed environment with their child.

Year 6: 26th January

Year 5: 8th March



Attendance and 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. A few minutes late here and there really starts to add up over time. Please support your child by ensuring they arrive on time every day.

School begins at 08:45



Every school day counts BUT every minute is equally important!

Absence

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

01952

388280

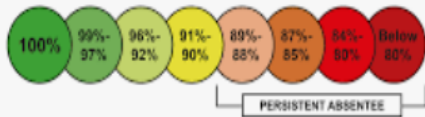


Thank you for your support with this.



ATTENDANCE MATTERS

On Time: First Time, Every Time



Which CIRCLE are you in?

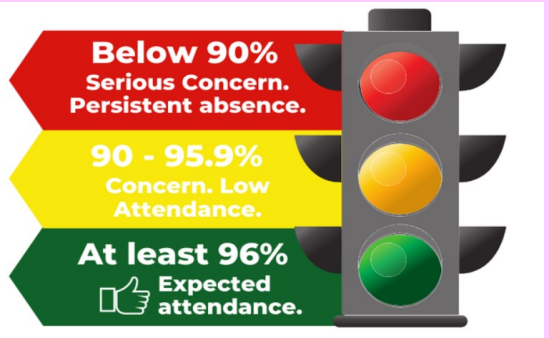
We have high aspirations for each and every child in school, which we know they can reach, when they attend school regularly.

Attending school has many benefits for your child - when children are absent from school they miss lessons, which are taught in a sequence, meaning that gaps in learning can occur.

Do you know your child's attendance percentage?

As a school, we aim for each child to have an attendance percentage of at least 96%. When a child's attendance drops below 90%, they are classed as a persistent absentee, meaning that they will have increased monitoring from the Education Welfare Officer, who works alongside school, on behalf of the local authority to ensure all children are attending school.

If your child is taking prescribed medication, they can still attend school and we can administer their dose for you.



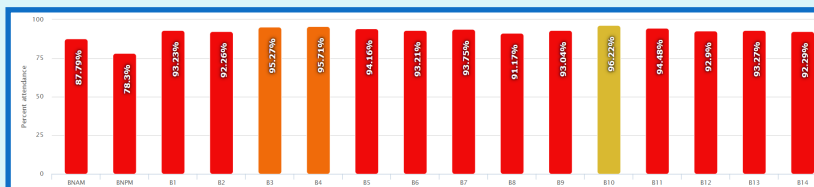
Best Attendance - Autumn Term

Whole School - Base 10

Early Years - Base 1

KS1 - Base 4

KS2 - Base 10



100% Attendance - Autumn Term

Remi Graham	Neveah-Grace Magee-Woodhouse	Savannah Bishton	Elliott Williams
Ivy-Leigh Jennings	Kaleb McLaren	Grace-Leigh Carter	Lemuel Amankwah
Alison Nimoh	Noel Pryce	Frankie Cosby-Cox	Chelsea Anwar
Phoenix Parker	Giovanna Raine	Scarlett Hefferman	Kyron-Lee Collins
Chester Pearce	Amariza Serwaah	Elizabeth Hindley	Lucien Howells
Sandi Patten-Horton	Ebony Williams	Harper Lewis	Kyle Smith
Scarlett-Grace Allen	Yasin Ahmed	Robyn Platt	Leigh-Marie Smith
Rose Brownhill	Daisi Barker-Freeman	Theo Sansome-Davis	Daniel Tisdale
Rory Collier	Liam Branford	Enoch Abiodun	Janice Wiafo
Ava-Rae Gilbert	Fearne Delday	Amelia-Miah Angus	Hollie Williams
Reggie McGraw-Broomhall	Esme-Rose Gilbert	Lilly-Mae Boardman	Aneeq Adeniran
Morgan Newland	Liam Hinton	Jaxon Davies	Aiden Anil
George Wyle	Oscar Wainwright	Edwin Gyamfi	Max Chambers
Chloe Beard	Oliver Williams	Esmae Malin	Ethan Johnston
Sofia Cretu	Jack Wyle	Ahin Nimoh	Cornelius Lockley-Bordier
Glory Dassama	Gabriel Agodigbe	Yvette Opolu-Ayeman	Esme Talbot
Leo Debrah	Winslet Anwar	Hannah Spragg	
Esmae Graham	Denis Bodea	Macie-Mae Spragg	

Christmas Performance

Thank you to all our parents that came into school to watch our Reception children in their performance.



Reception

Expressive Arts and Design - Creating with Materials

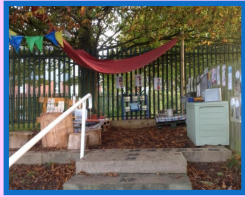
Henry Matisse the Snail

As the theme for this term is 'Percy the Park keeper', the children's task was to create a picture of a snail (something we would find in a park). The children used the French Artist Henri Matisse's art 'The Snail', as a starting point. First, the children chose the colours they would like to use for their snail and then they carefully cut out their shapes and stuck onto their background. They added their shapes round in a curved way to emulate the shape of a snails' shell.



Nursery Places

We have spaces available for 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

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

Healthy Snacks

Children in Early Years and KS1 are provided with a healthy snack each day in school.

In KS2, children are allowed to bring their own snack into school. It is very important that this is a healthy snack. We have noticed that some children are bringing in unhealthy snacks, like chocolate bars, cakes or crisps. Please support us by ensuring your child brings a healthy snack in to eat at break-time.



We need your ... Wellies!

Have you got some old wellies that you could donate to Early Years?



If you have some wellies, that your child has grown out of, we would really appreciate you donating them to Early Years.

We are particularly short of the following sizes?

- Size 8
- Size 9
- Size 10
- Size 11

If you have some to donate, please drop them off at school. Thank you for your support.

It's getting colder...

Please ensure your child comes to school in warm clothing appropriate for the weather.



School Uniform Prices

Uniform can be purchased from the school office. Payments for uniform can be made on ParentPay.



Uniform Price List	
Sweat Shirts (sizes 24"-34")	£10.55
Sweat Shirts (sizes S, M, L)	£12.05
Cardigans (sizes 24" - 34")	£11.95
Cardigans (sizes S, M, L)	£12.45
Polo Shirts (sizes 24"-34")	£8.45
Polo Shirts (sizes S, M, L)	£10.45
Book Bags	£7.75
Water Bottles	£3.50
PE Bags	£5.00
PE T-shirts	£3.00
PE Shorts	£4.00

Sweatshirts, Cardigans & Polo Shirt Size Guide (as published by Brigade uniform)									
Chest	24"	25"	28"	30"	32"	34"	36"	38/40"	42/44"
Age	3-4	5-6	7-8	9-10	10-11	12-13	S	M	L

Autumn Term 2023/24



Year 2 - Music Lessons

In their weekly music lessons, Year 2 children have been learning to play the Glockenspiel.

"The pulse is the heart beat"
Junayd Base 5

"An elephant is big and makes a low sound but a mouse is small and makes a high squeak"
Solace Base 6

"If we lift the beater off straight away the sound is better"
Lily Base 5

"The rhythm is the tune."
Aysach Base 5

"F sounds higher than E"
Charlie Base 6



St Giles Visit Year 5 and 6

Year 5 and 6 had the privilege of meeting Sam from St. Giles when she came into school and talked to us about Weapons and Gang culture. Sam covered points on gangs, knife crime and E-Safety and what makes a good citizen.

Gangs

We spoke about gangs and some key points were to:

- Not to judge a book by its cover.
- Not to trust every individual you meet - even if their face is familiar.
- Not to be manipulated into doing something you don't want to do.
- Not to keep it a secret, always tell a trusted adult.
- Never be afraid to say NO!

We also were told about how we should be a good citizen.

Weapons

We spoke about weapons and some key points were:

- Anything intended to be harmful will be counted as a weapon.
- Just carrying a weapon, to look cool, can have a consequence of up to 5 years in prison.
- You need to have a licence to carry a sword, gun and other weapons.
- If the weapon was created by you (e.g. a bat with nails) you can go to prison.
- If you are under 18 and you use a weapon, you can get 12 years in prison but if you are over 18 you can get 15-30 years (depending on the weapon).

The consequences of having a criminal record will follow you through life and stop you travelling to countries like: USA, Canada and Australia and it will prevent you from gaining employment in many sectors such as teaching and childcare.

Be careful who you are friends with online so they can't trick/groom you. To groom someone is a cycle, they will target your vulnerabilities and help you with that. Seeing as they have helped you, they are now your friends. You will spend time with them and maybe even start a relationship. After a few months, you might be tricked into doing or delivering things for them. Now they are more comfortable with showing their true side, they can become abusive. Remember, 'Be safe and Be aware'.

Written by Winnie and Flo - Year 6

St Giles

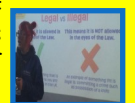
Turning a past into a future



'One key point I learnt was not to trust everyone and if I have a concern, talk to a trusted adult.' Trai Year 6

'Having a criminal record means that it affects you in later life e.g. you can't go to America or Australia and it limits your job choices.' Florence Year 6

'I have learnt that there are four stages of recruiting by gangs and drug dealers: Targeting the vulnerable, befriending, trust and abusing.' Caiden Year 6



'You can be arrested from the age of 10.' Davida Year 5



'Older people, as well as youngsters can commit crimes.' Omer Year 5

'Gangs are 3 or more people involved in anti-social behaviour.' Scarlett H Year 5

'If you retaliate, you can still end up in trouble.' Corben Year 5

'A criminal record stops you from travelling to some other countries.' Kyron-Lee Year 5

'Legal means it is in the law, illegal means it is against the law.' Daniel Year 5

'Gang members look like ordinary people.' Riley Year 5

'Gang members can groom children.' Sienna Year 5

'Grooming can take place online.' Darcy Year 5



After School Clubs

Our after school clubs start on Monday 22nd January. Our clubs provide numerous opportunities for our children to learn and enhance skills, whilst having lots of fun.

Monday

Fitness Fun - Year 1 and 2

Dodgeball Years 3 and 4

Sewing and Crafts - Year 5 and 6



Tuesday

Fitness Fun - Years 3, 4 and 5

Timetable Rockstar Club - Year 4

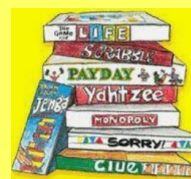


Wednesday

Board Games - Years 1 and 2

Sewing and Crafts - Years 3 and 4

Badminton - Year 5 and 6



Thursday

Badminton - Years 3 and 4



Friday

Crafts - Years 1 and 2

Boardgames - Years 3, 4, 5 and 6

Dodgeball - Years 5 and 6



Headlice Reminder

Please can we ask all parents to regularly check their child's hair for headlice.

Did you know that ...

Head lice and nits are very common in young children and their families. They do not have anything to do with dirty hair and are picked up by head-to-head contact.



Head lice are small insects. They can be difficult to spot in your hair.

Head lice eggs (nits) are brown or white (empty shells) and attached to the hair.



NHS

Advice

Head lice can make your head feel:

- itchy
- like something is moving in your hair

The only way to be sure someone has head lice is by finding live lice. You can do this by combing their hair with a special fine -toothed comb (detection comb).

How to get rid of head lice:

- Treat head lice as soon as you spot them.
- You should check everyone in the house and start treating anyone who has head lice on the same day.

Wet combing:

Lice and nits can be removed by wet combing. You should try this method first.

You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.

There may be instructions on the pack, but usually you:
wash hair with ordinary shampoo

apply lots of conditioner (any conditioner will do)

comb the whole head of hair, from the roots to the ends

Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

How to get rid of head lice:

Medicated lotions and sprays

Ask a pharmacist for advice.

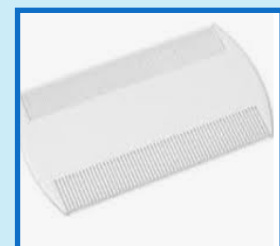
They may recommend using medicated lotions and sprays. These kill head lice in all types of hair, and you can buy them from local pharmacies, supermarkets or online.

Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs.

Some treatments need to be repeated after a week to kill any newly hatched lice.

Check the pack to see if they're OK for you or your child and how to use them.

If lotions or sprays do not work, speak to a pharmacist about other treatments.



10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



National Online Safety®

#WakeUpWednesday

Source: <https://www.nos.gov.uk/people/population-and-community/crimeandjustice/also/bullyingonlinebullyinginenglandandwales/yearendingmarch2020>
<https://truecenterpublishing.com/psychology/blackhole.html> | https://www.researchgate.net/publication/8458443_The_Online_Distraction_Effect



SEND Information | - William Reynolds
williamreynoldsprimary.org

PODS HELPLINE

(Supporting families with SEND/ADHD/Additional Needs 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

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

SHROPSHIRE BEAM

Emotional wellbeing drop-in service for children and young people under 25

Who are we?
 We're Shropshire Beam, part of The Children's Society. The Children's Society are a national charity that fight for the hope and happiness of every child and young person to achieve long-lasting change for this generation and the ones to come. Here at Beam, we hold drop-in sessions with our experienced practitioners to offer emotional support for children and young people under 25 who are registered with a GP in Shropshire or Telford and Wrekin. We also offer a range of workshops which are advertised on our Instagram account: @shropshirebeam. To access our drop-in sessions, you don't need to book - just pop-in and one of our friendly practitioners will welcome you in!

LOCATIONS AND TIMES

When?	Where?	Time?
Mondays	Sundorne Youth Centre 218 Sundorne Road Shrewsbury SV1 4RG	12pm-4pm (last sessions held @ 3pm)
Tuesdays	Shropshire Beam Market Square Willingdon TF1 3BP	10am-6pm (last sessions held @ 5pm)
Thursdays	Shropshire Beam Market Square Willingdon TF1 3BP	10am-6pm (last sessions held @ 5pm)
Saturdays	Shropshire Beam Market Square Willingdon TF1 3BP	10am-2pm (last sessions held @ 1pm)

Become a PODS a Befriender!

Empower, Connect, Support: Make a Difference in a Parent Carer's Journey

PODS are looking for volunteers to be part of our Befriending Scheme, offering heartfelt emotional support to parent carers.

Why Become a PODS Befriender?

- Meaningful Connections:** Provide empathetic understanding in a non-judgmental space.
- Empowerment:** Be a beacon of strength, helping parents discover their resilience and empowering them.
- Active Listening:** Your compassionate ear can make a world of difference.
- Peer-to-Peer Support:** Share insights, strategies, and coping mechanisms based on your own experiences.

For more information, please contact
 Kerrie: kerrie@podstelford.org or call: 07309 753044

CONTACT US

If you would like any further information, advice or support please contact SENDIASS Telford & Wrekin. This service is independent, impartial, confidential and free.

SENDIASS Telford & Wrekin
 Telford and Wrekin Council for Voluntary Services
 Suite 10 - 10 Huddersfield House
 Central Square
 Telford Centre
 Telford
 Shropshire
 TF1 4AL

01952 457176
info@iass.org.uk
www.telfordandwrekin.gov.uk
 @IASS Telford and Wrekin

SENDIASS Telford & Wrekin
 Information, Advice & Support Service



WHAT IS SPECIAL EDUCATIONAL NEEDS?

A child or young person has Special Educational Needs if they have a learning difficulty or disability, requiring special educational provision.

HOW CAN WE HELP?

- Provide information and advice on the telephone.
- Meet you in person to discuss your concerns.
- Help you to prepare for meetings.
- Support to attend meetings.
- Help to prepare reports written by professionals.
- Link to your GP and your GP's contacts.
- Working with you to explore your options and support.
- Signpost to other sources of information and support.
- Access to workshops relating to Special Educational Needs, providing including information relating to health and social care.
- Work in partnership with schools and the Local Authority to develop positive relationships and outcomes.
- Encourage you to refer to SENDIASS for the enable you to participate and receive support for children regarding your child's education.

FOR CHILDREN AND YOUNG PEOPLE

Are you a young person with Special Educational Needs or a young person who has a learning difficulty or disability? Do you have any questions regarding your education?

Do you prefer to have the advice the help you need?

SENDIASS Telford & Wrekin

CONTACT US

Website:
www.childrensociety.org.uk/beamshropshire

Instagram: @ShropshireBeam

Email: shropshirebeam@childrensociety.org.uk

BSAT & The Linden Centre Coffee Mornings/ Evening

Please come and join us for a cuppa, a slice of cake and a chat!

The BSAT team are keen to hear your suggestions of how we can further support our students and their families.

We would also like to support parents/carers and our young people to better understand school systems, exclusion, procedures and signpost the different support agencies that are available.

We look forward to seeing you.

The BSAT Team

@ The Linden Centre
 Oak Road
 Overdale
 Telford
 TF3 5BT

BSAT Coffee Dates:
 Wednesday 17th January
 Wednesday 26th February
 Wednesday 17th April
 Wednesday 12th June
 9.00 - 10.30am & 5.00 - 6.30pm

SEND Telford & Wrekin Local Offer

Welcome to Telford & Wrekin's Local Offer

The Local Offer gives you the right to request certain services available. Health and social care with an education focus. Transport, education, leisure and other services and other services available with specialist education and young people with Special Educational Needs and Disabilities (SEND).

Head to our page to explore what you can expect from your Local Offer.

- SEND Local Offer for 0-5 years old
- SEND Local Offer for 6-18 years old
- SEND Local Offer for 11-15 years old
- SEND Local Offer for 16-25 years old
- SEND Local Offer for All ages
- Find a school

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.

HOW TO FIND US
 We are based at Telford Centre, so to access our service you need to go to or be on the bus route.

Plus, there's plenty of parking too!

Telford & Wrekin CVS
 Telford Centre
 Telford
 Shropshire
 TF1 4AL

Telford Children's Autism Hub

Children & Young People 0-18

BeeU Children's & Family Mental Health Services

NHS Midlands Partnership NHS Foundation Trust
 A Keele University Teaching Trust

BeeU 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.mftf.nhs.uk/beeu>

Telford Children's Autism Hub

Come and join us for a Coffee & Chat

"Really nice to share experiences with other parents. Also, to receive support and encouragement from staff and parents"

Every Monday
 11.15am to 12.15pm (Term Time Only)

"Attended the coffee & chat. Made to feel welcome, a warm atmosphere and nice just to talk to other parents that 'get it'"

Email us on childrensaun@tandwcvcs.org.uk or call 01952 262062 if you would like to attend

Telford Children's Autism Hub

HEYF SEND SUPPORT AND PLAY FOR EARLY YEARS FAMILIES

We are excited to announce the upcoming launch of our Early Years SEND Support Group. We will be supporting parents and carers within Telford & Wrekin, whose child has special educational needs and a disability, including parents whose children have a diagnosis of Autism.

Join us for our fortnightly drop in held on the 1st and 3rd Monday of the month 9:15am to 10:45am (Term time only & Excluding Bank Holidays)

Drop in with Telford SENDIASS and Telford Children's Autism offers you:

- A safe play area for children where parents can relax.
- Guest speakers from relevant organisations to talk about specific issues or how they can help parents.
- Non-judgmental environment for the children to play, socialise and be themselves.
- Understanding environment filled with support, friendship & advice.

To register for our Early Years SEND Support group please call 01952 262062 or email childrensaun@tandwcvcs.org.uk if your child has an ASD diagnosis. Alternatively call 01952 457176 or email info@iass.org.uk for all other SEND support.

A project of Telford & Wrekin CVS
 Suite 10 to 15 Huddersfield House, Central Square
 Telford Centre, Telford, TF1 4AL

Telford Children's Autism Hub

FAMILY FUN SESSION

3RD TUESDAY OF THE MONTH
 4PM TO 5PM TERM TIME ONLY

COME AND JOIN US FOR OUR FAMILY FUN SESSION FOR PRIMARY AGED CHILDREN
 If you would like to attend email our team at childrensaun@tandwcvcs.org.uk

A project of Telford & Wrekin CVS

FamilyConnect



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)



Protect, care and invest to create a better borough



SOUTHWATER DROP IN



Every Wednesday 9.30am-12:30pm
Southwater Library - children's section

- Advice and signposting
- Information on parenting/ courses
- Support and guidance around accessing local community activities
- Family hubs information



Provided by Strengthening Families and Dandelion Peer Parent support



Sleepy heads:

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



How much sleep?

It's important to note that the hours are on the chart are a guide and it's more important to focus on sleep quality, not quantity, and establish a good bedtime routine and, just like adults, some children need more sleep, some need less.

Some Ways Sleep is Important for Kids...

<https://www.parents.com/health/healthy-happy-kids/the-7-reasons-your-kid-needs-sleep/>

Sleep promotes GROWTH

"Growth hormone is primarily secreted during deep sleep. Both sleep and exercise induce the release of human growth hormone. Experts estimate that as much as 75 percent of human growth hormone is released during sleep."

Read more: <https://www.tuck.com/sleep-hgh/>



Sleep helps the HEART

When we sleep, our heart rate and blood pressure go down, meaning our hearts aren't working as hard.

- Studies show that people with sleep deprivation have a higher heart rate;
- Lack of sleep can lead to insulin resistance which is linked with type 2 diabetes and heart disease;
- Poor sleep can mess with our appetite which in turn can lead to unhealthy food choices which are bad for our hearts, and they can adversely affect weight too!

Read more: <https://www.webmd.com/sleep-disorders/features/how-sleep-affects-your-heart#2>



Helps the IMMUNE SYSTEM

When we sleep, we produce cytokines. These are used by the body to fight infection, illness and stress. Less sleep = lower cytokine production.

Interesting fact... These proteins also make us sleepy - which is why we need to sleep more when we are ill.



Reduces INJURY risk

All of us are clumsier when we are tired. Kids even more so! Our reaction times are affected meaning we are more likely to trip or fall, resulting in injury.



Increased ATTENTION

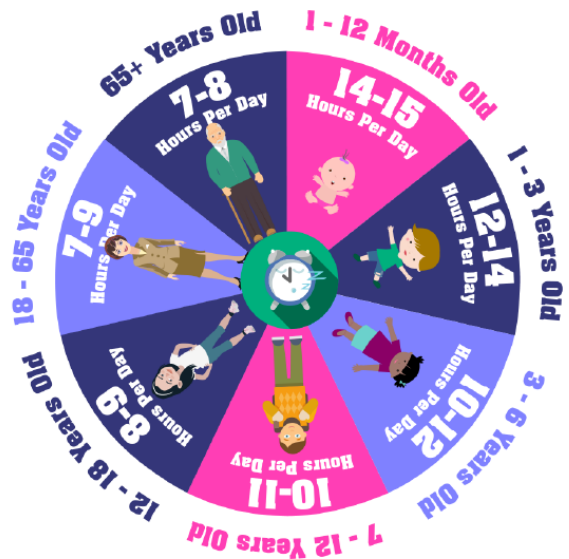
It's so much harder to stay focused on a task when we are tired or fatigued. Studies have shown that kids who don't sleep the recommended amount show increased impulsivity and hyperactivity which can look like ADHD.

Interesting fact... Did you know a goldfish has a longer attention span than an adult human?



Boosts LEARNING

Our brains consolidate learning when we sleep, and our memories are stored... Lack of sleep can make us more forgetful. There are lots of studies which show that we can actually learn new things while we sleep!



"Good sleep hygiene is about practising a variety of healthy lifestyle and sleep habits that can improve your ability to fall asleep and stay asleep. Small changes can have a huge impact on your sleep quality and quantity."



WINTER WARM PACKS

We have Winter Warm packs available for those who may be struggling with heating their homes at the moment. If you need help or support - please come and speak to a member of staff at Park Lane Centre Reception between Monday - Friday 10am - 2pm

Packs may include (dependant on needs):
 Insulation for windows and doors
 Hot water bottles
 Fleece throws

Open Monday - Friday
10am - 2pm

Park Lane Centre | Woodside | Telford | TF7 5QZ | 01952 683 700

Winter Warm Packs

A range of items available such as
 Hat and Gloves
 Snood
 Throw Blanket
 Fluffy Socks
 Thermals
 Hot Water Bottle (adult only) and more...

To apply please complete a request form for each child by scanning the QR code below.

Email: info@challengingperceptions.co.uk
 Park Lane Centre, Park Lane, Woodside

CHETWYND DEER PARK 5K FUN RUN & WINTER WALK

Sunday 25 February 2024
 PARK OPENS 9.30am

5K FUN RUN STARTS 10.30am | CHILDREN 11.30am
 Entries to race & park are online only via QR CODE

FREE TO NEWPORT SHOW 2024 MEMBERS | DOGS ALSO WELCOME ON LEAD

Newport Showground
 TF10 8EU
www.chetwynddeerpark.co.uk

FREE JUNIOR GYM SESSIONS

AGES 10+

WEDNESDAYS 4PM - 5PM

FREE

- Ages 10+
- Minimum height 1.4m
- Registration and consent forms required on first attendance
- Drinks provided

JOIN NOW

Contact
 Park Lane Centre | Woodside | Telford | TF7 5QZ
 Tel: 01952 683 700

The Wrekin Housing Group

DROP IN & CHAT
 All Welcome

Drop-in Session at Park Lane Centre
 3rd Thursday of each month
 10am until 12pm

Please pop by and say hello.
 Share your views, what you love and any concerns
 Let us know about your neighbourhood
 Meet our Customer Voice Team

Park Lane Centre,
 Woodside,
 Telford
 TF7 5QZ

Free Digital Skills Workshops For Over 60s

- Gain confidence and work safely online
- Use social media
- Basic skills course - no previous experience with laptops or smartphones required!

Choose from three dates and a morning or afternoon session
 Tuesday 13 February | Monday 8 April | Wednesday 15 May
 10:00 - 12:00pm or 13:00 - 15:00pm

RESERVE YOUR SPACE NOW | 01902 376208 | community-midlandsmuseum.org

PARK LANE CENTRE WARM SPACE

WE'RE BACK!!!
 STARTING 12TH JANUARY 2024!!

Playing Together Group
 Come and join us play with your 0-5 year olds and meet other parents & form friendships.

A free session for you and your child to enjoy games, physical play, creative activities and your own ideas are also welcome

FRIDAYS- 1:00PM-2:30PM
 NO BOOKING NECESSARY!

FOR MORE INFORMATION PLEASE CALL :
 01952 385466/38555

PARK LANE CENTRE WARM SPACE

We will be providing a warm space this winter. No need to book - just turn up and pop to Reception

STARTING IN DECEMBER
 EVERY TUESDAY & WEDNESDAY
 2PM - 4PM

Park Lane Centre | Park Lane | Woodside | Telford | TF7 5QZ | Tel: 01952 683 700

Customer Service Level 1 Award

learn telford City of Telford & Wrekin City of Guilds

Are you looking for or working in a job that involves contact with people by phone, email, text, chat, face-to-face and more? Great customer service makes a difference - even when you work for yourself.

What makes it great? Join us to find out and gain a qualification tool! Develop your skills, employability and confidence on this NEW course. Eligibility: Adults aged 19+. Course fee may apply.

Start Date: Thursday, 08.02.2024
 End date: Thursday, 02.05.2024
 Time: 9.15am-12.15pm
 Duration: 10 weeks
 location: Park Lane Centre, Woodside, TF7 5QZ

scan to register

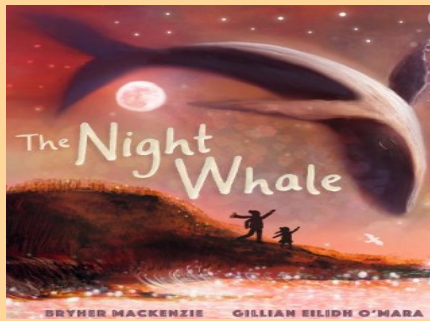
To register your interest, please call 01952 383805 or text/call 0780067157 or visit www.learnatelford.ac.uk

Author

A local author, who is also one of our lunchtime supervisors, Bryher Mackenzie will be reading stories and talking about what it is like to be an author at Madeley Library on Thursday 15th February at 10:30am. This event will take place on the run up to the debut picture book being published in June 2024.

The Night Whale (published by Walker Books) is available on pre-order now.

The Night Whale by Bryher Mackenzie.
Gillian Eilidh O'Mara | Waterstones



Uniform Donations

We are always happy to receive donations of school uniform in good condition. If you have some that your child has grown out of please drop it off at school.

Uniform in school

Uniform is not cheap and we would advise all parents to put names in school uniform. Occasionally, when children get changed for PE or take their cardigan or jumper off in school, items can get misplaced. These are difficult to return to the child when there is no name in. We appreciate your support with this.



School Footwear

Please support us by ensuring your child attends school in black school shoes.

Uniform Purchases

Uniform can be purchased on ParentPay and collected from the school office. If you are struggling to afford uniform due to financial difficulties, please come and speak to us as we may have uniform donations that we can give you, which may help you out.

What's going on at...Half Term?



10TH - 18TH FEB 2024
COMETS AND CONSTELLATIONS

Join us at Egnunity this February half-term to go on an immersive adventure to discover the marvels of the universe.



10TH - 18TH FEB 2024
COSMIC CLAY WORKSHOPS

Coalport China Museum will host a series of drop-in workshops for kids this February half-term where they will be able to make clay stars and planets using air dry clay.

13-15 FEB 2024
FREE
FEBRUARY HALF-TERM ACTIVITIES
DROP-IN, NO NEED TO BOOK

ACTIVITIES:
Tuesday 13th February 10am-12noon
Valentines Card Making
Madeley Community Library @ The Anstice

Wednesday 14th February
10-11am Dodgeball
11-12noon Fencing
12-1pm Archery
1-2pm Parachute Games
The Hub on the Hill, Sutton Hill

Thursday 15th February 10:30am
Book Reading - Bryher Mackenzie
Madeley Community Library @ The Anstice

AGES 5-15yrs

Sutton Hill
4All

EXOTIC ZOO

5-STAR FACEBOOK REVIEWS

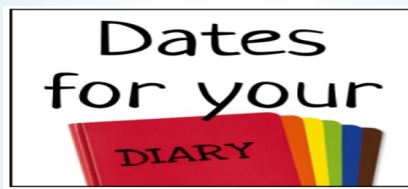
2021 Travellers' Choice
Tripadvisor

5 STAR GOOGLE REVIEWS



13TH FEB 2024
SHROVE TUESDAY

Join us at our annual pancake-tossing competition to see who can flip their pancake the most times before the whistle blows.



Date	Year Group	Event
Monday 22nd January	Reception	Ironbridge Gorge Museum Visit
Wednesday 24th January	Reception	Ironbridge Gorge Museum Writing Project
Wednesday 24th January	Year 5 and Year 6	Young Voices Choir
Thursday 25th January	Year 6	School Nurse - Height and Weight
Friday 26th January	Year 6	Parents into Lunch
Tuesday 30th January	Year 1 Parents	Phonics Workshop
Wednesday 31st January	Early Years	Chinese New Year Workshop
Friday 2nd February	Year 5	Engenuity
Wednesday 7th February	Reception	Ironbridge Gorge Museum Writing Project
Tuesday 20th February	Year 3	Stone Age Workshop
Wednesday 21st February	Reception	Ironbridge Gorge Museum Writing Project
Wednesday 21st February	Year 6	Professor McGinty
Monday 26th February	Year 4	Mayan Day
Wednesday 28th February	Reception	Ironbridge Gorge Museum Writing Project
Monday 4th March - Friday 8th March	Year 6	Arthog Residential Trip
Wednesday 6th March	Reception	Ironbridge Gorge Museum Writing Project
Friday 8th March	Year 5	Parents into Lunch
Wednesday 13th March	Reception	Ironbridge Gorge Museum Writing Project
Monday 18th March	Year 1	Weston Park Visit

End of Spring Half Term: Friday 9th February 2024
Half Term: Monday 12th February - Friday 16th February

Back to School: Monday 19th February 2024
End of Spring Term: Friday 22nd March 2024

Easter Holiday: Monday 25th March - Friday 5th April 2024
PD Day: Monday 8th April 2024
Back to school: Tuesday 9th April 2024



"To be the best that we can be"

