

Wenlock's Weekly Round-Up

'With God's love, we are lights for the world.'



This Terms Value is:
Perserverance

KEY DATES

- **Monday 27th January** - Year 4 Parent Information Evening, Multiplication Tables Check, from 3:45 to 4:15pm
- **Wednesday 29th January** - MHST Coffee Morning Workshop, 9am in the Serenity Room
- **Monday 3rd February to Friday 8th February** - Year 6 Mock SATS week
- **Tuesday 4th February** - Year 3 and 4 Movie Night, 3.45 - 5.15pm, £3.50 includes drink and snack, BOOK VIA ARBOR
- **Thursday 6th February** - Year 5 and 6 Movie Night, 3.45 - 5.15pm, £3.50 includes drink and snack, BOOK VIA ARBOR
- **Thursday 6th February** - Invited children to attend Chiltern Academy Dance Workshops
- **Tuesday 11th February** - Invited children to attend Young Voices at the O2

- **Monday 17th February to Friday 21st February** - Half Term Holiday
Children return to school on **Monday 24th February 2025**

- **Monday 3rd March** - Wenlock Book Week, children can dress up as a favourite book character on Friday 7th March
- **Wednesday 5th and Thursday 6th March** - Parents' Evening - BOOKINGS OPEN SOON VIA ARBOR, please note that Alpha Class Parents' Evening will take place after the Spring holiday.
- **Monday 6th March to Friday 10th March** - Science Week

PARENT AND COMMUNITY GOVERNOR VACANCIES

There are vacancies for a Parent and Community Governor at the school.

Please email:
admin@wenlockacademy.co.uk, if you are interested. We would be delighted to answer any questions you may have.

STUDYBUGS

To date, only 51% of Wenlock Parents have signed up to Studybugs. By Easter we would like the take up to be 75%. Please download the free Study Bugs app if you have not already done so.



MHST COFFEE MORNING WORKSHOP

The Luton CAMHS Mental Health support team will be holding the second coffee mornings on **the 29th January at 9am in the Serenity Room at Wenlock CE Academy.**

This is a workshop on **Anxiety, ADHD, ASC and Anxiety**. All parents are very welcome to attend.

ATTENDANCE

Well done to Genesis who achieved the highest attendance for the last week of term at 98.64%

The attendance for the whole school was 95.11%

Our School target is 97%





We are a Nut Free school for the safety of our children with nut allergies We would like to remind parents that most chocolate spread contains hazelnuts. Please can you remember to not put chocolate spread in the children's lunch boxes.

Electrical Recycling



We have an electrical recycling collection bin in the reception area of the school. Please see the poster below regarding which items can be recycled.

Uniform Exchange



Level Trust are always grateful for donations of pre-loved school uniform. There is a blue container in our school reception area which has details of uniform requested where items can be placed.
Thank-you!

Road Safety



To keep children safe, please ensure that children are taught how to cross the road safely, especially outside school and where there is heavy traffic.
A reminder that drivers must not stop on the yellow lines outside of the school.

Snacks



Many thanks for sending your children in with fruit and vegetables for snack times and for remembering not to send your children in with nut related products.

Grapes and cherry tomatoes should be sent cut into quarters length-ways to avoid choking.

PARENT INFORMATION

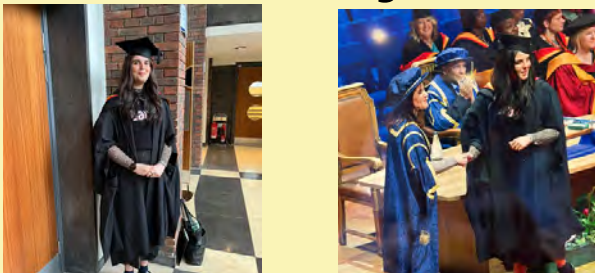
PE TIMETABLE

Year group	PE Day	PE Day
Year 3 - Alpha	Tuesday	Friday
Year 3 - Omega	Tuesday	Friday
Year 3 - Genesis	Tuesday	Friday
Year 4 - Aurora	Wednesday	Thursday
Year 4 - Alina	Wednesday	Thursday
Year 4 - Vesper	Wednesday	Thursday
Year 5 - Lunar	Wednesday	Thursday
Year 5 - Solar	Wednesday	Thursday
Year 5 - Stellar	Wednesday	Thursday
Year 6 - Aviar	Tuesday	Friday
Year 6 - Arboreal	Tuesday	Friday
Year 6 - Aquarium	Tuesday	Friday

HOMEWORK GRIDS

Year 3, 4 and 5 homework grids for Spring term are live on the website and they can be found under Home Learning section. Year 6 homework has been sent home this week. This is due back to their class teacher on Tuesday.

Congratulations Miss Starkey!



We're very proud to be celebrating our wonderful teacher, Miss Starkey, graduating with a Masters in Psychology. Congratulations!



Dinner Money

Please top up dinner money payments in advance of your child having school dinner.

The cost of school dinners is as follows:
£2.75 per day or £13.75 per week.

If you have a query relating to dinner money payment, you can contact the finance team on:

schooldinner@wenlockacademy.co.uk

LUNAR NEW YEAR

Join us on a flavourful
journey as we
explore the tastes of
Asia together!



LUNAR NEW YEAR

Wednesday 29th January

Golden Dragon Sweet
& Sour Chicken Noodles

Or

Fortune Veggie Chinese Noodles

And

Lunar Luck Ginger
& Coconut Cookie

Jacket Potato and Hot Tomato Pasta is also available.



LUNAR NEW YEAR

Did you know?

The Chinese zodiac, every year is linked to one of twelve animals?

This year is the year of the snake. The sixth animal in

the Chinese zodiac



MHST Coffee Morning Workshop

22nd Jan and 29th Jan 9am

The 4 A's.
Anxiety, ADHD,
ASC and Anxiety
2 part workshop

Who are MHST:

We are a team within CAMHS that is designated to work with schools, and colleges within Luton. We aim to improve early access into CAMHS for children experiencing mild to moderate mental health needs.



Luton NHS
mental health and wellbeing service
provided by ELFT

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



HUMANS OF
LUTON

Don't bin them, recycle your old electricals

Anything with a plug, battery
or cable can be recycled and
turned into something new.

Bag up your electricals and
bring them to your school.
The school with the most
electricals collected will
have a chance to win a
cash prize!

Scan or search 'Recycle Your Electricals'
to find your local recycling points.



Together with

Luton



PERSEVERANCE

HOME SCHOOL VALUES

This term we will be focussing in school on the value PERSEVERANCE. We hope your family will find these ideas helpful as you explore the value and have fun together.

Talk Together about Perseverance

Teachers often say that perseverance is something that many children find difficult.

Very little that is really worthwhile in life can be achieved without perseverance. An athlete may train for years before they are ready to compete at the highest level. A musician must practice every day, sometimes for hours at a time, if they are to really master their instrument.

- How would each family member rate themselves on a scale of 1 - 10 at perseverance?
- Can you give an example of something you have achieved by determined perseverance?
- Is there a skill that you think you could improve with perseverance?



read Together ...

The Widow Who Never Gave Up

There was once a judge living in a town just like this one, said Jesus to the crowd of people who were listening to him and hanging on his every word.

This judge did not care much about God or justice. The crowd muttered to one another and smiled knowingly, they all knew judges like him! A poor widow, called Sarah, lived in the same town. She was being treated badly by her neighbour who was making her life very difficult indeed.

Sarah went to the judge to ask him to hear her case and give her justice.

At first the judge tried to ignore her. Silly old woman he thought. Why won't she leave me alone. Doesn't she realise that I have more important things to deal with?

But Sarah persevered. You are my only hope she told the judge. You must help me. Day after day she went to see him.

In the end, the judge was so exasperated that he thought to himself I will never get a minutes peace unless I help this old woman.

Finally he let her explain to him the problems that she was facing and agreed that Sarah's neighbour was indeed behaving very badly and must be made to stop at once. Sarah's perseverance paid off and eventually she got the justice she deserved.

So keep persevering and keep praying said Jesus to

the crowd.

Bible story based on Luke 18:1-8



R	X	W	U	E	E	G	D			U	J	k	O
O	S	M	E	L	B	O	R			P	N	F	F
C	N	E	I	G	H	B	O			U	R	R	W
F	E	C	I	T	S	U	J			k	R	A	B
P	N	C	Q	Y	N	V	P			H	E	T	S
P	E	R	S	E	V	E	R			A	N	C	E
B	H	O	P	E	S	P	A			P	Z	C	F
L	W	Y	A	D	S	A	E			T	L	H	V
L	M	R	U	S	U	F	R			E	I	E	H
B	G	A	W	T	Q	A	D			A	k	I	H
J	W	O	D	I	W	X	N			V	H	S	R
P	I	G	N	O	R	E	L			A	F	E	J

Think Together Words of Wisdom

"If at first you don't succeed try, try and try again."

W.E. Hickson



Ask each member of the family to write (on identical pieces of paper) a challenge that will require perseverance to complete. Fold the paper 4 times and place it in a bag with the others. Invite each person to place their hand into the bag (whilst looking the other way) and pick out a challenge which they have one week to complete. (Think carefully about the challenge you set and if possible make it a worthwhile and useful thing to do).



hall of FaMe

Prince George

Prince George, later to become king George VI, had always been shy and had developed a stammer, which meant he could not speak for very long without struggling to say the words he wanted to say.

His elder brother, Edward, was very different. He was confident, loved to be the centre of attention and was destined to become king of England. But soon after the coronation, king Edward announced that he was going to abdicate – to give up being king. His younger brother would now become king in his place. George was horrified! He felt sick with fright. Now he would be expected to deliver speeches and give radio broadcasts to millions! How would he be able to do this with his dreadful stammer? But George knew that it was his duty to serve his country.



He knew that he must overcome his fears and do his very best. He employed an Australian speech therapist to help him and with perseverance and great courage George was able to face the challenges ahead. When war was declared in 1939 king George gave a famous speech. He comforted and encouraged his people and won everyone's respect because they knew how brave he was being.



hoMe-school challenge



Mosaics are one of the oldest ways to make art. People have been arranging tiny coloured pieces of glass or pottery for thousands of years to create beautiful designs. But the process is time consuming and needs lots of perseverance. This term's Home-School Challenge is to make a mosaic picture (no bigger than A3 – 29x42cm) using small pieces of coloured paper. The subject of your mosaic is up to you. It could be a pattern or a picture.

All the pictures submitted will be displayed in our school Challenge Gallery.



FascinaTing Facts

Perseverance in the Natural World

Many birds show remarkable perseverance as they build their nests, piece by piece often in cold, wet and windy weather and at risk from predators.

The long-tailed tit is just one example. Weighing just 9g, this little bird takes 3 weeks or more to build a nest. The oval shaped nest is made from moss, cobwebs and hair, covered on the outside with lichen and lined with up to 2000 tiny feathers!

