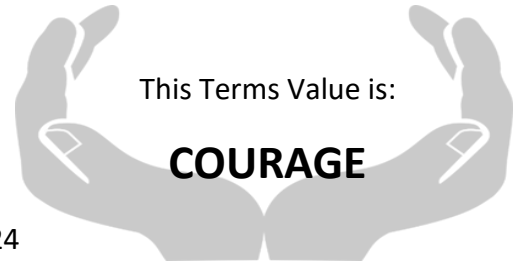




# Wenlock's Weekly Round Up

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

Friday 9th February 2024



## Key dates

Week beginning 12th February

Mini report due home

Thursday 15th February

Mock SATs week

Year 4 Alina Class Swimming Lesson

School Disco—years 3/4—3.45—5.00 pm

School Disco—years 5/6—5.15—6.30 pm

Monday 19th—Friday 23rd February

Half Term Holiday

Monday 26th February

Inset Day—School closed

Tuesday 27th February

Children return to school

Consultation evenings start—more details to follow

Thursday 29th February

Year 4 Alina Class Swimming Lesson

Thursday 7th March

Year 4 Alina Class Swimming Lesson

Thursday 14th March

Year 4 Alina Class Swimming Lesson

Monday 18th March

Year 6 visit to Chiltern Academy to see 'The Little Mermaid' 11.15—13.45

Thursday 21st March

Year 4 Alina Class Swimming Lesson

Monday 25th March

Lower school Believe and Achieve awards—9.15am—Invited parents only

Tuesday 26th March

Easter Service 10am at St Mary's Church—Year 4 parents welcome

Wednesday 27th March

Upper school Believe and Achieve awards—9.15am—Invited parents only

Thursday 28th March

Year 4 Alina Class Swimming Lesson

Thursday 28th March

Last day of Spring Term

Friday 29th March to Friday 12th April

Easter Holidays

Monday 15th April

Inset Day—School Closed

Tuesday 16th April

First Day of Summer Term—Children return to school

Thursday 18th April

Vesper Class first Swimming Lesson—more details to follow

Monday 29th April to Wednesday 1st May

Year 6 CYE Residential trip

### Attendance

Well done to Stellar who achieved the highest attendance last week at 98.93%

The attendance for the whole school was 93.69%

Our School target is 97%



# PARENT INFORMATION

## Internet Safety

Attached with the weekly round up today is a leaflet from the Beds Police Education and Diversion Team.

- To inform parents and carers of the current threats posed to children online
- To inform parents and carers how to seek advice and support in the event their child is targeted online
- To ensure online safety learning provided within schools is echoed within the home environment

## Parent Volunteers

If any parent would like to do some volunteer work in our 'Castle Wenlock' school library, please contact the school where we can give more details as to what this entails.

Thank you

## Sickness Policy

Just a reminder that if s child has been sick, they must remain at home until 24 hours have passed before returning to school. We will call home if a child is sent in who has been sick before school.

## Smartphones

I would just like to share an interesting link relating to smartphones and whether or not it is a good time to provide them with one. It has tips which we believe as a school could be useful for you!

<https://www.childrenandscreens.org/learn-explore/research/introducing-a-smartphone-assessing-readiness/>

Mr Di Marco

## PE Days

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

## Dinner money

Please top up dinner money payments in advance of your child having school dinner. The cost for school dinner is as follows: £2.40 per day or £12.00 per week.

If you have a query relating to dinner money payment, you can contact the finance team on [schooldinner@wenlockacademy.co.uk](mailto:schooldinner@wenlockacademy.co.uk)

## Emailing the School Office

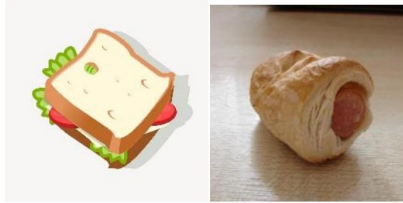
Please can we remind families that when emailing the school or leaving a message on the answer phone that you give your child's full name and their class and/or their teacher.

If you do not provide these details, it will lead to delays in answering or forwarding your queries.

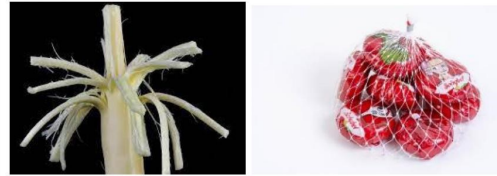
You can report your child's absence by calling 01582 730624 and pressing option 1 or via email on [attendance@wenlockacademy.co.uk](mailto:attendance@wenlockacademy.co.uk)

# Packed Lunch ideas

Sandwich/pitta bread/crackers/Bread Roll/Rice/Pasta/Sausage Roll/Flan



Cheese pieces



Fruit chopped up if they prefer to eat it this way.



Biscuit/Malt loaf/fruited teacakes,



Yoghurt



Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Crisps/Popcorn



Drinks no fizzy drinks



Please can I take this opportunity to remind you that we are a NUT-FREE school.



**FOOD  
FESTIVAL**

By Aspens



**PANCAKE  
DAY**

**Tuesday 13th February**

**Come and Join us**

**Delicious Pancakes  
with  
Strawberry or Toffee Sauce**



**Delicious food every day**





# Valentine's • MENU •

Wednesday 14th February

Roast Gammon  
Roasties, Veg & Gravy  
or  
Baked Mac & Cheese  
with

**A Heartwarming Valentine Dessert**



Hot Tomato Pasta  
& Jacket Potatoes  
also available

Aspens  
Aspens

**Aspens**  
Aspens



Around The World  
**CHINA**

**Thursday 15th February**

Sticky Chinese Chicken  
Noodles

Wok Smashed Sweet & Sour  
Veggies

Sticky Upside Down Mandarin  
Cake

Jacket Potato & Hot Tomato  
Pasta are also available

**FOOD  
FESTIVAL**

By Aspens



# Online Safety Update

## Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

### WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

### MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

### KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

### REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

### PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

### GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

### Meet Our Expert

Cayley Jørgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**NOS** National Online Safety®  
#WakeUpWednesday





# COURAGE

HOME SCHOOL VALUES

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

## TALK TOGETHER about Courage

Being **courageous** can mean different things to different people. For example, one person may think it easy to speak in front of a large audience, whilst another would need to find lots of **courage** to do this. Everyone faces challenges from time to time, and we have to find **courage** to overcome them.

Talk together about:

- The different challenges that each family member faces
- Who or what helps us find **courage**?
- Is there someone that we admire because of the **courage** that they have shown?

## THINK TOGETHER Words of Wisdom

“**Courage** is not the absence of fear, but the willingness to overcome that fear.”

*Nelson Mandela*



## READ TOGETHER...

### The Courage of David the Shepherd Boy

One day as David the shepherd boy was carrying lunch to his older brothers in the Israelite army he heard an angry booming voice thunder across the fields. “I am Goliath, and I dare you to pick someone to fight me.”

The voice was coming from the Philistine ranks and went on taunting the Israelites and their God. As David grew closer he could see the giant Goliath strutting up and down. He could also see the terrified faces of King Saul and his soldiers. This made David very angry and more than a little ashamed. He decided he must go and see the king.

“I will fight that bully Goliath!” David announced.

It was all that King Saul could do not to laugh out loud. “You are just a boy David, a small boy. Goliath has been a mighty soldier all his life.”

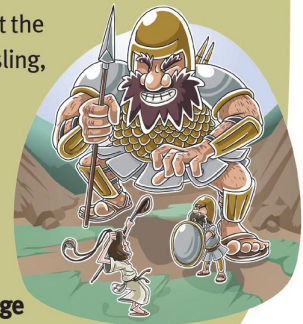
“But when the wild animals attack my father’s sheep,” protested David, “I fight them off with my sling and staff. I have killed many lions and bears and I will do the same to this wicked Philistine. Do not fear for God is on our side.”

King Saul was taken aback. “Well, I suppose you should be given a chance. At least let me lend you some armour and a sword.” But the armour was heavy and David was not used to it. He returned the armour to Saul and instead picked up five smooth stones from the stream and marched out **courageously** to face Goliath.

The giant laughed scornfully at the small boy and shouted curses at him. David did not flinch. “This very day you will be defeated and everyone here will see that the Lord does not need swords or spears to save his people.”

As Goliath lowered his shield and aimed his spear at the boy, quick as a flash, David loaded a stone into his sling, spun it around above his head and sent it spinning through the air towards Goliath. The stone struck the giant on his forehead and he crumpled to the ground. Goliath was dead. There was a moment of stunned silence before the whoops and cheers from the Israelite army echoed around the hillsides.

This was a day no-one would forget, when the **courage** of a shepherd boy saved a nation.



Bible story based on 1 Samuel 17

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

## QUIZ Wordsearch

Find the words from the story in the grid on Goliath’s shield.

- |            |          |           |
|------------|----------|-----------|
| ARMOUR     | BOY      | DAVID     |
| COURAGE    | FOREHEAD | GIANT     |
| GOLIATH    | GOD      | ISRAELITE |
| PHILISTINE | SHIELD   | SLING     |
| SOLDIER    | STONE    | STRUCK    |







# FAMILY FOCUS & HOME-SCHOOL CHALLENGE



## Children of Courage

Each year awards are presented to children throughout the country who have shown outstanding bravery and **courage** in overcoming huge challenges in their lives. (Google 'UK children of **courage** awards' to see some examples.)

Design a nomination for a child that you know and believe should be recognised for their **courage**. Remember, there are different kinds of **courage** and different ways of showing bravery.

The nominations will be displayed in the Challenge Gallery at school.



## Example Nomination sheet



Name of child who has shown **courage**

.....

Has shown **courage** by .....

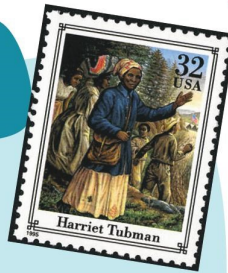
.....

This bravery should be recognised because .....

.....

.....

## ★ HALL OF FAME



## Bravery v. Slavery

Harriet Tubman was born nearly 200 years ago in Maryland, USA. Her family were slaves which means that they had to work for the people who 'owned' them. Slaves had no pay and no rights and they could be bought or sold like property. As Harriet grew older she was afraid that she would be sold and sent far away from her family to work for strangers. She decided to try to escape. This needed great **courage** because Harriet knew that if she was caught she would be cruelly punished. After many adventures and with the help of kind people along the way, Harriet managed to escape to Canada, where slavery was banned.

It would have been safest for Harriet to stay in Canada and make for herself a comfortable and easier life, but she was determined not to forget her family and friends who still suffered as slaves in America. She made her way back and forth to Maryland not once, but *nineteen times*, facing great danger and showing amazing bravery as she helped slaves to escape to freedom. By the end of her life Harriet had helped to free around 300 slaves!

After her death Harriet received many honours for her bravery. A ship was named after her, and in 1995 the US government issued a postage stamp to celebrate her **courageous** life.



## FASCINATING FACTS

### In case of emergency – Dial 999

“Help...my house is on fire!”

“Help....there’s been an accident!”

“Help.... burglars are breaking into the house over the road!”

- The emergency number, 999, was introduced in London in 1937.
- In an emergency, phoning 999 will connect you quickly to an 'emergency control centre'. An operator will ask which service you need, fire, ambulance or police. The operator will be able to track your call to discover where you are and soon help will be on its way.
- Firefighters, police and ambulance crew all risk their own lives on occasions to help other people who are in danger.
- Additional emergency services operate in some places such as mountain and cave rescue, coast guards, air sea rescue.
- Over 30 million 999 calls are made each year.
- About half of all calls are hoaxes. Not only do hoax callers break the law, they put people's lives in danger as it takes longer for real emergencies to be dealt with.