

LUNCH MENU

4TH – 11TH NOVEMBER

NEWSLETTER

Academic year 2019 – 2020 25th October 2019

www.woodhouse.priacademy.co.uk 0121 464 1769

Also available in colour online

@WoodhousePA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets with Curly Fries	Sausage and Mashed Potatoes with Onion Gravy	Roast Chicken, Roast Potatoes, Stuffing with Gravy	Chicken Pie with Herby Diced Potatoes	<u>Pizza Day</u> Meat Feast Or Margherita (Larger slice of Pizza instead of chips)
Vegetable Samosa with Savory Rice and Raita Dip	Vegetable Curry with Rice and Naan Bread	Quorn Fillet, Roast Potatoes, Stuffing with Gravy	Vegetable Sausage with Herby Diced Potatoes	Breaded Fish with Chips
Tomato and Basil Pasta	Vegetarian Ravioli			
Sweetcorn Peas	Broccoli Carrots	Cabbage Cauliflower	Green Beans Sweetcorn	Baked Beans Mixed Vegetables
Selection of Sandwiches	Selection of Sandwiches	Selection of Sandwiches	Selection of Sandwiches	Selection of Sandwiches
Jacket Potato with A Selection of Fillings	Jacket Potato with A Selection of Fillings	Jacket Potato with A Selection of Fillings	Jacket Potato with A Selection of Fillings	Jacket Potato with A Selection of Fillings
Chocolate Crunch and Custard	Lemon Drizzle	Apple Pie and Custard or Banana and Custard	Blueberry Muffin	Ice Cream
Available Daily – Fresh Bread, Fresh Fruit, Fresh Fruit Pots, Fruit Yoghurts, Cheese & Biscuits and Salad Bar				

Dear parents and carers,

As we come to the end of our first half term of the 2019-20 school year, it is great to reflect on the learning and progress which has been going on all across the school. It has been wonderful to welcome our new nursery and reception children into the Woodhouse family and to see them develop in confidence as they learn. I have really enjoyed spending time with our youngest children in recent weeks and it is fantastic to hear about their enjoyment for learning and trying new things. Of course all those children who have been at Woodhouse longer, from reception to Year 6, are performing really well too. I have seen amazing work in children's books and also shared their success in assessments and challenges. Our work on developing our knowledge-engaged curriculum has enabled children to develop some detailed and specific knowledge and use this within their work. I am already looking forward to seeing how the children get on with our "Terrific Topic" work at home – I am sure that these will showcase the learning which has been taking place in and out of school.

Thank you to all who attended our parents' evening – it was great to see school filled with proud families after hearing so many positive things about their children. We are all very proud of the progress of the children and are grateful to receive such strong support from home. Educational success owes a great deal to school and family working together for the best of the children, and it is a privilege to be the head teacher of a school where families are so supportive. I know that all of our committed and dedicated staff team appreciate the work which goes on at home. Thank you.

As well as hard work with learning, we have been working hard to improve the facilities and grounds of our school. You will hopefully have noticed that the builders have finally finished and have handed over our state of the art rebuilt and refurbished toilets in the main building. Children in Years 2-6 now have first-class toilet facilities, which match our ambitions for all aspects of our school. The temporary toilets will be removed at half term, as they are no longer needed. There are a number of less visible improvements to our equipment and learning materials which have also been undertaken. We have also been working hard to improve the look and feel of the wider school grounds, with children working hard at lunchtimes on a Monday to help our school look more inviting. There is much more to do, but rest assured – we will always do all we can to improve the school inside and out, spending and investing wisely to get the best from our site.

I would like to wish all our children and their families a positive, restful and safe half term break. We look forward to welcoming you all back on Monday 4th November. Thank you for all that you do to work with and support our school to succeed.

Yours sincerely,

Mr Oliver Wilson – Head Teacher

Monday 28th Oct – Friday 1st Nov – Half Term Break

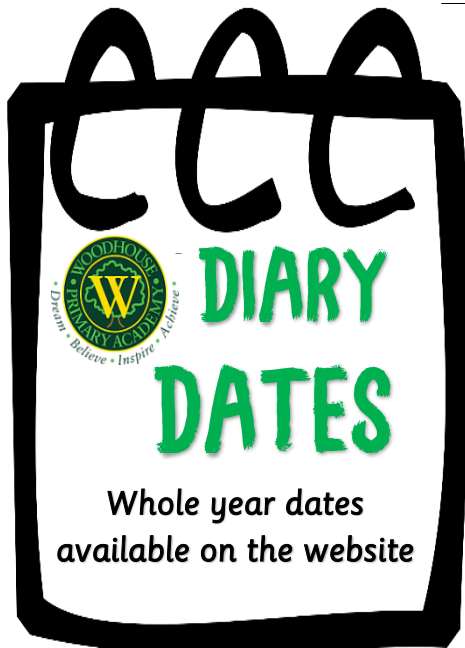
Monday 4th Nov – First Day Back at School
Monday 4th Nov – Year 4 visit to the Sea Life Centre
Tuesday 5th Nov – Individual and Sibling Photos
Wednesday 6th Nov – Year 6 Parents Meeting (3:30 – 4)
Friday 8th Nov – Rainbow Room visit to Black Country Museum
Tuesday 12th Nov – Open Morning (9:30 – 10:30)
Tuesday 19th Nov – Year 1 visit to The Old Rep to see
The Snow Queen (9:30 – 12)
Tuesday 26th Nov – Open Afternoon (2 – 3)
Wednesday 27th Nov – Reception visit to The Santa Express
Thursday 28th Nov – Reception Parent Workshop (9 – 10)
Wednesday 4th Dec – Nursery Nativity (9:15 – 9:45)
Wednesday 4th Dec – Christmas Fayre (4 – 5:30)
Tuesday 10th Dec – Reception Nativity (9:15 – 9:45 & repeated at 2:45 – 3:15)
Wednesday 11th Dec – Christmas Dinner Day
Friday 13th Dec – Christmas Jumper Day
Tuesday 17th Dec – KS1 Nativity (9:15 – 9:45 & repeated at 2:45 – 3:15)
Thursday 19th Dec – KS2 Carol Concert at St Faith & St Laurence Church

Monday 23rd Dec – Friday 3rd Jan – Christmas Holidays

Monday 6th Jan – Staff Training Day
Tuesday 7th Jan – First Day Back at School
Friday 10th Jan – Reception Visit to Town Hall to see ‘We’re Going on a Bear Hunt’
Monday 20th Jan – Choir Visit to Young Voices at Resorts World Arena (1 – 10:30pm)
Friday 24th Jan – 4W Class Assembly (9 – 9:30) Parents Invited
Thursday 30th Jan – Parents Evening (3:30 – 6)
Tuesday 4th Feb – Parents Evening (3:30 – 6)
Tuesday 11th Feb – 1L Class Assembly (9 – 9:30) Parents Invited
Thursday 13th Feb – 3A Class Assembly (9 – 9:30) Parents Invited

Monday 17th – Friday 21st Feb – Half Term Break

Monday 24th Feb – First Day Back at School
Tuesday 3rd Mar – 1OW Class Assembly (9 – 9:30) Parents Invited
Thursday 5th Mar – World Book Day (Plans to follow)
Friday 6th Mar – Year 5 visit to Harvington Hall
Friday 13th Mar – Sport Relief
Thursday 19th Mar – 5W Class Assembly (9 – 9:30) Parents Invited
Thursday 26th Mar – 4SO Class Assembly (9 – 9:30) Parents Invited
Tuesday 31st Mar – 2F Class Assembly (9 – 9:30) Parents Invited
Wednesday 1st Apr – Nursery visit to Attwell Farm
Thursday 2nd Apr – Last Day of Term
Friday 3rd Apr – Staff Training Day



14th – 18th October 2019

Yearly attendance is currently running at: **96.69%**
Last week’s attendance was: **96.41%**

Our Attendance target for this year is 96%

Class	Attendance for the week	Class	Attendance for the week
Nursery	97.61%	3A	97%
RM	87.33%	3N	98.06%
RW	95.76%	4W	98.06%
1L	93.45%	4SO	100%
1OW	97.93%	5W	98.28%
2F	95.67%	5H	97.33%
2G	97.67%	6D	96.84%
RR	91.54%	6L	96.19%
		6WS	98%



Congratulations to **4SO** who had the best class attendance for last week. We had 96 lates last week across all year groups. These, no matter how small, are lost learning time.

Weekly Lates	NSY	RM	RW	1L	1OW	2F	2G	3A	3N	4W	4SO	5W	5H	6D	6L	6WS
Before reg	6	5	9	7	2	4	2	5	9	9	7	2	11	1	3	5
After reg	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

HARVEST ASSEMBLIES

The performances during the harvest assemblies this year have been amazing. The children have worked really hard preparing and practising them. The new formats have worked well with the hall not feeling so cramped.
A big thank you for all of your kind donations. These will all go to the local food bank to further support people in the community. It’s a really strong value of people in Quinton, who are always willing to support each other and the wider community. We are proud to be a part of this.

Lift off into Space with St Faith and St Laurence Church. On 2nd November Messy Church will be thinking about space travel, planets and the universe!

Join them from 10.30 – 12 and find wonderful ways of looking at the Universe.

All are welcome

BLACK HISTORY MONTH

This week we have celebrated Black History Month with the visit of British Caribbean historian, Doreen Morrison.

Doreen was in school on Monday to deliver an assembly to Years 1 – 3, which was a whistle stop tour through culture, music and history. All of the children learnt Jamaican style dancing and sung a few songs together.

Following the assembly, Years 4, 5 & 6 had their own workshops, which had been tailored to their current learning themes.

Year 4, as part of their 'Oceans' theme, focused on people who travelled across the ocean to Jamaica. They learnt about how slaves were taken to the Caribbean by the Spanish and then how they were driven out by the English Buccaneers. They learnt how George Liele, an African American ex-slave, worked with Baptist missionaries to work for freedom and how Willian Knibb took on the fight after Liele's death.



Year 5's theme of 'Tales Through Time' encompassed similar time periods throughout slavery and they were introduced to Sam Sharpe and Thomas Burchell through the Baptist War.

Year 6 learnt about the British Caribbean during the reign of Queen Victoria. They learnt about the Morant Bay Riots led by preacher Paul Bogle, where hundreds of people marched to the courthouse protesting injustice and widespread poverty. The protest turned to riot when Militia shot and killed 7 protesters leading to the protesters burning down the courthouse and nearby buildings. In Britain there were fierce debates around the violent suppression by Governor Eyre with British politicians both defending and condemning his actions.

The workshops were very interactive with plenty of singing and dancing. The children learnt about the different cultures and how the history of both Britain and the Caribbean are intertwined throughout.

Doreen is an amazing lady who speaks with passion about the topics discussed. She has left us with a few copies of her book, containing history and stories that span many centuries of Black History.

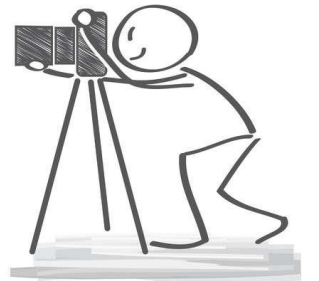
All of the children were very engaged and came away having learnt something new.

Individual and Sibling photographs Tuesday 5th November

8.30am for siblings NOT attending school yet.
Report to the main office.

ALL children will have an individual photograph and a sibling photograph if applicable.

Please ensure your child is in full school uniform.



NEW TOILETS!

The project to install new toilet facilities in Key Stage 1 & 2 are now complete. The children have been amazing whilst the work was going on and have been very patient.

Both sets of toilets were very dated and weren't a nice place to be. Mr Wilson made it his mission to make them nice and bright and comfortable to use. The School Cabinet last year helped with the designs and have chosen the entire colour scheme.

Key Stage 1 were completed a few weeks ago and work begun on the Key Stage 2 ones.

The children are very happy with the results. We must thank Mr Wilson for getting the ball rolling, The School Cabinet for the designs and finally, our academy trust (UWMAT) for funding the majority of the project.





'Sadfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. The term was created at the beginning of the year by a blogger using the term to describe certain celebrities who embellish their emotional difficulties to generate sympathy and gain more followers. The term has now gained traction and is seen as a growing trend on social media. The challenge with sadfishing is that sometimes real problems can become overlooked or young people can even be bullied for having shared their problems online.



What parents need to know about SADFISHING

ATTENTION NEEDING

This is sometimes also called attention seeking. The urge to belong is universal. Everyone seeks attention. The feeling of belonging and knowing that others are thinking about you is part of what it is to be human. As the use of social media has grown, the opportunity for attention is enormous but this sometimes comes at a price. Positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction (dopamine) that is caused by gambling and recreational drugs. This reaction reinforces a behaviour and for minimal effort, a young person is rewarded with dopamine and attention.

SHOWING VULNERABILITY

Being vulnerable and oversharing can sometimes lead young people open to being groomed online, offering predatory social media users an opportunity to gain their trust by offering sympathy. A Digital Awareness UK report includes the case study of a teenage girl who, after posting about her depression online, was approached by a friend of a friend who shared their experiences and later ended up pressuring her to send him explicit pictures.



OVERSHARING

Oversharing is the act of revealing too much personal information. When young people share too much about their feelings or problems they are often desiring very much to connect and belong. In order to gain more attention and likes a young person might be tempted to overshare their feelings beyond a normal face to face conversation. The challenge with this is that the young person is sharing personal thoughts and feelings with people they do not know and the support they gain back is 'unregulated' and might be very unhelpful.



BULLYING AND DISAPPOINTMENT

According to Status of Mind report by Royal Society for Public Health UK, social media platforms are a useful tool to maintain or build on real world relationships, improving mental health and wellbeing. When young people do share their feelings and worries online, they are seeking emotional support from others. However, whilst some friends may comment and like a post to be helpful, other friends may accuse the post of 'sadfishing' and trying to gain attention, ultimately making the situation and feelings about themselves worse.



Safety Tips For Parents

A CULTURE OF OPENNESS

Maintain and commit to having a culture of openness at home where your child can express their feelings without judgement, and you acknowledge their world and current difficulties. Support your child to navigate growing up in a world with social media and their developing sense of self.



ASK MORE THAN ONCE

Being a parent of a teenager means a constant negotiation between keeping them safe and letting them go. If their behaviour has changed or they have a prolonged bout of low mood or stress, let them know you are there for them when they are ready to talk. Sometimes this may mean asking them more than once. This gives them the message that you are there for them and that they are not alone.



POSITIVE ATTENTION

Provide opportunities during the week for time together. Teenagers sometimes prefer side by side conversations like going out for walk, at the dinner table or driving in the car somewhere. Regularly commit time to a family evening together where you can share time and/or an experience together like a home movie and popcorn, a game (even an online game which may be suitable), shopping or cooking.



PROMOTE HEALTHY FACE TO FACE RELATIONSHIPS

Where possible, help your child maintain healthy relationships with friends who are helpful and supportive. This may mean inviting them over regularly, providing transport to and from activities with the group of friends, or helping your child organise activities. Spend time helping to encourage healthy, supportive face to face relationships.



Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



TALK ABOUT THE IMPORTANCE OF BOUNDARIES

Discuss the consequences of oversharing, particularly on social media. Maintaining a healthy privacy outlook is important when we are perhaps sharing our feelings with people who are not known to us. But as friendship and trust develop, it is healthy to share more information and talk more openly.

