

NEWSLETTER



8th April 2022

How to get in touch



@WoodhousePA



0121 464 1769



www.woodhouse.priacademy.co.uk



enquiries@woodhouse.uwmat.co.uk



07950368561 – Families mobile to call or text with any queries. Monitored by the Inclusion Team



families@woodhouse.uwmat.co.uk

- Use this for any queries. Monitored by the Inclusion Team



sensupport@woodhouse.uwmat.co.uk

- Use this for any queries about any additional learning needs or concerns.



homelearning@woodhouse.uwmat.co.uk

- Use this for any support with home learning or using Google Classroom.



Newsletter@woodhouse.uwmat.co.uk

- Use this to send us anything you'd like put in the newsletter. This can be photos, learning, resources and any good news stories you may have.

Snacks at Breaktime

A gentle reminder about what children can and can't bring as a snack for break time.

We are a completely nut free school, this includes snacks that contain peanuts, such as peanut m&ms.

Please do not send snacks such as crisps and sweets as these are not considered a healthy snack.

Ideal snacks include fruit, cereal bars, biscuit bars etc.

If there are any queries, please speak with the class teacher.

Note for parents

Can children with pierced ears please wear studs to school rather than hoops. This is for safety reasons. Especially on PE days.

Dear Parents and Carers

As we come to the end of what has been a long and challenging term, I feel blessed to be the head teacher of Woodhouse Primary Academy. Our school is such a wonderful place and the attitude, behaviour and learning of the children remains of the highest standard. Your children are outstanding. **Thank you** for your support and encouragement for our school, as this plays a huge part in the success of your child.

As I walk around our school, seeing the learning of the children, spending time with them at lunchtimes and before and after school, I am always struck by the superb community we have here at Woodhouse. The enthusiasm to try and persevere with new learning and then that magical moment when something “clicks” is a joy to see. It has been a pleasure to see our sporting success this term – special mentions to our indoor athletics team (3rd in Birmingham) and our superb Girls’ football team (Birmingham HMS shield Semi-finalists). I have loved seeing the brilliant art work, which always allows different children to shine in lessons. It has also been a pleasure to see the larger pieces of work which children complete at the end of each half term relating to their learning in History and Geography. Some of these have been absolutely superb.

We have had a super week of excitement this week in school. I am very grateful that children have taken part so wholeheartedly with the different Easter challenges we have set. The Egg Mobile on Wednesday was very entertaining - no “yolk”, the amazing decorated eggs were “eggshellent” and the brilliant Easter Bonnets were fantastic! It has been great to spend time together as a community. It was wonderful to have the children perform at assembly this morning, and fabulous to see so many of you in school. This week has also seen some superb performances from the children in school, demonstrating their fantastic musical skills. I am very proud of them.

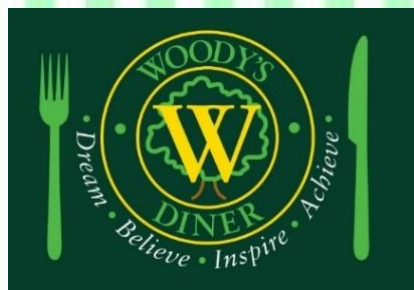
Earlier this week I shared with you our updated risk assessment and appreciate your support as we move into the present phase of the coronavirus pandemic. I have also written to you relating to parking and consideration for the school’s neighbours. This seems to be a constant problem for some of the residents of Overdale Road and Woodhouse Road. It is me that they complain to, and this can be very challenging! Thank you for your support with this matter.

The children return after two weeks away from school on **Monday 25th April** at the usual time. I look forward to seeing them, and you, then. I hope that what ever you are doing over the next two weeks that you are able to have some quality time as a family and that you can stay safe.

I hope you have a good break when it comes.

Take care and stay safe.

Oliver Wilson - Head Teacher



School Dinner Menu

25th – 29th April

NOTE: We operate a 3-week rolling menu. Keep an eye on the menu each week for changes.

We are struggling with supplier issues due to the pandemic. Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun	Chip Shop Day Fish Stars or Pork Sausage or Quorn Sausage	Chicken Curry	Honey Roasted Gammon	Pizza Day Cheese and Tomato or Pepperoni Pizza
Cheese and Onion Roll		Quorn and Vegetable Curry	Honey Roasted Quorn	
With Herby Diced Potatoes and Baked Beans	With Chips, Mushy Peas, Curry Sauce and Pickled Onions	With Pilau Rice and Naan Bread	With Potatoes and Seasonal Vegetables	With Chips and Fresh Salad or Vegetables
Strawberry Mousse	Chocolate Iced Sponge	Apple Crumble and Custard	Fruit Jelly	Selection of Fruit Desserts

Food Allergies

In order to keep our dietary records up to date, please inform the main office of any changes to your child's dietary requirements, allergies and intolerances. We are able to cater for most requirements but must know in advance.

If your child only eats Halal meats but can eat fish, please also let the main office know. We do not serve Halal meats.

Please either contact the main office on 0121 464 1769 or email the Inclusion Team on families@woodhouse.uwmat.co.uk

Please also remember that we are a NUT FREE school.

attendance **MATTERS**


28th March – 1st April

Yearly attendance is currently running at: **92.74%**

Last Week's attendance:

EYFS & KS1: **92.77%** KS2: **93.04%** Whole School: **92.95%**

Our Attendance target for this year is 97%

Class	Attendance for the week		Class	Attendance for the week
Nursery	91.88%		3A	94.48%
RS	97%		3N	92.33%
RW	93.33%		4H	97.97% 
1L	93.75%		4SO	95.64%
1O	96.08%		5H	87.23%
2C	91.03%		5W	91.11%
2G	93%		6D	92.46%
RR	73.85%		6W	94.85%
			6WL	95.24%



Congratulations to **4H** who had the best class attendance last week.

Well done to **RS** had the best class attendance in EYFS & KS1.

Will your class have had the best attendance this week?

Spring Term 2022

Friday 8th April – Last day of term for all children

Monday 11th to Friday 22nd April – Easter Holidays

Summer Term 2022

Monday 25th April – First day school opens for children

Monday 9th May – 3A Class Assembly – 9am

(Class parents invited)

Monday 16th May – 1L Class Assembly – 9am (Class parents invited)

Monday 23rd May – 4SO Class Assembly – 9am (Class parents invited)

Monday 30th May to Friday 3rd June – Half Term

Monday 13th June – 4H Class Assembly – 9am (Class parents invited)

Monday 20th June – 1O Class Assembly – 9am (Class parents invited)

Monday 27th – Wednesday 29th June – Year 5 & 6 Bushcraft Residential

Monday 27th June – RW Class Assembly – 9am (Class parents invited)

Monday 4th July – 2C Class Assembly – 9am (Class parents invited)

Friday 8th July – RS Class Assembly – 10:30am (Class parents invited)

Monday 11th July – 2G Class Assembly – 9am (Class parents invited)

Monday 18th – Wednesday 20th July – Well-being week

Wednesday 20th July – Last day of school year for children

Thursday 21st July – Inset day, school closed to children



Easter at Woodhouse

We are so glad this year to welcome parents and families back into school for our Easter assemblies and to hold our annual egg decorating and egg mobile competitions.

We have had some eggceptional entries this year. Children and families have clearly worked hard together to produce some lovely, thoughtful designs.





Egg Mobile Competition

KS2 were tasked with designing a vehicle that could carry an egg safely down a ramp and for as far as possible. We had a wide range of designs that children had clearly put a lot of thought into.

Here are our eggstraordinary winners:

Year 3: Rayhanah

Year 4: Star

Year 5: Louis

Year 6: Designer – Marcia, Driver – Evie

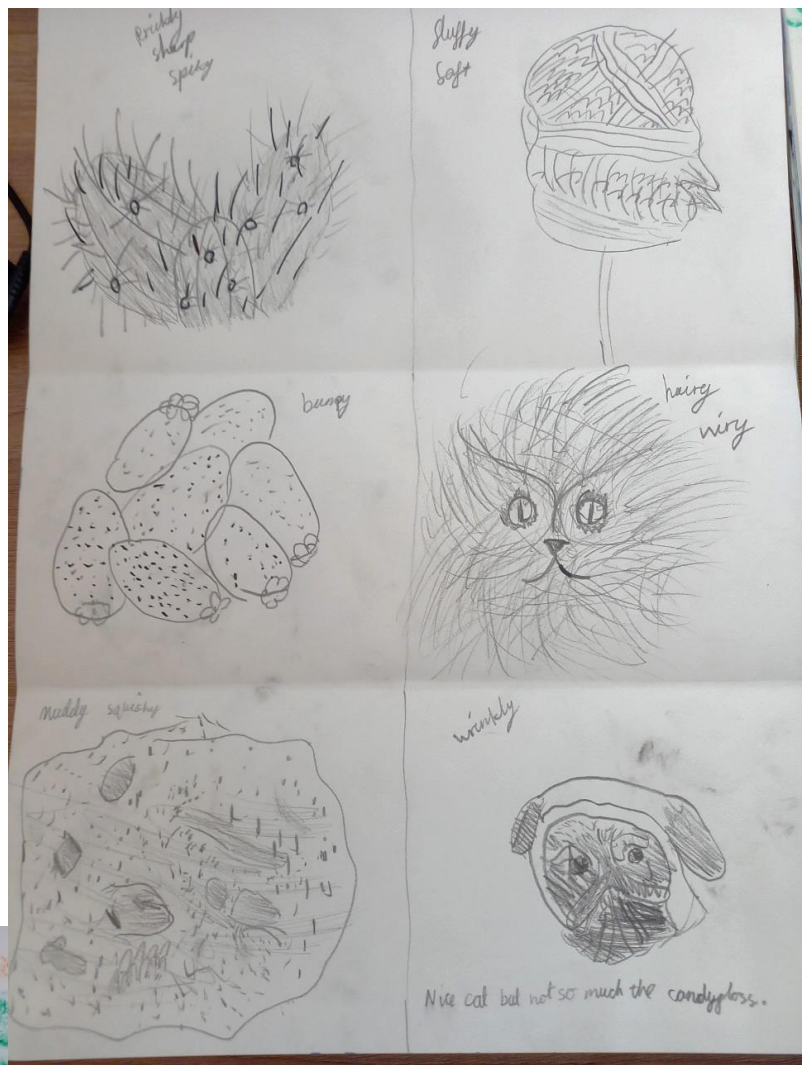
Best design: Kenith



In their art lessons children in Year 4 have been finding out about texture.

Lucretia made this super rubbing pattern (below)

Mila made these amazing textured drawings.



The
ART
Corner

Children's University Easter Challenge!



Get listening!

Complete this *Sounds of Spring* activity from the RSPB. It will help you identify some of the beautiful bird song we hear. You can listen in an outside space, in your garden or in your home with the window open!

<https://tinyurl.com/bdhaxpmm>

5 new things to do this Easter!

Each activity is worth 1 credit.

To get a stamp code for *Children's University Online* email

contactus@childrensuniversity.co.uk

with evidence - this could be a photograph, video, a work sheet, or writing about what you did! All activities require adult supervision.

The supervising adult is expected to manage all activity risk.

Get writing!

April 2nd is International Children's Book Day. Write a book review including what the book is about, who the main characters are, what you liked and disliked about it and draw a character from the book.

Get making!

Easter is just around the corner, why not make some Easter themed decorations using recycled and natural materials found at home and outside?

Get thoughtful!

April 22nd is World Earth Day. Make a poster including ideas of how people can be kinder to the earth. Why not display it in your window?

Get baking!

Make something delicious to share with your household. Click the link below for lots of tasty inspiration

<https://tinyurl.com/5n6bpr7d>

Woodhouse PE kits

Here at Woodhouse, we know that our children are AMAZING in their PE lessons. They have also been fantastic at remembering to wear their PE kits to school on their PE days. We think it's about time we all looked just as good whilst doing PE.



How smart do Lewis and Ella look modelling our new PE kits? These can be purchased via the link to our supplier, Cicada Sports. There is a discounted price for purchasing the full set too.

We are going to be encouraging our staff to take advantage of our new kits too so that we can all look incredibly smart together.

Here's the link to the website for purchasing new PE kits if you would like to do so:

<https://www.cicadasports.co.uk/index.php?route=product/search&search=woodhouse>

Be a Swap Rockstar!

1

Scan the barcode on your favourite foods

2

Swipe to see healthier choices

3

Swap next time you shop

Can you make 5 swaps?

Try colouring them in as you go*

Corn flakes



Breakfast



Lunch or Dinner

Popped crunch



Snack

Fruity chew loaf



Dessert



Drink



has made 5 swaps and is a Swap Rockstar

Name _____

NHS

Find healthier swaps for the whole family



Just scan, swipe, swap

Now it's your turn to try! 



Better Health

Let's do this



Download the FREE NHS Food Scanner App



Holiday Activities

Sponsored by Bring it on Brum

Over the Easter holiday's we are running Holiday Kitchen

We will provide: snacks, a meal
and lots of fun games!!!

21st April at St Boniface Church

11:00am-3:00pm

To reserve your family a place please contact:

Doddington Green Children's Centre

0121 477 6440

Is your child entitled to free
school meals?

Is your child over 4?





Holiday Activities

Sponsored by Bring it on Brum

Over the Easter holiday's we are running Holiday Kitchen

We will provide: snacks, a meal
and lots of fun games!!!

11th April at Holloway Hall

11:00am-3:00pm

To reserve your family a place please contact:

Doddington Green Children's Centre

0121 477 6440

Is your child entitled to free
school meals?

Is your child over 4?





PLACES WHERE KIDS EAT FREE DURING EASTER HALF TERM 2022



MARKS AND SPENCER

Kids eat free in the M&S Cafe if you spend £5. One free children's meal per transaction. Between 4th April and 22nd April.

MORRISONS

Kids eat free all day, every day in Morrisons cafes nationwide with one paying adult. Plus they have the feed the family for £10 deal running at Easter

YO! SUSHI

Pick any main, a side of edamame beans and drink and you'll get it free with a £10 adult spend throughout half term.

ASDA

Kids eat free in Asda's cafes after 3pm Monday - Friday.

GORDON RAMSAY RESTAURANTS

Kids under 12 eat FREE all day, every day at selected Gordon Ramsay restaurants.

BELLA ITALIA

Children can eat for £1 with any adult main. The offer is valid from 1st April - 24th April 2022

TABLE TABLE, BEEFEATER & BREWERS FAYRE

Two children get free breakfast with one paying adult! It has also been reported that if you sign up to their newsletter they send out a code for kids eat free, but I haven't personally tried this.

THE REAL GREEK

Kids eat FREE every Sunday for every £10 spent by an adult.

DUNELM CAFE-PAUSA

Kids eat FREE when adults spend just £4 or more at Pausa cafes which you will find inside Dunelm stores.

PRETO

Kids under 12 eat FREE all day, every day at selected Gordon Ramsay restaurants.

HUNGRY HORSE

Kids eat breakfast free when accompanied by a paying adult, all day every day through the Easter holidays from 9am - 12pm.

FARMHOUSE INNS

From 4th - 22nd April, Monday to Friday, up to two kids per paying adult can eat for just £1 each

AS SEEN ON MONEY SAVING CENTRAL



UNITED BY
BIRMINGHAM
2022

#HAF2022

Looking for things to do with the children over the spring holidays?

Bring it on Brum! is running **FREE** activity clubs in Birmingham for children aged **5-16**, on **FREE** school meals.

Activities include, sports and games, arts and crafts, cookery, dance and music.

Every child will be given a nutritious meal too.

If you're in need of a little extra help this spring then check out your nearest Bring it on Brum! location and register your child today!

www.bringitonbrum.co.uk

@bringitonbrum



Birmingham
City Council



Department
for Education



ParentWise – A helping hand for parents and carers

As children get older and more independent, issues that affect them can be harder to spot and deal with.

Learning about potential dangers can give you the knowledge and skills to act if there is a problem. It could also help keep your child safe by preventing problems before they happen.

You know your child best, so if you've got a feeling something's up – you're right not to ignore it.

<https://parentwise.campaign.gov.uk/>

READY TO FIGHT FOOD WASTE?



RESCUE MAGIC BAGS OF SURPLUS, UNSOLD FOOD

FROM YOUR FAVOURITE SHOPS AND RESTAURANTS

Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time. The Too Good To Go app lets you buy and collect this food - at a great price - so it gets eaten instead of wasted. You won't know exactly what's in your order until you pick it up - it's all part of the surprise. Download the app to get started.

Download the app from the App Store or the Play Store, enter your postcode and see what is available near you.



Welcome to Quinton Pantry!

The Quinton Food pantry is collaboration between the Haven Community Project and B32 community. In response to the covid-19 pandemic we have both been involved with distributing food due to ongoing issues of Food Justice. We want to see a longer term solution to these issues of food injustice available for the people of Quinton and hope that the food pantry will form a part of this.

For a small weekly subscription of **£4**, members of this Pantry will be able to purchase a weekly food shop including fresh fruit and vegetables and family favourites to stock up the cupboard and fridge.


The address is:

Haven Centre
54 Rilstone Road
Quinton
Birmingham
B32 2NR

Opening times:

Friday: 12pm - 1.30pm

We are always looking for new volunteers so please get in touch if you would like to help us to run the pantry or support any of the other projects that we currently offer.

If you have any queries, please email rachel@havencommunityproject.com 



QUINTON & OLDBURY FOODBANK

MAIN LOCATION

St Boniface Church
Quinton Road West
Quinton,
B32 2QD

The Coffee Shop
151 Castle Road West
Oldbury, Sandwell
B68 0EL

PHONE

07732157619

WEBSITE

<http://quintonoldbury.foodbank.org.uk/>

EMAIL

info@quintonoldbury.foodbank.org.uk

2 FOODBANK CENTRE(S)

St Boniface Church

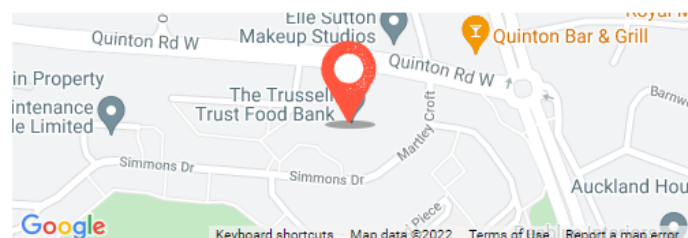
OPENING TIMES

Mon	Closed
Tue	Closed
Wed	11:00 - 13:00
Thu	Closed
Fri	Closed
Sat	Closed
Sun	Closed

ADDRESS

Quinton Road West
B32 2QD

[Directions via Google Maps](#)



The Coffee Shop

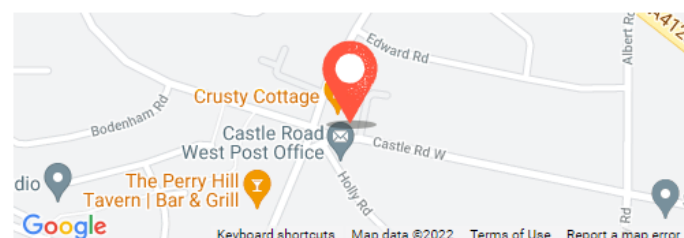
OPENING TIMES

Mon	Closed
Tue	Closed
Wed	Closed
Thu	Closed
Fri	10:00 - 12:30
Sat	Closed
Sun	Closed

ADDRESS

151 Castle Road West, Oldbury, Sandwell
B68 0EL

[Directions via Google Maps](#)



Stay & Play

FRIDAYS 10AM-11:30AM
TERM TIME ONLY
FOR AGES 0 - 3 YEARS

VOLUNTARY £1 CONTRIBUTION PER FAMILY

Come along to our stay and play sessions, explore our soft play area and get messy. Have access to advice and support on many childcare aspects.



CALIFORNIA
Christian Centre

178 Stonehouse Lane
Bartley Green
Birmingham
B32 3AH
0121 427 7160

www.calcc.org.uk
info@calcc.org.uk



CaliforniaChristianCentre

email charlotte.stokes@parks4play.org or call 0788 2011 295 to book

Inclusive Play, Activities and Community Lunches in Bournbrook

Celebrate Birmingham's Commonwealth Games with special activities and lunch at

Parks for Play Coronation Road Play Centre, Bournbrook 11am-2.30pm on the last Sunday of each month. Every month is a chance to try out something new with trainers from **Creative Active Lives'** non-profit network of skilled practitioners:

- * Sunday 20th January, **Nerf Games** * Sunday 27th February, **Yoga with Sensory Props**
- * Sunday 27th March, **Circus Skills** * Sunday 24th April, **Interactive Giant Bubble Play**
- * Sunday 29th May, **Acrobatics for All** * Sunday 26th June, **Dance for Delight**

At all sessions there will be a range of inclusive play and physical opportunities and a great veggie lunch provided by award-winning social enterprise - **Change Kitchen**.

Primary aged children with additional needs living in Bournbrook and Selly Park Ward have priority access. Families should attend with their children and can bring older and younger siblings and relatives. **All sessions are free of charge (Donations are welcome).**

Booking is essential. We know a lot of families will want to attend and we will share out sessions equally according to demand. When you book, please tell us your favourite session (and second and third choices) so we can make sure children get their favourites.

Parks for Play is a charity made by parents, play and youth experts. We have 18 years experience delivering inclusive play opportunities for local children and young people at risk of isolation. We are based at Coronation Road Play Centre on the corner of Dawlish Road and Coronation Road in Bournbrook B29 7DE.

CELEBRATING COMMUNITIES

We're proud to be part of Birmingham City Council's Celebrating Communities initiative marking the 2022 Commonwealth Games and are grateful for support from communities and elected councillors in Bournbrook & Selly Oak ward.

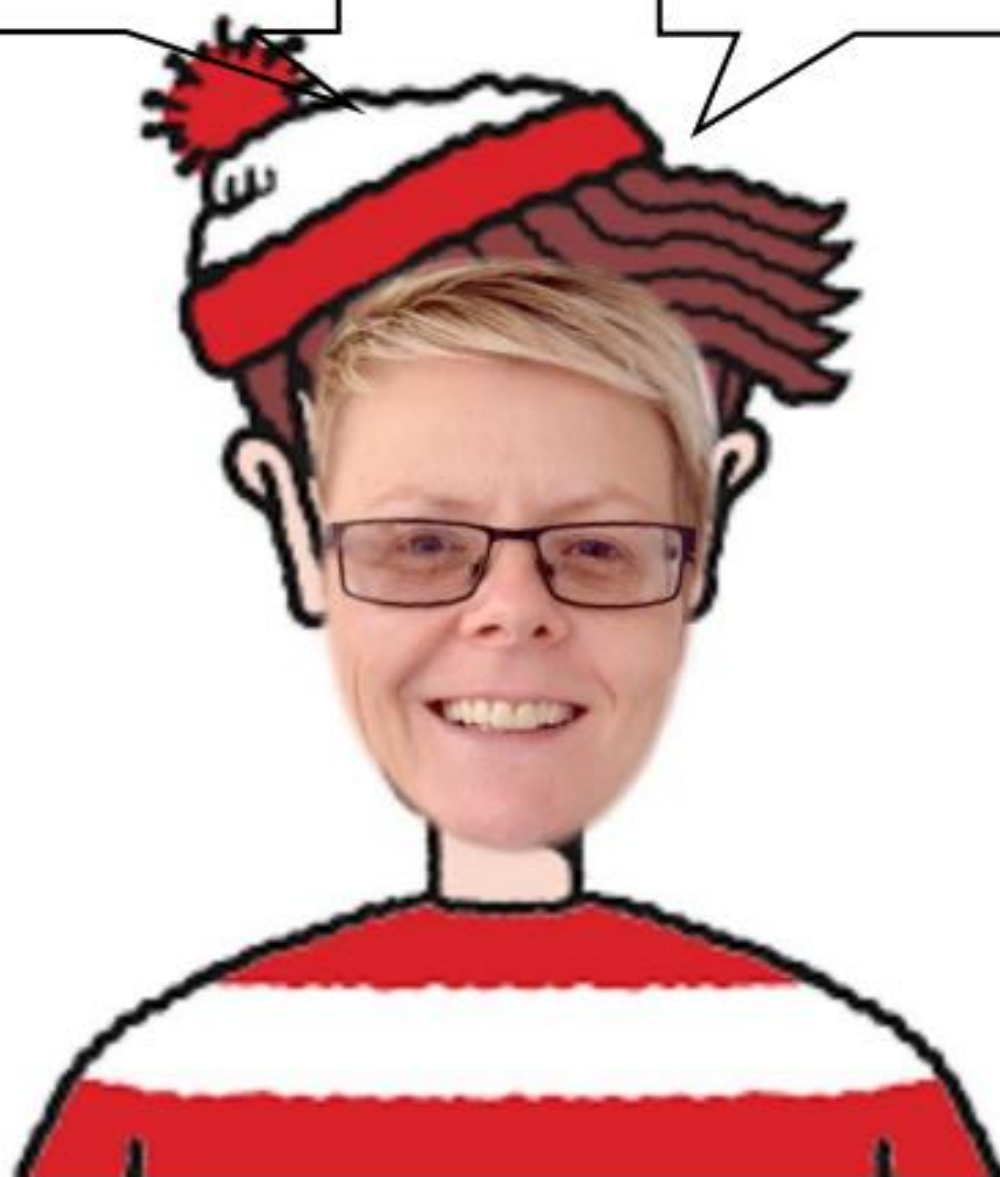
Along with our partners Change Kitchen and Creative Active Lives, we're part of the Children's Quarter alliance for social inclusion through cooperative working.

Where's Wendy?

Wendy can be found working with pupils. She can support pupils with their emotional well being.

Wendy can be found working with staff.

She is trained to help staff with a variety of issues that are affecting their life.



Did you know Wendy is a qualified therapist?

She is qualified in Counselling and Cognitive Behaviour Therapy.

If you'd like to speak to Wendy ask at Reception.

Wendy is in school on Thursdays.

Pause.

ForwardThinking
Birmingham



**Need someone to talk to?
Struggling to cope with feelings?
We're here for you.**

Pause can help, we listen and help you find solutions – no referrals or long waits, you choose when and how to use our service. Pause supports anyone under the age of 25 with a Birmingham GP via phone, video call or face to face session.

**To find out more and register for support, visit:
<https://forwardthinkingbirmingham.nhs.uk/pause>
or call our Registration Line **0207 841 4470**
(please note local call charges do apply).**

Drop-in sessions will be offered around the Birmingham area, not just in City Centre. For up to date locations, visit our website for more information.

Pause can offer:

- **A non-judgemental listening ear.**
- **Self-help strategies, skills for managing difficult situations and feelings.**
- **Detail of other support services that can help.**

Each session last around 20-30 minutes which focuses on ways forward.

Our Service Operates:

- **Monday, Wednesday, Thursday, Fridays - 10am-6pm**
- **Tuesdays 12pm-8pm**
- **Saturdays 10am-5pm**
- **We are Closed Sundays & Bank Holidays.**



The
Children's
Society

Help for all families in Birmingham



Food
& Energy



Youth
Support



Domestic
Abuse



Emergency
Funding



Money &
Debt Advice



Data & IT



Under 5's
Support



School Uniforms
& Clothing



Parenting



Special Needs
& Disabilities



Bereavement



Housing



Sexual
Health



Mental
Health



Play

Birmingham
Children's Partnership



Birmingham

Children's Partnership



Edgbaston

EarlyHelpEdgbaston@gatewayfs.org
0121 456 7821

Erdington

ErdingtonFamilies@compass-support.org.uk
0121 748 8199

Hall Green

Hallgreen.families@greensquareaccord.co.uk
07570 953519 (9:30am to 4:30pm)

Hodge Hill

EarlyHelp-Hodgehill@family-action.org.uk
07976 199894

Ladywood

childrenandfamilies@bsettlement.org.uk
07764 977636

Northfield

NorthfieldFamilies@northfieldcommunity.org
07516 918 133

Perry Barr

PerrybarrEHnetwork@spurgeons.org
0121 752 1900

Selly Oak

EarlyHelp.Billesley@gmail.com
0121 441 4556

Sutton Coldfield

SuttonEHnetwork@spurgeons.org
0121 752 1860

Yardley

EarlyHelpYardley@barnardos.org.uk
0121 289 4875





**Healthy Start
paper vouchers
will soon be
replaced with a
prepaid card**

Apply online [NOW](https://www.healthystart.nhs.uk/how-to-apply/)

The Healthy Start scheme is changing, with a new online application process and prepaid card, to replace the paper vouchers. Paper vouchers will no longer be issued after **31st March 2022** so it is very important that you apply for a prepaid card as you will no longer receive vouchers after the 31st March 2022. **You will not automatically be transferred onto the new scheme.**

To apply for the first time or get your new prepaid card, go to the Healthy Start website www.healthystart.nhs.uk/how-to-apply/ and follow the steps for applying.

Pregnant women and families with children under the age of 4 may be eligible for help to buy healthy food and milk if they are on certain benefits. Healthy Start vouchers are currently worth **£4.25** per week per child under the age of four - but if you have a child under one year, you could get two vouchers a week giving you **£8.50**

Sign up online today - www.healthystart.nhs.uk/how-to-apply/

(If you do not have access to a computer or phone, ask your health visitor, midwife, Children Centre, or another organisation that you receive support from)



**A BOLDER
BRIGHTER
BIRMINGHAM**



Birmingham
City Council



Healthy Eating/Recipes

- [Startwell 2020 \(startwellbirmingham.co.uk\)](http://startwell2020.startwellbirmingham.co.uk)
- www.nhs.uk/change4life/recipes
- <https://my.whisk.com/feed>
- [Healthy eating on a budget | BHF](#)
- [Diabetes-UK-African Caribbean-Guide.pdf \(nhsforhvalley.com\)](#)
- [FINAL A5 Healthyeating_SAsian7.qxd \(diabetes.org.uk\)](#)
- www.tomkerridge.com/full-time-meals/
- <https://www.youtube.com/watch?v=c-2gPJUOiqM&list=PLb1P0NWdnLLMAWayc9IbIm-8abQ8oHcG8> - healthy eating webinars

Keeping Active

- [Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#)
- Startwell being active - [180 Katie - Startwell 2020 \(startwellbirmingham.co.uk\)](#)
- [PE With Joe | 2021 - YouTube](#)

Useful sites

- Pregnancy start4life: www.nhs.uk/start4life/
- Birmingham Safeguarding Children Partnership: [Home - Birmingham Safeguarding Children Partnership \(lscpbirmingham.org.uk\)](#)
- Birmingham Forward Steps: [Birmingham Forward Steps – The best start for our children \(bhamforwardsteps.co.uk\)](#)
- Supporting children's mental health: [Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](#)
- Mental wellbeing: [Home - Kooth](#)
- ICON: [ICON - Babies cry you can cope - Advice and Support | ICON \(iconcope.org\)](#)
- Food Banks: [All Food Banks | Find FoodBanks Brum](#)
- Healthy Start webinar: <https://www.youtube.com/watch?v=ko3TP07EurE>

Inclusion Events:

Coming up...



With many restrictions now being lifted, we will soon be able to start our parent's coffee morning sessions again. We would love for you to join us at one of our Parent Coffee mornings or at an Inclusion surgery. The Inclusion surgery is available for you to book an appointment to talk to a member of staff about any concerns or if you require support or advice around any issues or difficulties you may be having. To arrange a meeting please email sensupport@woodhouse.uwmat.co.uk

Our Inclusion calendar of events are as follows:

Date	Focus
14th April 9am-11am	Inclusion Surgery
5th May 9am-10am	Parents Coffee Morning - focus TBA
9th June 9am-10am	Parents Coffee Morning - Transition
16th June 9am-11am	Inclusion Surgery
7th July 9am-10am	Parents Coffee Morning - focus TBA

The Inclusion Team at Woodhouse



Miss T Mason
SENCo
Assistant Head



Mr R Kennedy
Learning Mentor
DSL



Mr C Oakley
Assistant Head
Key Stage 1



Miss C Lavelle
Assistant Head
Key Stage 2



Mrs H Sumner
Year 2 TA
Pastoral Support

The Inclusion Team at Woodhouse work together with children and families to offer and provide support and opportunities to ensure that all have the chance to achieve and succeed.

If you have anything you would like to discuss with a member of the team regarding your child or children's learning, behaviour, well-being, health or anything else then please get in touch. families@woodhouse.uwmat.co.uk

If you'd like to get in touch with us regarding Special Educational Needs, you can do this by emailing us at sensupport@woodhouse.uwmat.co.uk

The Inclusion Team will also be on the front and rear gates at the start and end of the day and will be more than happy to talk.

We would like to remind families that if times are difficult or you are going through a tough time, you need only ask and we will do all we can. Of course, we are always here for your children, and we will do anything which we can do to help them to learn, succeed and become fine citizens. We are also there for our families and the wider school community. If we can help in any way: with food bank support, support with uniforms and clothing or with any other aspect of life, then please get in touch. If we cannot help directly, we can often sign post to the support needed and help you to access assistance. Please don't suffer in silence.

Feeling overwhelmed? Struggling to cope?



Anna Freud
National Centre for
Children and Families

Text AFC to 85258

Text the free, confidential textline

All texts are answered by trained volunteers,
with support from experienced clinical specialists





Help for all families



We've all been through a tough time recently.

The following organisations have partnered to provide services and support, which might make life a little bit easier...

Birmingham Children's Partnership includes: Birmingham City Council, Birmingham Children's Trust, Birmingham and Solihull Clinical Commissioning Group, Birmingham Community Healthcare NHS Foundation Trust, Birmingham Women's and Children's NHS Foundation Trust, West Midlands Police and Birmingham Voluntary Sector Council.

There is support available for domestic abuse, parenting courses, mental health support, financial help, alcohol and drug problems, bereavement support and more.

Follow these links to find out more:

<https://www.birmingham.gov.uk/love>

https://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2156/birmingham_children_s_partnership_-_resources

Alternatively, speak to a member of the Inclusion Team for more advice / support.

In most cases, you can self-refer for support.

One example of support they can offer is with emergency food and supplies grants of up to £100.

From Birmingham with Love



We've all been through a tough time with Covid-19 and repeated lockdowns. For many families it can get harder over Winter, which is why we're here to help. Here are some of our partners' most used services and support, which might make life a little bit easier...



1. **Online parenting course.** We've pre-paid for every parent in Birmingham to access a [parenting course](#). Just enter the access code "COMMUNITY" at the top of the page to claim. There are courses for parents, carers and grandparents of children from bump to 19. Learn about how your child develops, and get tips to manage their behaviour.



2. **Mental health support.** In these difficult times we have to look after our mental health. For young people aged 11-25 there are forums, guides and counselling available at [Kooth](#). If your child 0-25 needs support, get in touch with Pause by calling 0207 841 4470 or [email](#). Adults can get support from [MIND](#) by calling 0121 262 3555. Or for urgent help call [Forward Thinking Birmingham](#) on 0300 300 0099.



3. **Financial help.** If you've lost your job, or are struggling for food or rent there are services that can help. [Local welfare provision](#) can make a big difference if you are in a crisis and need food, fuel or basic white goods. [Discretionary Housing Payments](#) may be able to help with rent. And there are [food banks](#) across Birmingham that are here to help.



4. **Domestic abuse.** For women and children affected by domestic abuse please see [guidance](#) or confidentially contact [Birmingham and Solihull Women's Aid](#). For Men, please contact [Respect](#).



5. **Problems with drugs or alcohol.** A new, discrete app called Staying Free is available on Android or Apple. Use the code "birmingham11" for pre-paid access. To speak to someone call [Change Grow Live](#).



6. **Bereavement support.** It's a terrible time to lose a loved one — you can get help by calling 0121 687 8010 or from [Cruse](#).



7. **Early help for families.** If anyone in your family needs more help, from public services or community groups, then please contact our [voluntary sector local leads](#). We have ten areas which can connect you to support across the city.

If you are worried about a child, please call Birmingham's Children's Advice and Support Service on 0121 303 1888. In an emergency, including child abuse, contact the Police on 999. You can also [chat](#) to the Police.

OPENING FEB 1ST 2022



POWER GYMNASTICS TRAMPOLINE

AGE 4-6 RECREATIONAL TRAMPOLINE : TUESDAY 5:30 – 6:30

SATURDAY 2:30 – 3:30

AGE 7+ RECREATIONAL TRAMPOLINE : TUESDAY 6:30 – 7:30

SATURDAY 3:30 – 4:30

PRE-DEVELOPMENT / DEVELOPMENT / COMPETITION SQUAD
SQUAD TRIALS AVAILABLE

FOR MORE INFORMATION: EMAIL
PowerGymnasticsTrampoline@outlook.com OR
CALL 07807297641



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: POWERGYMNASTICSTRAMPOLINE



: POWERGYMNASTICSTRAMPOLINE



DRAMA CLUB!

West Heath Community Centre

Every SATURDAY starting 9th April

Cornwall Hall

10am 4-7 year olds

11am 8-11 year olds

£10 per session

BOOK NOW Call/ Text 07824632825



Follow our new page, just search The Happy Phoenix



THE HAPPY PHOENIX

EXPLORE CREATE INSPIRE

Useful links

<https://homelearning.woodhouse.academy>

Additional learning resources and activities.

<https://www.woodhouse.priacademy.co.uk/news-and-events/parental-assistance>

Our parental assistance page with plenty of avenues of support.

Up to date school news.

<https://www.woodhouse.priacademy.co.uk/news-and-events/school-news>

Access our latest risk assessment, detailing our safety measures.

<https://www.woodhouse.priacademy.co.uk/news-and-events/wider-opening>

The Food Pantry – Quinton

<https://your-local-pantry.force.com/s/member-sign-up>

Support with housing

<https://www.theprojectbirmingham.org/housing-advice/>