

# Woodstock Weekly



The weekly newsletter from Woodstock CE Primary School

2 October 2023

Edition: 4

## LETTER FROM DEPUTY HEADTEACHER

Dear Parents and Carers,

I hope this newsletter finds you well and that you have all had a lovely weekend, enjoying the continued mild weather. School continues to be a hive of busyness and exciting learning opportunities. Children in Year 6 had the opportunity to visit Blenheim's Autumn Fest Launch Day last Thursday ahead of it opening to the public over the weekend. They had a great time! Children also celebrated European Day of Languages last week. Classes learnt about languages and cultures around the world, and we celebrated the diversity of languages spoken by children in our school. The work produced in each phase was inspired by two books: 'Welcome to our World' (EYFS & KS1) and 'Children of the World' (KS2). We will share our work with our partner school in Rome, where children are also reading 'Children of the World'.



This week, children in Key Stage 1 will be visiting the Cotswold Wildlife Park to support their work in science. Their topic this term is 'Around Our World' and they will be finding out about where the different animals are native to in the world. We will share pictures in next week's newsletter.

### Celebrating Black History Month (October 2023)

*Cited from B:M2023 UK:* Black History Month 2023 is a momentous occasion to recognise and celebrate the invaluable contributions of black people to British society. Black people have always been at the forefront of social justice movements, fighting against oppression and paving the way for change. However, despite their countless contributions to society, the achievements of black women have too often been overlooked or forgotten. That is why, this year, B:M2023 have chosen to follow the theme of 'Saluting Our Sisters' and are encouraging schools to celebrate the exceptional achievements of black women. The theme of '**Saluting our Sisters**' highlights the crucial role that black women have played in shaping history, inspiring change, and building communities. This year's celebration will showcase pioneering black women who have made remarkable contributions to literature, music, fashion, sport, business, politics, academia, social and health care, and more – children within their phases will be finding out more about the lives of significant individuals over the month and share/present their learning with other classes.

For further information, please to visit the following website:

<https://www.blackhistorymonth.org.uk/article/section/news/black-history-month-resource-pack-2023/>



## World Mental Health Day 2023: Tuesday 10<sup>th</sup> October

World Mental Health Day aims to spread awareness about mental health and the importance of looking after it! The day is a chance for everybody to talk about mental health and emphasise how important it is to reach out if you're struggling. The day was first celebrated in 1992 at the initiative of the World Federation for Mental Health, an organisation that advocates mental health education worldwide! As we do every year, we will be celebrating this in school by further supporting our PSHE and RSE Curriculum work by raising awareness of this extremely important issue in an age-appropriate way. **The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.**



### Our School Library

It has been wonderful to have some parent volunteers in school over the past few weeks helping to give our library a little bit of TLC, a tidy up and catalogue some books that have been donated to the school. You have been like 'magical fairies', working very hard, and we very much appreciate the support you are giving to the school. Both staff and pupils are thankful of your generosity with the time you have committed to helping us.

### Parents Evening & Parent Workshops

You should already have the dates in your diary for the forthcoming Parents Evening on Tuesday 17<sup>th</sup> and Thursday 19<sup>th</sup> October 2023, which will be an opportunity to hear from your child's class teacher about how well they have settled into the new school year. As promised, we can now confirm the dates of our English Workshops that will take place next week. We hope to see you then. If you are unable to attend, please do not worry, because we will ensure the supporting presentation will be shared with parents via the school's website. Live bookings for Parents Evening will be available from 6.30pm on Wednesday 4<sup>th</sup> October.

English Parent Workshop		Maths Parent Workshop	
Phase	Date	Phase	Date
KS1: Years 1 & 2	Tuesday 10 <sup>th</sup> October @ 2.15pm	KS1: Years 1 & 2	Tuesday 14 <sup>th</sup> November @ 2.15pm
KS2: Years 3 & 4	Wednesday 11 <sup>th</sup> Octoer @8.50am	KS2: Years 3 & 4	Tuesday 7 <sup>th</sup> November @8.50am
KS2: Years 5 & 6	Tuesday 10 <sup>th</sup> October @ 8.50am	KS2: Years 5 & 6	Wednesday 8 <sup>th</sup> November @ 8.50am

There will be a combined EYFS English/Maths be Parent Workshop after October half-term break which we will confirm with you very soon.

Following the positive feedback received by many of our parents about the Class Curriculum Celebration Assemblies we held during the last academic year, we are planning to continue with this wonderful opportunity to invite you into school for the children to share their learning with you. We know how much you enjoyed being in school and we hugely value these opportunities for the children to share their learning and schoolwork with you. These will begin after Christmas, yes, I've said it! CHRISTMAS! This gives the children plenty of time to settle into the year and their classes – and the second half of the Autumn Term is always a busy one with nativities and carol services. Dates for our Christmas events will be confirmed in next week's newsletter.

Many thanks for your continued support – it is always a pleasure to see so many of you at the school gates at the start and end of the school day. Do come and say hello if you haven't had a chance to yet this term.

Yours sincerely,

Anna Poole  
Deputy Headteacher

## Safeguarding Children Updates:

### What to do if you have concerns about a child

If you have any concerns about a child relating to Safeguarding, please get in touch with one of our Safeguarding Leads immediately by contacting the school directly on 01993 812209 or by email [safeguarding@woodstock.oxon.sch.uk](mailto:safeguarding@woodstock.oxon.sch.uk)

If you are unable to speak to a member of our Designated Safeguarding Team at school and have a safeguarding concern, please contact the Multi-Agency Safeguarding Hub (MASH) directly who will be able to advise you.

**If you have a concern about a child, please call MASH on 0345 050 7666.**

### NSPCC Updates for Parents and Families

The NSPCC have updated some of their guidance on supporting children with mental health issues. Please follow the links to some very useful pages on their website.

**Child Mental Health:** click [here](#)

**The Safeguarding Network:** click [here](#)



## Collective Worship Weekly Theme

Week Beginning: 2/10/23		Collective Worship	
Key Idea: Breaking Records			
Biblical Link:	Acts 28:31 "He proclaimed the kingdom of God and taught about the Lord Jesus Christ—with all boldness and without hindrance!" (NIV)		
Biblical Value:	Service	<div style="background-color: #00a0c0; color: white; padding: 5px; text-align: center;"> <b>Invitation prayer</b>                      The Lord's Prayer                 </div>	
Understanding Christianity Theme:	 Kingdom of God		
Worship Song:	We are climbing		

## Hedgehog Club Halloween Activity Days at Hailey Community Wood from 9.30am - 3.30pm.

**25th and 26th October 2023**

Come and spend a day outdoors playing, building and exploring. We will be building dens, bug hunting, natural craft activities, using tools and knives and lighting fires. There will also be some Halloween potion making, broomstick racing and pumpkin carving. Hot drinks, squash and campfire snacks available all day. Open to 5-11 year olds.

It costs £37 per child. There is an option of earlier drop off from 8.30pm and late pick up, up to 5pm. (Extra £10 cost)

Booking is through the website [www.thehedgehogclub.co.uk](http://www.thehedgehogclub.co.uk)

Contact: [thehedgehogclub123@gmail.com](mailto:thehedgehogclub123@gmail.com)



The poster features a blue background with a blurred image of children playing football. At the top center is the 'SPORT PROVISION UK' logo, which includes a stylized figure of a person kicking a ball. The main title 'FOOTBALL FUTURES' is written in large, bold, white letters with a blue outline. Below the title, there are three columns of text: 'WEDNESDAY EVENINGS 5:00-6:00PM', 'SESSIONS FOR BOYS & GIRLS' (with a small football icon), and 'AGE GROUPS 4, 5 & 6 YEARS OLD'. At the bottom, a location tag reads 'GOSFORD HILL, KIDLINGTON, OX5 2NU'. At the very bottom, there is a contact line: 'For more information, please contact Dec McGovern at [sportprovisionuk@outlook.com](mailto:sportprovisionuk@outlook.com)'.

# WEST OXFORDSHIRE

## HAND ME ON, MATERNITY BABY AND KIDS STUFF



LENDING  
LIBRARY

Parent-to-be or  
parent/gaurdian of a child up  
to teens?



STAY LOCAL



Join our community to re-use maternity/child  
related items from maternity pillows, toys,  
cots to school shoes

Group

[www.facebook.com/groups/handmeonwestoxon](http://www.facebook.com/groups/handmeonwestoxon)

Page

[www.facebook.com/handmeonwestoxon](http://www.facebook.com/handmeonwestoxon)



The hand me on community group is for families of all backgrounds within West Oxfordshire. Our aim is to reduce our carbon footprint while helping families.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared, or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### 6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-56478031>, <https://www.childrens.com/blog/supporting-your-child-with-upsetting-content/>, <http://www.nca.org/parenting/how-talk-your-children-about-conflict-and-war>

# WHAT TO DO IF YOU FEEL ANXIOUS WHEN AT SCHOOL

 @BELIEVEPHQ 



Don't be afraid to talk to a teacher about how you are feeling



Take a few moments to engage in some slow, steady and deep breathing



Stay in the moment and be present with what you are doing



Breathe and slow down what you are doing by using some mindfulness



Write down your thoughts to understand how you are feeling



Find a close friend and ask for some support through the day



Be kind to yourself and look after yourself throughout the day



Come up with solutions to help you solve any worry you experience



Understand what is making you feel anxious so you can figure out the next steps to managing it



# Autumn

# FAIR

# HARCOURT ARBORETUM



AUTUMN MARKET  
WITH INDEPENDENT  
OXFORDSHIRE MAKERS  
AND PRODUCERS

FAMILY CRAFTS

PETTING ZOO

FOOD & DRINK

FRIENDS' CAKE STALL

BOTANICAL  
ILLUSTRATIONS

AND MUCH MORE!

# 14 OCTOBER 2023

# FROM 10AM

BUY TICKETS IN THE WELCOME CENTRE  
OR SCAN THE CODE TO BUY ONLINE  
CAR PARK BOOKING ESSENTIAL OR USE FREE  
SHUTTLE BUS FROM REDBRIDGE PARK & RIDE

HARCOURT ARBORETUM, NUNEHAM COURTENAY OX44 9PX  
OBGA.OX.AC.UK

