

# Woodstock Weekly



The weekly newsletter from Woodstock CE Primary School

4 December 2023

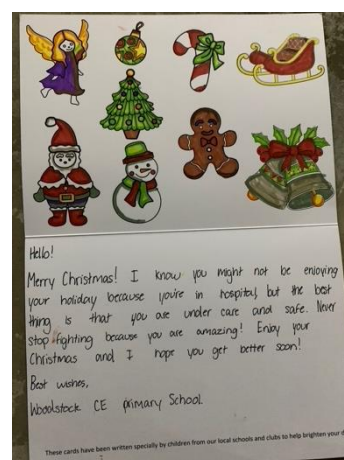
Edition: 11

## LETTER FROM THE HEADTEACHER

Dear Parents and Carers,

I hope this week's newsletter finds you well.

### Oxford Hospitals Charity:



As you know, this Christmas we are supporting Oxford Hospitals Charity Give a Gift appeal. Last week, pupils in Years 3-6 wrote a personalised card to go inside a hamper containing books, games and chocolates amongst other items, that will be given to sick children and patients in hospital over the Christmas period. Pupils also wrote cards for staff working over the Christmas period too. David Childs from the charity led an assembly to explain the appeal and gave more information about the work of the charity. David also met representatives of our Pupil Parliament and visited classes to see the writing in action. David was really impressed by pupils' thoughtful messages and questions.



We are asking for a £2 donation per pupil to sponsor a hamper. I'm sure you will agree that this is lovely initiative to support and will bring joy and happiness to those in hospital at Christmas. Donations can be made via Parent Pay. Thank you for your support.

### Big Sing:



It was a pleasure to accompany our school choir to the Big Sing at the Centre for Music on Friday evening. Pupils have been busy learning a number of carols and songs over recent weeks. They then joined other schools to form a mass choir to perform for the concert. The concert also featured a performance of an original song written especially for the event by Mrs Christie. A huge thank you to Mrs Christie for leading the rehearsals and to Mrs Poole for accompanying the trip too. It was a delightful event. See the photos above of the rehearsals in full flow.

### Rotary Club of Woodstock:

A huge thank you to the Rotary Club of Woodstock for their generous donation of £100 in recognition of the choirs performance at the Night of 1000 candles event last weekend. It was very much appreciated.

### Christmas dates:

Please see below a reminder of the dates of our various nativities and carol services in the church.

Phase	Date
EYFS Nativity	Wednesday 13th December 2023 at 9.45am and 2.00pm in school.
Key Stage 1 Nativity:	Thursday 14th December 2023 at 9.45am and 2.00pm in school.
Years 3&4 Carol Service	Wednesday 13th December @ 6.00pm in church.
Years 5&6 Carol Service	Thursday 14th December @ 6.00pm in church.

Thank you for your ongoing support.

Yours sincerely,



Christian McGuinness,  
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](#)



## Key Dates when applying for Primary School

Key dates for applications	
Key dates	Event
1 November 2023	Applications open via Oxfordshire County Council's website.
15 January 2024	Closing date for applications.
29 January 2024	Last date for confirmation of change of address.
16 April 2024	Offer letters sent by second-class post where needed and emails sent to those who applied online.
September 2024	Start of the school year.

## North Oxfordshire Food Bank

As in previous years, we would like to support our local foodbank by organising another collection ahead of the Christmas break. As well as usual cupboard staples, it would be wonderful if we could also include donations of Christmas treats. We would like to ask that donations are brought into school on Friday 15<sup>th</sup> December 2023. You may wish to take part in a 'Reverse Advent Calendar' where each day of December, you collect items to place in an advent box and then bring them along on the 15<sup>th</sup>. Any donations however big or small are always much appreciated by the foodbank, especially at this time of year.



## PTA Christmas Hampers



As the festive season approaches, we are thrilled to announce our next exciting PTA initiative to celebrate and support our amazing Woodstock CE Primary School community. Back by popular demand is the Class Christmas Hamper Raffle!

On Thursday 7 December, we warmly invite all the children to join in the festive fun by wearing their most dazzling and merry Christmas jumpers. In the spirit of giving, we kindly request each child donates an item for their class hamper. This is a fantastic opportunity for our children to embrace the joy of giving and spread the holiday cheer. To make the process as easy as possible, our wonderful PTA volunteers will be waiting at the gates on Christmas Jumper Day morning to collect the donated items. Class tables will also be set up, making it simple for the children to place their items on their designated tables.

Wondering what to donate? The possibilities are endless! We encourage you to contribute items that you would love to find in a Christmas hamper. From luxurious toiletries to delectable food items or even a bottle of bubbly, your generosity is deeply appreciated and will help us create truly amazing hampers. We kindly request that all donated items are nut-free though. In the true spirit of giving, any items that do not fit in the hampers will be donated to the Oxfordshire Food Bank. This way, we can support those in need in our wider community during this festive season too. With our thanks to the coordination efforts of Lynne Hammond for helping with the food bank donations.



With the participation and support of our incredible Woodstock CE Primary School families, we hope to have a total of 12 amazing class hampers to raffle off! But there's more! The teachers and staff will also be kindly creating a hamper in return for one special competition winner. Just for fun, children will be sent home with a teacher and staff Baby Photo entry sheet. The family who guesses the most correct teachers and staff members from their baby photos will win the teachers and staff members' hamper!

Please mark your calendars for Christmas Jumper Day on Thursday 7 December. And for the raffle prize draw on Friday 15 December. As always, we deeply appreciate your ongoing support. Every contribution, no matter how big or small, plays a vital role in enhancing our school community and providing valuable resources for our pupils.

The PTA will be selling raffle tickets during the week of 11 December in the school playground and at the Christmas events in school.



## Collective Worship Weekly Theme

Week Beginning: 4/12/23		Collective Worship	
Key Idea: You're Never Alone			
Biblical Link:	Deuteronomy 31:8 "The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." (NIV)		
Christian Value:	Faith		<div>Invitation prayer</div> <div>Dear God, When I feel alone, help me remember you will never leave me, Help me to be there for others when they face difficulties, Thank you for giving me strength, courage and your love, Amen</div>
Understanding Christianity Theme:	 God		
Worship Song:	Give me oil in my lamp		

## Our World



What is it like to live through an uncertain time?

### Let's look at this week's story

Scientists monitoring a volcano in Iceland have said an eruption could happen. The Fagradalsfjall volcano previously erupted two years ago, in 2021 – the first time in over 800 years. It is now thought that the volcano is the cause of a series of earthquakes, which started this October. An underground river of magma led to the evacuation of 4,000 people from the town of Grindavik and Iceland has declared a state of emergency. People who live there have since been allowed to return just to collect belongings, with the likelihood of eruptions remaining high.

Learn more about this week's story [here](#).  
Watch this week's useful video [here](#).  
This week's Virtual Picture News [here](#).



### UN Rights of a Child

Natural disasters can cause harm to people – their possessions, homes and lives. We have the right to get help if we have been hurt so we can get back our health and dignity.




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RECOVERY AND REINTEGRATION




### British Values

#### Rule of Law

Sometimes rules, such as not allowing people to stay in their homes, may be introduced in response to an event. They are put in place to help protect people and keep them safe.



## Bicester Military Wives Choir is looking for a Musical Director

- ♪ Are you committed to using the power of music to bring women in the military community together to sing, share and support each other?
- ♪ Are you a skilled teacher and inspiring leader who enjoys meeting new people and building good working relationships?
- ♪ Can you facilitate and inspire a choir as they develop as an ensemble, whilst upholding the reputation of an established brand?

Time commitment: Weekly rehearsals every week, 1930hrs Silbaravi Centre, Ambrosden, Bicester, OX25 2RB. Leading regular events across the local area

To apply, send your CV and cover letter (two sides of A4) to [Bicester@militarywiveschoirs.org](mailto:Bicester@militarywiveschoirs.org) by Friday 26<sup>th</sup> January 2024



/militarywiveschoirbicester



[militarywiveschoirs.org](mailto:militarywiveschoirs.org)



@BicesterMWC

Part of the Military Wives Choirs, registered charity in England and Wales (1148302) & Scotland (SC045217).

## Visit Hill End with family & friends this Christmas!

- ★ Festive crafts with natural materials
- ★ Christmas joke trail
- ★ Campfire & marshmallows
- ★ Woodcraft - make a decoration!
- ★ PLUS... the freedom to play & explore our site

**Wednesday 20 December 1.30 pm - 5.00 pm**

**Thursday 21 December 10.00 am - 2.00pm**

sorry no dogs



### Online ticket bookings:

[hill-end.org/activities/upcoming-events](http://hill-end.org/activities/upcoming-events)

**£9.50 pp child / adult (U2s free)**

**includes a jacket potato or soup & hot drink**

## December 9th/10th 2023

## Woodstock Methodist Church

Invite you and your family to:



### Christmas Fun for Children

Saturday 9th December 10.30am-12.30pm

Crafts, games and the Christmas story for pre-schoolers (with an adult) & school aged children.



### All Age Christingle Service

Sunday 10th December 10.30am

Come and explore the meaning of Christingle and make your own to take home.



### Christmas Tree Festival\* Afternoon Tea

Sunday 10th December 2-5pm

Celebrate the start of our Christmas Tree Festival\* with a mince pie, cake and tea.



### Hang a bauble on our Prayer Tree

From Sunday 10th December

Write your prayers, hopes and wishes for 2024 on



### All Welcome

For more information contact

[stewards@woodstockmethodists.org.uk](mailto:stewards@woodstockmethodists.org.uk)



\* If you can't make the festival tea, the trees will be displayed until the 5th January so please pop in and see them

**LITTLE PUDDINGS**

# CHRISTMAS

## baking workshop

# 21

# DECEMBER

10AM - 12PM  
£27 per person

22 Banbury Road, OX20 1LQ  
Woodstock

[www.thelittlepuddings.com](http://www.thelittlepuddings.com)



# Stress Awareness Month 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 65% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started: each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page – let us know how you're getting on as the month progresses!

## PHYSICAL

- 1 LEAVE YOUR PHONE AT HOME**  
Now the weather's turning nicer, go for a long walk ... without your phone!
- 2 EAT WELL, FEEL WELL**  
Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress.
- 3 PUT THE 'NO' INTO 'NOTIFICATIONS'**  
Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions.
- 4 APP-LY YOURSELF**  
Download one of the thousands of fitness apps that can help banish stress – from crunches to push-ups to simply counting your daily steps!
- 5 GO TOTALLY TECH FREE**  
Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours.
- 6 STREAM SOME STRESS AWAY**  
Find a new workout or yoga routine on YouTube and try it out. Exercise is stress kryptonite!
- 7 TIME FOR A CUPPA**  
Working from home? Take regular screen breaks. Even just five minutes can do the trick!
- 8 LAUGH YOUR CARES AWAY**  
They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle.
- 9 TAKE A BREATH... OR TWO**  
FitBits and Apple Watches have built-in breathing exercises to lessen stress. If you don't have wearable tech, YouTube has lots of breathing exercise videos.
- 10 PUSH THE ENVELOPE!**  
Write and post a card or a letter to a loved one. It'll make them feel good too!

## MENTAL

- 1 SOUNDS RELAXING**  
Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed.
- 2 WELL, FANCY THAT**  
Go online and learn something new. Just any random fact that you didn't know this morning!
- 3 ELIMINATE SOME EMAILS**  
Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned that are now just taking up space.
- 4 BEAT THIS**  
Create a feelgood playlist on your phone ... all those tracks that never fail to give you a boost!
- 5 CLEANSE YOUR SOCIAL MEDIA**  
Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates – all the stuff you never look at.
- 6 LET THEM WAIT**  
It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress.
- 7 GET PRODUCTIVE**  
Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager.
- 8 PEACE IN A POD**  
There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you.
- 9 SPRING CLEAN YOUR PHONE**  
De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain!
- 10 HELP YOURSELF**  
Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better.

## EMOTIONAL

- 1 FABULOUS FACETIME**  
Video call a friend or family member, just to catch up. Or, if you have time, do both!
- 2 SPREAD SOME GOOD VIBES**  
Choose your favourite post of the day from your social feeds and share it.
- 3 CUTE, CUDDLY AND CALMING**  
An old school classic: just google image search "adorable kittens" or "cute puppies", whatever. It literally never fails to make your day better!
- 4 READY PLAYER ONE**  
Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long!
- 5 BRIGHTEN THEIR DAY**  
Share some love! Message someone just to tell them that you're thinking of them.
- 6 U OK HUN?**  
Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you.
- 7 LIKE THIS, LIKE THAT**  
Spread some positivity by reacting to your friends' social posts. Sprinkling those hearts and thumbs up will make you feel happier, too.
- 8 START ON THE FRONT FOOT**  
Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow.
- 9 PIC AND CHOOSE**  
Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it!
- 10 SHARE SOME LOVE**  
Someone you know achieved something special? Go online and publicly congratulate them!



For further info about Stress Awareness Month and more resources to help reduce stress, visit [www.stress.org.uk/stressawarenessmonth/](http://www.stress.org.uk/stressawarenessmonth/)



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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