

# Woodstock Weekly



The weekly newsletter from Woodstock CE Primary School

11 March 2024

Edition: 21

## LETTER FROM THE HEADTEACHER

Dear Parents and Carers,

I hope this week's newsletter finds you all well and you had a pleasant weekend. Having been waterlogged for the last 4 weeks, I was delighted that my local Parkrun was back on to get the weekend off to an energetic start. Let's hope some dry weather continues to make an appearance over the coming days.

This week has got off to a flying start with representatives from Owen Mumford speaking to pupils in KS1 and KS2 about their journey in engineering. Pupils asked some probing and challenging questions!

### World Book Day 2024:

Last Thursday's World Book Day was a great success. I know our pupils had a wonderful day. Huge thanks to Merle from Woodstock Bookshop for coming to our assembly and for sharing some book recommendations. Special thanks also to Merle for the generous donation of books to our school library. Thank you Mrs Isherwood for planning a super day. Have a look at our [website](#) for some photos of the day



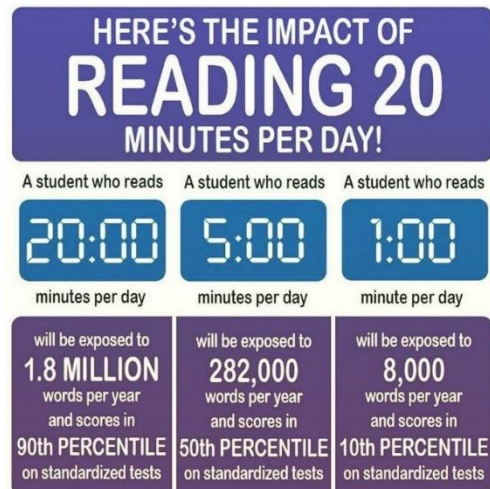
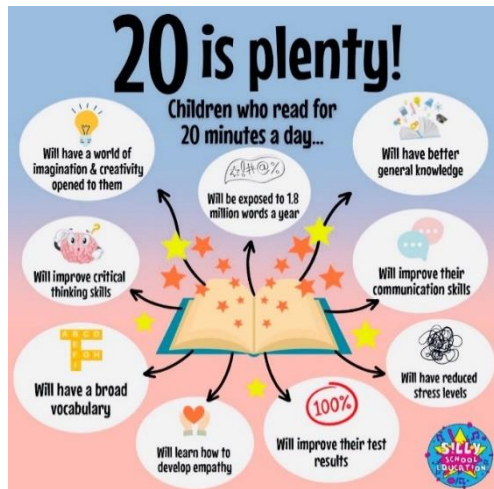
### U9 and U11 Athletics:



Following on from their success in the partnership round, our athletics team participated in the West Oxfordshire Athletics Sports Hall finals last Thursday. The event was fiercely contested with 7 schools taking part. Pupils competed in a range of track and field events showcasing their multiple talents across the range of disciplines. Woodstock were crowned champions, after taking the competition down to the last race. We look forward to representing the school in the Oxfordshire finals in the summer term. Well done team! A great achievement. Thanks to Mrs Leslie and Mr White for accompanying them. Whilst I was at Parkrun on Saturday, a parent I know from another school that took part came over to say how impressive our team were!

## Developing a Love of Reading: Important Read!

We are very passionate about promoting a love of reading in children and work hard to develop this across the whole school. We ensure our library is well stocked with exciting titles for the children to select from, our English curriculum links to high quality texts and through daily whole class reading time we transport each and every one of us to the world of story and adventures – the list is endless! You too can play a significant part in making reading and story the most favourable time of the day. Whether it is through daily bedtime stories, sharing a book with your child or setting quiet time away from devices where the whole family can enjoy reading and story time together.



Reading is one of those activities that doesn't require any preparation, just a comfy spot (anywhere) to sit and enjoy a story. Reading at home doesn't just involve your child reading out loud to you – it can be reading together, a page or paragraph at a time taking it in turns – even for our older children who are competent readers. Reading a story to your child, sharing the pictures talking about what is happening is also hugely valuable to helping your child engage with reading and story. A combination of all of these is a winning formula on the life-long journey to loving reading.

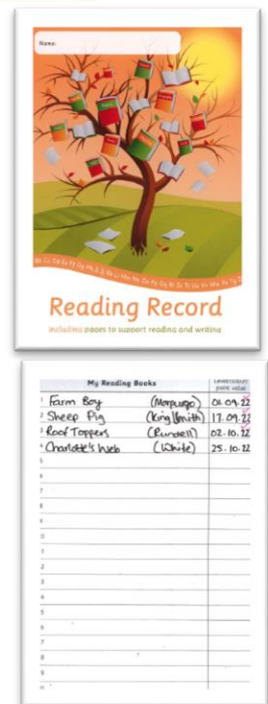
### Reading Expectations:

We expect children to **read at least 5 times within a week** (ideally daily) for a **minimum of 5-10 minutes**. The Reading Journals are a record of the books the children are reading (this helps us to monitor books being issued and returned to our school library), they are also a record of frequency of reading and the range of reading experiences the children are having.

**Reading books & Reading Journals should be coming to and from school daily.** Reading books and journals should be available in school each day and then taken home at the end of the day so that children (and parents) can get into the habit of recording what they are reading (just date and page numbers is sufficient, and perhaps initials of who has read with them). Teachers will be regularly monitoring these books.

### Class Curriculum Celebration Assemblies:

If you haven't done so already – please save the date for your child's Curriculum Celebration Assembly, which start at 2.30pm. It was wonderful to welcome so many parents into school last week for the Kestrels' Assembly – well done children for an amazing showcase of your learning. This week, we will be welcoming Woodpeckers' parents into school.



Date @ 2.30pm	Class
Wednesday 13 <sup>th</sup> March	Woodpeckers Years 5&6
Wednesday 20 <sup>th</sup> March	Cygnets Years 1&2
Wednesday 27 <sup>th</sup> March	Goslings Years 1&2
Wednesday 1 <sup>st</sup> May	Nightingales Years 3&4
Wednesday 12 <sup>th</sup> June	Ducklings Years 1&2
Wednesday 26 <sup>th</sup> June	EYFS: Reception
Wednesday 3 <sup>rd</sup> July	EYFS: Nursery

Thank you as always for the continued support you give to our school, it is always very much appreciated and hugely valued.

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](#)



## Collective Worship Weekly Theme

Week Beginning: 11/3/24		Collective Worship	
Key Idea: Listen, concentrate and focus			
Biblical Link:	Romans 10:17 <i>"Consequently, faith comes from hearing the message, and the message is heard through the word about Christ." (NIV)</i>		
Christian Value:	Faith	<div>Invitation prayer</div> <div>Dear God, Thank you for all the opportunities we have to learn, Help us to listen, concentrate and focus, Help us teach and share your message with others. Amen</div>	
Understanding Christianity Theme:	 Kingdom of God		

## Our World



**Should mobile phones be banned in all classrooms?**

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

Ministers have confirmed plans to ban the use of mobile phones in English schools and have released guidance for headteachers. The guidance is not statutory and offers schools different ways of introducing the ban. These include an order to leave all phones at home, handing them in on arrival, keeping them in inaccessible lockers or allowing pupils to keep them, on the condition they are not used or heard.

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**

Different countries have different rules and laws. If the laws of a country protect us better than the UN Rights of a child, then those laws should be used.



**41**

BEST LAW FOR CHILDREN APPLIES



**British Values**



**Rule of Law**

Sometimes bans can be put in place, which means something is officially or legally prohibited (disallowed). Rules and laws are there to help protect us and keep us safe.

## Red Nose Day – 15th March

As you may already know, on Friday 15th March it is Red Nose Day (Comic Relief 2024). As usual, we would like you to dress up and wear anything from pure red all over or only one thing like a hairband or socks! If you are not in the mood, you can wear your uniform but don't feel like you need to buy anything new for this special day. If you have a red nose please feel free to pop it on before school, during break and lunchtime and after school. You must remember not to wear any inappropriate clothing or short at your waist. If you would like to dress up for Red Nose Day bring £1 or more to support Comic Relief which would be much appreciated.

After school there will be a Bake Sale, one of your favourites! Please can any contributions for this sale be delivered to the table by the bike sheds in the morning with a clear list of ingredients for allergy purposes, and please label all containers so that we can easily return them.

Many thanks,

Deputy Prime Minister and Secretary of State, Pupils' Parliament



## World Sleep Day 15th March 2024

Your child's age Recommended sleep time in 24 hours:

Infants 4 to 12 months: 12 to 16 hours including naps

Children 1 to 2 years: 11 to 14 hours including naps

Children 3 to 5 years: 10 to 13 hours including naps

Children 6 to 12 years: 9 to 12 hours



## Hedgehog Club

Easter Family morning at Hailey Community Wood. 10 – 1pm  
Sunday 17th March 2024

Come and enjoy some outdoor fun including den building, fire lighting, cooking, crafty activities, and Easter egg fun.

We will be toasting marshmallows on the fire. Hot drinks, squash, homemade biscuits will be available all day.

**Costs:** Per child £15, all children must be accompanied by an adult.

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



## Witney Music Centre – Open Morning



**Witney Music Centre**, run by the Oxfordshire County Music Service, are holding their annual **Open Morning** on **March 23<sup>rd</sup>, 2024, from 9.00am-10.30am, at Wood Green School, Witney.** We run an orchestra, two string groups, a wind group and a guitar ensemble. This is an ideal opportunity for any prospective orchestral instrumentalists, ideally who can read music and have been playing for at least a year, up to about grade 5/6 standard, to come along and join in our music centre for a morning, and any budding guitarists who have been playing for at least a year to come and see what goes on, take part, try some ensemble playing and enjoy making music with other students.

Any parents are also invited to come along and play too, so dig out that old violin, trombone or clarinet from the loft and come and play with your children, or even help out as staff!

If you or your children would like to come and take part, please email Andy Bettle, the centre director, on [andrew.bettle@oxfordshire.gov.uk](mailto:andrew.bettle@oxfordshire.gov.uk) so we can make sure we have some music ready.

[www.oxfordshire.gov.uk/residents/music-service](http://www.oxfordshire.gov.uk/residents/music-service)

## Young Artists' Summer Show

Calling all artists! The Royal Academy of Arts has opened their Young Artists' Summer Show 2024. Please see the flyer below for more information and then follow the link if you have any further questions:

<https://youngartists.royalacademy.org.uk/get-involved>

Each child can submit one artwork and there is no theme. When you enter, we will ask for an image of your artwork plus some information about the piece such as title, size, and a little text about the artwork and why you made it. Your artwork will be seen by our panel of judges and the selected pieces will be shown in our online exhibition. Some of the artworks will also be shown at the Royal Academy of Arts. Prizes are awarded each year for inspiring artworks, as chosen by the President of the Royal Academy. You can also vote for your favourite artwork in our annual People's Choice Award.

The artwork can be made using any material; it can be a painting, sculpture, photograph, installation, video, drawing, or a combination. There is no theme, so artworks can be of any subject and we don't mind when you made the artwork as long as you are between 4-19 years old when you submit it. We also welcome collaborative pieces made by more than one student...

If you would like to enter the competition, please email [art@woodstock.oxon.sch.uk](mailto:art@woodstock.oxon.sch.uk) and Mrs Boutayeb will send you the permissions form, guidance for submissions and details about how to photograph the artwork.

Once you have read the guidance, please send a second email with the photo of the artwork and the completed permission form attached. All entries need to be sent by Friday 22nd March for Mrs Boutayeb to submit the entries before the deadline.

The flyer is a vertical rectangle with a purple background. On the left side, there is a large, abstract, textured shape in shades of green and yellow. The text is arranged in a clean, modern layout. The title 'Young Artists' Summer Show 2024' is prominently displayed in white and purple. The main body of text is in white, providing details about the exhibition, submission process, and dates. The Royal Academy of Arts logo is at the bottom left, and contact information is at the bottom right.

**Young Artists' Summer Show 2024**

**The Young Artists' Summer Show is a free, open submission exhibition for young artists aged 4–19 years and studying in the UK.**

Students can submit one artwork for consideration which will be judged by a panel of artists and arts professionals. Selected artworks will be displayed online and on-site at the Royal Academy of Arts. Prizes will be awarded to inspiring artworks across each key stage.

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**How to enter**

From 8 January 2024, teachers will be able to register their school. Next, students, their parents/guardians or their teachers can submit artworks via the RA website until 27 March 2024.

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**Important dates**

**8 January – 27 March 2024**  
Registration and submission open

**May 2024**  
Judging

**16 July 2024**  
Online exhibition opens

**16 July – 11 August 2024**  
Display at the RA open

**Sign up and find out more**  
[royalacademy.org.uk/youngartists](https://royalacademy.org.uk/youngartists)  
[#RAYoungArtists](https://twitter.com/RAYoungArtists)

Made possible by Robin Hambro

**RA** Royal Academy of Arts





## Good Friday Family Service

With Hot Cross Buns

Come and join us for a short family service in  
Church  
to reflect on Easter and what it means

**FRIDAY 29TH  
MARCH  
9.30AM**

Join us in the Church - St Mary Magdalene's, Woodstock



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 issues 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.

# 10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the Internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: In 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

## WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

## 1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

## 2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

## 3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

## 4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

## 5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

## 6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

## 7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

## 8 PRO-SOCIAL BEHAVIOUR

A huge positive for the Internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

## 9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

## 10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the Internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



**National Online Safety**  
#WakeUpWednesday

Sources: <https://www.theguardian.com/technology/2020/jan/14/young-people-online-safety>, <https://www.bbc.com/news/technology-55444444>, <https://www.nationalonlinesafety.com/what-is-netiquette/>



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



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# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN



@BELIEVEPHQ

## WORRY TIME



- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

## THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

## ACTIVITY PLANNING



- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

## TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings



## WELLBEING



- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

## 3 GOOD THINGS



- Before bed spend some time with your child to identify and write down three good things they achieved from the day

## IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

## BEING PRESENT



- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

## THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

