



Letter from the Headteacher

Dear Parents and Carers,

World Mental Health Day 2024: Thursday 10th 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 2024, set by the World Foundation of Mental Health, is 'workplace mental health'.**



Harvest Festival:

We will be celebrating Harvest Festival with the children on Thursday 10 October, at St Mary Magdalene Church led by Pastoral Lead Matt Bodinham. Unfortunately, due to the space in the church, this is a children only celebration. As in previous years, we will be supporting the North Oxfordshire Foodbank, who are a voluntary group formed by members of local Christian churches. Their aim is to provide food parcels to people within the Kidlington, Woodstock, Chipping Norton and Charlbury area. The parcels contain essential food for individuals and families in case of emergency, covering the time it takes for other social care infrastructure to come into play.

Please can we ask that all donations are brought to school on the morning of Thursday 10 October – a table will be available to place items next to the bike/scooter shed. Please follow this link to see the items they are currently in need of: <https://northoxfordshirecommunityfoodbank.org.uk/what-we-need>



Thank you in advance for supporting this worthy cause – we know how important your donations are to them and the local community.

Reading Cafés & Phonics Workshop

It has been a pleasure to welcome so many parents into school to hear more about how we teach reading. We are so appreciative of your support. A highlight for parents was the opportunity to read with their child. We will share the presentation slides on Google Classroom.

Thank you for your continued support.

Yours Sincerely,

Mrs Anne Hipwell
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

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 Theme

Week Beginning: 07/10/24		Collective Worship	
Key Idea: Together or alone?			
Biblical Link:	Acts 7:22 "Moses was educated in all the wisdom of the Egyptians and was powerful in speech and action." (NIV)		
Christian Value:	Wisdom	Invitation prayer Dear God, Thank you that we are all unique, Give me the wisdom to recognise how I work best, Help me find places, where I can learn, grow and connect, Help me value others and the contributions they make, Amen	
Understanding Christianity Theme:			

Our World Theme



Let's look at this week's story

E-commerce company, Amazon, has told all staff they need to return to the office five days a week, ending the option to work from home. In a message to all workers, Chief Executive Andy Jassy said the company expected everyone to be in the office full time (apart from some exceptions) from 2nd January 2025. Amazon's new policy is very different from the UK government's approach, which is to make flexible working a right for employees, as promised in a new law proposal due to be announced later this year.

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



Individual Liberty

At the moment, all employees have the right to request flexible working. Being aware of our rights and freedoms in the workplace can provide us with balance, fulfilment and enjoyment.



Children have the right to be protected from doing work that is dangerous or bad for their education, health or development. If children work, they have the right to be safe and paid fairly.



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PROTECTION FROM HARMFUL WORK

Dates for the Term

Date	Event
9 th October	Year 6 Junior Citizen
9 th October	Ducklings Reading Café (08:45 - 10:00)
10 th October	Year 6 Reading Café (08:45 -10:00)
10 th October	Harvest Festival in Church (Children only)
15 th October	Parents' Evening
16 th October	Cygnets Reading Café (08:45 – 10:00)
17 th October	Parents' Evening
21 st October	Flu Immunisations (whole school)
22 nd October	School Photographs
23 rd October	Years 1 & 2 Dance Festival at The Marlborough School
24 th October	Goslings Reading Café (08:45 - 10:00)
24 th October	PTA Spooky Spectacular Disco
5 th November	Years 5 & 6 Parents Maths Workshop (08:45 - 10:00)
6 th November	Years 3 & 4 Parents Maths Workshop (08:45 - 10:00)
11 th November	Start of Anti-Bullying Week
11 th November	Year 6 Bikeability
12 th November	Year 1 & 2 Parents Maths Workshop (15:15 - 16:00)
12 th November	Year 6 Bikeability
12 th November	Odd Socks Day
15 th November	Children in Need Day
15 th November	Safety Day
18 th November	Year 6 Bikeability
19 th November	Year 6 Bikeability
10 th December	EYFS Nativity (14:00 – 15:00)
11 th December	EYFS Nativity (09:30 – 10:30)
11 th December	Years 1 & 2 Nativity (17:30 – 18:30)
13 th December	Years 1 & 2 Nativity (10:00 – 11:00)
16 th December	Kestrels Class Trip to Ashmolean Museum (09:00 - 12:00)
17 th December	Reception Trip to Pantomime (09:00 - 12:30)
17 th December	Red Kites Class Trip to Ashmolean Museum (09:00 - 12:00)
18 th December	Falcons Class Trip to Ashmolean Museum (09:00 - 12:00)
18 th December	Years 3 & 4 Carol Service in Church
19 th December	Years 5 & 6 Carol Service in Church



Are you looking for some new strategies for children aged between 5 and 12?

Facing Defiance



Six week course: 6 online Teach sessions (one hour on Sundays)
plus applying the strategies at home during the week
£72 (1 or 2 parents can attend)

for more info and to book

info@facefamilyadvice.co.uk

PTA News & Updates

PTA Spooky Spectacular Disco: Thursday 24th October. The timings for the evening will be as follows:

- EYS- 5:30pm - 6:00pm
- KS1 - 6:15pm - 7:00pm
- KS2 - 7:15 - 8:15pm

Keep an eye out for all the details on how to book tickets in next weeks newsletter.



School Attendance

Every day counts...



Good attendance helps with...



Academic Achievement

Regular attendance helps children keep up with the curriculum and perform better academically.



Social Skills

Attending school regularly helps children develop friendships, social skills and learning how to interact with others.



Routine & Responsibility

Good attendance teaches the importance of commitment, routine, and responsibility, which are all valuable life skills.



Focus & Engagement

Children who attend school regularly are more likely to stay engaged in their learning and develop a positive attitude towards education.



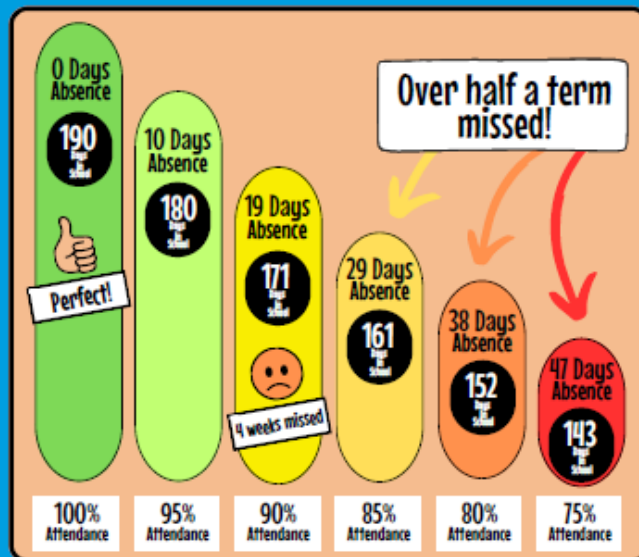
Building Confidence

Regular attendance can boost a child's self-esteem and confidence, as they see their progress and achievements over time.



Enhanced Learning Opportunities

School provides not just academic instruction, but also extra-curricular activities and enrichment opportunities.



Having 90% over 5 school years, is half a school year's work missed!

Did you know there are...

- 365 Days in a Year
- 190 School Days
- 175 Non School Days

Silly School Education



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 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. Upsetting content can make anyone feel angry, scared, sad 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.



Source: <https://www.bbc.com/news/health-56104783> | <https://www.children.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.riseof.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

