



Wood End Road, Wednesfield, Wolverhampton, WV11 1YQ Tel: 01902 558940 email: woodendprimaryschool@wolverhampton.gov.uk

Headteacher: Miss S Sharma

Deputy Headteacher: Mr M Hunt

Assistant Headteacher: Mrs F Bellenger

Spring 3

6th March 2025

Dear Parents,

It seems like a long time ago... but we hope you all had a good half term break. Thank you for all your kinds words and support during our OFSTED visit, they were very much appreciated. We hope to receive the final report soon.

We have worked with the Shakespeare trust for a few years now. This year, Year 3 and year 5 have been taking part in dance workshops. This will end with them performing at the Old Rep in Birmingham. This performance will mark the beginning of Shakespeare Week.

There was a recorder recital for families of year 2. The children have worked diligently since September to learn to play the recorder and to perform as a group. Mrs Stefanyszyn was incredibly proud of the children's progress and the talent they have shown. We hope the families who were able to attend enjoyed the event.

We held a poetry recital for all children from Reception to year 6 before half term. It was an absolute pleasure to see the children perform with such gusto. Their confidence in performing and enjoyment of poetry have really grown over the past two years. The poetry recital in autumn was focussed on traditional poems. This time we used poems that linked in with our subject topics. If the children have not already shared these poems with you please do ask them about them. The following poems were shared.

Reception: Paint Everywhere	Year 4: Sound
Year 1: The Dandelion	Year 5: Coffee
Year 2: I Waved to the Sea	Year 6: World War II
Year 3: My Shadow	

Miss Sharma



Mon 10.03.25	Y6 SATS Meeting 4pm - see text sent 28.02.25
Wed 12.03.25	Y1 visit to Dudley Zoo - see email sent 07.01.25
Wed 12.03.25	Reception - NCMP with school nurses
Wed 12.03.25	Bookfair - see more information below
Thurs 20.03.25	Y3 visit to Lunt Roman Fort - see email 14.01.25
Mon 24.03.25	Y3 & Y5 Performance at The Old Rep - see email sent 04.03.25
Wed 26.03.25	Y2 visit to Black Country Living Museum - see email 07.01.25
Wed 02.04.25	Y5 Eid Celebration - more information to follow
Thurs 03.04.25	Homework Showcase
Wed 09.04.25	Y2 Easter Celebration - more information to follow
Thurs 10.04.25	Y6 Family Learning Session - more information to follow
Fri 11.04.25	Break-up for Easter break
Mon 28.04.25	Return to school
Wed 30.04.25	Year 3 Family Learning Session - more information to follow
Thurs 01.05.25	Inset Day
Mon 19.05.25	Class Photographs
Fri 20.06.25	Inset Day
Mon 23.06.25	Inset Day
Mon 21.07.25	Break-up for Summer holidays

Schoolcomms Text Messaging

Could we please remind parents/carers that the text messaging service on your Schoolcomms account is not monitored.

If you need to pass information on to the school, please call the school office or use the school email. Do not send a text message via school comms. Thank you

Please ensure that all coats, uniform and lunchboxes are all named. We have a number of items in lost property (by the office) that do not have names in.

Bookfair - Wed 12th March - Tues 18th March



The bookfair will be visiting school on the above dates. The children will have the chance to look at the books during the school day. If there are books that they like, they can write them on a wish-list and bring it home. If you wish to purchase any of the books, this can be done online, all the details are available on the wish-list.

World Book Day Vouchers - we have these available in school. The £1.00 voucher can be used against the total cost of your payment when you pay online. If you would like your child's voucher to use other than at the bookfair, please let the school office know and we will give this to your child.

When payments are made, you will be given a reference number. Write this on the wish-list along with the name of the book(s) you have purchased and ask your child to return this to the school office.

We can then supply your child with their new books.

Thank you for your support, we can purchase new books for our reading library.

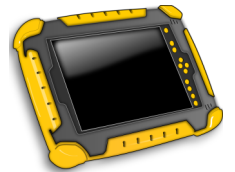
Online Behaviour Sessions

Following on from the sessions held in school for parents, we will be sending out a follow-up survey to gain information about your thoughts on the session and any future sessions that would be helpful.

Please complete this survey even if you were unable to attend the sessions.

This is the link to the online behaviour presentation for parents.

<https://sway.cloud.microsoft/V2HDyV2OJEgV0x8T?ref=Link>



Menu Changes

Tuesday 8th April

Easter

Normal main menu for this day with the following desserts

Chocolate Nests **V, VE**

or

Iced Easter Biscuits **V, VE**



St George's Day Menu

Wednesday 30th April

Full English Breakfast - Bacon, Mini Sausage, Egg, Beans/ Tomatoes, Hash Brown, Mushrooms.
Brown & Red Sauce

or

Veggie English Breakfast - Veg Sausage, Egg, Baked Beans/ Tomatoes, Hash Brown, Mushrooms
Brown & Red Sauce

Apple Pie & Custard

or

Jelly & Ice-cream



Out grown Uniform

If you are sorting your child's uniform the next few weeks, we would be very grateful for any of the following items that they may have out grown.

- Girls' socks and tights
- Boys' trousers age 7 and up

Thank you

Woode's Provision

Could we please remind parents that if they book and pay for their child to attend a breakfast or afterschool club session and they do not attend, unless the session is cancelled prior to the session starting, a charge will be made.



Tax-Free Childcare

If you are a family who currently use WoodE's breakfast/after school club, or would like to use the facility, then you may be interested in the following information. Wood End Primary School is signed up for the Tax-Free Childcare scheme which is open to all parents of children under 12 (or under 17 if disabled) to help with the cost of childcare.

You can get up to £500 every 3 months (up to £2,000 a year) for each of your children to help with the costs of childcare. This goes up to £1,000 every 3 months if a child is disabled (up to £4,000 a year).

If you've already registered, you can [sign in to your childcare account](#).

If you get Tax-Free Childcare, you'll set up an online childcare account for your child. For every £8 you pay into this account, the government will pay in £2 to use to pay your provider.

You can get Tax-Free Childcare at the same time as 15 or 30 hours free childcare if you're eligible for both.

You can use it to pay for [approved childcare](#), for example:

- childminders, nurseries and nannies
- after school clubs and play schemes



Please see below link for more information: <https://www.gov.uk/tax-free-childcare>

If you would like to apply, you must open a Tax-Free Childcare account online. If you want to find out what help you might be entitled to try the government's childcare calculator.

Please see below link for more information: <https://www.gov.uk/get-tax-free-childcare>



Building a healthy future this spring

An information leaflet from the
Wolverhampton 0-19 Service, January 2025

Building healthy habits: Encouraging physical activity

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day

Children and young people aged 5 to 18 who are living with a disability should:

- aim to do 20 minutes of physical activity a day, splitting this into smaller chunks of activity throughout the day if needed
- do challenging but manageable strength and balance activities 3 times a week



Physical activity guidelines for children and young people - NHS



Yo! Active is part of Yo! Wolves, the City of Wolverhampton's young opportunities offer. Yo! Active provides eligible children and young people with free physical activity opportunities all year round. Their mission is to inspire and support Wulfrunians to move more every day.

Yo! Active | Wolverhampton Young Opportunities



For children aged 5-11

Healthy Hydration

About 6-8 drinks a day

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

Water

Drink plenty



Is a good choice throughout the day because it hydrates without providing extra energy (calories/sugars) or harming teeth.

Milk

Have regularly



Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have low-fat milk such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milshakes, hot chocolate and malted drinks should be limited.

Fruit and vegetable juices and smoothies

Can have once a day



Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A Day. They can be diluted with water to reduce the acidity and sugars content.

Sugar-free drinks

Occasionally



Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.

Tea and coffee

Occasionally (and in small amounts if caffeinated)



Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milk and no added sugars.

Sugary drinks

Avoid



Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.

Sports and energy drinks

Not suitable for children



Can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.

Helping your child open up about mental health

We know as parents you want the best for your children, and that includes their mental health. But let's be real—getting primary school children to talk about their feelings can sometimes feel like pulling teeth! That's where Time to Talk Day (February 6th) comes in. It's all about starting conversations about mental health in a simple, everyday way, and you can play a big role in making it easier for your child to share.

Here are some tips and ideas to get involved and encourage your child to talk about their emotions:

1. Talk while doing something else

Kids often find it easier to open up when they're not under pressure to make eye contact or sit still. Try talking while you're doing something together, like playing, cooking, or walking the dog. These relaxed moments can create a safe space for them to share their thoughts.

2. Keep it simple

You don't need to dive into deep or complicated topics. Start with questions like, "What made you happy today?" or "Was there anything that made you feel a bit sad or worried?" These small questions can lead to bigger conversations over time.

3. Use stories or characters

Books, TV shows, and movies are great tools to help kids understand emotions. After reading or watching something together, ask your child how they think the characters were feeling and why. This helps them connect feelings to real-life situations.

4. Teach them about emotions

Young children might not always know how to describe their feelings. Help them build a "feelings vocabulary" by teaching them words like happy, sad, frustrated, excited, or worried. You could even use emotion cards or draw faces together to make it fun!

5. Be a good listener

When your child does open up, make sure you're giving them your full attention. Let them know that it's okay to feel however they're feeling and resist the urge to jump in with solutions right away. Sometimes, they just need to know you're there for them.

6. Get creative together

Art can be a fantastic way for children to express emotions they might not know how to put into words. Set aside time to draw, paint, or craft together, and talk about how different colours or shapes might represent feelings.

Why it matters:

Helping children learn to talk about their emotions early on is one of the best things you can do for their mental health. By taking part in Time to Talk Day, you're not just helping your own child—you're also showing them that it's okay to talk about mental health, breaking the stigma from a young age.

So, this February 6th, why not take a little time to start the conversation? A few small changes in how you talk to your child can make a big difference in how they handle their emotions now and in the future.

Time to Talk Day



Reminder...height and weight checks for children in Reception

Every year all primary school children in Reception and Year 6 will have their height and weight measured as part of the National Child Measurement Programme (NCMP).

It is important to know how children are growing so that we can provide the best support if needed.

This will take place within Wolverhampton schools for Reception between January to July 2024. Any missed measurements or absences will be completed from April 2024 onwards. If you have a child in either of these years, we will write to you before your child is measured where you will be given the opportunity to opt out if you wish.

Find out more about the NCMP



If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057.

We would love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email rwht.0-19marketing@nhs.net



no-19 building a healthy future

The Royal Wolverhampton NHS

Building a healthy future this spring

An information leaflet from the Wolverhampton 0-19 Service, January 2025

Using visual timetables

A visual timetable is an interactive resource made of symbols or photographs that help children understand the order of the day and predict what will happen next. Visual timetables can be used for children with additional needs or anxiety to understand and manage with their routines, to communicate, encourage independence and support decision making.

Here are some examples that you can trial at home:

breakfast 	brush teeth 	homework
toilet 	dinner 	get up

Click to read more about the right way to use visual timetables [The Right Way to Use Visual Timetables](#)

Nurturing healthy eating habits in children with SEND

Ensuring a balanced diet is vital for every child's growth and development. For children with Special Educational Needs and Disabilities (SEND), establishing healthy eating habits can present unique challenges. However, with thoughtful strategies and a supportive environment, parents can foster positive relationships with food for their children.

Understanding nutritional needs

Children over the age of five should follow a healthy diet suitable for the whole family. The essential nutrients they need are found in these four groups, which should be offered daily:

- Starchy carbohydrates:** These provide energy and include foods like bread, potatoes, pasta, rice, breakfast cereals, and grains such as couscous and quinoa. For children over five, wholegrain varieties are healthier and more filling.
- Fruits and vegetables:** Aim for five portions daily. They supply vitamins that help prevent illnesses and contain fibre for good bowel health. Fresh, frozen, tinned (in their own juice), or dried options are all beneficial. Fresh fruit juice counts as one portion per day but should be given alongside meals.
- Proteins:** Essential for growth and repair; sources include meat, fish, eggs, beans, and pulses. Incorporate a variety of protein-rich foods to meet dietary needs.
- Dairy and alternatives:** Important for bone health, options include milk, cheese, yogurt, and fortified plant-based alternatives. These provide calcium and other vital nutrients.

Addressing feeding challenges

Children with SEND may experience feeding difficulties, such as sensory sensitivities or restrictive eating patterns. It's important to approach these challenges with patience and creativity:

- Involve your child: Encourage participation in shopping and meal preparation. Allowing them to choose foods and assist in cooking can increase their interest in trying new items.
- Create a positive mealtime environment: Maintain a calm and enjoyable atmosphere during meals. Avoid pressuring your child to eat, as this can create negative associations with food.
- Introduce new foods gradually: Present new foods alongside familiar favourites. It may take multiple exposures before a child accepts a new food, so persistence is key.

Encouraging physical activity

Alongside a balanced diet, regular physical activity is crucial for maintaining a healthy weight and overall well-being. Engage your child in enjoyable activities that suit their abilities, such as walking, swimming, or adapted sports. Incorporating physical activity into daily routines can enhance appetite and improve mood.

Find out more: [Physical activity guidelines for children and young people - NHS](#)

By implementing these approaches, parents can support their children with SEND in developing healthy eating habits that contribute to their growth, development, and overall quality of life.



For children aged 5-11

Healthy Hydration

About 6-8 drinks a day

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

Water Drink plenty		It is a good choice throughout the day because it hydrates without providing extra energy (sugar/salt/fat) or having health effects.
Milk Have regularly		It is a useful source of calcium, especially for girls. It also contains vitamins and other nutrients. Most of them can have lower fat options such as skimmed. To get more vitamins, concentrated, calcium-fortified dairy alternatives can also be included. Soft drinks containing added sugars such as sodas, fruit drinks or soft drinks should be limited.
Fruit and vegetable juices and smoothies Can have once a day		Can provide some vitamins and minerals. However, they also contain sugars and can be restricted to 150ml per day. To get more vitamins and minerals, try to use small glass (150ml) a day and keep them to children. 150ml would mean maximum 1 portion per year 5-11 years. They can be diluted with water to make it less sticky and sugar content.
Sugar-free drinks Occasionally		Hydrate without adding extra sugar. If it is a good choice for most drinks to low salt or water. They often may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.
Tea and coffee Occasionally (not in small amounts)		Caffeine is usually present in tea and coffee. Small amounts are fine but lots of high caffeine should be avoided, especially for young children. It is best for children to drink decaffeinated tea and coffee with reduced fat milk and no added sugars.
Sugary drinks Avoid		Are best avoided as they provide sugars, but few other nutrients. They often contain acids that can be harmful to teeth and some will contain caffeine.
Sports and energy drinks Not suitable for children		Can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.

Clubs and activities

Voice4Parents represents the views and voices of Parents and Carers of Children and Young People in Wolverhampton with SEND

Find out more: [Voice4Parents | SEND | Wolverhampton, UK](#)



giving a voice to parents & carers of children with additional needs

Adventure Street are a fully inclusive centre designed for children from walking age up to around 7, with disabled access to the centre and toilet areas.

*There is no upper age limit for these sessions but please be aware that some of the props are smaller in size, such as costumes.

Find out more Adventure Street: <http://adventurestreet.co.uk/en-play/parents/>



Providing accessible activities for young people with complex disabilities and their families to enjoy together

Find out more: [Give Us A Break](#)



Registered Charity No. 1105033

Include Me TOO is a national charity supporting disabled children, young people and their families from diverse range of backgrounds.

Include Me TOO supports and promotes social justice, equality and rights for all disabled children and young people. They provide a range of support including peer support, befriending services, activities and holiday clubs for disabled children, outreach and information and advice to families.

Find out more: <https://includemetoo.org.uk/>



If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPOA) Hub on 01902 441057.

We would love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email pwh-tr-0-19marketing@nhs.net



Chai Mithai comes to Wolverhampton

People with a learning disability and autistic people are often surrounded in negative myths. They are told from childhood what they can't do, rather than what they can. In some communities there is shame associated with disability and mothers can feel they have done something wrong when they give birth to a disabled child.

Chai Mithai is a project that challenges myths surrounding learning disability and autism in South Asian communities. Our team is made up of disabled people and family members from South Asian communities, as well as experienced professionals who work with people with a learning disability and autistic people.

Until the end March 2025, the Chai Mithai project will be in Wolverhampton.

Working with families from South Asian Communities

We would like to meet with parents of young children who may either have a diagnosis of learning disability or there is a likelihood that their child may have a learning disability or be autistic and they have not yet been diagnosed.

When we meet with families we will have conversations about what it means to have a learning disability or be autistic and share examples of how people with a diagnosis go on to lead a good quality life.

We are holding an informal coffee morning on **March 13th at the Cherry Street SEND and sensory hub, Wolverhampton WV3 0QR from 10.00am - 11.15am** where we can explore these issues in a supportive environment.

If you would like to attend this event, or would like to meet with us at a different time, please email: jackie@changingourlives.org or call us on 0300 302 0770

You can find out more about Chai, Mithai on our website <https://changingourlives.org/our-work/current-campaigns/>

You can read about Harry's life on the link below. Harry is a young man with Down's syndrome from a South Asian community. <https://changingourlives.org/wp-content/uploads/2023/05/WEB-An-Ordinary-Life-in-Translation-Harry.pdf>

Notices

We will post any information that we receive from outside agencies here.

Trustpilot
Rated "Excellent"
Based on 1,000 reviews

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MyClothing

- Quick, easy, and great value
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- UK badge embroidery service

support@myclothing.com

0800 059 0594

DfE - Parent's Survey

The DfE have issued surveys for families with 3 and 4 year-olds. The survey focuses on:

- Family life
- Parenting experiences
- What help/support the family has had
- Feedback about the help/support received

The survey should only take 15 minutes and can be accessed either by following the link:

[DFE Parent Survey Jan 2025](#)

Families who complete the survey will be entered into a prize draw to receive £100 shopping voucher.

We want your views on the future of our bus network

From 6 January to 30 March, you can have your say on how the West Midlands bus network is operated.

Have your say

Should we have more control over our buses?

Have your say by 30 March

West Midlands Combined Authority | Transport for West Midlands

Transport for West Midlands want to hear your thoughts on this.

To learn more visit:

<https://www.tfwm.org.uk/consultations/bus-reform/>

Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

Other illnesses

Follow this advice for other illnesses:

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a [cold sore](#).

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Absence Reporting

Please notify school on the first day of absence by 8:45 or as soon as practically possible. Do this by calling the school office, leaving an answerphone message or email if necessary.

As per our attendance policy for September 2023, we now request that parents contact school on each day of the child's absence.

If school does not receive any notification of a child's absence, Mrs Farley will call parents to ascertain the reason for the absence.