



Wood End Primary School

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

Headteacher: Miss S Sharma

Deputy Headteacher: Mr J Sheard

Assistant Headteacher: Mrs F Bellenger

Autumn 6 24th November 2023

Thurs 30.11.23	Flu Nasal Vaccination - catch-up
Friday 01.12.23	Christmas Day in school
Friday 01.12.23	Christmas Meal
Mon 04.12.23	Nursery parents decoration session
Mon 11.12.23	Nursery parents musical games session
Mon 11.12.23	Homework Showcase
Tues 12.12.23	Reception Nativity - see below
Wed 13.12.23	Reception Nativity - see below
Mon 18.12.23	Nursery parents pass the parcel session
Fri 22.12.23	Break-up for Christmas
Mon 08.01.24	Return to school - Spring Term starts
Wed 24.01.24	Year 4 visit to Kingswood

Christmas Jumper Day - Friday 1st December



Donations of £1.00 can be made on schoolcomms.

Nursery Christmas Sessions - see above calendar

You have been sent a link to book your places. Please do so by Thursday 30th November.

Dear Parents

It has been a busy fortnight at Wood End.

Year 3 had a successful school visit to Edmond Hall where they demonstrated some important Stone Age survival skills. They also shared an assembly with the school telling us all about Diwali—thank you for helping them to prepare at home.

We're also grateful to the parents in Reception who joined as learning partners for their child. The children benefited from your creative skills and the experiences that you shared from your own lives.

This week has been our inter-house sports week. The children have participated as house-teams, demonstrating some good teamwork, kindness and respect in a competitive environment. We'll continue to try to grow these characteristics in all areas of our learning.

Friday 1st December is Christmas Day at Wood End. Don't forget your Christmas jumper or t-shirt.

Finally, coming up on Monday 11th December is our Homework Showcase. We are really looking forward to seeing how the children have explored their learning further at home.



WEEKLY ATTENDANCE YOUR CHILD'S CLASS ATTENDANCE FOR WEEK COMMENCING 13TH NOVEMBER IS: AS A SCHOOL WE AIM TO HAVE ATTENDANCE ABOVE 95% THIS WEEK OUR SCHOOL ATTENDANCE IS 94.9%	NURSERY	88.6%
	RECEPTION	96.3%
	YEAR 1	96.1%
	YEAR 2	93.3%
	YEAR 3	97.3%
	YEAR 4	96.7%
	YEAR 5	97.3%
WEEKLY ATTENDANCE YOUR CHILD'S CLASS ATTENDANCE FOR WEEK COMMENCING 20TH NOVEMBER IS: AS A SCHOOL WE AIM TO HAVE ATTENDANCE ABOVE 95% THIS WEEK OUR SCHOOL ATTENDANCE IS 94.4%	NURSERY	88.6%
	RECEPTION	95%
	YEAR 1	97.1%
	YEAR 2	92.6%
	YEAR 3	96.7%
	YEAR 4	95.3%
	YEAR 5	96.7%
	YEAR 6	89%

Reception Nativity

Tuesday 12th December - 9:15am

Wednesday 13th December - 9.15am

You are invited to attend the Reception nativity on the above dates. Each child has a limit of 2 tickets. These may be used for either the Tuesday or Wednesday performance OR they may be used one on Tuesday and one on Wednesday. Please specify on the forms link that has been sent by text message.



Parking outside school - Could we ask that you please consider our neighbours when parking to drop-off and collect your children.



Can we try to park in such a way that allows our neighbours to access their property with ease.

Thank you for your cooperation.

Congratulations to Mrs Hayward and Mrs Gough, both have collected their 25 year long service award from the city council. They have both achieved their awards at Wood End Primary School.

CONGRATULATIONS!

Reminder: Due to allergies in school, we do not allow nuts or nut products to be brought to school.

Could you please ensure that your child's lunch does not contain any nuts. Thank you



Important

Reception places for September 2024.

Parents of children due to start primary school next September, should have received information from the local authority regarding applying for a place at your preferred primary school for September 2024. If you have not received this, contact the admissions team at Wolverhampton Council on 01902 551122. You should apply online before the deadline of 15th January 2024.



Flu vaccination catch up clinics - Vaccination UK are holding two catch up clinics for children who have missed having their flu vaccine at school. These will take place on:

- **Saturday 25 November** at Low Hill Community Centre, Kempthorn Avenue, Tettenhall Wood, WV10 9JJ between 09.00-13.30
- **Saturday 2 December** at The Health Hub, The Mander Centre, Wolverhampton, WV1 3NH between 09.00-14.30

Parents/carers can make an appointment by calling Vaccination UK on 01902 200077.

Change of menu

Due to Christmas lunch being served on Friday 1st December, there will be a change of menu for Thursday 30th November.

Thursday 30th November menu will be:

- Fish fingers & Chips
- Quorn Nuggets & Chips
- Bread & Butter
- Peas, Baked Beans
- Chocolate & Lime Cake



Inhalers in school

If your child is asthmatic and requires an inhaler, could you please ensure that one is available to keep in school along with a spacer.

We have been advised that all children at primary school should be using a spacer along with their inhaler.

If you do not have an inhaler to leave in school, please contact your GP and request one for school use.

Next week, asthma and allergy care plans will be sent out. Please complete and return to school as soon as possible.

Christmas Light switch on events FREE EVENT

City of Wolverhampton has a host of family friendly fun on offer for everyone – join us as we turn on the Christmas lights and countdown to Christmas with Father Christmas and a host of special guests:

Find out more at www.wolverhampton.gov.uk/visiting/christmas-wolverhampton

For details of City Centre Christmas events including Santa's Grotto, the Free Gingerbread Christmas Trail and everything else this Christmas visit www.enjoywolverhampton.com



Evolution Drone Light Show

Experience this amazing drone light show for all the family – an epic-scale theatrical event told through a swarm of mesmerising drones flying in unison. Get stuck into the magic of the evening with festive food stalls, mouth-watering local street food, fairground rides, and music.

- Wolverhampton Racecourse
- Thursday 14 December. Gates open at 5pm. Drone show starts 7.30pm.

Tickets are on sale now starting at £14 for adults and £9 for children. yuup.co/evolution

Luminate Wolverhampton Winter Light Trail 2023

A spectacular, illuminated trail, full of wonder and intrigue, to delight and enthrall your senses. As darkness descends, join us on our enchanting journey as we weave a captivating light trail through the beautiful gardens of West Park. Immerse yourself in our enthralling trail with stunning lighting elements and fabulous light play all set to ambient music.

- West Park
- Friday 1 December to Friday 24 December 2023
- Entry times from 4.45pm to 8pm

Book your tickets now at www.luminate.live/wolverhampton

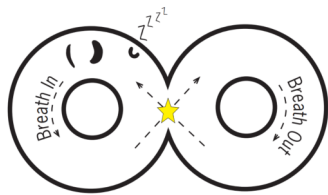
BE THE FIRST TO HEAR ABOUT EXCITING EVENTS HAPPENING ACROSS THE CITY OF WOLVERHAMPTON!



Subscribe to our **Events Newsletter** by scanning the QR code or visit: wolverhampton.gov.uk/events-signup

The ZONES of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control



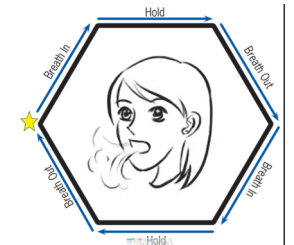
Breathing

Lazy 8 breathing

Trace the Lazy 8 with your finger starting at the star and taking a deep breath in. As you cross over to the other side of the Lazy 8, slowly let your breath out. Continue breathing around the Lazy 8 until you have a calm body and mind.

Six sides of breathing

Starting at the yellow star trace with your finger the sides of the hexagon as you take a deep breath in, feeling your shoulders rise as the air fills you. Trace over the next side as you hold your breath for a moment. Slowly breathe out as you trace the third side of the hexagon. Continue tracing around the bottom three sides of the hexagon as you complete another deep breath. Continue The Six Sides of Breathing cycle until you feel calm and relaxed



Proprioception activities

Proprioception is your body's ability to sense movement and in turn, respond to it. Some activities give feedback to your muscles and this gives a sense of relief afterwards. You could try:

Lemon squeezes – making tight fits for five seconds and then releasing with long, outstretched fingers.

Table push ups – standing between two tables with a hand on each and lifting your body to be supported by you arms alone and maintaining this for ten second before putting feet back on the floor.

Wall presses – leaning against the wall and putting both hands on the wall as your push towards it and staying like this for 20 seconds before returning to an upright position.

Animal walks – moving around pretending to be kangaroos, snakes, frogs – moving in ways which encourage being on all 4s or jumping to give sensory feedback.

Mindfulness

Mindfulness is the ability to be fully present and aware of where we are and what we are doing. Providing mindful activities supports with regulating and calming the sense. Activities of examples include:

5, 4, 3, 2, 1 Grounding technique.

Identify and talk through:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste.

Giving time to focus like this helps to calm over stimulated senses and focus on the moment.

Some children find colouring therapeutic or taking time to read a book or listen to music or an audiobook.

Why not try to work out what works for you to help you regulate, or what the children have experienced over time?

This is a pictorial summary of the zones and what you may see when someone is in each zone.

The presentation of a child parents are most concerned about is often when children are at their most heightened or dysregulated. This can occur in the blue, yellow or red zones. Dysregulation as we have identified previously is the point at which people demonstrate difficulty in functioning as we would expect them to, or maintaining their focus or attention on a task.

Activities to be 'mindful' or bring our awareness back to the moment or task in hand are really helpful in enabling us to regain our focus. Below are some strategies that have been used with the children over time and with success that may help with centring the children enabling them to function with more clarity and purpose. Even as adults these may be strategies that work for you. Try them for yourselves.



Christmas at Wood End Primary School

Christmas Day – Friday 1st December



Christmas Jumper Day

Pupils will be able to wear their Christmas jumper on this day for a £1.00 donation to charity. Please pay using your schoolcomms app.

Normal school trousers, skirts and shoes (or PE kit if it is a PE day) should also be worn.

Christmas Lunch

Roast Turkey or Quorn Festive Parcel

Boiled/Roast Potatoes – Sprouts. Carrots, Peas. Stuffing Ball, Chipolata – Gravy

Christmas Ice Cream Tub or Mince Pie Traybake and Custard

Christmas Crafts

Children will be Christmas crafting on this day.

Nursery Decoration Session – Monday 4th December – 11am

Nursery Musical Games Session – Monday 11th December – 11am

Nursery Pass the Parcel Session – Monday 18th December – 11am

Nursery parents will be invited to attend Christmas activity sessions with their child

Tuesday 12th December – Reception Nativity – 9:15am

Wednesday 13th December – Reception Nativity – 9:15am

more information to follow

Thursday 21st December – Christmas Parties

Children to wear their party clothes to school

