



Wenlock's Weekly Round Up

'With God's love, we are lights for the world'

Friday 2nd February 2024

This Term's Value is:

COURAGE



Key dates

Tuesday 6th February
Thursday 8th February
Week beginning 12th February

Monday 12th February
Thursday 15th February

Monday 19th—Friday 23rd February
Monday 26th February
Tuesday 27th February

Thursday 29th February
Thursday 7th March

Thursday 14th March
Monday 18th March
Thursday 21st March

Monday 25th March
Tuesday 26th March
Wednesday 27th March

Thursday 28th March
Thursday 28th March

Friday 29th March to Friday 12th April

Monday 15th April
Tuesday 16th April

Girls Football League
Year 4 Alina Class Swimming Lesson
Mini report due home
Mock SATs week
Coffee morning in Family room—more details to follow
Year 4 Alina Class Swimming Lesson
School Disco—years 3/4—3.45—5.00 pm
School Disco—years 5/6—5.15—6.30 pm
Half Term Holiday
Inset Day—School closed
Children return to school
Consultation evenings start
Year 4 Alina Class Swimming Lesson
Year 4 Alina Class Swimming Lesson
Year 4 Alina Class Swimming Lesson
Year 6 visit to Chiltern Academy to see 'The Little Mermaid' 11.15—13.45
Year 4 Alina Class Swimming Lesson
Lower school Believe and Achieve awards—9.15am—Invited parents only
Easter Service 10am at St Mary's Church—Year 4 parents welcome
Upper school Believe and Achieve awards—9.15am—Invited parents only
Year 4 Alina Class Swimming Lesson
Last day of Spring Term
Easter Holidays
Inset Day—School Closed
First Day of Summer Term—Children return to school

Attendance

Well done to Genesis who achieved the highest attendance
last week at 97.3%

The attendance for the whole school was 94.18%

Our School target is 97%



PARENT INFORMATION

NSPCC Non Uniform Day

Thank you to those of you who supported the NSPCC Number themed day today with your generous donations.

The money has been counted and the total raised so far is £187.40

Many thanks to everyone

Aspens Food

In celebration of Shrove Tuesday and Valentines Day, there will be special desserts for the children on 13th and 14th February. There is also a special menu for Chinese New Year. Please see below for further details.

Young Voices

30 of our choir got to experience the fantastic Young Voices concert at Wembley on Thursday 1st February. The children had a fantastic time singing and dancing and were excellent representatives of our school, amongst a choir of around 5000 children!

Miss Oliver

Smartphones

I would just like to share an interesting link relating to smartphones and whether or not it is a good time to provide them with one. It has tips which we believe as a school could be useful for you!

<https://www.childrenandscreens.org/learn-explore/research/introducing-a-smartphone-assessing-readiness/>

Mr Di Marco

PE Days

Year group	PE Day	PE Day
Year 3 - Alpha	Tuesday	Friday
Year 3 - Omega	Tuesday	Thursday
Year 3 - Genesis	Tuesday	Thursday
Year 4 - Aurora	Tuesday	Thursday
Year 4 - Alina	Tuesday	Thursday
Year 4 - Vesper	Tuesday	Thursday
Year 5 - Lunar	Monday	Wednesday
Year 5 - Solar	Wednesday	Friday
Year 5 - Stellar	Wednesday	Thursday
Year 6 - Avary	Wednesday	Friday
Year 6 - Arboreal	Wednesday	Friday
Year 6 - Aquarium	Wednesday	Thursday

Dinner money

Please top up dinner money payments in advance of your child having school dinner. The cost for school dinner is as follows: £2.40 per day or £12.00 per week.

If you have a query relating to dinner money payment, you can contact the finance team on schooldinner@wenlockacademy.co.uk

Emailing the School Office

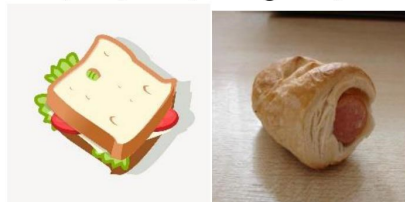
Please can we remind families that when emailing the school or leaving a message on the answer phone that you give your child's full name and their class and/or their teacher.

If you do not provide these details, it will lead to delays in answering or forwarding your queries.

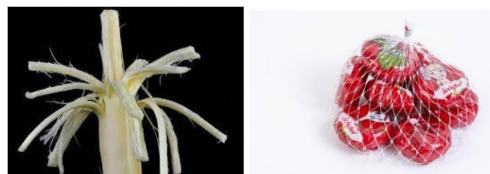
You can report your child's absence by calling 01582 730624 and pressing option 1 or via email on attendance@wenlockacademy.co.uk

Packed Lunch ideas

Sandwich/pitta bread/crackers/Bread Roll/Rice/Pasta/Sausage Roll/Flan



Cheese pieces



Fruit chopped up if they prefer to eat it this way.



Biscuit/Malt loaf/fruited teacakes,



Yoghurt



Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Crisps/Popcorn



Drinks no fizzy drinks



Please can I take this opportunity to remind you that we are a NUT-FREE school.



**FOOD
FESTIVAL**

By Aspens



PANCAKE DAY

Tuesday 13th February

Come and Join us

**Delicious Pancakes
with
Strawberry or Toffee Sauce**



Delicious food every day

Valentine's • MENU •

Wednesday 14th February

Roast Gammon
Roasties, Veg & Gravy
or
Baked Mac & Cheese
with

A Heartwarming Valentine Dessert



Hot Tomato Pasta
& Jacket Potatoes
also available





Around The World CHINA

Thursday 15th February

Sticky Chinese Chicken
Noodles

Wok Smashed Sweet & Sour
Veggies

Sticky Upside Down Mandarin
Cake

Jacket Potato & Hot Tomato
Pasta are also available

**FOOD
FESTIVAL**

By Aspens

Online Safety Update

What Parents & Carers Need to Know about **PERSUASIVE DESIGN ONLINE**

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The
National
College



National
Online
Safety®

#WakeUpWednesday

COURAGE

HOME SCHOOL VALUES

This term we will be focussing in school on the value **COURAGE**. We hope your family will find these ideas helpful as you explore the value and have fun together.

TALK TOGETHER about Courage

Being **courageous** can mean different things to different people. For example, one person may think it easy to speak in front of a large audience, whilst another would need to find lots of **courage** to do this. Everyone faces challenges from time to time, and we have to find **courage** to overcome them.

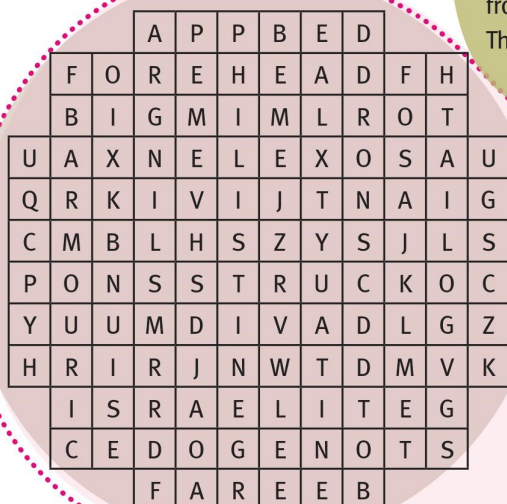
Talk together about:

- The different challenges that each family member faces
- Who or what helps us find **courage**?
- Is there someone that we admire because of the **courage** that they have shown?

THINK TOGETHER Words of Wisdom

"**Courage** is not the absence of fear, but the willingness to overcome that fear."

Nelson Mandela



READ TOGETHER...

The Courage of David the Shepherd Boy

One day as David the shepherd boy was carrying lunch to his older brothers in the Israelite army he heard an angry booming voice thunder across the fields. "I am Goliath, and I dare you to pick someone to fight me."

The voice was coming from the Philistine ranks and went on taunting the Israelites and their God. As David grew closer he could see the giant Goliath strutting up and down. He could also see the terrified faces of King Saul and his soldiers. This made David very angry and more than a little ashamed. He decided he must go and see the king.

"I will fight that bully Goliath!" David announced.

It was all that King Saul could do not to laugh out loud. "You are just a boy David, a small boy. Goliath has been a mighty soldier all his life."

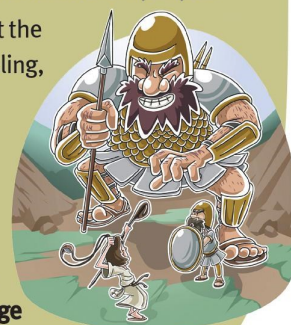
"But when the wild animals attack my father's sheep," protested David, "I fight them off with my sling and staff. I have killed many lions and bears and I will do the same to this wicked Philistine. Do not fear for God is on our side."

King Saul was taken aback. "Well, I suppose you should be given a chance. At least let me lend you some armour and a sword." But the armour was heavy and David was not used to it. He returned the armour to Saul and instead picked up five smooth stones from the stream and marched out **courageously** to face Goliath.

The giant laughed scornfully at the small boy and shouted curses at him. David did not flinch. "This very day you will be defeated and everyone here will see that the Lord does not need swords or spears to save his people."

As Goliath lowered his shield and aimed his spear at the boy, quick as a flash, David loaded a stone into his sling, spun it around above his head and sent it spinning through the air towards Goliath. The stone struck the giant on his forehead and he crumpled to the ground. Goliath was dead. There was a moment of stunned silence before the whoops and cheers from the Israelite army echoed around the hillsides.

This was a day no-one would forget, when the **courage** of a shepherd boy saved a nation.



Bible story based on 1 Samuel 17

QUIZ Wordsearch

Find the words from the story in the grid on Goliath's shield.

ARMOUR

BOY

DAVID

COURAGE

FOREHEAD

GIANT

GOLIATH

GOD

ISRAELITE

PHILISTINE

SHIELD

SLING

SOLDIER

STONE

STRUCK





FAMILY FOCUS & HOME-SCHOOL CHALLENGE



Children of Courage

Each year awards are presented to children throughout the country who have shown outstanding bravery and **courage** in overcoming huge challenges in their lives. (Google 'UK children of **courage** awards' to see some examples.)

Design a nomination for a child that you know and believe should be recognised for their **courage**. Remember, there are different kinds of **courage** and different ways of showing bravery.

The nominations will be displayed in the Challenge Gallery at school.



Example Nomination sheet



Name of child who has shown **courage**

.....

Has shown **courage** by

.....

This bravery should be recognised because

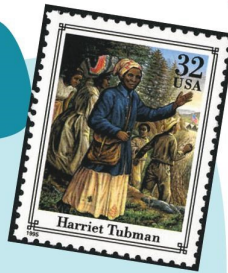
.....

.....



HALL OF FAME

Bravery v. Slavery



Harriet Tubman was born nearly 200 years ago in Maryland, USA. Her family were slaves which means that they had to work for the people who 'owned' them. Slaves had no pay and no rights and they could be bought or sold like property. As Harriet grew older she was afraid that she would be sold and sent far away from her family to work for strangers. She decided to try to escape. This needed great **courage** because Harriet knew that if she was caught she would be cruelly punished. After many adventures and with the help of kind people along the way, Harriet managed to escape to Canada, where slavery was banned.

It would have been safest for Harriet to stay in Canada and make for herself a comfortable and easier life, but she was determined not to forget her family and friends who still suffered as slaves in America. She made her way back and forth to Maryland not once, but *nineteen times*, facing great danger and showing amazing bravery as she helped slaves to escape to freedom. By the end of her life Harriet had helped to free around 300 slaves!

After her death Harriet received many honours for her bravery. A ship was named after her, and in 1995 the US government issued a postage stamp to celebrate her **courageous** life.



FASCINATING FACTS

In case of emergency – Dial 999

"Help...my house is on fire!"

"Help....there's been an accident!"

"Help.... burglars are breaking into the house over the road!"

- The emergency number, 999, was introduced in London in 1937.
- In an emergency, phoning 999 will connect you quickly to an 'emergency control centre'. An operator will ask which service you need, fire, ambulance or police. The operator will be able to track your call to discover where you are and soon help will be on its way.
- Firefighters, police and ambulance crew all risk their own lives on occasions to help other people who are in danger.
- Additional emergency services operate in some places such as mountain and cave rescue, coast guards, air sea rescue.
- Over 30 million 999 calls are made each year.
- About half of all calls are hoaxes. Not only do hoax callers break the law, they put people's lives in danger as it takes longer for real emergencies to be dealt with.