



Wenlock's Weekly Round Up

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

Friday 8th March 2024



This Term's Value is:

FORGIVENESS

Key dates

Monday 18th March	Year 6 visit to Chiltern Academy to see 'The Little Mermaid' 11.15—13.45
Thursday 21st March	Year 4 Alina Class Swimming Lesson
Monday 25th March	Lower school Believe and Achieve awards—9.15am—Invited parents only
Tuesday 26th March	Easter Service 10am at St Mary's Church—Year 4 parents welcome
Wednesday 27th March	Upper school Believe and Achieve awards—9.15am—Invited parents only
Thursday 28th March	Year 4 Alina Class Swimming Lesson
Thursday 28th March	Last day of Spring Term
Friday 29th March to Friday 12th April	Easter Holidays
Monday 15th April	Inset Day—School Closed
Tuesday 16th April	First Day of Summer Term—Children return to school
Thursday 18th April	Vesper Class first Swimming Lesson—more details to follow
Monday 22nd April	Coffee Morning — Sleep Hygiene. More details to follow
Thursday 25th April	Vesper Class Swimming Lesson
Monday 29th April to Wednesday 1st May	Year 6 CYE Residential trip
Thursday 2nd May	Vesper Class Swimming Lesson
Monday 6th May	Bank Holiday
Thursday 9th May	Vesper Class Swimming Lesson
Wednesday 15th May	National Numeracy Day
Thursday 16th May	Vesper Class Swimming Lesson
Monday 20th May	Year 6 Trip to Legoland—More details near the time
Thursday 23rd May	Vesper Class Swimming Lesson
Wednesday 22nd May	School Photographer—Class photo's
Monday 27th to Friday 31st May	Half Term Holiday

Attendance

Well done to Arboreal who achieved the highest attendance last week at 97.86%

The attendance for the whole school was 95.3%

Our School target is 97%



NSPCC Digital Training

It's up to all of us to keep children safe. The NSPCC are encouraging all adults to take this free, 10-minute digital training and learn what to do if you're ever worried about a child or their family.

[Listen up, Speak up | NSPCC](#)

Dinner Money Payments

The cost of children's school dinners will be increasing after the Easter holidays from £2.40 per day to £2.50.

This is due to the increase in the cost of food supplies.

The weekly cost will be £12.50

PARENT INFORMATION

Children's coats

We still have a collection of some coats which have been kindly donated to the school. Please contact the office or Miss Oliver should you like to choose one.

PE Days

3 - Alpha	Tuesday	Friday
3 - Omega	Tuesday	Thursday
3 - Genesis	Tuesday	Thursday
4 - Aurora	Tuesday	Thursday
4 - Alina	Tuesday	Thursday
4 - Vesper	Tuesday	Thursday
5 - Lunar	Monday	Wednesday
5 - Solar	Wednesday	Friday
5 - Stellar	Wednesday	Thursday
6 - Aviary	Monday	Wednesday
6 - Arboreal	Wednesday	Friday
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.

This will increase in the summer term to £2.50 per day or £12.50 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

Non Uniform Day for Comic Relief

It's been lovely to see a huge splash of red around the school as children have dressed up for Comic Reliefs Red Nose Day.

Thank you to those of you who have donated to Comic Relief via the Just Giving link.

We have so far raised £95

Donations can still be made in this way.

https://www.justgiving.com/page/wenlock-1709910087886?utm_medium=fundraising&utm_content=page%2Fwenlock-1709910087886&utm_source=copyLink&utm_campaign=pfp-share



Recycling requests

We have a request for clean recycling for year 6 next week for our environmental art. Boxes, clean bottles, plastic lids etc. These can be given to your child's class teacher.

Many thanks

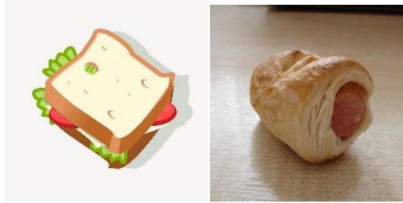
Yr 6 families - please look at our SATS page on the website for links and supporting materials (past papers) that can support your child.

[Year 6 SATs Revision | Wenlock CE Academy \(wenlockacademy.co.uk\)](http://wenlockacademy.co.uk)

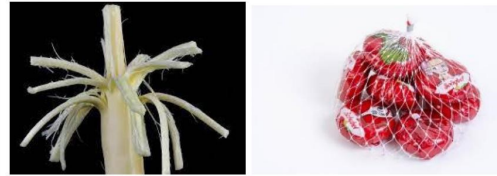
Wenlock's Got Talent!
Coming soon

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.

Easter Eggstravaganza!



Thursday 28th March

Creamy Chicken Pie

Or

Cheese & Potato Pie

With

New Potatoes

&

Summer Vegetables

Followed By

Eggceptional Dessert

Jacket Potato & Hot Tomato Pasta also
available

All available at £2.40. Please remember
to top up your account on Arbor money
account

Aspens

Online Safety Update

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



FORGIVENESS

HOME SCHOOL VALUES

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

TALK TOGETHER about Forgiveness

Everyone makes mistakes, it's part of being human. Sometimes our mistakes hurt others and then we need to say sorry. Sometimes mistakes made by other people hurt us. When this happens we need to be able to **forgive**. **Forgiveness** can be difficult and costly but without it a new start is impossible.

Talk together about:

- A time when you needed to say sorry
- A time you didn't say sorry but wish you had
- A time when you had to **forgive** someone who had hurt or upset you
- How it feels when you are given a new start because someone has **forgiven** you

THINK TOGETHER Words of Wisdom

"Without **forgiveness** there is no future.... If you can **forgive**, then you can move on and even help the person you are forgiving to become a better person"

Desmond Tutu



HOME-SCHOOL CHALLENGE

Maze

Design your own version of the maze tree in the story of Zacchaeus.

You can either draw it on paper or use other materials to create it.

It's up to you! Take it to school to display in the Challenge Gallery.



READ TOGETHER...

Zacchaeus the Tax Collector

Zacchaeus was a little man. He was a tax collector and had become rich by making others pay lots of money in taxes to the Romans and to him. He didn't have many friends.

When Zacchaeus heard Jesus was in town, he wanted to see him. But Zacchaeus was short and Jesus was always surrounded by a crowd. So Zacchaeus decided to run ahead of the crowd and climb a sycamore tree. From there he could watch for Jesus. As Jesus drew closer, he held his breath excitedly until Jesus stopped right beneath his tree. Jesus looked straight up at him! "Zacchaeus," said Jesus with a smile, "come on down. I want to stay at your house today!"

Zacchaeus hopped down. "You are welcome at my house, Jesus," he said with a huge grin.

But others grumbled, muttering to each other. "Why does Jesus want to go home with the rich, cheating tax collector? He isn't good enough for Jesus to come and stay at his house."

Zacchaeus heard what the people were saying about him and he wanted to put things right. He turned to Jesus and said, "Master, here and now, I promise to give half of my money to the poor. If I have cheated anyone in taxes, I will pay them back four times that amount."

Zacchaeus wanted to turn over a new leaf because Jesus believed that everyone deserved a new start and now Zacchaeus believed it too!

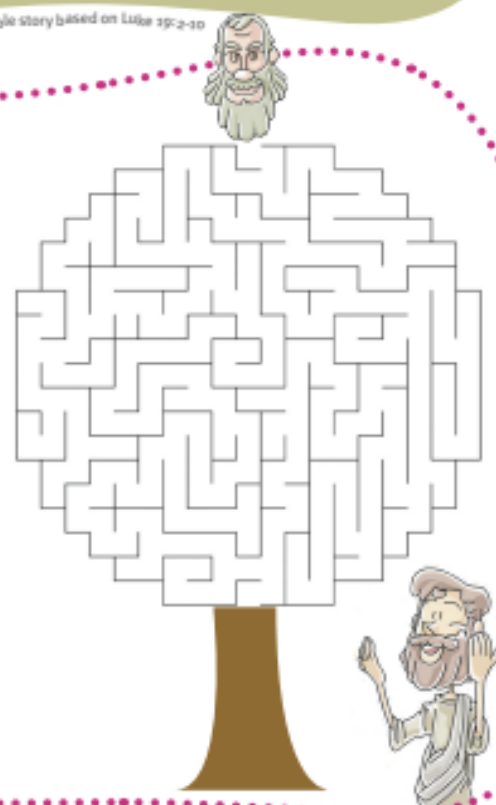
Bible story based on Luke 19:2-10



QUIZ

Tree Maze

Help Zacchaeus find his way down from the top of the tree, to meet Jesus.



★ HALL OF FAME

Desmond Tutu

Desmond Tutu was Archbishop of Capetown from 1986 to 1996. Throughout his life Desmond Tutu worked tirelessly against apartheid in South Africa. Apartheid was a system that treated people differently because of the colour of their skin. People who were non-white were not given the same rights in the country as white citizens. For example they had to live where the government told them to, they were not allowed to vote, had to use separate transport, go to different beaches and use separate sports facilities.

There was much violence and oppression in South Africa during the years of apartheid, and when it finally ended in 1992 some people were left feeling bitter and angry and wanting revenge. In order to give everyone a chance to talk about the things that had happened to them Desmond Tutu set up the 'Truth and Reconciliation Commission'. Many people who had behaved badly could hear from those they had hurt. There was the chance to say sorry and sometimes receive **forgiveness**. The Truth and Reconciliation Commission helped to provide an opportunity for a new beginning for South Africa, a chance to build what Desmond Tutu called a 'Rainbow Nation' in which everyone had the same chance in life no matter what the colour of their skin.



FASCINATING FACTS

Crosses across the world

The cross is a very special symbol for Christians it reminds them of Jesus' death on the cross which brought **forgiveness** for the world.

Different shapes and designs of crosses reflect different traditions and communities across the world.

Maria Gomez was a Christian Primary School teacher in El Salvador. She angered the authorities in her country because she campaigned for the rights of poor people. Eventually she was murdered. Later a local artist was commissioned to paint a wooden cross with scenes showing her life and her work among the poor women in the rural villages of El Salvador.



The Celtic cross originates from Ireland. St Patrick described the circle on the cross as symbolising the endless love shown by Jesus. The cross is decorated with natural shapes and animals to remind us of God's creation.

The Black and White cross comes from South Africa and was designed during the time of apartheid. The Bible teaches that people are equal in God's eyes, no matter what their background or the colour of their skin.



The Jewish New Year Tradition

New Year for Jews normally falls during September. On the first afternoon of the new year, the festival of Rosh Hashanah is celebrated. Families visit a nearby stream, river or even the sea for the ritual of Tashlich (in Hebrew, the language in which the Jews' holy book the Torah was written, Tashlich means throw away).

After a celebration meal Jewish families gather left over breadcrumbs. These crumbs represent the words or deeds that each family member feels sorry about. When the crumbs have been thrown into the water, fish eat them or they are washed away. This symbolises the way that God **forgives** the bad things that people have done and washes them away so that there can be a fresh start for the New Year. During the ceremony the following words from the Torah are read aloud, "You (God) will again have compassion on us; you will tread our sins underfoot and hurl all our transgressions into the depths of the sea." Micah 7: 19