

Wenlock's Weekly Round-Up

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



This Terms Value is:

TRUST

KEY DATES

- **Monday 9th December** School Council Conference, invited children only
- **Friday 13th December** Y6 attending Elf the Musical at QES
- **Friday 13th December** Y3 and 4 PE Enrichment Day
- **Friday 13th December** Wenlock Winter Wonderland in School 3.00 - 5.00pm
- **Tuesday 17th December** Nativity at St. Mary's Church - Y3 and Choir Parents warmly invited, 10.00am start
- **Tuesday 17th December** Christmas dinner and Christmas Jumper day
- **Wednesday 18th December** Y3 and Y4 Believe and Achieve awards 9.15am, - invited Parents only
- **Thursday 19th December** Y5 and Y6 Believe and Achieve awards 9.15am, - invited parents only
- **Friday 20th December** Last day of term 1.45pm finish - If you wish for your child to stay later then booking into After School Club is essential.

- **Monday 6th January 2025** Staff INSET day, school closed to children

Tuesday 7th January 2025 School re-opens to children

- **Wednesday 9th January 2025** Welcome back Coffee Morning, 9.00 - 10.15am

PARENT AND COMMUNITY GOVERNOR VACANCIES

There are vacancies for a Parent and Community Governor at the school.

Please email:

admin@wenlockacademy.co.uk



CHRISTMAS JUMPER DAY



STUDYBUGS



ATTENDANCE

Well done to Genesis who achieved the highest attendance for last week at 98.64%

The attendance for the whole school was 94.65%
Our School target is 97%





We are a Nut Free school for the safety of our children with nut allergies We would like to remind parents that most chocolate spread contains hazelnuts. Please can you remember to not put chocolate spread in the children's lunch boxes.

Electrical Recycling



We have an electrical recycling collection bin in the reception area of the school. Please see the poster below regarding which items can be recycled.

Uniform Exchange



Level Trust are always grateful for donations of pre-loved school uniform. There is a blue container in our school reception area which has details of uniform requested where items can be placed.
Thank-you!

Road Safety



To keep children safe, please ensure that children are taught how to cross the road safely, especially outside school and where there is heavy traffic.
A reminder that drivers must not stop on the yellow lines outside of the school.

Snacks



Many thanks for sending your children in with fruit and vegetables for snack times and for remembering not to send your children in with nut related products.
Grapes and cherry tomatoes should be sent cut into quarters length-ways to avoid choking.

PARENT INFORMATION

PE TIMETABLE

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

HOMEWORK GRIDS

Year 3, 4 and 5 homework grids are live on the website and they will be found on the year group pages.

Year 6 homework has been sent home this week. This is due back to their class teacher on Tuesday.

Mr Belgrave

Dear families,

This term, we say farewell to Mr Belgrave, who is off to spend more time with his family and pursue new avenues.

We also have 3 new vacancies in school that we would like you to share with friends and families. We are looking for a SEND TA, an HLTA who has experience working with IEPs and EHCPs, and a class teacher. Please find all of the roles on our web page, Wenlock CE Academy – [Vacancies](#) or on [My New Term](#).

Ms Olivia Burke
Head Teacher (DSL)



Dinner Money

Please top up dinner money payments in advance of your child having school dinner.

The cost of school dinners is as follows:
£2.75 per day or £13.75 per week.

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



Thank you for your support

To WENLOCK C of E JUNIOR SCHOOL

Thank you for supporting the Royal British Legion Poppy Appeal

You raised an AMAZING amount of £146.30

In total Luton Schools raised a whopping £17,036.22



ROYAL BRITISH LEGION



Crazy Christmas Jumper Day

ONLY THE FLUFFIEST, UGLIEST, FUNNIEST,
AND ITCHIEST JUMPER WILL DO!

**TUESDAY 17th
DECEMBER 2024**

Get ready to get cozy!



Tell us your
FAVOURITE
MEAL

Tuesday 10th December

Chicken Noodles
or
Noodles with
Vegetables
with
Peas & sweetcorn
and
Chocolate Sprinkle
Cake

Our Jacket Potato and Hot Tomato Pasta will also be available.



Reception Class
to
Year 11

Catch up Flu Vaccination clinics

**NO APPOINTMENT NEEDED
JUST WALK IN!**



LUTON IRISH FORUM
102 Hitchin Road
Luton
LU2 0ES

Wednesday 11th December
3pm to 7pm

Saturday 14th December
10am to 2pm

For queries call 0300 555 5055

**FOOD
FESTIVAL**
By Aspens

FESTIVE FUN

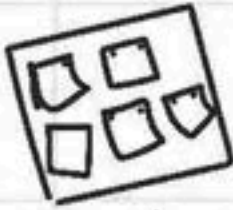
17th December

**Roast Turkey & Stuffing
or
Cheesy Cauliflower & Leek Puff Pastry
Wreath**

**Roasties, Xmas Vegetable Medley, Gravy &
Yorkshire Pudding**

Decorative Christmas Jumper Cookie





The words 'FEEDING BACK' are rendered in a large, bold, yellow, 3D-style font with a red shadow. The text is set against a red, circular, comic-book-style background. The entire graphic is surrounded by various line-art icons: a pair of glasses, a paper airplane, a lightbulb, a rocket, and a grid, all connected by dashed lines and small starburst symbols.

**We would like to hear
about your school
catering experience!**

Turn over to let us know your thoughts.

Scan the QR code to leave your feedback



Email: info@aspens-services.com
Web: aspens-services.co.uk





Wenlock CE Academy's

Winter Wonderland

Friday 13th December 2024
3.00pm - 5.00PM

Wenlock CE Academy, Beaconsfield, Luton

Meet Father Christmas ~ Bottle
Tombola ~ Raffle ~ Chocolate
Tombola ~ Hot drinks ~ Cakes ~
and much more...

Smiley Sam and Santa

VISITING

Poets Estate
1 December

Hedley Rise
7 December
Quantock Rise
8 December

Whitehorse Vale
14 December
Barnfield Ave
15 December

Wardown
Crescent
21 December

Blakeney Drive
2 December

Cromer Way
9 December

Kirby Drive
16 December

Lalleford Road

Strathmore Hill Rise
3 December

Birdsfoot Lane
10 December

Chard Drive
17 December

Holford Way/
23 December

Avenue
3 December
Buckingham Drive
4 December

Limbury Mead
11 December

Austin Road
18 December

Stopsley
24 December

Ashwell Avenue
5 December
Northwell Drive
6 December

Turnpike Drive
12 December

Leamington Road
19 December

Bushmead
13 December

Farley Hill
20 December



Find out more ways
you can Fundraise
for Keech!



What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

TRUST

HOME SCHOOL VALUES

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

talk togetherR about Trust

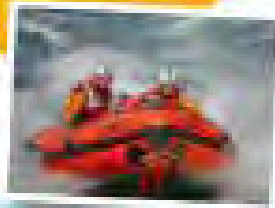
Trust is a really important value. It must be earned. If we do not **trust** someone it is very hard to build a good friendship with them. Talk together about:

- people who you know that are **trustworthy**
- practical ways that we can show others that we are **trustworthy**
- why it is important to be able to **trust** others when working together as a team

think togetherR Words of Wisdom

Trusting someone is like knowing you can jump and they will be there to catch you!"

-Aron



Fascinating Facts

The Royal National Lifeboat Institute (RNLI)

When the crew and passengers of boats get into difficulty at sea, they can **trust** the lifeboat crews from RNLI to try their very best to rescue them. Many of the crew and coastguards are volunteers.

- There are over 230 lifeboat stations all around the coast of Britain & Ireland
- Crews are on call 24 hours a day, every day of the year. They must be ready to drop what they are doing at a moment's notice to go out on their lifeboat



Read togetherR ... The Storm on the Lake

The disciples were just exhausted. All day crowds and crowds of people had been following Jesus, listening as he taught them about God's love and watching as he healed people who were ill. Now the sun was beginning to set over the Sea of Galilee. Seeing how tired his friends were, Jesus said, "Let's get in a boat and go over to the other side of the lake."

They rowed away from the shore while Jesus went to the front of the boat and lay down. The waves lapped gently against the side of the boat, lulling Jesus into a peaceful sleep.

Suddenly the wind began to blow dark clouds across the sky. The waves weren't so gentle anymore. The little boat began to pitch and rock. The men looked anxiously across the lake. But Jesus still lay sleeping in the front of the boat.

The wind blew stronger. Great gusts rocked the boat. Spray from the waves soaked everyone inside. But still Jesus lay sleeping in the front of the boat.

By the time they reached the centre of the lake, the wind had turned into an angry gale that whipped the waves so high that they washed right over the boat. Jesus' friends were terrified. They thought they might drown. But still Jesus slept on.

Finally, one of Jesus' friends went and shook him awake. "Master," he cried, "aren't you sure if we drown?" Jesus looked around. He listened to the wind. He felt the cold, stinging spray of the waves. He saw the fear in the faces of his disciples.

Jesus stood, stretched out his arms to the wind and the waves, and commanded: "Peace! Be still!" At once the wind died down and the waves became completely calm. Turning to them, Jesus asked the disciples:

"Why are you so afraid? Do you not trust me?"

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Quiz Crack the code

Answer the clues to find the letter corresponding to each number and then fill in the message.

1. Jesus is a Jewish **_____**

1 2 3 4

2. The disciples were **_____**

5 6 7

3. The wind was **_____**

8 9 10 11

4. Jesus asked the **_____**

12 13 14

5. Fill in the code to discover the message hidden in the code.

15 16 17 18 19 20 21 22 23 24
25 26 27 28 29 30 31 32 33 34



Knot tying is an important skill for every crew member on board a sailing ship. For the various parts of the sails and rigging different knots are used and the crew have to **trust** that the knots are tied properly and will hold.

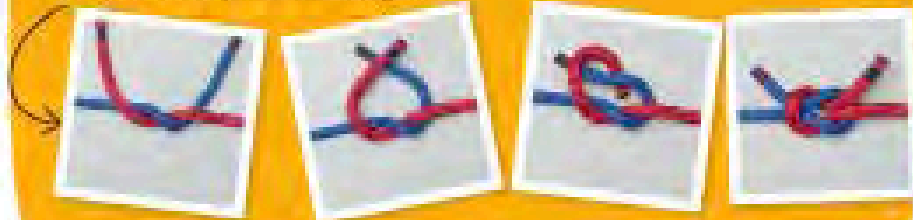
We all use knots occasionally to hold something securely in place.

See if you can master these knots:

A Clove Hitch knot, to secure a rope to a post.



A Reef knot to join 2 ropes together.

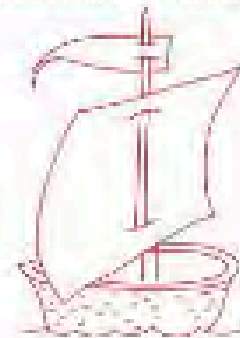


home-school challenge

Build a Boat

This term's Home School Value has a watery theme. The challenge is to use scrap materials to construct a boat that floats and has a working sail.

Create a draught (eg by blowing or using a life pump) to check that the sail really does catch the wind and move the boat across the water.



☆ hall of Fame

Ernest Shackleton

From the time that he was a small boy Ernest Shackleton longed to go to sea. At sixteen he got his chance and joined the crew of a ship sailing to and from the Far East and America. This was the start of an amazing life of daring and discovery.

In December, 1914, Shackleton set out on perhaps his most famous voyage. It was his third expedition to Antarctica. His

ship was called the "Endurance" and his mission to travel 1600 miles across Antarctica. Just 5 weeks later, "Endurance" became frozen in pack ice, unable to move. After being stuck for months the boat began to buckle, crushed by the ice. The crew was forced to abandon ship. They set up camp on an ice floe, but this was too dangerous so Shackleton and his men set out in three lifeboats. After six days, the men reached an isolated, uninhabited spot called Elephant Island.

Shackleton knew that for his men to survive, he must fetch help from a whaling station. It was 800 miles away but it was

their only hope! Putting their **trust** complete trust in him and knowing their leader would return if it was humanly possible, the men watched as Shackleton and four others rowed away. Six long months followed before Shackleton was finally able to rescue his men 126 days later, after a journey of nearly 1600 miles.

Shackleton's courage and the trust he inspired in his men live on in legend.