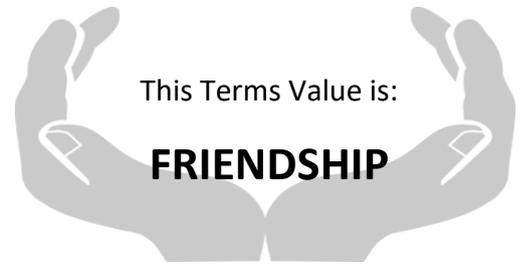




# Wenlock's Weekly Round Up

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

Friday 19th April 2024



## Key dates

Monday 22nd April	Coffee Morning — Sleep Hygiene 9am Start
Thursday 25th April	Vesper Class Swimming Lesson
Monday 29th April to Wed 1st May	Year 6 CYE Residential trip
Thursday 2nd May	Vesper Class Swimming Lesson
Monday 6th May	Bank Holiday
Wednesday 8th May	Welcome to Wenlock for Y2 families
Thursday 9th May	Vesper Class Swimming Lesson
Monday 13th—16th May	Year 6 SATS WEEK
Thursday 16th May	Vesper Class Swimming Lesson
Monday 20th May	Year 6 Trip to LEGOLAND
Tuesday 21st May	Whole school Maths day
Wednesday 22nd May	School Photographer—Class photo's
Thursday 23rd May	Vesper Class Swimming Lesson
Monday 27th to Friday 31st May	Half Term Holiday
3rd—7th June	Year 4 Multiplication check week
Wednesday 19th June	Sports Day Years 3 & 4. 2.00—3.15pm
Wednesday 26th June	Sports Day Years 5 & 6. 2.00—3.15pm
24th—28th June	Wenlock's Got Talent Auditions—all props and music to be sent in
Friday 28th June	Singing Spectacular (Choir Only) More information to follow
Wednesday 3rd July	Y2's meet the teacher event 3:45 or 6pm please book with the office
Thursday 4th July	Move Up Day
Monday 8th July	Wenlock's Got Talent
Wednesday 10th July—11th July	Year 6 Leaver's Production
Monday 15th July—17th July	Year 5 Kingswood Residential
19th July	Last day 1:45 finish

### Attendance

Well done to Genesis who achieved the highest attendance the last week of term at 96.9%

The attendance for the whole school was  
93.5%

Our School target is 97%

### Uniform

We are now in Summer Uniform.

Please check out the uniform policy to ensure you child has the correct uniform.

If you need support please come and speak to us.

[school\\_uniform-procedure.pdf](#)  
([primarysite-prod-sorted.s3.amazonaws.com](#))



# PARENT INFORMATION

## School Carpark

Just a polite reminder that the school car park is for staff and school visitors only. We ask that when bringing in or collecting children, parents/carers do not use the school car park.

Thank you.

**Friday 19th July 1:45 close.**  
**After School club will be available.**  
**Please book in advance.**

## 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

## Leaflet Supporting Internet Safety Day

Important information from Beds Police

As part of our support to internet safety day our Internet Child Abuse Investigation Team (ICAIT) have produced a leaflet for parents and carers with the aim:

To inform parents and carers of the current threats posed to children online

To inform parents and carers how to seek advice and support in the event their child is targeted online

To ensure online safety learning provided within schools is echoed within the home environment.

The leaflet has been emailed to you alongside the Weekly Round Up and is on our school website.

## Dinner money

Please top up dinner money payments in advance of your child having school dinner. The cost for school dinner is as follows: £2.50 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](mailto:schooldinner@wenlockacademy.co.uk)

## 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](#)

## 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](mailto:attendance@wenlockacademy.co.uk)

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!**  
**Auditions 24—28 June**



**ROLL UP!  
ROLL UP!**

IT'S LUNCH TIME!

**Thursday 25th April**

**Tightrope Spaghetti Strings with  
Carbonara Sauce**

or

**Tiger Striped Veggie Pizza**  
with Cannonball New Potatoes  
and Strongman Spinach Salad

and  
Clown's Nose  
Cookies

Our Jacket Potato & Hot Tomato Pasta are  
also available.

Please remember to top up on your Arbor  
money account



# 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!

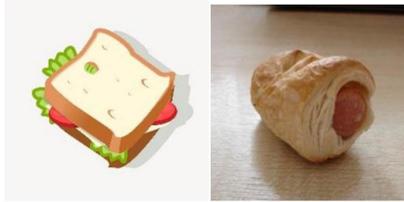
## Meet Our Expert

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.



# 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.

# FRIENDSHIP

HOME SCHOOL VALUES

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

## TALK TOGETHER about Friendship

Learning to be a good **friend**, someone who can be trusted and is loyal, takes a lifetime.

Talk together about how **friends** come in all shapes and sizes. Some are young, some are old. Some are always there, some we see only occasionally.

- How do we choose our **friends**?
- What makes a good **friend**?
- Are we a good **friend** to others?

## THINK TOGETHER Words of Wisdom

"A good **friend** is worth their weight in gold."

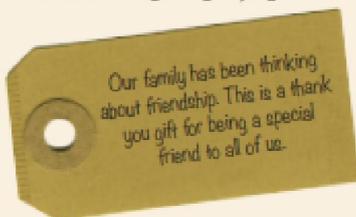
Anon

That's a lot of gold!  
Why do you think that this is such a popular proverb?



## FAMILY FOCUS Friends of the Family

This term's family challenge is to make a card or present for someone who is a **friend** to your whole family. You could add a gift tag saying...



## READ TOGETHER... Through the roof

Jesus reached a town called Capernaum and made his way to a house near the town gate. The crowd had gathered quickly and now even more people were pushing and squeezing into the small house, wanting to see him, hear him and touch him.

The excitement was infectious and four **friends** who lived in a street nearby soon heard the news. They met together and decided that they absolutely *had* to take their **friend** Joshua to Jesus. Joshua was paralysed and couldn't walk. They'd heard that Jesus performed miracles and could heal the sick. This was a chance they couldn't miss.

Wasting no time they carried their **friend** on his bed mat to the house, but jostling crowds blocked the doorway. They couldn't give up now. Their **friend** *must* meet Jesus. There was only one way. They carried him on to the flat roof of the house and carefully removed part of the roof to make a large hole.

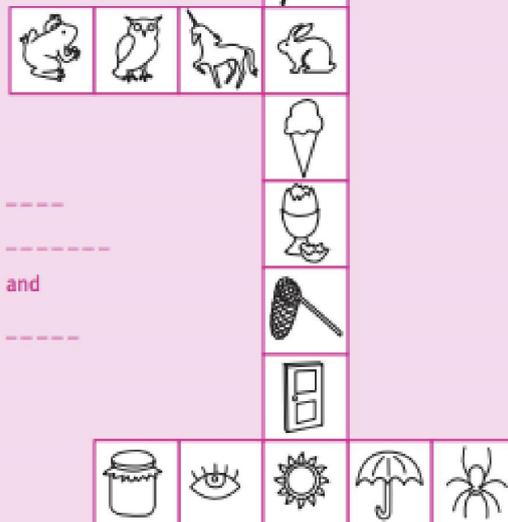
Knotting ropes to the corners of the bed mat they gently lowered Joshua down right in front of Jesus. Imagine the surprise of all the people looking on. But Jesus smiled kindly at Joshua. "Take up your bed, and walk" he said. Slowly, falteringly and hardly daring to believe it was happening, Joshua stood and took a step forward. He could walk. He could actually walk! Thanks to Jesus and his **friends**, Joshua's life was changed forever!

Bible story based on Mark 2:1-12



## QUIZ Picture puzzle

Take the first letter of each object to discover who helped the paralysed man.





## FASCINATING FACTS

### Friendship Bands

**Friendship bracelets** are usually handmade and given to a special **friend**. According to American tradition you must wear the bracelet until the cords break and it falls off naturally. In this way you honour the love and hard work your **friend** put in to making it.



### Raksha Bandhan

One special type of **friendship** bracelet is a Rakhi. Each year, normally in August, many Hindus mark Raksha Bandhan. The festival is a celebration of family life and in particular the relationship between brothers and sisters. They remember and talk about special times together, and think about loyalty, closeness, trust and their everlasting **friendship**.

- Traditionally sisters tie a sacred thread, a Rakhi, on to their brothers' wrists.
- In response the brothers give their sisters a gift promising to help them whenever the need arises and to always protect them.
- Celebrations continue throughout the day with gifts of sweets and special food as families enjoy the time they share together.



## HOME-SCHOOL CHALLENGE

Use your imagination to make the best **friendship** bracelet ever – using knotting, threading beads, twisting ribbon, whatever you can think of. The more original the better!

or, if you prefer...

make your own large version of the picture puzzle (over the page), joining 5 or 6 words about **friendship**. Either draw pictures or cut them out of magazines.



## HALL OF FAME



### A dog is a man's best friend

Near the village of Beddgelert in North Wales is a beautiful sculpture of a very special **friend**.

According to legend, the monument marks the resting place of the faithful dog, Gelert, who once belonged to the medieval Welsh Prince, Llewelyn the Great. A tombstone tells the story of a fateful day when Llewelyn went out hunting leaving the faithful hound, Gelert, to guard his young son. On his return Gelert sprang to greet his master, but Llewelyn noticed some blood on his fur. He rushed inside his house. To his horror the first thing he saw was his son's cot. It was empty!

The frantic father turned on the dog, thinking he must have harmed the boy. He killed Gelert there and then with his sword. At that moment a child's cry rang out through the house. Llewelyn searched and discovered his boy unharmed, but nearby lay the body of a mighty wolf which Gelert had killed before it attacked the small child.

Prince Llewelyn is said never to have smiled again and with tears of sadness he buried Gelert in this place, which became known as "the grave of Gelert", or in Welsh, Beddgelert.

