



Woodcroft Primary School/ Newsletter

Friday 9th February 2024

**Number
Day 2024**

Champions

NSPCC
Creativity to children must stop. FULL STOP.

Congratulations to our Number Day Champions!

YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Teddy	Ruby	Lola	Frankie	Heidi	Gracie
Jaxson		Cristian		Elliott	Miami
Reggie					Lily
Jonnie					Poppy
Evie-Marie					Lily
Amelie					Alice
Paige					Kaiden-Lee
Logan					Daria
Nalah					Tate
Zoja					
Vinnie					
Alyssa					



Year 4 swimming

After half term, Year 4 will start their swimming lessons. These will run every Thursday afternoon from 22nd February - 28th March. A letter with full details will be emailed home.

If you have any questions about swimming lessons, please speak to your class teacher.



Breakfast Club

Daily from 8.15am

30p per child per day



Please pay Mrs Wassell or Mrs Hawley on the door

Well done to this weeks attendance winners



**Zebras
With 99.5%**



**They get to have Magnum the attendance alpaca in class
this week!**

Inset days 2024

Thursday 2nd May

Monday 22nd July

Tuesday 23rd July



Stars of the Week!



Hedgehogs

Isabel

Year 1 Owls

Logan

Year 2 Zebras

Finlee

Year 3 Tigers

Cristian

Year 4 Lions

Elisha

Year 5 Giraffes

Gracie

Year 6 Gorillas

Lucas



Headteacher awards!

Travis	Ivy	Theo
Jacob	Jasmine	Evie
Teddy	Cristian	Lilah
Kayden	Noah	Daisy
Anna	Ashley	Amelia
Elsie	Arlo	Sami
Benson	Christabel	Logan
Eric	Finlee	Gracie
Toby	Angela	Madison
Ruby	Poppy	Elcie
Alex	Sienna	
Oliver	Arnie-George	

Please ensure your child has no nut products in their lunch box, this includes chocolate spreads

This is really important as we have children with severe nut allergies in school.

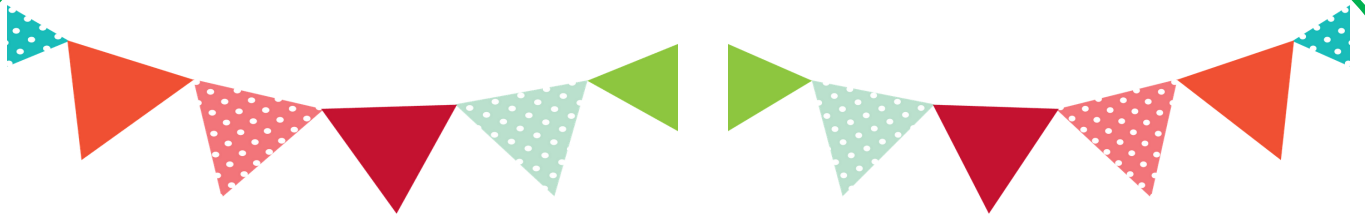
Thank you for your support with this matter.



Dates to remember!

- * **Monday 12th February - Friday 16th February - Half Term**
- * **Thursday 22nd February - Year 4 Swimming**
- * **Thursday 29th February - Year 6 Chichester Festival Theatre Trip**
- Thursday 29th February - Year 4 Swimming**
- * **Friday 1st March - Year 2 Fort Nelson Trip**
- * **Thursday 7th March - Year 4 Swimming**
- Thursday 7th March - World Book Day**





**Coffee Morning with
the
Mental Health Support Team
and the theme is sleep**

Thursday 22nd February

8:45am - 9:30am

In the Den

Pop in for refreshments



ACORN CENTRE

SPRING *Half Term*

MONDAY 12TH – 16TH FEB 2024

MON 12TH

10.30 – GAMES & PUZZLES

WED 14TH

10.00 – WILDLIFE WARRIORS

[CHILDREN UNDER 8 MUST BE ACCOMPANIED BY AN ADULT]

**FREE PACKED LUNCH FOR CHILDREN
MONDAY TO FRIDAY AT 12PM**

**SPACES ARE LIMITED PLEASE BOOK TO
AVOID DISAPPOINTMENT**

**CALL 023 9225 8423
OR POP IN TO THE CENTRE**

ACORN CENTRE, EAGLE AVENUE, PO8 9GX

My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

📄 [PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off' conversations about our mental health – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

📄 For primary children: bit.ly/3PzCGi8

📄 For secondary children: bit.ly/3LBD2wK

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?



WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?



European
Immunization
Week

Prevent. Protect. Promote.



MEASLES

Don't let your child catch it

– get them vaccinated with the MMR vaccine

The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella.

It's time to make measles a disease of the past.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others.

Measles symptoms include: high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.



the safest way to protect your child

For more information contact your local GP surgery or visit: www.nhs.uk/mmr



English for Speakers of Other Languages- Complete Beginners (Term 1)

at Havant Library

Monday 19 February to 13 May, 10.30 am – 12.00 pm
(No classes 1 April, 8 April and 6 May)

Free

Booking is essential, please visit <https://shop.hants.gov.uk/collections/library-courses> to book your place. If you have issues booking online please contact branch staff or call 02392 232957



www.hants.gov.uk/library



Stories, Music & Movement for Pre-schoolers

(For parents with babies/toddlers/pre-schoolers aged 6 months– 4 years, maximum 2 children per adult)

at Havant Library

Thursday 22 February to 28 March, 10.00am - 11.00am

Free

Booking is essential, please visit <https://shop.hants.gov.uk/collections/library-courses> to book your place. If you have issues booking online please contact branch staff or call 02392 232957



www.hants.gov.uk/library



English for Speakers of Other Languages- Complete Beginners (Term 1)

at Waterlooville Library

Monday 19 February to 13 May, 1.00 pm – 2.30 pm
(No classes 1 April, 8 April and 6 May)

Free

Booking is essential, please visit <https://shop.hants.gov.uk/collections/library-courses> to book your place. If you have issues booking online please contact branch staff or call 02392 232957



www.hants.gov.uk/library



Hampshire Child and Adolescent
Mental Health Services

2024 PACE Events

Free health & wellbeing events for all parents, carers & professionals who support or work with young people

DATE	LOCATION
Friday 26 th January 2024	Gosport St Vincent College, Mill Lane, Gosport, PO12 4QA
Thursday 22 nd February 2024	Basingstoke Queen Mary's College, Cliddesden Rd, Basingstoke, RG21 3HF
Monday 11 th March 2024	Andover Testbourne School, Micheldever Rd, Whitchurch, RG28 7JF
Friday 19 th July 2024	Waterlooville Oaklands Catholic School, Stakes Hill Rd, Waterlooville, PO7 7BW
Wednesday 25 th September 2024	Winchester Winchester United Reform Church, Jewry ST, Winchester, SO23 8RZ
Monday 7 th October 2024	Havant Trosnant Infant School, Stockheath Lane, Havant, Hampshire, PO9 3BD
Thursday 21 st November 2024	New Forest Lyndhurst Community Centre, Main Car Park, Lyndhurst, SO43 7NY

BOOK YOUR WORKSHOP SPACE AT: hampshirecamhs.nhs.uk/events

P.A.C.E. ITINERARY

TIME

WORKSHOP 1

WORKSHOP 2

9:30 - 10:30	Supporting a child with eating difficulties including ARFID This workshop solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.	Supporting trauma recovery Understanding the impact of trauma on children and young people and how together we can help them to recover.
10:45 - 11:45	Introduction to managing ADHD - ADHD Team What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	Supporting a young person in crisis & managing self-harm Supporting a young person in crisis & managing self-harm.
12:00 - 13:00	Coping and resilience strategies to support children & young people Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Introduction to autism What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.
13:30 - 14:30	New Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD) This workshop aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.	Looking after yourself to support your child This workshop will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.
14:45 - 15:45	New Disability, difficulty, SEND & mental health An awareness session to offer a space for Q&A around Learning needs and how Mental Health Issues can present; difficulty with language used when children and young people have varying learning needs with or without formal diagnosis.	Understanding & managing anxiety What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.
16:00 - 17:00	Coping and resilience strategies to support children & young people Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This workshop uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.	Supporting a young person in crisis & managing self-harm How to recognise crisis and how crisis develops. How emotional regulation difficulties can lead to mental health crises such as becoming suicidal or self-harming.
17:15 - 18:15	New Introduction to managing & supporting a young person with Tics and Tourette's This workshop aims to give an introduction for parents and carers supporting a young person with Tics & Tourette's. It will provide information regarding what Tourette's is, how this develops and what keeps it going. It will give an overview of the treatment options and ways family members can support a young person at home.	New Supporting your autistic child to thrive This two-hour workshop will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.
18:30 - 19:30	Introduction to managing ADHD What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.	