



Woodcroft Primary School/ Newsletter

Friday 1st March 2024

Dear Parents & Carers,

To further support Safer Internet Day, the South East Regional Organised Crime Unit (SEROCU) will be running a parent webinar explaining Cyber Choices and the risks to young people of committing computer misuse offences.

The session introduces you to the Cyber Choices programme, led by the National Crime Agency, and delivered locally by SEROCU. Cyber Choices is a programme that supports those people at risk of committing computer misuse offences, such as hacking. These risks are far more real than most people recognise, with around 1 in 4 young people admitting to committing low-harm cybercrimes, perhaps without even realising what they were doing was illegal.

Ideally suited to parents/carers of children in Year 3 (age 7) and above, all the way up to college, university and beyond. The session will help parents and carers to understand:

- What computer misuse is
 - What the risks to young people are
 - Recognise some of the indicators that young people may be involved in committing cybercrimes
- How the Cyber Choices programme supports at-risk individuals.

Available webinar dates and to book your place:

4 March, 11am - Registration:

https://us06web.zoom.us/webinar/register/WN_2fwzDzv3RMmo7Gm0PGf_3w#/registration

4 March, 8pm - Registration:

https://us06web.zoom.us/webinar/register/WN_2ROjhKsSKueNgIJ7ISfQ#/registration

If you have any queries, please contact the SEROCU Cyber Choices team

cyberchoices@serocu.police.uk

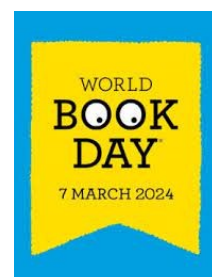
Kind regards

WPS

World Book Day

On **Thursday 7th March**, children are welcome to come to school dressed as their favourite book character. We will be designing and creating World Book Day inspired t-shirts in school. Children are welcome to wear these t-shirts if they do not want to dress up. There will also be a themed lunch menu (see details attached).

All children will receive a £1 book token as part of the World Book Day celebrations.



Dates to remember!

- * **Thursday 7th March** - Year 4 Swimming
- Thursday 7th March** - World Book Day
- * **Thursday 14th March** - Year 4 Swimming
- * **Friday 15th March** - Comic Relief
- * **Tuesday 19th March** - Parents Evening
- * **Wednesday 20th March** - Parents Evening
- * **Thursday 21st March** - Year 4 Swimming
- * **Friday 22nd March** - Non uniform day - bring in Easter eggs
- * **Thursday 28th March** - Year 4 Swimming



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.



CAKE SALE

Year 6 will be holding a cake sale on
Friday 15th March at playtime.

Prices will range from 10p-£1.



Any cake donations will be greatly appreciated
into the school office on the 14th/15th March



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



Owls
97.8%



**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

Daniel

Year 2 Zebras

Jonny

Year 3 Tigers

Sofie

Year 4 Lions

Shontai

Year 5 Giraffes

Year 6 Gorillas

Lily



Headteacher awards!

Eric

Sienna

Ethan

Toby

George

Kai

Naomi

Kenny

Dexter

Fletcher

Jayden

Ayla

Aleena

Isabelle

Rosie

Isamae

Alice

Autumn-Rose

Logan

Arlo

Isabelle

Brayden

Alfie

**Check out the World Book Day
menu!**

Share A Story On

WORLD BOOK DAY

Thursday 7th March 2024

Menu

FOOD TO FLOURISH

CHOOSE FROM

RED OPTION - Beauty and the Beast

GREEN OPTION - Greggs Sausage Roll

BLUE OPTION - The Big Cheese

Hampshire County Council

HC3S



Emergency Paediatric First Aid at Havant Library

Friday 22 March, 9.30 am – 4.45 pm

Tuition- Free

Optional £25 for certificate accreditation, payable to the tutor.

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 232967



www.hants.gov.uk/library



Boost Your Confidence- Ways into Working at Waterlooville Library

Monday 4 and Tuesday 5 March, 10.00 am – 1.00 pm

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 232967



www.hants.gov.uk/library



NHS
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 - 1:30	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	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	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	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.	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.	