



Woodcroft Primary School/ Newsletter

Friday 22nd March 2024

New school lunch menus

After the Easter break we will have a new school lunch menu. The new menus will be sent out by email next week and they are also available to view on the HC3S website here:

<https://www.hants.gov.uk/educationandlearning/hc3s/education-catering/primary>



HTC Year 6 Admissions

Is your child attending Horndean Technology College in September? If yes, HTC have sent all Year 6 families an e-mail with a secure link to Applica+ their new online Admissions' portal. They have also placed a notice on their Facebook page and on the HTC Website. Please look out for this official e-mail communication from them and check your spam/junk box.

<https://hordeantc.hants.sch.uk/year-6-admissions-update/>

The deadline for completion is Monday 15th April.

If you encounter any problems with the online process, there will be an Admissions' Help Desk on Thursday 28th March from 8am-3.30pm in Barton Hall Reception or you may e-mail any questions to: general@hordeantc.hants.sch.uk.

All additional details can be found on the Transition section of the HTC website.

The Year 6 Parents' Evening this year is on Wednesday 12th June.



**Horndean
Technology
College**

Easter Dinner Menu



Safeguarding Information for Parents & Carers

Let's talk PANTS!

NSPCC Pantosaurus

As Parents it is important that your child knows how to keep safe and who to tell if someone asks to see or touch their private areas. NSPCC Pantosaurus is an age appropriate way children can learn how to do this.

In school we talk to children on how to keep themselves safe in our PHSE lessons.

Please visit the following link for advice on how to answer questions from children on this subject.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/pants-how-to-answer-questions/>

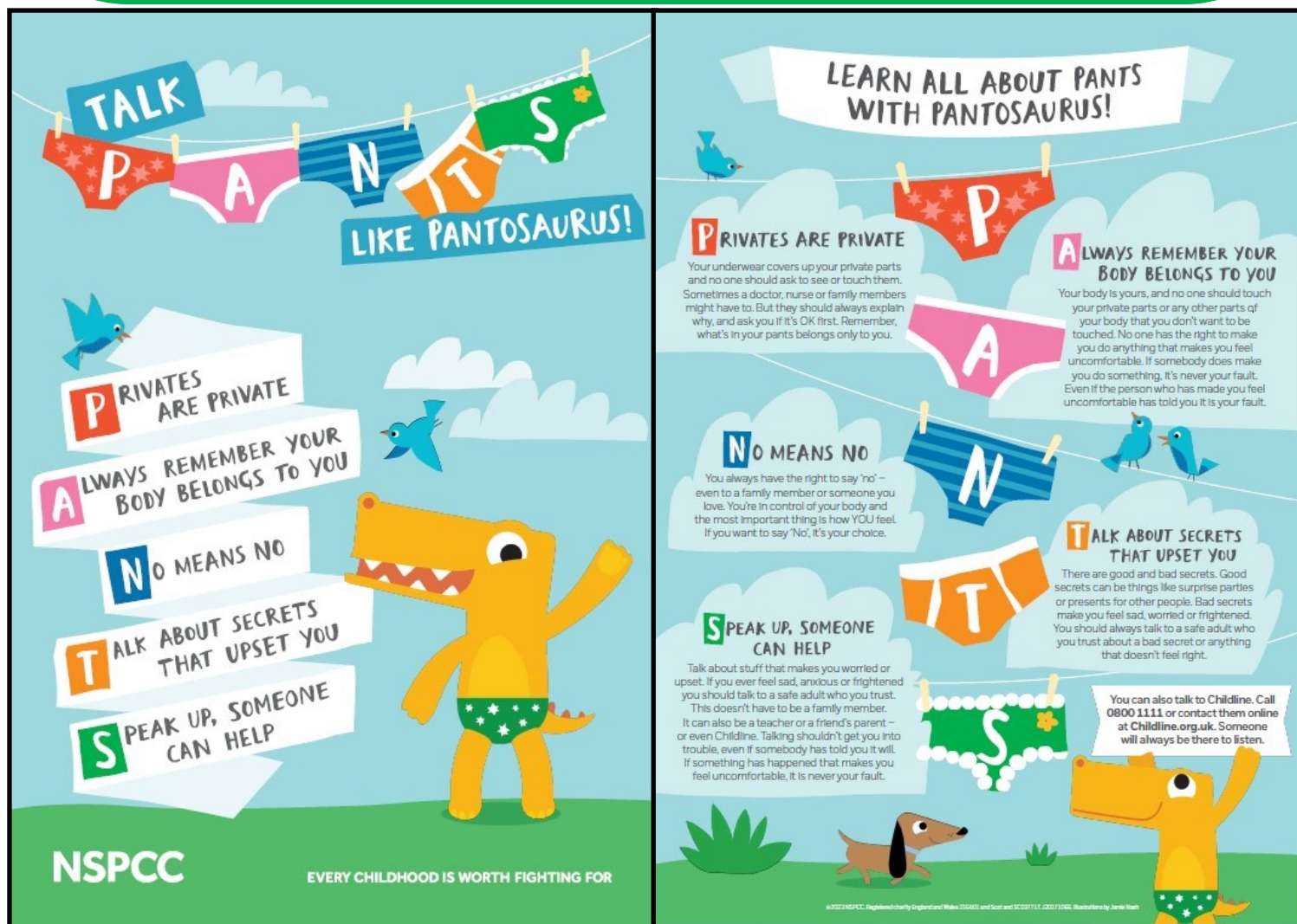
Pantosaurus Song

Meet Pantosaurus—the pant-wearing Dino! He wants every child to stay safe and strong, just like him, and he's on a mission to share an important message

<https://www.youtube.com/watch?v=-IL07JOGU5o>

Pantosaurus and the Power of the Pants read by Natalie Dormer

<https://www.youtube.com/watch?v=D3XIWUIJZMw>



Dates to remember!

- * **Thursday 28th March** - *Year 4 Swimming*
- Thursday 28th March** - *Easter Lunch (Menu attached)*
- Thursday 28th March** - *Easter Raffle Draw*
- Thursday 28th March** - *End of Term - 3:15pm finish*
- * **Monday 15th April** - *Back to School - 8.35am start*



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.

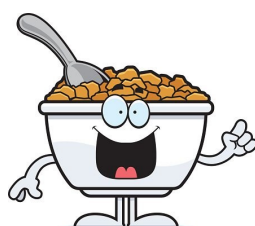
Thank you for your support with this matter.



Breakfast Club

Daily from 8.15am

30p per child per day



Please pay Mrs Wassell or Mrs Hawley on the door



Stars of the Week!



Hedgehogs

Mila

Year 1 Owls

Anna

Year 2 Zebras

Christabel

Year 3 Tigers

Freddie

Year 4 Lions

Ellie-Rose

Year 5 Giraffes

Athena

Year 6 Gorillas

Daria



Headteacher awards!

Taylor-Mae Teddy Lillie-Mae

Toby Travis Theo

Ivy Molly-Josie Arlo

Olivia Patsy Finlee

Lola Sivanah Jaxson

Oliver Lennox Ruby

Mehmet Ariana

Eric

**Everyone in
Gorillas!**

Inset days 2024

Thursday 2nd May

Monday 22nd July

Tuesday 23rd July

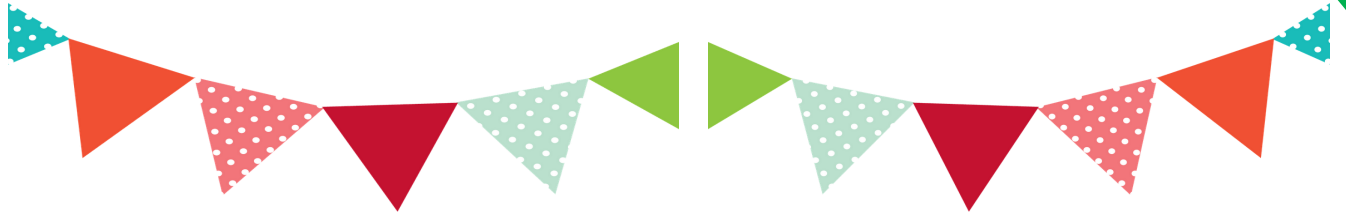
Well done to this weeks attendance winners



**Gorillas
98.7%**



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



Coffee Morning with David Windsor
from the
Primary Behaviour Service
the theme is ADHD

Thursday 28th March

8:45am - 9:30am

In the Den

Pop in for refreshments



Havant Family Help Course Timetable

April 2024

For more information on courses and to book a place call 02392 441400 or email Havant.FSS@hants.gov.uk

Havant Family Help is pleased to announce our April timetable.

If you wish to book onto one of our courses, please call 02392 441400 or email Havant.FSS@hants.gov.uk to speak with one of our workers who can book you a place/put you on our waiting list, please note NVR and ACES require a pre course assessment.

| Day | Group Name | Age Group | Time | Venue | Dates |
|-----------|--|----------------|---------------|--------------|-----------------------------|
| Monday | Family Links Nurture- FSS | Parents/carers | 9.30-11.30am | Sharps Copse | 15/4-1/7 (Term Time only) |
| Tuesday | Adverse Childhood Experiences (Aces) – FSS | Parents/carers | 9.30-11.30am | Sharps Copse | 30/4 -16/7 (Term Time only) |
| Wednesday | Talking Teens- FSS | Parents/carers | 9.30-11.30am | Sharps Copse | 8/5-5/6 (Term Time only) |
| | Family Links Nurture- FSS/FP | Parents/carers | 9.30-11.30am | Sharps Copse | 24/4-3/7 (Term Time only) |
| | Young Persons ACE's – FSS | Children | 3.30-5.30pm | Sharps Copse | 24/4-26/6 (Term Time only) |
| Thursday | SGO Group | Parents/Carers | 10.00-11.30am | Sharps Copse | First Thursday of the month |
| | Non-Violent Resistance (NVR) - FSS | Parents/Carers | 9.30-11.30am | Sharps Copse | 9/5-18/7 (Term Time only) |
| Friday | | | | | |

Havant Family Support Service Hub
Sharps Copse Families centre
Prospect Lane,
Havant, PO9 5PE
Tel: 02392 441400

Hampshire County Council

Adverse Childhood Experiences (ACE's)

ACE's is for parents who are presenting with trauma related experiences due to events that have taken place in their childhood and/or adulthood. These experiences are having a negative impact on their ability to move forward and make positive, sustainable changes to their lives. As a result, their parenting, mental health, emotional wellbeing and ability to manage from day to day is being restricted.

Young Persons Adverse Childhood Experiences

This is also available for children 12 years and up.

Family links Nurture Programme

This is a programme to develop emotional and mental well-being which is crucial for effective relationships and family life. The course recognises that in order to fulfil our potential, sustain close relationships and enjoy parenting our children we need to be emotionally healthy. The aim is to help parents understand their emotions in order to manage feelings and behaviour.

Non-Violent Resistance (NVR)

If you are experiencing child to parent violence, you don't have to face it alone. We have supported hundreds of parents, carers and children through our workshops. In 78% of cases, there is a reduction in violent and aggressive incidences as well as improved life chances for children, reduced stress levels and improved relationships at home. We support parents with children aged 5 to 18 years.

Talking Teens

The Talking Teens 4-week programme enables parents to build on pre-existing parenting skills and discover new ones. The sessions will help parents understand the impact they have on their teenagers and the influence of adolescent brain development on behaviour. Parents will explore their own feelings, as well as their teenagers, and will develop approaches to –promote life skills. Parents will also consider conflict and positive approaches to boundary setting and problem solving.

Resources and tools for supporting young people's mental health

Great resources and tools for supporting young people's mental health and resources and info to give to parents....coping with self-harm, depression, anxiety etc...

www.cwmf.org.uk/schools-families-resources

This website has some great guided meditation that will help with anxiety
<http://franticworld.com/resources/>

For teenagers and supporting them
<https://stem4.org.uk/>

The distrACT app gives you easy, quick and discreet access to information and advice about selfharm and suicidal thoughts. Find in your APP store.



In times of crisis – all of the following are here to help you

Contact the Safehaven

<https://www.easthantsmind.org/crisis-services/adults-safe-haven/> 0300 303 1560; 1800-2200 365 days

Call 111

There is a mental health practitioner to help you, 24/7

SHOUT Text Line

Text SHOUT to 85258 – available 24/7

Visit 'Staying Safe'

<https://staying-safe.net/> by people who have got through similar experiences. Make a safety plan.

Solihull Approach

10 free online courses to offer evidence-based information and strategies to support families to understand child behaviours, development and feelings to strengthen relationships. Courses cover the journey of the child from conception through to the teenage years and are available for anyone with caring responsibilities to access.

Learners for both sets of courses can register via the HCC landing page [The Solihull Approach | Health and social care | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/family). The access code FAMILY for parents/carers and FAMILY PRF for professionals are required at registration along with a Hampshire or IOW postcode for unlimited access."

Lighthouse Youth Group

Working together we provide a safe, informal and supportive environment for young people to take part in activities with peers, make friends, have fun and access immediate 1:1 support from our experienced youth workers and mental health practitioners.

Tuesday – Year group: 6, 7, 8

Session time: 4:30PM – 6:30pm

• Wednesday - Year group: 9, 10, 11

Session time: 5:30pm – 7:30pm

• Thursday - College / 6th form age

Session time: 5:30pm – 7:30pm

Further information can be found on: www.easthantsmind.org or email us at: cyp@easthantsmind.org

Self-Help Resources

<https://selfhelp.samaritans.org/>

<https://www.mtw.nhs.uk/home/accessible-information/easy-read/self-help-guides/>

<https://www.nhs.uk/every-mind-matters/>

<https://itrf.com/>

<https://staying-safe.net/home>

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health>

<https://www.mycompass.org.au/>

<https://www.beyondblue.org.au/>

<https://www.getselfhelp.co.uk/>

Use our self-help web-app to track your mood and find practical tips and techniques to look after your emotional health.

NHS produced self help guides on a variety of mental health subjects

Guidance on mental health and wellbeing, including creation of an individualised plan

Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more

Particularly useful if you suffer from thoughts of self-harm or suicide. You can create a free safety plan.

A collection of resources on a wide range of mental health and lifestyle issues

A personalised self-help tool for your mental health

Information and support to help achieve best possible mental health

This website provides CBT self-help and therapy resources, including worksheets and information sheets and self help mp3s

Hampshire County Council

-horizon-

THRIVE



FAMILY FUN DAY

Saturday 23rd

Horizon Waterloooville 11am - 4pm

Join us for Horizon's Family Fun Day this March,
for exclusive membership offers!

Les Mills Born to Move | Junior Gym Sessions
Family Yoga | Dodgeball | Aerial Hoop | Trampolining

Call today to book your activities 02392 476026

-horizon-

THRIVE

Waterlooville - Saturday 23rd March

| | 11-12pm | 12-1pm | 1 - 2pm | 2 - 3pm | 3 - 4pm |
|----------|---------------------------------|-------------------------------|---|-------------------------------|------------------------------|
| Studio 1 | BTM 8-11 years 11:00 - 11:45 | Scooter Club 12:00 - 12:45 | BTM 5-7 years 13:00 - 13:45 | Dodgeball 14:00 - 14:45 | BTM 12+ 15:00 - 15:45 |
| Studio 2 | Family Yoga 11:15 - 12:00 | | FUNDamental Movements 13:00 - 13:45 | Aerial Hoop 14:30 - 15:30 | Boccia Club 15:30 - 16:00 |
| Pool | Public Swim | Public Swim | Family Float 13:00 - 13:45 | Family Float 14:00 - 14:45 | |



Services for
Young People

Easter HAF

Gosport * Fareham * Waterlooville
March-April 2024

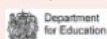
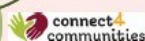
For
Ages
8 to 16

Freshly made hot meal
each session, arts/crafts,
games and activities

To register please email haf@yservices.co.uk
or call/text 07709 936521

Eligibility criteria (one or more of the following) - in
receipt of free school meals, SEND, have a social worker,
EHCP, EHH, are Ukrainian or Afghan refugee

This HAF Project is funded by



HAF Schedule

March/April
2023

Fareham HAF

Saturday 30th March - Easter Family Fun
with Free Easter Egg 11am to 3pm
Saturday 13th April - Family Fun - Cooking
and Food Hamper 11am to 3pm
Tuesdays - 2nd and 9th April 10am to 2pm

Waterlooville HAF

Wednesdays - 3rd & 10th April
Thursdays - 4th & 11th April
10.30am to 2.30pm

Gosport HAF

Thursday - 4th April
Wednesday - 10th April
Fridays - 5th & 12th April 10am to 2pm

To register please email
haf@yservices.co.uk
or call/text 07709 936521

Project Details

Fareham HAF,
Genesis Youth Centre,
Locks Heath
SO31 6DX

Waterlooville HAF,
Acorn Community Centre,
Weacock Farm
PO8 9UX

Gosport HAF,
Freedom Centre,
Elson
PO12 4PH

Information collected
at registration will be
held securely and
only used for the
purposes of this and
future HAF projects
including sharing with
our Funder.

This HAF Project is funded by



St John
Ambulance



First Aid Awareness Training

March 21st - 6pm – 8pm

March 28th - 12pm – 2pm

Please email contact@horndeanpc-hants.gov.uk to book your place or
phone 02392 597766.

To be held at Jubilee Hall, Crouch Lane, Horndean. PO8 9SU.