

Woodcroft Primary School/ Newsletter

Friday 29th March 2024

HAPPY EASTER



Happy Birthday

Today we would like to wish Mrs Hawley our admin assistant a very happy BIG DIGIT birthday.



Year 5 Visitors

To support their current topic, Year 5 were visited by two criminal investigators who talked about crime and punishment.



New school lunch menus

After the Easter break we will have new school lunch menus, the jacket potato menu will be replaced with a picnic menu. The new menus were sent out by email on Monday, they are attached to this newsletter and they are also available to view on the HC3S website here:

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



Year 5 swimming

On Thursday 18th April, Year 5 begin their swimming lessons. Full details were sent home via email earlier this week. There will be no swimming for Year 5 on Thursday 2nd May as the school will be closed for Polling Day.



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](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>

TALK LIKE PANTOSAURUS!

P RIVATES ARE PRIVATE
Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU
Your body is yours, and no one should touch your private parts or any other parts of your body that you don't want to be touched. No one has the right to make you do anything that makes you feel uncomfortable. If somebody does make you do something, it's never your fault. Even if the person who has made you feel uncomfortable has told you it is your fault.

N O MEANS NO
You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.

T ALK ABOUT SECRETS THAT UPSET YOU
There are good and bad secrets. Good secrets can be things like surprise parties or presents for other people. Bad secrets make you feel sad, worried or frightened. You should always talk to a safe adult who you trust about a bad secret or anything that doesn't feel right.

S PEAK UP, SOMEONE CAN HELP
Talk about stuff that makes you worried or upset. If you ever feel sad, anxious or frightened you should talk to a safe adult who you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent – or even Childline. Talking shouldn't get you into trouble, even if somebody has told you it will. If something has happened that makes you feel uncomfortable, it is never your fault.

LEARN ALL ABOUT PANTS WITH PANTOSAURUS!

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NSPCC EVERY CHILDHOOD IS WORTH FIGHTING FOR

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Dates to remember!

- * **Monday 15th April - Back to School - 8.35am start**
- * **Thursday 18th April - Year 5 Swimming**
- * **Thursday 25th April - Year 5 Swimming**
- * **Tuesday 30th April - Year 1 West Wittering Trip**
- * **Thursday 9th May - Year 5 Swimming**
- * **Thursday 16th May - Year 5 Swimming**
- * **Thursday 23rd May - Year 5 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.

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

Penelope

Year 1 Owls

Kayden

Year 2 Zebras

Toby

Year 3 Tigers

Oscar-Paul

Year 4 Lions

Year 5 Giraffes

Austin

Year 6 Gorillas

Ryan



Headteacher awards!

Elijah	Nalah	Amelia	Cayce-Jai
Penelope	Amelie	Gracie-Mai	Lillie
Bowie	Emily	Lilah	Theo
Albie	Sofie	Logan	Reggie
Ariana	Olivia	Ella	
Lennox	Nevaeh	Ryan	
Jeorgie	Mehmet	Reggie	
Teddy	Matthew	Oliver	
Alyssa	Logan	Daisy	
Jaxson	Kai	Isaac	
Ethan	Freddie	Phoebe	
Elsie	Austin	Austin	

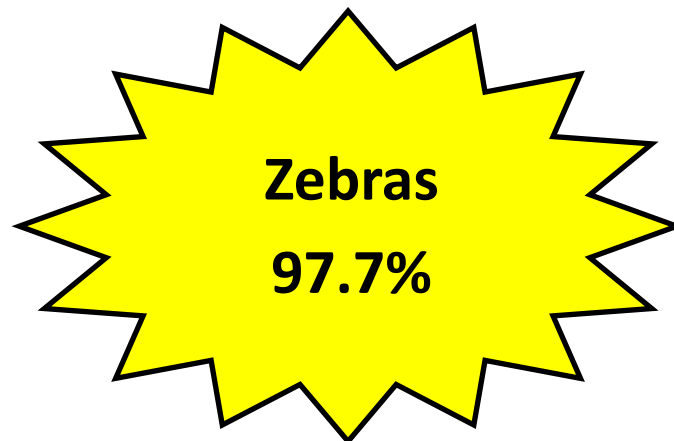
Inset days 2024

Thursday 2nd May

Monday 22nd July

Tuesday 23rd July

Well done to this weeks attendance winners



Zebras

97.7%



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

WEEK 1

YOUR SCHOOL MENU APRIL – OCTOBER 2024



Fresh vegetables will change seasonally and may not be shown in the photo.

MONDAY

CHOOSE FROM
Tomato pasta 



Chicken fajita with a blend of brown and white rice 



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Freshly baked chocolate shortbread biscuit

TUESDAY

CHOOSE FROM
Sweet potato and lentil curry with a blend of brown and white rice 



Pork sausages with mashed potato and gravy



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Fruit and jelly

WEDNESDAY

CHOOSE FROM
Handmade margherita pizza 



Bubble salmon with crinkle cut wedges



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Banana cake

THURSDAY

CHOOSE FROM
Vegetable wellington 




Sliced beef and Yorkshire pudding



ON THE SIDE
Vegetables of the day, roast potatoes and gravy

TO FINISH
Chocolate sponge cake

FRIDAY

CHOOSE FROM
Roasted vegetable lasagne 



Baked omega 3 fillet fish fingers and chips



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Jam and coconut sponge cake

Contains plantpower
Vegetarian
Vegan

FRESH
FRUIT SALAD
SERVED
EVERY DAY

FOOD TO FLOURISH®

WEEK STARTING:

April 15, May 6, June 3, June 24, July 15,
September 9, September 30, October 21



All menu items are subject to change, based upon availability and the season of the season (c)umma ros.

www.hants.gov.uk/hc3s

WEEK 2

YOUR SCHOOL MENU APRIL – OCTOBER 2024



Fresh vegetables will change seasonally and may not be shown in the photo.

MEAT-FREE

MONDAY

CHOOSE FROM
Vegetarian sausage roll with mashed potato 



Macaroni cheese with Somerset cheddar




ON THE SIDE
Vegetables of the day or salad

TO FINISH
Freshly baked shortbread biscuit

TUESDAY

CHOOSE FROM
Somerset cheddar cheese and tomato quessadilla with diced potatoes 



Chicken Katsu curry with a blend of brown and white rice 



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Fresh fruit wedges

WEDNESDAY

CHOOSE FROM
Handmade margherita pizza 



Ham carbonara with penne pasta



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Apple sponge cake

THURSDAY

CHOOSE FROM
Quorn and leek crown 




Roast chicken and Yorkshire pudding



ON THE SIDE
Vegetables of the day, roast potatoes and gravy

TO FINISH
Marble sponge cake

FRIDAY

CHOOSE FROM
Plant-based burger in a bun with cheese and chips 



Baked omega 3 fillet fish fingers and chips



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Chocolate brownie

Contains plantpower
Vegetarian
Vegan

FRESH
FRUIT SALAD
SERVED
EVERY DAY

FOOD TO FLOURISH®

WEEK STARTING:

April 22, May 13, June 10, July 1, July 22,
September 16, October 7



All menu items are subject to change, based upon availability and the season of the season (c)umma ros.

www.hants.gov.uk/hc3s

WEEK 3

YOUR SCHOOL MENU APRIL - OCTOBER 2024



Education Catering

Fresh vegetables will change seasonally and may not be shown in the photo.

MONDAY

CHOOSE FROM

① Somerset cheddar cheese, onion and potato pasty



Chicken nuggets with diced potatoes



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Freshly baked marble shortbread biscuit

TUESDAY

CHOOSE FROM

Plant-based sausage hot dog with diced potatoes



Chicken curry with a blend of brown and white rice



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Apple crumble

WEDNESDAY

CHOOSE FROM

Handmade margherita pizza



Beef Bolognese pasta bake



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Chocolate banana cake

THURSDAY

CHOOSE FROM

① Quorn pieces in a Yorkshire pudding



Sliced gammon and Yorkshire pudding



ON THE SIDE
Vegetables of the day, roast potatoes and gravy

TO FINISH
Lemon drizzle cake

FRIDAY

CHOOSE FROM

① Somerset cheddar cheese and potato frittata



Baked omega 3 fillet fish fingers and chips



ON THE SIDE
Vegetables of the day or salad

TO FINISH
Flapjack

Contains plant power
Vegetarian
Vegan



All menu items are subject to change based upon availability and in the event of unforeseen circumstances.

FOOD TO FLOURISH®

WEEK STARTING:
April 29, May 20, June 17, July 8, September 2,
September 23, October 14



www.hants.gov.uk/hc3s



YOUR SCHOOL PICNIC MENU

Your school can choose the fillings for a freshly baked roll, sandwich or wrap.

MONDAY

Cheese picnic

TUESDAY

Ham picnic

WEDNESDAY

Tuna picnic

THURSDAY

Ham picnic

FRIDAY

Cheese picnic

DRINKING WATER AVAILABLE WITH ALL SCHOOL LUNCHES



FISH FROM WELL-MANAGED AND SUSTAINABLE SOURCES

[f/hc3seducation](https://www.facebook.com/hc3seducation)



www.hants.gov.uk



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

March/April 2023

Schedule

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, Wecock 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



PACE 2024

PARENT, CARER & PROFESSIONAL EVENTS

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

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

PACE 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	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.	

