



Woodcroft Primary School/ Newsletter

Friday 10th May 2024

SATs Week for Year 6

Next week is SATs week for Year 6. We are incredibly proud of Year 6 and the effort and hard work they have put in, in the run up to SATs week. The children will need to be in school, on time, everyday next week. From Monday 13th - Thursday 16th, Year 6 are welcome to attend school from 8.15am where they can have breakfast with their friends and relax before they start the day. Year 6 parents; there is no need to book or pay for these Year 6 breakfast sessions, please enter school via the hall doors.

Attendance and the morning routine

The school doors open to all children at 8.35am. At 8.45am the classroom doors close and children have to enter via the office door. Children will be recorded as late from 8.50am. After 9am an unauthorised absence will be recorded. Please call the school office on 023 9259 3939 before 9am if your child is absent for any reason. ***It is not acceptable to Dojo your class teacher about school absences.***

Lateness and lunches

If you are running late in the morning or have an appointment that means your child will be in after the register, we ask that you inform the office as soon as possible. This means that you can order your child's lunch before the cut off time of 9.30am.

School Lunches

You can pay for your child's lunches either by cash or via SCOPAY our online payment system. When paying by cash please put your payment in an envelope marked on the outside with your child's full name, class and the amount.

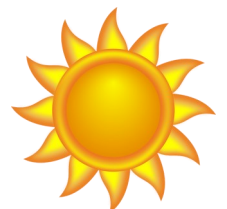
If you would like to have a SCOPAY account please speak to the office.

School lunches must be paid for in advance (preferably at least weekly).

Warmer weather

As the weather gets warmer please make sure sun cream is applied before school. If this needs topping up throughout the day, please provide a bottle in their book bag. Your child must be able to apply their sun cream themselves as school staff are not allowed to apply it.

If children bring sun hats to school, please make sure they are clearly labelled with their name.



Safeguarding Information for Parents & Carers

Online Safety

Our main safeguarding topic for this half term is Online Safety. At school we teach children about how to keep safe online and we monitor their use of technology in school.

At home, parental controls and privacy settings can help you manage how your child spends time on line and help to keep them safe. The following social media platforms have a minimum age of 13:

Facebook, Whatsapp, You Tube, Instagram, TikTok, Snapchat, X (formerly Twitter), Pinterest.

Below is some Online Safety Top tips to keep your children safe at online.

Online safety: top tips

Going online is a huge part of most young people's lives so it's important to talk to them about online safety. Here's our tips to get you started.



- Chat to them about what they like to do online**

The best way to find out what your child is doing online is to talk to them and have regular conversations so that online safety is part of everyday discussion. Ask them open-ended questions like 'What's your favourite game or app to play on?'.

 - Listen to what they have to say and show an interest. They could give you a demo of their favourite app or show you their favourite YouTube or TikTok account.
 - They will probably be able to teach you things you don't know! This will also give you an opportunity to chat about any safety settings they might already have in place.
 - Regular conversations with your child will encourage them to come to you if they ever need support or advice.
- Talk about who they are in contact with online**

There are lots of different ways that children can talk to people online – messaging apps, on social media, and less obvious ways such as chat on online games. Talk to your child about who they are talking to and what they are sharing with them.

 - Use settings to help limit who can contact your child.
 - Remind your child that they shouldn't share personal information with people they don't know online.
 - Let your child know they can come to you or another trusted adult if any conversation makes them feel uncomfortable.
- Help manage what they see and do online**

Parental controls and privacy settings can help you manage how your child spends time online and help to keep them safe.

 - Device settings – manage things like location sharing, screen time and in-app purchases. Most tech and gaming companies have dedicated pages to support with setting these up.
 - App or game settings – in-app tools that can help to keep your child's account private and manage who they're talking to. You can normally find information on these in account settings or directly on the platforms website.
 - Mobile or network provider settings – help to manage browsing access and stop your child from visiting inappropriate sites or downloading apps that aren't suitable. Contact your mobile or broadband provider for more information about setting this up.
- Remember it's ok to ask for help!**

Remember you don't have to be an online safety expert – that's our job! We're here to help, with resources and advice to help support you and your child.

If your child asks you a question you don't know the answer to, or speaks to you about a negative experience they had online, here are some of things you could do:

 - Visit the NSPCC online safety hub: [nspcc.org.uk/online-safety](https://www.nspcc.org.uk/online-safety)
 - Call the NSPCC helpline **0808 800 5000** to speak to an advisor
 - Ask another parent
 - Speak to your child's teacher
 - If your child needs more support, they can contact Childline: [childline.org.uk](https://www.childline.org.uk)

Make sure to talk to your child first before implementing any new settings and explain to them how they help to keep them safe.



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

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Dates to remember!

- * *Monday 13th May - Friday 17th May - SATS Week*
- * *Thursday 16th May - Year 5 Swimming*
- * *Thursday 23rd May - Year 5 Swimming*
- * *Monday 27th May - Friday 31st May - Half Term*
- * *Wednesday 5th June - Year 5 Haslemere Museum Trip*



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

Reminder

**Mobile phones must
be handed into the
office at the
beginning of the day.**





Stars of the Week!



Hedgehogs

Isabel

Year 1 Owls

Ariana

Year 2 Zebras

Poppy

Year 3 Tigers

Mati

Year 4 Lions

Jensen

Year 5 Giraffes

Lucia

Year 6 Gorillas

Tabitha



Headteacher awards!

Ronnie

Reggie

Kody

Nevaeh

Poppy

Lilly

Aina

Jonny

Frankie

Alyssa

Daisy

Jackson

Vinnie

Chris

Phoenix

Emily

Evie

Autumn

Eric

Athena

Isamae

Phoebe

Sami

Jonnie

Kendall

Inset days 2024

Monday 22nd July

Tuesday 23rd July

Well done to this weeks attendance winners



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

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



<p>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.</p>	<p>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.</p>	<p>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.</p>
<p>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://ifantasticworld.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.</p>    	<p>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.</p>	<p>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)). 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: 6:30pm – 7:30pm Thursday - College / 6th form age Session time: 6:30pm – 7:30pm Further information can be found on: www.easthantsmind.org or email us at: cyp@easthantsmind.org.</p>
<p>Self-Help Resources https://selfhelp.samaritans.org/ https://www.nhs.uk/home/accessible-information/easy-read/self-help-guides/ https://www.nhs.uk/every-mind-matters/ https://litf.com/ https://staying-safe.net/home https://www.nhsinform.scot/illnesses-and-conditions/mental-health https://www.mycmps.org.au/ https://www.beyondblue.org.au/ https://www.getselfhelp.co.uk/</p>	<p>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</p>	

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, S043 7NY

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

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.	