

Part of the **Marches** Academy Trust

*Talking Heads* 



**WOODLANDS**  
SCHOOL

**Friday 6<sup>th</sup> October 2023**

### **Headteachers report of the week.**

It has been absolutely fantastic to welcome back all our Woodlanders this term. We have done a lot of work over the summer to make our school a welcoming and warm place for our community and somewhere our children and young people want to be. We have resurfaced our tennis courts to create a new 5-a-side pitch and this has been nicknamed "The Cage" by the pupils who use it. It has given us somewhere to play that's safe, secure and weatherproof.

Our pupils look amazing in their new school uniform. They have the flexibility to wear what they feel comfortable in or change to suit the activities they are doing. We have had incredible buy in, with almost everyone in full uniform, and I would like to thank you for supporting us with this.

My favourite part of the new term has been our team building trip to Aldeford Lake. Our goal was to build rafts and sail them round the island. I was advised by Millie and Oscar that I needed to row quickly as they would be making sure I was plunged into the lake. Millie got me in, but I got to Oscar before he got to me! We had the best day and I really think it was my favourite ever day at Woodlands 😊





## Woodlands Football Team

Congratulations to our Woodlands football team!

Woodlands FC played their first game of the season against Woodfield school away in the West Midlands football league. The team did fantastic travelling for 1hr 30min for the fixture and looked really smart in their new football strip to!

The players quickly got to grip with the pitch and their attacking style of football soon paid off, within the first 10 minutes Woodlands raced into a 3-goal lead with goals from Oscar and excellent attacking skills of Corey, by half time the score line was 5-3 to Woodlands. To their credit Woodfield came out attacking in the second half and Caleb and Rio were both rocks at the heart of defence. Devon showed his Messi like dribbling skills to add to the score and eventually Woodlands came out 8:5 winners.

Overall, a fantastic way to start the new season and great team performance all round!

Gaz and Matt

**Well done all!**

### This week at Woodlands

- Caleb has been excellent in his algebra and sport lesson.
- Brandon was absolutely marvellous in his English lesson.
- Year 7 had a fabulous English lesson.
- Leo completed some fantastic work.
- Corey really enjoyed his science lesson.
- Lovely to see Rhiley this week.
- Taylor was overjoyed to be chosen for student voice.
- Student voice this week went extremely well, students spoke confidently to a Member of the Trust Team. Every single student who spoke said they felt safe in school, and they felt they belong to a community.
- Riley B has been brilliant doing his research around school for the student council.
- Cameron has really engaged in his learning this week.



## Students with 100% Attendance last week

Alexander	Acorns 1
Taylor	Acorns 1
Oscar	Oaks 1
Scott	Oaks 1
Brandon	Oaks 2
Caleb	Oaks 2
Harvey	Oaks 3
Jodie	Oaks 3
Leo	Oaks 3
Jack-Junior	Oaks 3
Aaron	Oaks 3
McKenzie	Saplings 1
Riley	Saplings 1
Leo	Saplings 1
Tyler	Saplings 1
Oakley	Saplings 1
Rio	Saplings 2
Tyler	Saplings 2
Willow	Saplings 3
Robert	
William	
Jaiden-Joshua	

## Challenge of the Week

For Parents/Carers, Students and Staff the challenge this week for anyone willing to give it a try is to learn to play a card game.



Please let me know how it went.

Any future challenge ideas are always welcome.



## Headteacher Awards

Well done to

- **Caleb Loftus**  
From Oak – For 100% attendance.
- **Willow Forrester-Forrest**  
From Saplings - For speaking at the one voice conference.
- **Noah Hocknell**  
From Acorns – For embracing days in new school.
- **Romeo James**  
From Link – For attending all of his lessons.



## Mental Health / Wellbeing

### How to help your child in an anxious moment

When your child is in the middle of a very anxious moment, they may feel frightened, agitated or worried about having a panic attack. The important thing to do in the moment is to help them calm down and feel safe.

#### These strategies can help:

- Breathe slowly and deeply together.  
You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it works for them, gradually encourage your child to breathe out for one or two counts longer than they breathe in, as this can help their body relax.
- Sit with them and offer calm physical reassurance.  
Feeling you nearby, or holding your hand or having a cuddle if it's possible, can be soothing.
- Try using all five senses together.  
Connecting with what they can see, touch, hear, smell and taste can bring them closer to the present moment and reduce the intensity of their anxiety. You might think together about five things they can see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste.
- Reassure them that the anxiety will pass and that they will be okay.  
It can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller.
- Ask them to think of a safe and relaxing place or person in their mind.  
If you haven't tried this before, agree with them when they're feeling calm what this place or person is. It could be their bedroom, a grandparent's house, a favourite place in nature or somewhere they've been on holiday. Sometimes holding a memento of a relaxing place, like a seashell or pebble, can help.
- Encourage them to do something that helps them to feel calmer.  
This could be running, walking, listening to music, painting, drawing or colouring-in, writing in a journal, watching a favourite film or reading a favourite book.

Remember that everyone is different, and that over time you and your child can work together to find the things that work best for them in these moments.