

Part of the **Marches** Academy Trust

Talking Heads 



WOODLANDS
SCHOOL

Friday 13th October 2023

Headteachers report of the week.

As you can see from the pictures below our students have had the opportunity to practice some boxing techniques with our boxing tutor, Dan Bailey. It was really interesting to watch how the boys who took part really listened, focussed on the task at hand and played by the rules.

Our curriculum topic this time round is “what are morals and ethics?” In lessons we have been discussing fairness, ideas around “good” and “evil” and how we treat others with respect. In the boxing sessions the boys followed the Queensbury rules of boxing to the letter and made sure they took care of each other, which really shows ethical behaviour in action!

I can't wait to see how they all progress and I may be tempted to have a go myself, I just don't think anyone is brave enough to take me on :)





Boxing Session Workshop

Dan Bailey, a boxing instructor, visited Woodlands to run a session working with some of our pupils.

<https://thefortboxingclub.co.uk/>



This week at Woodlands

- Jack and Aaron enjoyed their time at Project Farm and worked well.
- We have a new Learning Mentor to welcome to the staff team.
- Students were proud of their Headteachers Award!
- Jack worked extremely well in construction; staff were very impressed with the help he gave to the lower school pupils.
- Thomas was amazing in science completing all his assessments!
- Target Setting Day has been very positive, staff and parents have had some constructive meetings.



Students with 100% Attendance last week

100.0%	Alexander
100.0%	Taylor
100.0%	Destiny
100.0%	Lars
100.0%	Scott
100.0%	Devon
100.0%	Caleb
100.0%	Jack-Junior
100.0%	McKenzie
100.0%	Riley
100.0%	Leo
100.0%	Tyler
100.0%	Willow
100.0%	William

Challenge of the Week

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

Do something to make someone else smile.



Headteacher Awards

Well done to

- **Oaks: - Jack:** For his support of a staff member and peer in a difficult situation.
- **Saplings: - Cameron:** For helping clean up a classroom, followed by persuading dysregulated children to go to their lessons, then writing two good A4 pages of work.
- **Acorns: - Taylor:** For making our new primary teacher feel so welcome.
- **Link: - Ollie:** For consistent participation in lesson and good reflective behaviour.

Talking

Parent/Carers Focus Group

Meeting People

Listening

All Welcome

Ideas

During the school holidays we held a preparing to return to school workshop, following the success of this event and feedback from yourselves we would like to offer regular workshops. Our thoughts at Woodlands are to bring together parents/carers as way of a working focus group to promote mental health. The benefits from these groups will not only be for you as a group but for your children as well. The start of the group will begin with an idea to start you off, but they can run in any way you wish. Also, if you would like to bring any ideas to following meetings then these are very welcome. Initially our thoughts are to hold meetings once every half-term.

If you would like to attend these Parent/Carers Focus Groups and have any ideas, the first meeting will be held at Woodlands School on the **24th of October 2023 at 11am.** Please e-mail rachel.bates@wdl.mmat.co.uk if you would like to attend.

Refreshments will be provided!





Mental Health / Wellbeing

Steps to mental wellbeing

Connect with other people!

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth.
- give you an opportunity to share positive experiences.
- provide emotional support and allow you to support others.

There are lots of things you could try to help build stronger and closer relationships.

- if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together.
- arrange a day out with friends you have not seen for a while.
- try switching off the TV to talk or play a game with your children, friends or family.
- have lunch with a colleague.
- visit a friend or family member who needs support or company.
- volunteer at a local school, hospital or community group. [Find out how to volunteer on the GOV.UK website](#)
- make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart.

Technology is easy to access and use:

- do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging, or emailing people.

