



**Friday 15<sup>th</sup> March 2024**

## **Headteachers report of the week**

We are fast approaching the Easter break and we have been busy in school working hard in lessons. From promoting reading for pleasure and working hard to create a real love, as reading makes a huge difference to young people's educational development and supports them to make progress in their studies. To maths, working on our numbers and learning our times tables along with algebra and geometry. It's a real pleasure to see how hard our students are working in all their different subjects.

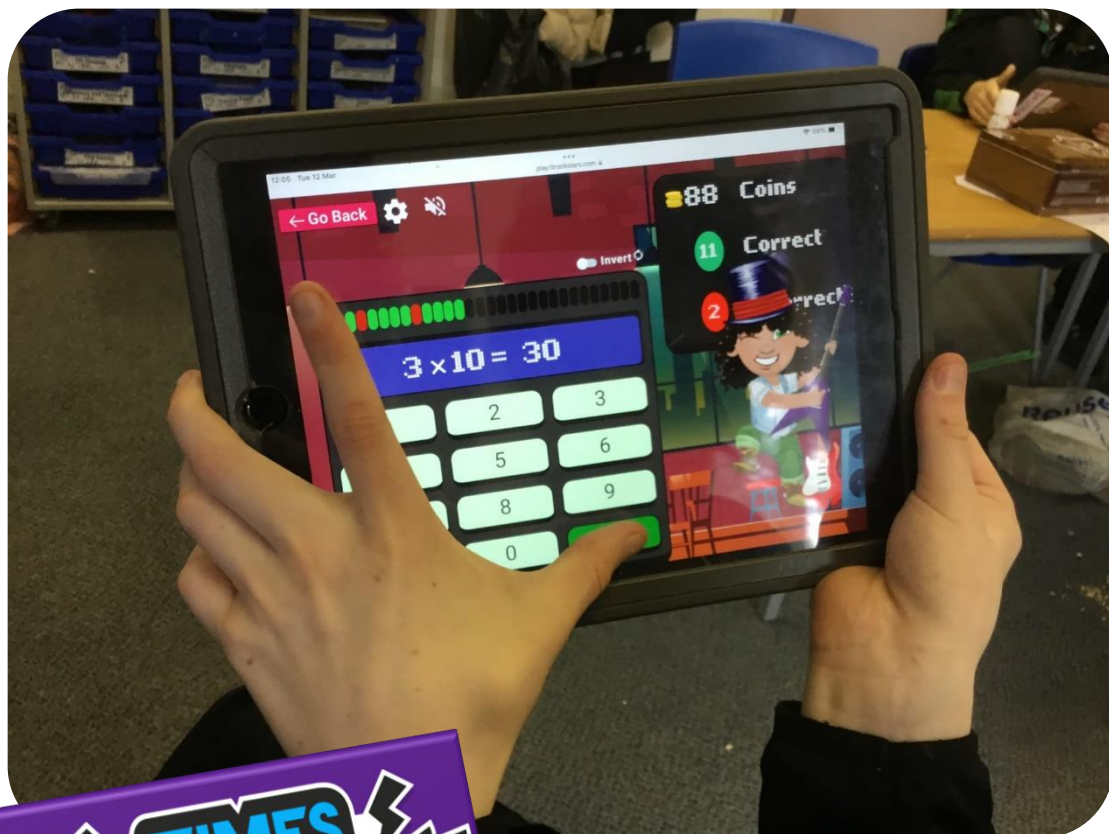
We have had testing this week and students have really taken on the challenge and engaged well, really trying their best. It has been a delight to walk down the corridors this week, catering students have been taking their exams and the smell has been incredible. We are all very proud of them and impressed by their efforts.

Next week is the last week of term before we break up for Easter. We break up on Friday 22nd March and return to school on Monday 8th April.

**Best Wishes**

**Jules**

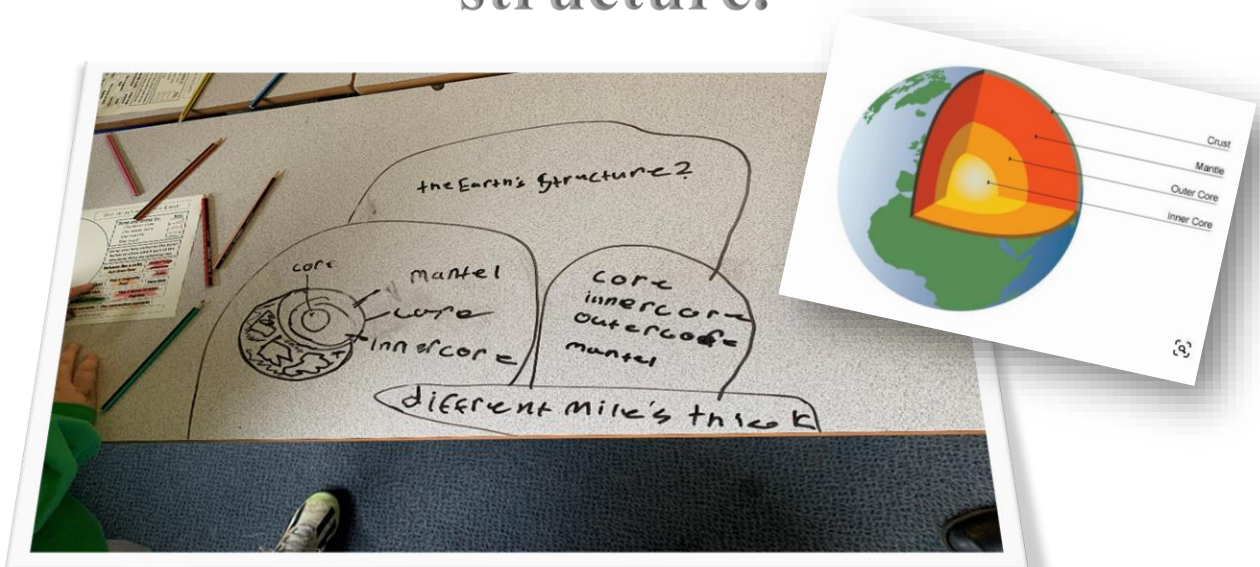




Acorns 1 have been practicing their times tables using the Ipad on Times Tables Rock Stars



Some outstanding Geography work from Ryan looking at the Super Continent, Pangea and the Earth's structure.





Acorns 1 & 2  
have been  
learning how to  
tie knots at  
Forest School.



Forest School



**GREAT  
JOB!**

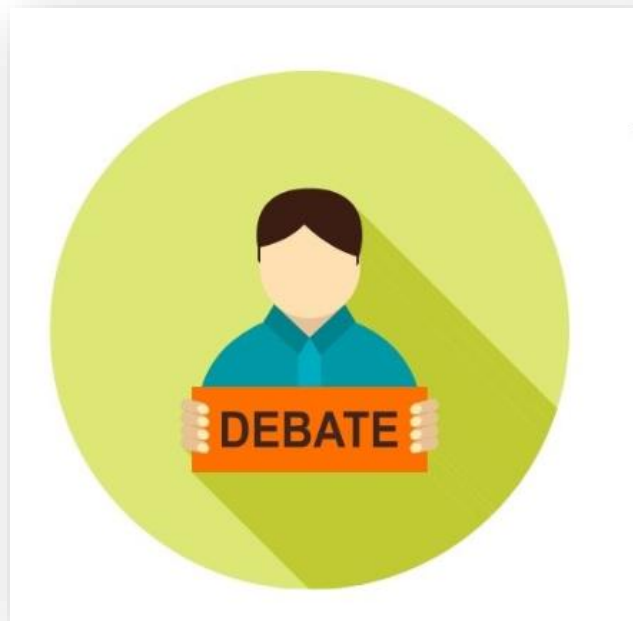


**Scott has  
been showing  
his cooking  
skills making  
pasta! during  
his food  
exam.**



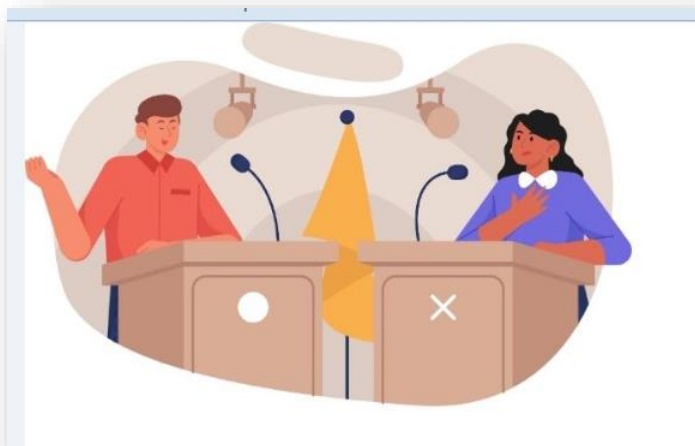
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## 3 House Teams



Woodlands  
Student Motto  
Debate coming  
soon

Questions  
about  
Woodlands  
School  
Motto





**FRIENDS OF  
WOODLANDS  
SCHOOL**



**Being involved makes a difference!**

**Here at Woodlands, we would love Parents to  
become part of our community.**

**Please join us on Monday  
18<sup>th</sup> March 1pm – 2pm**

**Dependent on location, a lift may be  
available. Please contact reception if  
you would like one.**

**At the  
Ol' Chemist,  
4-5 Market Street,  
Shrewsbury  
SY1 1LE**



4All  
FOUNDATION



Marches Academy Trust



Holiday Activities and Food



Shropshire  
Council

# Easter

## HAF 2024

THE HOLIDAY PROVISION IS FOR SCHOOL AGED CHILDREN FROM RECEPTION TO YEAR 11 WHO RECEIVE BENEFIT RELATED FREE SCHOOL MEALS.

FUNDED SPACES ARE ALSO AVAILABLE FOR NON FREE SCHOOL MEAL CHILDREN.

**SPORTS ART MUSIC GAMES MUCH MORE!**

**FREE  
EVENT**

### LOCATION

Longlands Primary School  
Market Drayton

Grange Primary School  
Shrewsbury

Zone Community Hub  
Market Drayton

Tilstock CE Primary School  
Tilstock

Sir John Talbets School  
Whitchurch

### DATE

25th 26th 27th 28th March

25th 26th 27th 28th March

2nd 3rd 4th 5th April

2nd 3rd 4th 5th April

25th 26th 27th March, 2nd 3rd 4th April

### TIMES

9:00am – 1:00pm

9:00am – 1:00pm

9:00am – 1:00pm

9:00am – 1:00pm

9:00am – 1:00pm

**BOOK NOW!** EMAIL **INFO@4ALL.FOUNDATION**

Spring Holiday Fun and Food in Shropshire

***Book Now!***

Spaces are available on the Spring HAF programme.

Over the spring holidays, eligible children and young people aged 4 (reception class age) to 16, are invited to attend free holiday clubs happening at over 40 venues from across the county.

To find out more please go to:  
[www.shropshire.gov.uk/haf](http://www.shropshire.gov.uk/haf)





# This Week at WOODLANDS



- Tyler ST has been working very hard this week and showing us how mature he is – Well done Tyler!
- Saplings 3 have been very mature in class and impressed our visitor – Superstars!
- Caleb, Millie and Scott have done fantastic this week in their catering exam – their food was amazing!! – Great Job.
- Jack and Aaron have been supporting the younger students this week, mentoring them with expected behaviours. – Amazing work boys!
- Noah has really impressed his teacher in English, focused and engaged in lesson. – Brilliant effort Noah!
- Caleb has been outstanding sitting for an incredible one and half hours!! And completing all his testing – Wow! Great work Caleb!
- Welcome to Josh in Acorns to the Woodlands Family, it's been lovely to see Josh so enthusiastic in the mornings and wanting to stay longer!
- Jodie is the first student to complete all of her testing – Well done Jodie!
- Well done to Luke and Lars for completing their catering exam – the smell was incredible! – Great Job.
- Jack completed his PASS testing this week – Great work!
- Tommy has been giving some great advice to his friends when needing some support. – Fantastic Tommy!
- Aaron and Jodie have been doing independent Maths this week. – Wow! – Brilliant work!

**REMEMBER**  
• that you are •  
**AMAZING**



# Career of the week

## • Forestry Worker

Forestry workers, plant, manage and harvest trees and care for the environment in forests and woodland.

**Average salary (a year):** £19,000 (starter) to £730,000 (experienced)

**Typical hours (a week):** 42 to 44 hrs a week between 8am and 6pm

### College

You could take a course at an agricultural college to learn some of the skills needed in this job. Courses include:

- Level 2 Certificate in Arboriculture
- Level 3 Certificate in Countryside Management
- Level 3 Diploma in Countryside and Environment
- T Level in Agriculture, Land Management and Production.

### Entry requirements

You'll usually need:

- 2 or more GCSEs at grades 9 to 3 (A\* to D), or equivalent, for a level 2 course
- 4 or 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, for a level 3 course
- 4 or 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, including English and maths for a T level

### Apprenticeship

You could get into this job by doing a Forest Craftsperson Level 3 Advanced Apprenticeship. With experience, you could move on to complete a Professional Forester Level 6 Degree Apprenticeship.

### Entry requirements

You'll usually need:

- 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, including English and maths, for an advanced apprenticeship
- 4 or 5 GCSEs at grades 9 to 4 (A\* to C) and A levels, or equivalent, for a degree apprenticeship

### Volunteering

You may find it useful when looking for jobs to have some relevant practical experience. You can find volunteering opportunities with organisations like:

- [Trees for Cities](#)
- [The Tree Council](#)
- [Forestry England](#)

## Direct Application

You could apply directly to become a forestry worker.

You'll usually need certain licences, for instance, a licence for chainsaw operations or for driving agricultural machinery.

## Skills and knowledge

You'll need:

- the ability to use your initiative
- to be thorough and pay attention to detail
- knowledge of geography
- the ability to work well with others
- patience and the ability to remain calm in stressful situations
- knowledge of maths
- excellent verbal communication skills
- the ability to work well with your hands
- to be able to carry out basic tasks on a computer or hand-held device

You'll need to:

- have a [Certificate of Competence](#), if you carry out hazardous tasks using a chainsaw
- have a full driving licence

## Day-to-day tasks

As a forest worker, you could:

- clear undergrowth like shrubs and plants so you can plant tree seedlings
- cut down trees and branches and get timber ready to be removed
- put up fences, gates and public information notices
- clear footpaths and nature trails
- maintain equipment, drainage systems and car parks
- protect the forest from pests and diseases and prevent forest fires

## Working environment

You could work in woodland.

Your working environment may be physically demanding and outdoors in all weathers.

You may need to wear protective clothing.

## Career progression

With experience you could:

- become a forest works supervisor, woodland manager or arboricultural officer
- work as forest ranger with wardens or conservation officers to look after wildlife
- educate community groups on the importance of forest and wildlife conservation to sustainability

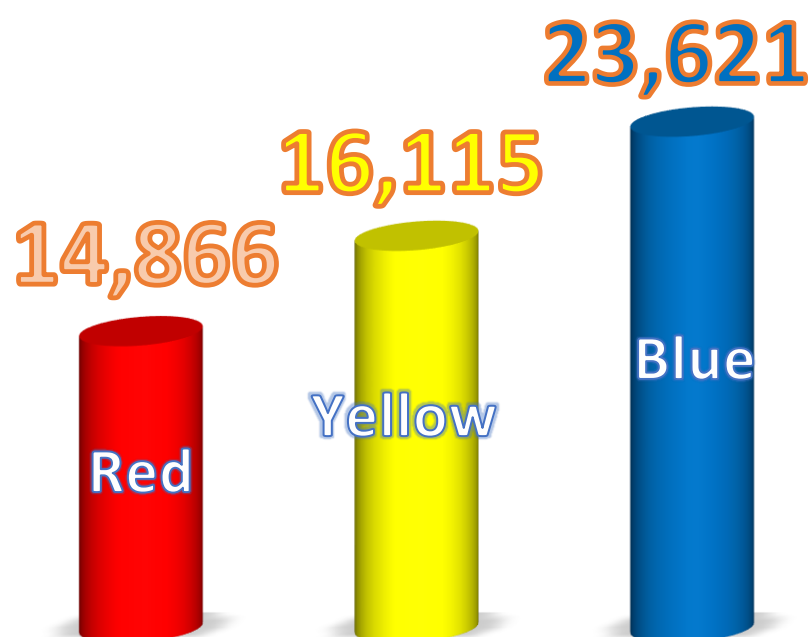




## Upcoming House Events



22 <sup>nd</sup> March 2024	Debate
24 <sup>th</sup> May 2024	Quiz off
July 2024	House Sports Day Finale



## House Totals



## Students with 100% Attendance last week

Tommy	Acorns 1
Destiny	Acorns 1
Mason	Acorns 2
Taylor	Acorns 2
Kiean	Acorns 2
Oliver	Acorns 3
Tommy	Acorns 3
Arthur	Acorns 3
Millie	Oaks 1
Devon	Oaks 1
Luke	Oaks 2
Brandon	Oaks 2
Corey	Oaks 2
Jodie	Oaks 3
Aaron	Oaks 3
Jaiden-Joshua	Pathway 3+
McKenzie	Saplings 1
Riley	Saplings 1
Tyler	Saplings 1
Willow	Saplings 3



## Headteacher Awards

- **Oaks 3 – Jack** for supporting younger learners by reminding them of behaviour expectations around school.
- **Oaks 3 – Aaron** for supporting younger learners by reminding them of behaviour expectations around school.
- **Oaks 1 – Scott** for working so well during his food exam.
- **Oaks 1 – Lars** for managing feelings of frustration and disappointment and being able to communicate these feelings with Rachel in a mature manner.
- **Saplings 2 – Tyler H** for being absolutely amazing in computing, showing great understanding of networks and the components used to create one.
- **Saplings 1 – Mckenzie** for being an outstanding role model to his peers.
- **Acorns 2 – Taylor** for amazing Maths.

# Wellbeing

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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