



Friday 7th February 2025

Headteachers report of the week

Our Nest learners recently embarked on an unforgettable journey to Forest School, where they explored the natural beauty surrounding Rodney's Pillar. The highlight of the trip was reaching the top where learners were treated to breathtaking panoramic views.

Food Technology learners have been busy baking up a storm! They mastered the art of making incredible cupcakes. From measuring ingredients to cooking to perfection, our young chefs showcased their culinary skills. The results were delicious and visually stunning cupcakes that everyone enjoyed. We encourage parents/carers to try baking these treats at home, it's a fun and tasty way to spend time together.

Science classes have been buzzing with excitement as learners dive into hands-on experiments. This week learners have explored the concept of osmosis with a fascinating potato experiment, gaining a deeper understanding of this essential biological process. These experiments not only make learning fun but also help learners grasp complex scientific concepts through practical application.

Stay curious and keep exploring the wonders of science.

Our enterprising learners have been hard at work with their latest project. This initiative teaches valuable lessons in entrepreneurship, teamwork and responsibility. Learners have been involved in every aspect, from planning and marketing to executing the service. Some of our learners have been trailing car washing this week with great success. We are incredibly proud of their dedication and entrepreneurial spirit.

Best Wishes

Jules





Nest learners embarked on an exciting journey in Forest School, a place where nature becomes the classroom and every tree and rock holds a lesson. This time, their adventure was even more special as they headed to see the breathtaking view of Rodney's Pillar.

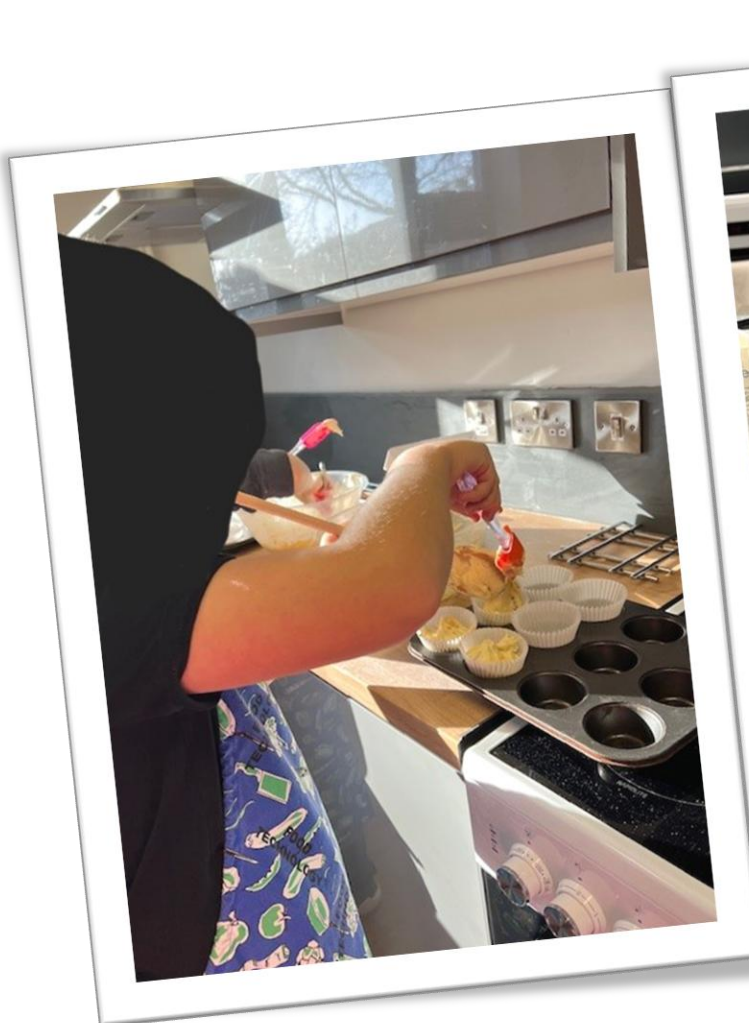


As they walked learners engaged in various activities designed to connect them with their surroundings. They identified different types of trees, observed insects and even spotted animals in the distance. Gaz, the leader of Forest School encourages the learners to ask questions and explore, fostering a sense of curiosity and wonder.



Acorns 1 made vanilla chocolate chip muffins, they independently weighed and measured the required ingredients. This is good practice for Easter Cakes

- Debbie J





**Oliver from Shore
group made Rocky
Road. He took it home
for his family. –
Debbie J**

The Story of the Missing Camera

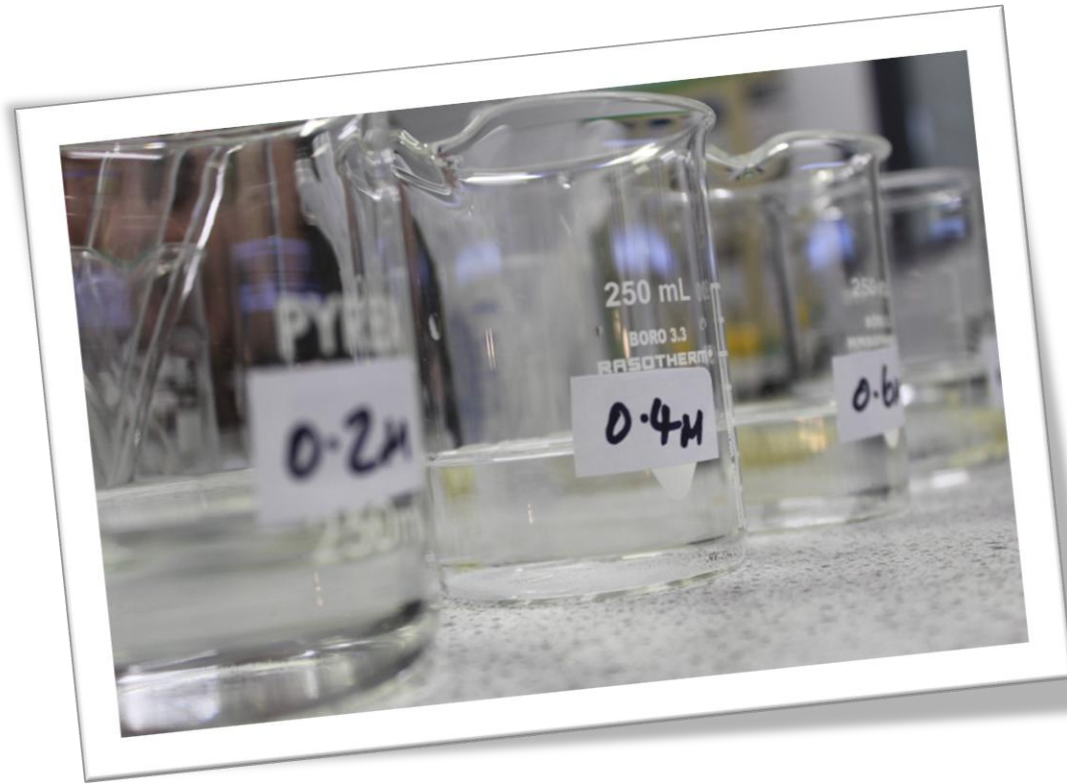
My camera went missing, so I
went on a hunt and a lonely
camera I found...

Intrigued to the journey the camera
had been on I entered the pictures
album to find some beautiful
pictures of a very exciting science
lesson!



I love how enthusiastic Scott and Shannon are!

From looking at the pictures it looks like Shannon and Scott have been looking at Osmosis



Osmosis is a process where water molecules move through a semi-permeable membrane.





The water from the potato moves into saltwater demonstrating Osmosis where the potato becomes soft.





Managing stress from A-Z



A
Animals
Play with your family pet or watch some animal videos



B
Bath
Take a bath or shower so you feel refreshed and relaxed



C
Create
Do something creative like painting or writing



D
Dance
Put on some music you enjoy and just get moving



E
Exercise
Go for a walk or play an outdoor game with friends



F
Food
Make sure you eat nutritious food at regular intervals



G
Goals
Set goals and celebrate when you achieve them



H
Hug
Hug a friend, family member or even a favourite toy



I
Imagine
Relax and daydream about things you want to do



J
Journaling
Write down how you are feeling and reflect



K
Kindness
A small act of kindness can make us feel better



L
Laughter
Do something that brings you joy and laughter



M
Music
Take time to listen to your favourite genre of music



N
Nature
Go for a walk outside, relax and breathe in the fresh air



O
Openness
Be open if you are stressed and need support



P
Positivity
Visualise things that make you happy or can look forward to



Q
Quiet time
Take time for yourself to be still and quiet without distractions



R
Reading
Take time away from your screens and get lost in a good book



S
Sleep
Make sure to have at least seven hours of sleep a night



T
Talk
Talk to anyone about anything which may be on your mind



U
Unplug
Take some time away from your phone, 'pad or TV



V
Volunteer
Supporting a cause close to your heart can be really fulfilling



W
Water
Make sure you drink enough water throughout the day



X
Detox
Spend less time on social media and focus on a hobby



Y
Yoga
Do 15 minutes of stretching or yoga to help you relax



Z
Zen
Meditate and breathe deeply to find a sense of calm

For more support with safeguarding and wellbeing, search

Tes safeguarding advice



Share your worries



We're here to keep you and your friends safe from harm. If you see, hear or even just have 'that funny feeling in your tummy' then it's important you speak to your safeguarding lead/person.



The boys in your class make a game of trying to pull up the girls' skirts even when they ask them not to.



You see a group of older boys offer one of your friends a vape outside of school.

might be getting a divorce.



A girl you sit next to on the bus has bruises on her arms and she doesn't have a coat for cold days.



Some girls make a TikTok video that makes fun of one of their classmates because she has a lisp.



Your friend Alex cries at lunchtime because his parents are fighting and



Alice has started to wear new jewellery and tells everyone it's from her much older boyfriend.

What is safeguarding?

Safeguarding ensures that every child, regardless of their age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation, has a right to equal protection from harm. It's the steps that people take to protect children and vulnerable people from harm.



Examples of safeguarding concerns to look out for:



How can you help?

If you ever see anything happen to a child that makes you feel uncomfortable, please let your safeguarding lead / person know. You're not causing problems – you could save a child from unnecessary harm.

Any one of these things might not mean anything, but if your safeguarding lead / person isn't told, they can't help.

Talk to me about your concerns

Speak to:



Physical

A group of children pushing or hitting a smaller child when an adult isn't looking.



Emotional

A crying child running towards their parent who responds in a harsh manner using inappropriate language.



Sexual

A teenage girl walking home being catcalled and harassed, or being touched without consent.



Neglect

A child wearing the same dirty clothes every day and stealing food from other children.

Share your concerns



If you see, hear or even just have a bad feeling about a situation or a person it's important to report them to your safeguarding lead/person.



Inappropriate touching

Someone could have smacked your bottom while you were walking past.



Sexualised comments

Anything that could be sexual, including comments about your body.



Sexualised images

Being sent inappropriate pictures or being asked to send them.



Bullying

Including cyberbullying, prejudice-based and discriminatory bullying.



Physical abuse

Such as hitting, kicking, shaking, biting, hair pulling or online abuse which facilitates physical abuse.



Upskirting

Which typically involves taking a picture under a person's clothing without their permission.



Hazing / initiation

This could include harassment, abuse or humiliation used to initiate a person into a group.

Remember, if something makes you or someone you know uncomfortable, this is NOT acceptable!

Speak to:

Talk to me
about your
concerns

Most pharmacies can help you with **seven common conditions** without needing a GP appointment



Sinusitis

(adults and children aged 12 years and over)

Sore throat

(adults and children aged 5 years and over)

Earache

(children and young adults aged 1 year to 17 years)

Infected insect bite

(adults and children aged 1 year and over)

Impetigo

(adults and children aged 1 year and over)

Shingles

(adults aged 18 years and over)

Urinary tract infection

(women, aged 16 to 64 years)



Ask your pharmacy for more information about this free* NHS service

Visit your Pharmacy First!



*NHS prescription charge rules apply where a medicine is supplied



Sales Assistant

Sales assistants sell products and help customers

Average salary (a year): £13,000 (starter) to £26,000 (experienced)

Typical hours (a week): 39 to 41 a week (evenings/weekends/bank holidays on a rota)

You can get into this job through:

College

You could do a college course to learn some of the skills you'll need as a sales assistant.

You could do a Level 2 Certificate or Diploma in Retail Skills or a Level 3 Diploma in Retail Skills Sales Professional.

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

Apprenticeship

You could do a Retailer Level 2 Intermediate Apprenticeship.

Entry requirements

You'll usually need:

- some GCSEs, usually including English and maths, or equivalent, for an intermediate apprenticeship.

Work

You could start as a temporary sales assistant and work at the weekend or in a busy season like Christmas.

You could then apply for a permanent role after getting some experience.

Volunteering

You could volunteer in a charity shop to get some retail skills. This experience could help you to get paid work.

Direct Application

You could apply directly for sales assistant jobs. You might find it useful to have retail or customer service experience.

Some employers might want you to have some GCSEs at grades 9 to 4 (A* to C), including English and maths.

More Information

Career tips

When applying for sales assistant jobs, it might help if you:

- are confident about selling
- have a positive and helpful attitude
- get on well with a range of customers

Some shops, like mobile phone or DIY shops, might expect you to have good knowledge of their products before you apply. May be able to start as a trainee or assistant in a bakery shop, supermarket or food production plant, and work your way up through training on the job.

Skills and knowledge

You'll need:

- customer service skills
- the ability to work well with others
- patience and the ability to remain calm in stressful situations
- to be thorough and pay attention to detail
- sensitivity and understanding
- persuading and negotiating skills
- the ability to use your initiative
- excellent verbal communication skills
- to be able to use a computer and the main software packages competently

You'll need to:

- be over 18 to sell alcohol and other restricted goods

Day-to-day tasks

As a sales assistant you could:

- serve customers and handle any returns and refunds
- unpack deliveries, stock shelves and arrange displays
- rotate and replace stock
- promote products to meet sales targets
- keep the store clean and tidy

Working environment

You could work at a store, in a stock room or at a garden centre.

Your working environment may be physically demanding and crowded.

You may need to wear a uniform.

Career progression

With experience you could:

- become a retail supervisor, manager or department manager
- gain further qualifications through a Retail Leadership Level 6 Degree Apprenticeship
- train to work in a specialised area of retail like an opticians through an Optical Assistant Level 3 Advanced Apprenticeship
- specialise in customer services, visual merchandising or buying
- start your own independent shop or stall



Headteacher Awards



- **Tyler ST** for working extremely hard to master skills in trampoling
- **Leo** for working extremely hard to master skills in trampoling
- Shout out to Callum who has had a really positive day and engaged in his learning – Schem
- Nest pupils Arran, Xander and Oliver were exceptional this morning in Food and Nutrition. – Debbie J

Sending an Email to the Safeguarding Team

safeguarding@wdl.mmat.co.uk

- If you have any worries Parents/Carers or Students, please email the above address.
- Students, you can use your school accounts or personal email addresses.

Why not follow us on Facebook

<https://www.facebook.com/WoodlandsShropshire/>

Or

Take a look at our website!

www.woodlands.school

Or

**Join the conversation - We love hearing from you!
Share your thoughts, questions, and suggestions
with us.**

rachel.bates@wdl.mmat.co.uk

Lots of **free** half term events are happening in Oswestry as part of Love Oswestry Festival. These include puppet workshops, drumming sessions, felt workshops and lots of family activities. All leading up to the lantern festival on the Saturday. See the attached poster with the social media and QR code.

WINTER FESTIVAL OF ARTS & CULTURE

17-22 FEBRUARY 2025

ARTS | EXHIBITIONS | TOURS | WORKSHOPS | THEATRE



A CELEBRATION OF OSWESTRY
ARTS, CULTURE AND HERITAGE

SCAN TO SEE OUR
EVENT PROGRAMME





COFFEE MEET-UP
0930 AT WEM TOWN HALL
(FIND US IN THE GALLERY)

Friday 17th January
Monday 3rd February
Friday 28th February
Monday 17th March
Friday 11th April



Are you a parent carer or a young person with a diagnosis or special needs or learning differences, with or without a diagnoses.

Join us for a cuppa, company and chat with others experiencing a similar journal.



@Wem SEN Hub

What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such plays often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and suchlike. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.





Shropshire e-library

Did you know Shropshire Library's e-library lets you read or listen to thousands of adults and kids books and magazines without leaving the house?

E-books and audio books

Cloud Library has thousands of e-books and audio books, which can be accessed on Android, Apple or Kindle devices. Just download the relevant app and login in with your library id and pin number (forgot your PIN? You can reset it here [Prices and PINS | Shropshire Council](#)). For younger readers there is a kid's mode to make the app even easier to use.

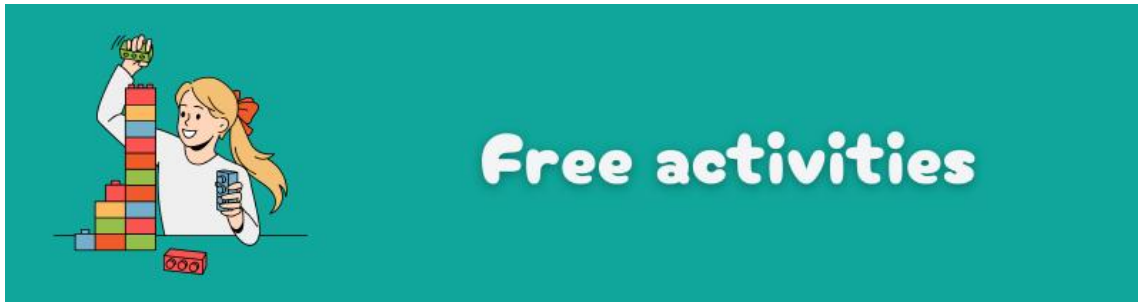
E-newspapers and magazines

This service is provided by [PressReader](#) and gives access to over 7000 newspapers and magazines, including most of the UK national papers. So whether you are looking for recipe inspiration, fitness or fashion advice, or the latest news, save money and see if PressReader stock the publication you want.

To access this service you will need to click 'sign in' the select 'Library or Group' sign in, choose Shropshire Libraries from the list, and then enter your library card number and [PIN](#).

Free access expires every 30 days but can be refreshed simply by logging out and then in again.

[Find out more](#)



Fun for free

At your library

Libraries are so much more than books, long gone are the days where you were expected to talk in a whisper. Shropshire's libraries are warm, welcoming, community spaces. You'll find loads of free activities on offer for all the family including things like:

- Rhyme and story time sessions for 0-5 year olds
- Stay and play sessions for pre-schoolers
- Baby Sensory sessions
- Lego and Duplo clubs
- Board game clubs
- Creative writing and crafts
- Jigsaw libraries

You can find out what is going on at your local library on the library events page [Library events | Shropshire](#)

[Council](#) Some libraries also have social media pages where they advertise events and activities.

[Albrighton Library on Facebook](#)

[Bridgnorth Library on Facebook](#)

[Church Stretton Library on Facebook](#)

[Ellesmere library on Facebook](#)

[Ludlow Library on Facebook](#)

[Market Drayton Library on Facebook](#)

[Oswestry Library on Facebook](#)

[Pontesbury Library on Facebook](#)

[Shrewsbury Library on Facebook](#)

[Whitchurch Library on Facebook](#)

Play Ground Buddy app

This is a fantastic free app which helps you discover new playgrounds. It will show you where they are on a map and what facilities they offer. You can also keep track of the playgrounds you have visited, give them reviews and improve listings by adding photos and info. There must be hundreds of playgrounds across the county, why not challenge your family to visit every playground in your area this month? You can find out more and download the app here [Playground Buddy - Helping Families Find Playgrounds](#)

4 All Foundation

The 4 All Foundation is a charity that provides a wide range of activities, clubs, and initiatives across the

county. Some of the things they currently have on offer for free include:

- Junior Boxing and Family Fun Fitness sessions in Shrewsbury
- Chill Youth Club and Girls Youth Club in Whitchurch
- Build a Story Sack in Tilstock
- Kids multi-sports sessions in Ironbridge

You can find info for all their activities here on their website [Activities | 4 All Foundation](#) Events and activities are being added all the time so it is worth checking back regularly.

Rural Art Hub

If you like getting arty then the Rural Art Hub have some fantastic activities on offer, including:

Cool Beans Creative Club for Young People.

For ages 5 and up. Saturdays 10-12 at Babbinswood Farm, Oswestry SY11 4PF. Pay What You Can

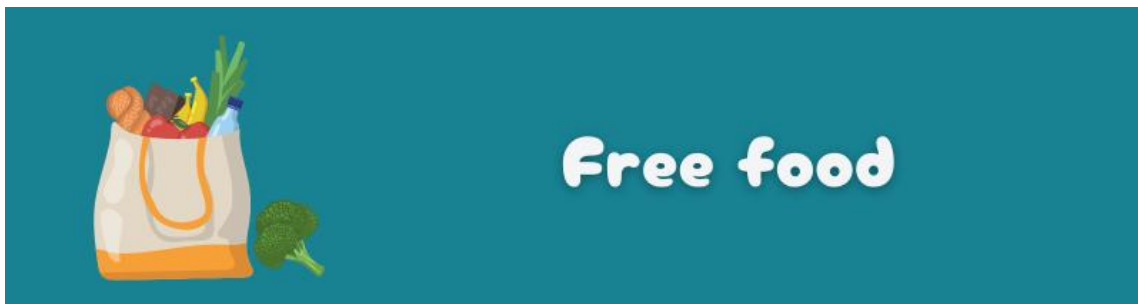
Come and explore a MULTIVERSE of possibilities. There are activities using natural and reused materials emerging from your ideas and interests - Den Building, Drawing, Sculpture, Architecture, Craft, Sound, Creative Writing and Film + much more.

Free Collage and Drawing Workshops

- Tuesday 18 February 2025, 10.30am-12.30pm at Oswestry Memorial Hall

- Thursday 20 February 2025, 1.30pm at Oswestry Library

You can find out more about what's on offer on the [Rural Art Hub Facebook page](#).



Food banks to community food shares

Food Banks

If you are struggling to buy food you may be able to get emergency food through a food bank. To use a food bank you may need a referral. There are many people who can make a referral for you including health professionals, advice workers, housing associations and Shropshire Council. You can find your local food bank and further information here on the [Shropshire Larder website](#).

Food Shares and Community Kitchens

Food shares and Community kitchens redistribute surplus food on a 'pay as you feel' basis - meaning you pay as much as you can or are willing to spend. These are often **open to everyone** and are aimed at stopping food waste. Local projects include:

- [Shrewsbury Food Hub](#)

- [Osnosh Community Kitchen - Oswestry](#)
- [Ludlow Foodbank Open Table Events](#)
- [Ludlow Hands Together Community Fridge](#)
- [Highley Community Project](#)
- [Telford Community Grocery Store](#)

Community Meals

There are several organisations where you can go for a light bite or meal, including:

- [Grace Church Shrewsbury](#)
- [Osnosh Community Kitchen Oswestry](#)
- [Cosy Cafe Albrighton](#)
- [Mayfair Centre Church Stretton](#)



Feel fit for free

If one of your new year's resolutions is to move more, then these free fitness recommendations may come in handy!

Junior Parkrun

Junior Parkrun is a fun, friendly and FREE weekly 2k event for 4–14-year-olds. Our closest ones are:

- Shrewsbury (Quarry Park)

- Telford (Town Park)
- Hafan Yr Afon, Newtown
- Wyre Forest, Bewdley
- Queens Park, Crewe

They happen at 9am every Sunday. The emphasis is on having fun so you can complete the course however you want, run, walk, hop, skip, it's all good! It's a great way to get out in the fresh air, move your body and make new friends. Find out more here: [junior events | parkrun UK](#)

You are also welcome to complete the 5k Parkrun as a family, these are held on Saturday mornings you can find your local event here: [events | parkrun UK](#)

Couch to Fitness Programme with Our Parks

Get active from the comfort of your own home with Couch to Fitness by Our Parks. Bit by bit you'll feel fitter, when you stick to their free online fitness programme. It's amazing what a difference it can make! They have lots of different options as part of the programme including:

- Prenatal and postnatal programmes
- Family Fit
- Dance workouts
- Bitesize workouts

Find out more here: [Couch to Fitness | Couch to Fitness](#)

Virtual Village Hall


Brought to you by the charity, Royal Voluntary Service, the Virtual Village Hall is a free, online activity hub and community. It's designed to help people stay physically and mentally active, socially connected and having fun, as well as supporting them to better manage their health, including long-term health conditions.

From Art to Zumba, there are 12-15 free live sessions every week and a library of 2,200 free sessions to choose from, all led by expert tutors and presenters, including some well-known faces. It's free to join and take part with no sign in or subscription required.

They have some fantastic exercise classes including beginners Salsa with Luba Mushtuk from Strictly, Street dance, HIIT workouts, Pilates and Yoga. You can see all the activities on offer here: [Online Activity Sessions | Virtual Village Hall | Royal Voluntary Service](#)

NHS Healthier Families

The NHS Healthier Families website has lots of ideas for games and activities, with your favourite Disney and Marvel heroes, that will keep your kids moving. The website also has advice on healthy eating, recipe ideas and lunchbox inspiration. You can visit the website here: [Healthier Families - Home - NHS](#)





Free learning

Free health and wellbeing courses

Online courses

Make 2025 to be the year you feel more in tune with your family with these free online courses from In Our Place.

Expertly designed by NHS professionals they will help you to become a more confident parent by learning about child brain development, behaviour that challenges, communication and your own wellbeing needs, because parenting is a journey that is always changing!

The courses are broken down into short modules that can be studied at your own pace. course titles include:

- Understanding your baby
- Understanding your child: from toddler to teenager
- Understanding your child with additional needs
- Understanding your child's feelings (a taster course)
- Understanding your child's mental health and wellbeing
- Understanding your teenager's brain
- Understanding your relationships
- Understanding your own trauma

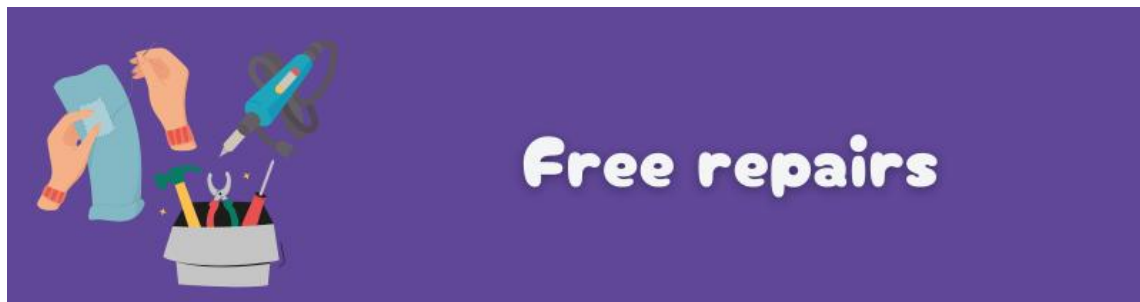
Shropshire residents can use the access code **DARWIN18** to get the courses for free. Find out more and sign up here: [Online Learning](#)

Local courses

We also have local groups running for the following courses, where you will be able to get expert advice from our Parenting Team and meet other parents.

- Understanding your child: from toddler to teenager
- Understanding your child with additional needs

Find out more about the local courses on offer here: [Local Understanding Your Child groups](#)



Repair cafes

Have you heard of repair cafes? They were originally set up in the Netherlands in 2009 with the aim of helping people fix items for free to avoid waste and to build a sense of community. Currently there are six repair cafes in Shropshire...

- [Oswestry and Borders Repair Cafe](#)
- [Shrewsbury Repair Cafe](#)
- [Ludlow Repair Cafe](#)
- [Telford Repair Cafe](#)

- [Ellesmere Repair Cafe](#)
- [Church Stretton Repair Cafe](#)

...and over 1619 across the world, in 33 countries.

The six Shropshire repair cafes are run by the community for the community. Skilled menders and talented amateurs give their time and expertise for free to help people fix items that might have otherwise been thrown away. They usually run monthly and depending on who is there and what skills they have, they will attempt to fix everything from hairdryers to bikes to jewellery.

