



**Friday 11<sup>th</sup> April 2025**

## **Headteachers report of the week**

We have had a burst of energy and creativity to our school this week with a variety of engaging activities that have delighted and educated our learners. Acorns 3 had an adventurous day at Forest School, where they learned about the fire triangle and campfire safety. The learners discovered three essential elements needed for a fire: heat, fuel and oxygen. They practiced safe fire-building techniques and enjoyed roasting marshmallows over their carefully constructed campfires.

Shore class had a wonderful time making Easter nests. Using chocolate, cereal and mini eggs. Learners created delicious and festive treats. The activity was a perfect blend of creativity and culinary skills, resulting in delightful nests that everyone enjoyed.

Learners explored the concept of ratio in their maths lesson. They applied their knowledge to solve real-world problems and create visual representations. Additionally, the class was amazed by an incredible drawing of Syrene, showcasing the artistic talent of Riley.

Acorns group have been busy with two exciting activities. First, they made flatbread, learning about the ingredients and techniques involved. Then, they launched rockets, exploring concepts of pressure, force and aerodynamics. Learners decorated their rockets and enjoyed watching them soar.

Our school hosted a fantastic Easter Bingo event, bringing together learners, staff and parents/carers. The dining hall was filled with excitement as participants competed for prizes and enjoyed the competitive atmosphere. It was a wonderful opportunity for our community to come together and celebrate.

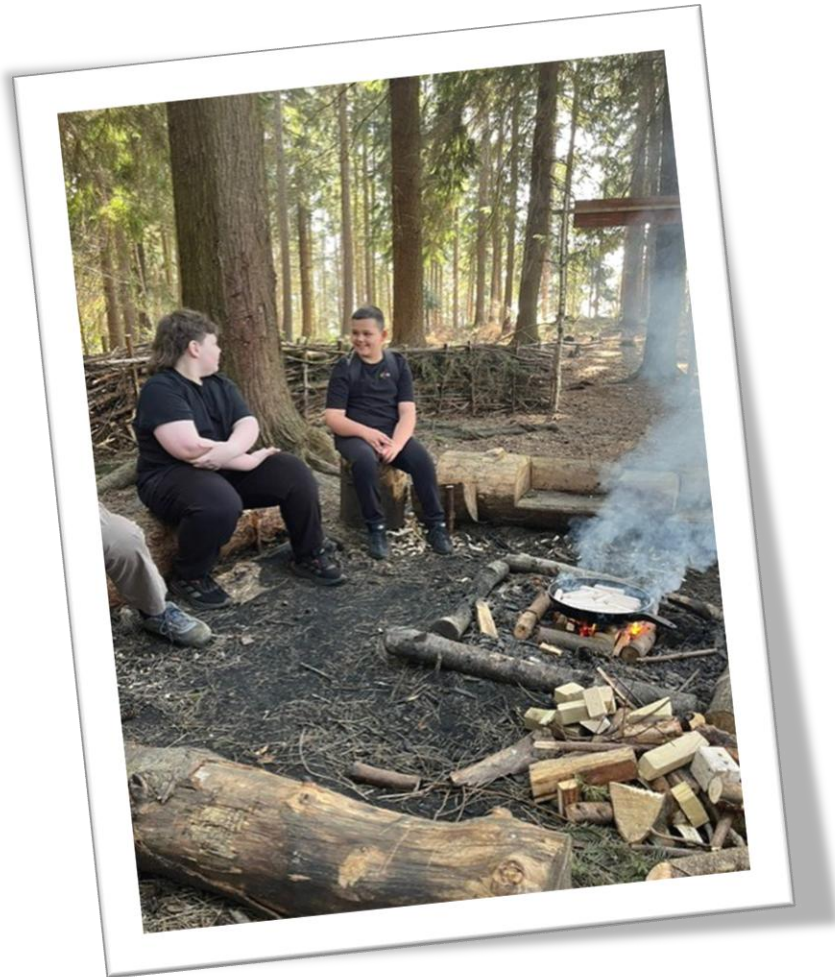
**Best Wishes**

**Jules**



# Acorns 3 at Forest School



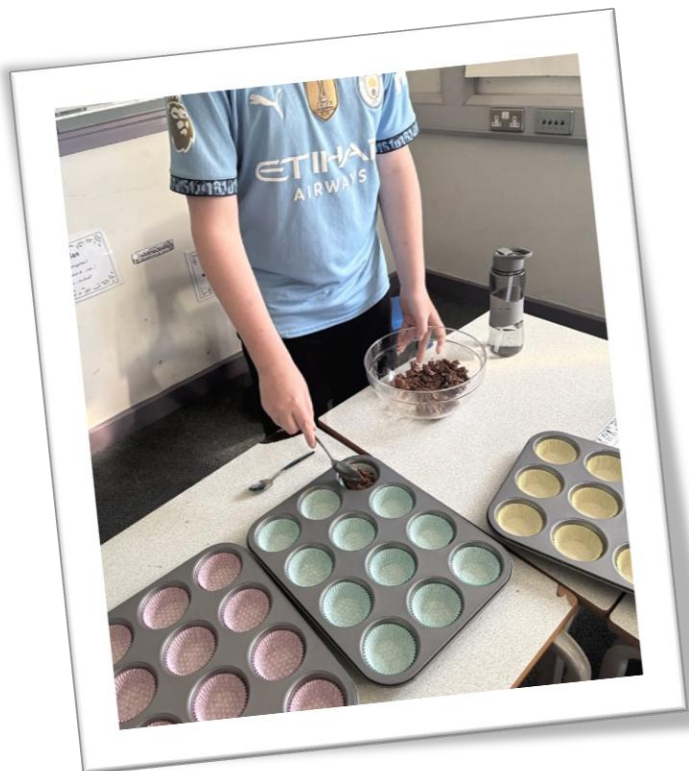


At forest school acorns 3 have  
been learning about the fire  
triangle and campfire safety which  
is essential knowledge for the  
prefect campfire  
- Sian



Shore have been enjoying making Easter Nests after working hard on their assessments this week

- Magz





Riley did this during our Maths lesson. We were doing  
Ratio.

Guess who it is?

He demonstrated focus, for all of the lesson, he  
listened and applied all my suggested improvements  
and he was so proud, he wanted to put his name to it!

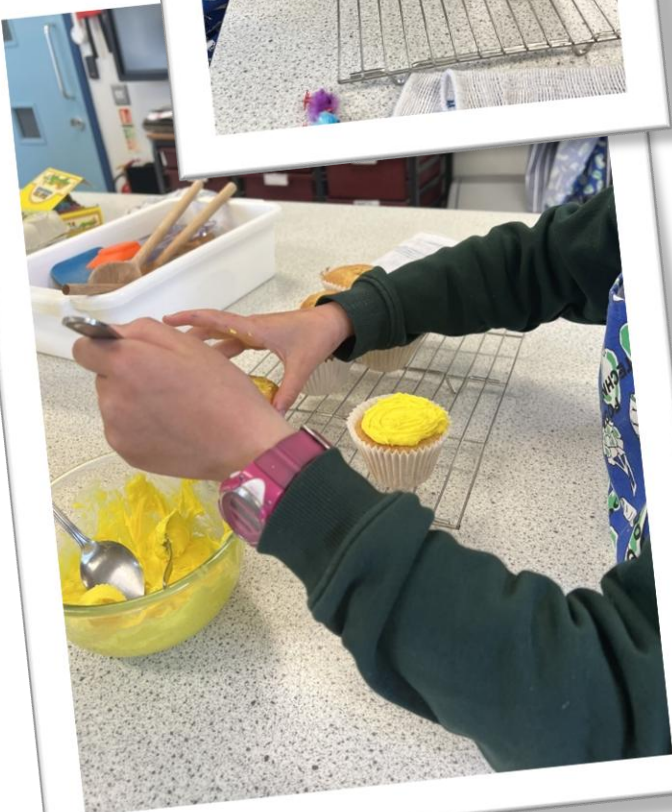
I had a lovely time helping him and Leo learn!

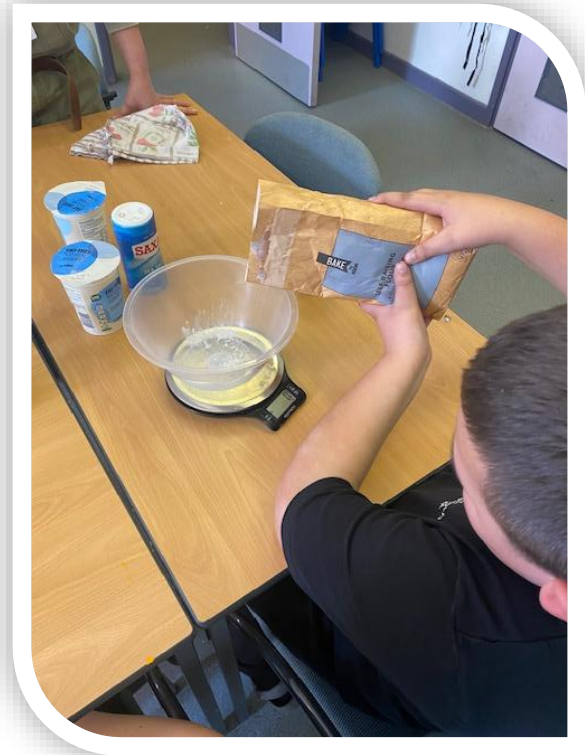
- Syrene



This week  
Saplings 2 made  
Strawberry and  
Vanilla  
Cheesecake.  
They decorated  
them with fresh  
strawberries and  
a strawberry  
drizzle.

Acorns 1 have  
made vanilla  
cupcakes; they  
decorated  
them with  
Easter chicks  
and mini eggs.  
- Debbie J



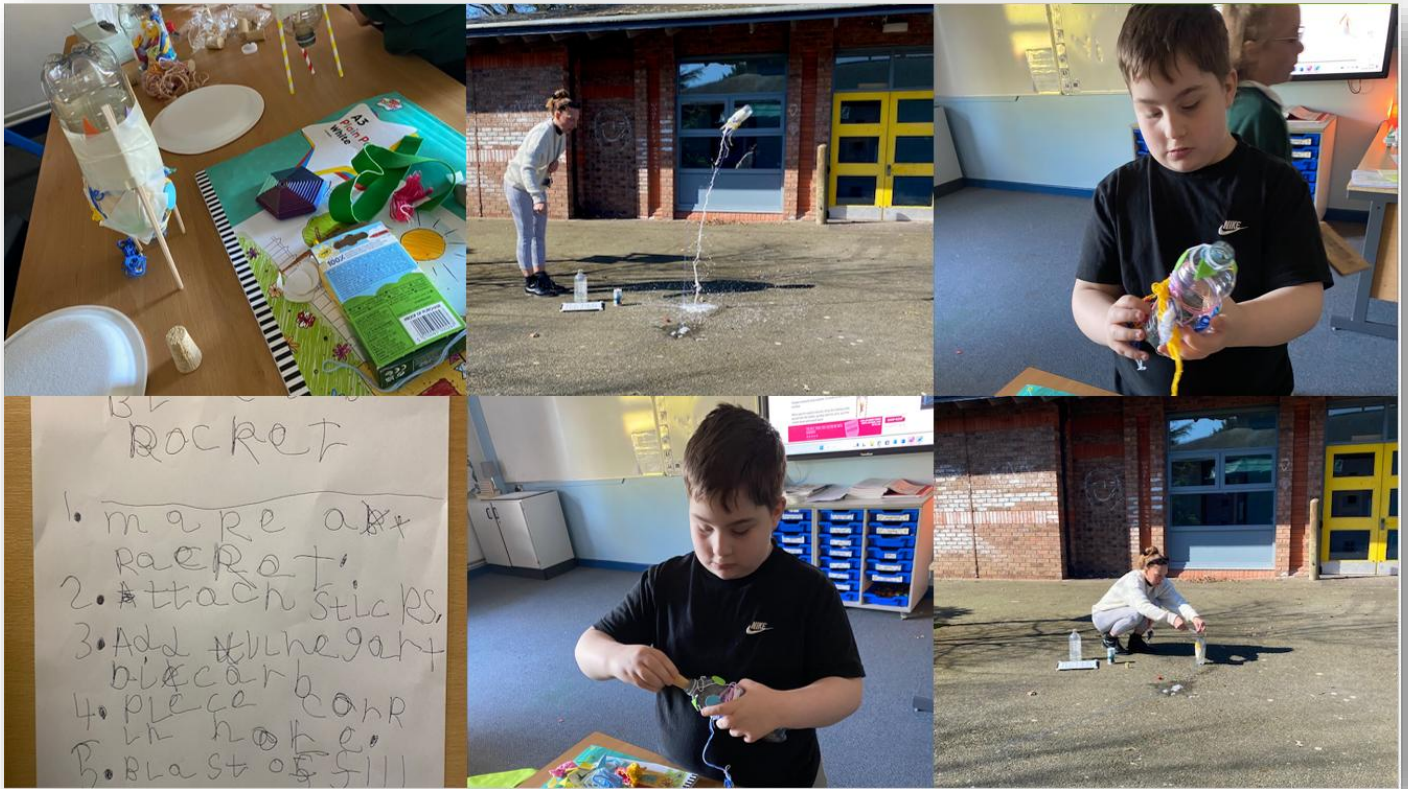


Acorns are excited to share their delightful experience during the recent flatbread making activity. This hands-on culinary adventure was not only educational but also a lot of fun for everyone involved!

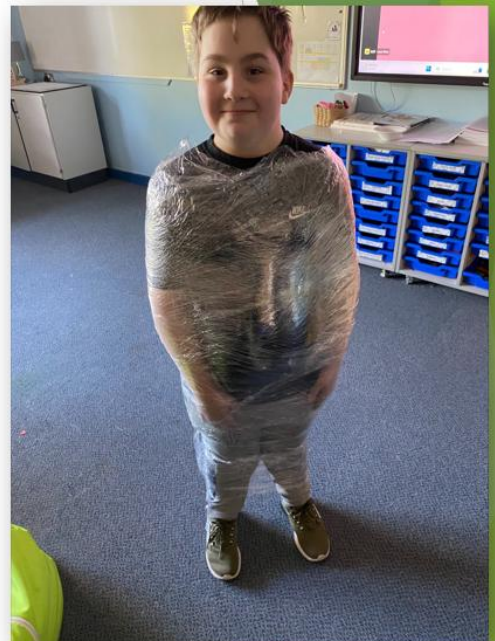


Under the guidance of our talented teachers, learners learned about the history and cultural significance of flatbread, a staple in many cuisines around the world.





Acorns have been launching rockets and learning about pressure, force and aerodynamics. They have expressed themselves through colourful designs and collaborated with their peers to build and launch their rockets!





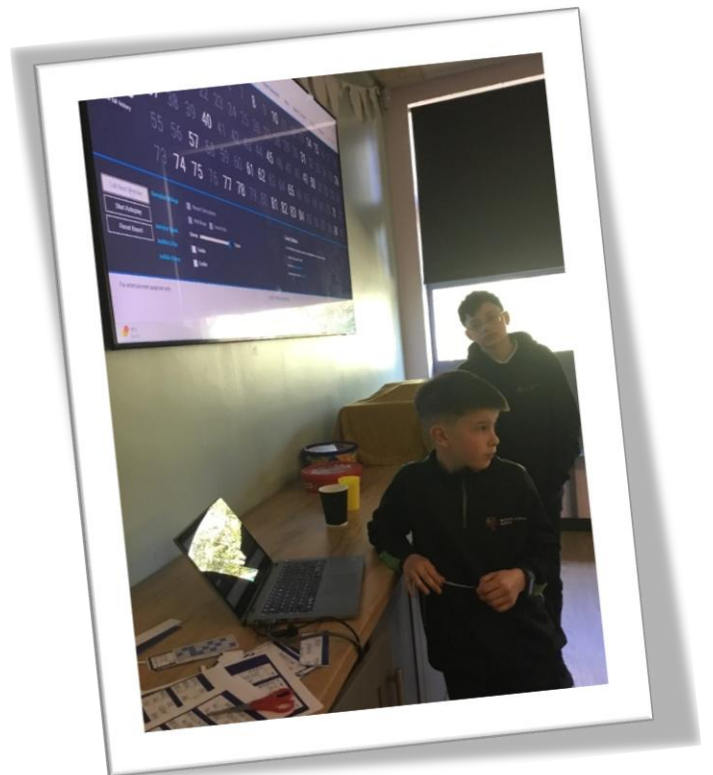
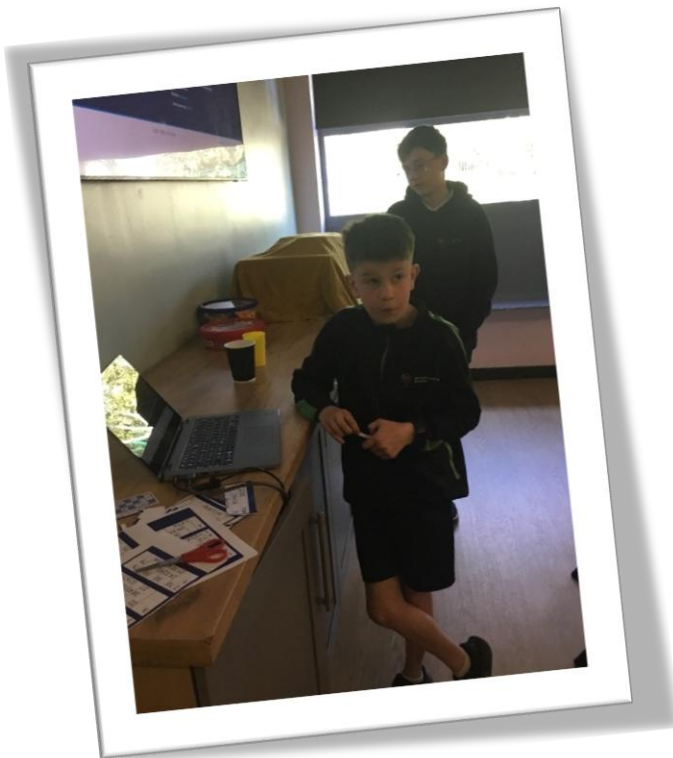
Acorns would like to share their wonderful experience at Wem Park. This exciting trip was filled with fun, learning and unforgettable moments that brought smiles to everyone's faces



The trip provided an excellent opportunity for learners to bond with their peers. Through group activities and games, they developed teamwork and communication skills, fostering a sense of camaraderie and friendship.

# Easter Bingo

Our Easter Bingo was a lovely afternoon. Held on Thursday afternoon, the event brought together our wonderful Woodlands community for an afternoon of fun, laughter and friendly competition



The dining hall was filled with excitement as learners, families and staff gathered eagerly awaiting the start of the game. Taylor was ready to start the games and shouted out the first number – Well done Tayer.

Xander did an amazing job of keeping up with handing out all the prizes for a line and a full house! – Well done Xander!

Massive thank you to Debbie J and our very talented learners who always make the most delicious cakes. Shout out to Debbie and Lydia who helped everyone enjoy all these wonderful delights.





It was heartwarming to see learners, parents/carers and staff coming together. The sense of community was truly palpable



# BINGO!

– Full House

Noah won the first round  
and an Easter Egg

– Well done Noah!



# Dietician's Corner

Forget the energy drinks and sugary snacks!  
Want real brainpower for exam season?

Our team of dietitians and nutritionists are here to help.

In this edition, we're breaking down the best foods to eat to sharpen your focus, improve your memory, and reduce stress – all key for exam success.



## Boost your brain for exams

With exams coming up, it's not just about revising – you need to fuel your body and brain to stay well, focused and energised.

### Power up with fibre

Fibre keeps your energy levels steady, helping you last through long study sessions. Find it in fruits, vegetables, beans, lentils, oats, wholegrain bread, pasta and brown rice. Plus, a healthy gut may be linked to better brain function.

### Fighting fit

Fruits and vegetables contain vitamins and minerals helping your immune system, skin and body to repair itself.

### Omega-3s

Omega-3s are fats that can help with memory and concentration. You will find them in oily fish like salmon, mackerel, and sardines, so try to eat at least one portion a week. Girls and women should stick to a maximum of two portions weekly due to potential pollutants. If you are not a fan of these types of fish then you can buy fish fingers with added omega 3, or find omega 3 in walnuts, flaxseeds, and rapeseed oil.

### Stay hydrated

Your brain is around 75% water, so if you don't drink enough, you'll feel tired, struggle to concentrate and may get headaches. Aim for 6–8 cups of fluids a day but avoid sugary drinks. Caffeine can increase alertness but too much can cause you to feel irritable and not be able to sleep at night.

### Iron strength

Iron deficiency can cause tiredness, breathlessness and lack of energy, definitely not what you want during exams! Teenage girls especially can often be more likely to not have enough iron. Find this nutrient in meat, beans, chickpeas, nuts, dried apricots and breakfast cereals.

### Mood food

Low levels of B-Vitamins and folate have been linked to depression and lack of energy. Eat a good mix of wholegrain cereals, citrus fruits, green vegetables, beans, meat, fish, eggs and dairy foods.

### Quick exam bites

Avocado with crackers

Baked beans or peanut butter on wholegrain toast

Dried fruit, nuts and seeds

Hummus, pitta bread and vegetable sticks

Porridge, granola or muesli

Salmon mayonnaise jacket potato

Smoothie with yoghurt, banana and berries

Tuna and sweetcorn wrap

Vegetable omelette

Yoghurt with fruit and nuts



## What's in season?

Did you know that eating what's in season is not only good for the planet, but also for your taste buds and your wallet?

Seasonal fruits and veggies, like juicy berries in summer or crunchy root vegetables in winter, haven't travelled far to get to your plate, meaning fewer food miles and a smaller environmental impact. Plus, they often cost less because they're plentiful, and they taste amazing because they're picked at peak ripeness. Why not check out your local greengrocer or farmer's market to see what delicious seasonal goodies they have on offer? You might discover some exciting new ingredients to experiment with in your kitchen!

### In season right now...

Cauliflower

Rhubarb

Kale

Savoy cabbage

Asparagus

Purple sprouting broccoli

Spring cabbage

Spring onions

## Shepherd's pie serves 4

### Ingredients

*For the lamb base:*

- 2 tbsp oil
- 1 onion *peeled and chopped*
- 450g minced lamb
- 2 tsp mixed herbs
- 1 tbsp Worcestershire sauce
- 2 garlic cloves *chopped*
- 2 tbsp plain flour
- 2 tbsp tomato puree
- 500ml lamb stock *any stock cube works*
- 100g frozen mixed vegetables *peas and carrots\**

*For the potato topping:*

- 1kg peeled potatoes
- 1 tbsp butter or dairy free spread
- 3 tbsp milk
- ½ tsp salt
- ¼ tsp ground black pepper
- Grated cheese

### Method

*For the lamb base:*

Preheat the oven to 170°C

- 1 Pour the oil into a large pan and place it over medium heat
- 2 Add the onions and cook 5 minutes, stirring occasionally
- 3 Then add the minced lamb and break it apart with a wooden/plastic spoon
- 4 Add the mixed herbs, salt and pepper and stir well
- 5 Cook for 6-8 minutes until the meat is browned, stirring occasionally
- 6 Add the Worcestershire sauce and garlic and stir to combine for 1 minute
- 7 Add the flour and tomato puree. Stir until well incorporated and no clumps
- 8 Add the stock and vegetables. Bring to a boil then reduce to simmer
- 9 Simmer for 10 minutes, stirring occasionally and remove from the heat

*For the potato topping:*

- 1 Place the potatoes in a large pot, cover with water and bring to a boil
- 2 Reduce to a simmer and cook until potatoes are fork tender, 10-15 minutes
- 3 Drain the potatoes and let them rest in the hot pot for 1 minute to evaporate any remaining liquid
- 4 Add butter, milk, salt and pepper to the potatoes, mash and stir until all the ingredients are mixed together

*Assemble the Shepherd's Pie:*

- 1 Pour the lamb mixture into an oven proof dish and spread evenly
- 2 Spoon the mashed potatoes on top of the meat and spread to an even layer
- 3 Place in the middle of the oven for 20 minutes
- 4 Remove the dish and add grated cheese to the potato topping

**Why not serve with some delicious, in season, purple sprouting broccoli! Either baked on tray with a small amount of oil or boil in slightly salted water**

### Chef TIP

If the baking dish looks very full, place it on a baking tray so that the filling doesn't bubble over into your oven. Cool for 5 minutes before serving

This dish is very versatile, the lamb can be switched to beef to make Cottage Pie or a vegetable mince to make 'Shepherdless' Pie! All the other ingredients remain the same





# Easter Competition Time!

## Looking for a fun and creative way to celebrate Easter?

Want to make a special gift for a friend and have a chance to win £25 worth of high street vouchers?

Then get your craft on and enter our Easter decorating competition! Let your imagination run wild and create a stunning Easter masterpiece for the chance to win.

Simply decorate a delicious cookie, muffin or chocolate egg. We have provided a recipe for a cookie and muffin or if you prefer you can purchase plain ones from a local store. If you decide to go with decorating a chocolate egg, simply purchase a chocolate egg of choice from a local supermarket.

- **Royal and Fondant Icing:** You can purchase these from a local shop
- **Water Icing:** Simply mix 125g Icing sugar and 15ml warm water together until nice and smooth
- **Butter Icing:** Simply mix 300g butter/spread and 600g Icing sugar, then combine until smooth



**Top TIP**  
Add a drop of food colouring to your icing to mix it up a bit!



# Recipes

## Lemon crunch cookies makes 8

### Ingredients

- 270g self-raising flour
- 175g granulated sugar
- 200g butter or dairy free spread
- 1 medium egg
- ½ lemon

### Method

- Preheat oven 170°C / 350°F / gas mark 4
- 1 Zest and juice the lemon
- 2 Mix the butter and sugar together until creamy
- 3 Slowly mix in the egg or equivalent
- 4 Add the remaining ingredients
- 5 Roll the dough into a sausage shape
- 6 Cut into 8 even slices and place onto a greased baking tray
- 7 Cook for approximately 20 mins until cooked



### Allergies?...No Problem!

- Example substitute ingredients:
- Gluten-free flour Cook in a slightly colder oven and leave in for slightly longer until cooked
  - Butter Replace for a dairy free spread
  - 1 medium egg Replace for 70g mashed ripe banana or 70g smooth apple sauce plus 5g baking powder

## White chocolate and raspberry cupcake makes 12

### Ingredients

- 150g margarine
- 150g caster sugar
- 3 medium eggs
- 150g self raising flour
- 5g baking powder
- 50ml milk
- 100g white chocolate
- 100g raspberries

### Method

- Preheat oven 180°C
- 1 Line your muffin tins with paper cases
- 2 Sieve the self-raising flour with the baking powder
- 3 Cream the margarine with caster sugar until light and fluffy
- 4 Add the eggs one by one, beating well between each
- 5 Break the white chocolate into small chunks and fold into the flour mix
- 7 Add the milk until well combined
- 8 Divide equally between the paper cases and bake for approx. 20-25 minutes or until well risen and golden
- 9 Remove from the oven and cool on a wire rack

**Chef TIP**  
Frozen raspberries are more affordable and taste just as delicious with no waste!

**HOW TO ENTER:** Simply ask a parent or guardian to send in a photo of your edible gift along with your name and year group to [UKMarketing@Taylorshaw.com](mailto:UKMarketing@Taylorshaw.com)

Please note any photos sent in may appear on our social media channels please ensure that you let us know if we can't post them.



# Headteachers Awards



# Woodlands Shout Outs



- Shout out to Arran for fantastic knowledge and work on converting fluently between fractions, percentages and decimals – Wendy
- Shout out to Taylor a really positive week and making some really good choices – Magz
- Shout out to Leighton for resilience this week – Schem
- Shout out to Corey for improved school uniform – Schem
- Shout out to Scott and Shannon for their fantastic work expanding and simplifying equations in maths! I was so impressed by them both. Scott was a wonderful teach, who explained all the steps clearly and strategically to me. Shannon showed fantastic resilience with an extremely tricky problem. Well done! - Natalie

## **Sending an Email to the Safeguarding Team**

**[safeguarding@wdl.mmat.co.uk](mailto: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](http://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](mailto:rachel.bates@wdl.mmat.co.uk)**

**If you need to contact us out of normal school  
hours please either email on the above address**

**or call Rachel Bates on **07967 763324****

# Understanding your child

## From toddler to teen

- Would you like to know more about your child's development?
- Do you need help and support to understand your child's behaviour?
- Would you like a chance to meet with other parents and carers with children of a similar age?

Join us for one of our free virtual or face-to-face groups, our next groups start:

Understanding Your Child Group 29<sup>th</sup> April 2025 from 9.15am to 11.15am at Crowmoor Primary School, Shrewsbury

Understanding Your Child Group 30<sup>th</sup> April 2025 from 9.00am to 11.00am at Clee Hill Community Primary School

Understanding Your Child SEND Group 30<sup>th</sup> April 2025 from 12.30pm to 2.30pm at Shrewsbury TBA

Understanding Your Child Group 30<sup>th</sup> April 2025 from 12.45pm to 2.45pm at Belvidere Primary School, Shrewsbury

Understanding Your Child Group 1<sup>st</sup> May 2025 from 09.30am to 11.30am at Highley Community Primary School

Understanding Your Child Group 1<sup>st</sup> May 2025 from 09.30am to 11.30am Virtually via MS Teams

Understanding Your Child Group 1<sup>st</sup> May 2025 from 1.00pm to 3.00pm at St Lucia CofE Primary School, Upton Magna

Understanding Your Child SEND Group 2<sup>nd</sup> May 2025 from 09.30am to 11.30am Virtually via MS Teams

Understanding Your Child Group 2<sup>nd</sup> May 2025 from 1.15pm to 3.15pm at Christ Church CofE Primary School, Cressage

All our groups run for 10 weeks from the start date excluding the School Holidays.

SEND groups are for parents/carers of Children who might have special educational needs and disabilities, no formal diagnosis is needed to attend the groups.

To book a place email  
[Parenting.team@shropshire.gov.uk](mailto:Parenting.team@shropshire.gov.uk)  
or call 01743 250950

Find more free online courses at:  
[inourplace.co.uk/shropshire](http://inourplace.co.uk/shropshire)

Find a list of  
local groups  
here



# Shropshire Parenting Help and Support Line

**01743 250950**

Mon - Thurs, 9.30am - 4.30pm  
Fri, 9.30am - 3.30pm

No judgment, just support.



Find out more here



# Does your child struggle with their Sleep?

## Free Sleep Tight Groups

Join us on one of our virtual or face-to-face groups which run for 5 weeks and:

- Find out why sleep is important for our health and emotional wellbeing
- Get support to help improve sleep and bedtime routines Meet
- other parents/carers to share and discuss experiences Our next groups start:

**Sleep Tight SEND Monday 9<sup>th</sup> June 2025 from 12.45pm to 2.45pm**

**Virtually Via MS Teams or**

**Sleep Tight Monday 16<sup>th</sup> June 2025 from 9.15am to 11.15am**

**Virtually via MS Teams**

*SEND groups are for parents/carers of children who might have special educational needs and disabilities, no formal diagnosis is needed to attend the groups.*

To book a place email [Parenting.team@shropshire.gov.uk](mailto:Parenting.team@shropshire.gov.uk) or call 01743 250950

Find out  
more here



# What Parents & Educators Need to Know about SEARCH ENGINES

## WHAT ARE THE RISKS?

Search engines are an integral part of everyday life – with Google alone processing around 100,000 searches every second. Search engines use algorithms to predict which results will be useful to us, though this can expose children to inappropriate content, misinformation and even scams. This guide explains the risks associated with search engines and offers practical advice to help safeguard young users online.

### MANIPULATED SEARCH RESULTS

Although search engines take site reputation into account, trustworthiness isn't the main factor. Instead, they use algorithms that can be gamed via tactics like search engine optimisation (SEO), which is big business. As a result, users may encounter misleading content and low-quality commercial products that appear more credible than they actually are.

### MISINFORMATION AND DISINFORMATION

Search engines index billions of web pages – and not all of them are factual or safe. Children might stumble across false information or even deliberate disinformation, especially when searching for trending topics or controversial issues.

### ENGINES BEYOND GOOGLE

Even if Google's SafeSearch is enabled, children may use lesser-known search engines that don't have similar protections. Some of these alternatives are less effective at blocking unsavoury content – sometimes by design – making it easier for children to encounter harmful or explicit material. Parental controls may also struggle to detect and block these sites.

### FUNNY JOKES

### ILLEGAL CONTENT CAN SURFACE

Search engines are designed to retrieve content based on keywords – not to judge whether that content is lawful. As a result, even illegal or harmful material can appear in search results. Children might assume that anything found through search engines must be safe, just because they're so widely used. This misunderstanding can lead to accidental exposure to seriously inappropriate content.

### INAPPROPRIATE CONTENT EXPOSURE

Although parental controls like Google's SafeSearch exist, they aren't foolproof, and search engines may bypass them. Young users may still see inappropriate images or content, especially in image searches, even though they may not be able to click on the results. Some niche search engines lack even basic filtering, posing further risks.

### UNRELIABLE AI SUMMARIES

Some search engines now offer AI-generated answers at the top of results. While these can be helpful as webpage summaries, they're not always accurate. There have been instances where AI summaries have presented false or even dangerous information, reinforcing the need for critical thinking.

## Advice for Parents & Educators

### ACTIVATE PARENTAL CONTROLS

While no parental controls tool is perfect, this software can help reduce the likelihood of inappropriate content appearing in search results. Use tools like Google Family Link to set search restrictions and monitor your child's browsing activity.

### QUESTION AI-GENERATED CONTENT

While AI content is generated quickly and often appears legitimate, teach children that, just because an AI summary is well presented, it doesn't mean it's accurate. Encourage them to review the sources behind AI summaries and check the information with reputable sites or fact-checkers.

### IDENTIFY AND AVOID ADVERTS

One of the ways search engines generate revenue is by showing adverts to their users. Sponsored search results are labelled, but they're not always easy to spot and can sometimes be malicious. Show your child how to distinguish between paid ads and organic search results – explain why some ads might be misleading or unsafe.

### PROMOTE DIGITAL LITERACY

Encourage children to question the motivation behind online content and develop critical thinking, as not all sites can be trusted. Some deliberately misinform users in order to sell products or promote misinformation. Developing a critical mindset is one of the best defences against these tactics.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, The Guardian and The New Statesman.

