



Friday 5th September 2025

Headteachers report of the week

Welcome back to a brand-new school year! We're so excited to see all the smiling faces, hear the curious questions and watch our learners grow into the amazing individuals they are meant to be.

This year is a fresh chapter, full of possibilities, new friendships, exciting challenges and opportunities to shine. Whether learners are stepping into new year groups, meeting new teachers or reconnecting with old friends remember you belong here and you are capable of incredible things.

You are not just learners, you are explorers of knowledge, builders of the future and voices of change. Every question you ask, every challenge you face, and every step you take brings you closer to the person you are becoming.

Let's make this year one of discovery, creativity and kindness. Let's support each other, celebrate our wins, and learn from every experience. This year, dare to be bold. Dare to be kind. Dare to believe in yourself even when things feel tough. Because greatness doesn't come from never falling, it comes from rising every time you do.

Here's to a fantastic year ahead, let's make it unforgettable!

Best wishes

Jules





Welcome Back!



we missed you



A massive
congratulations to our
Year 11's now Year
12's for their amazing
achievements this year,
we are so proud of
each and everyone of
you!!

Our results reflect not just academic achievement,
but the personal growth, determination and
resilience shown by each of our learners. Whether
heading into future education, training or
employment, our learners leave us ready to thrive

- Jules

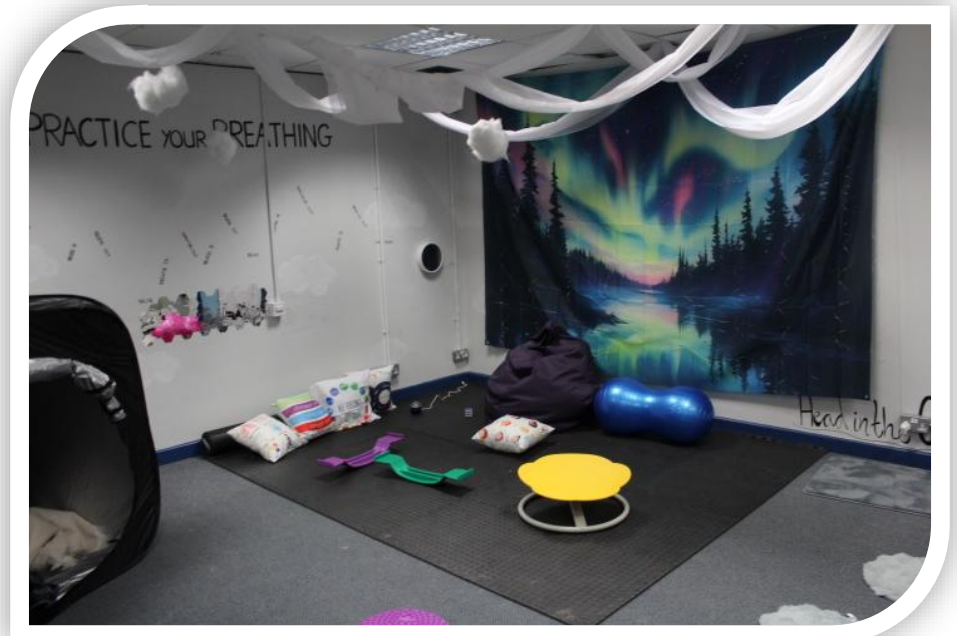
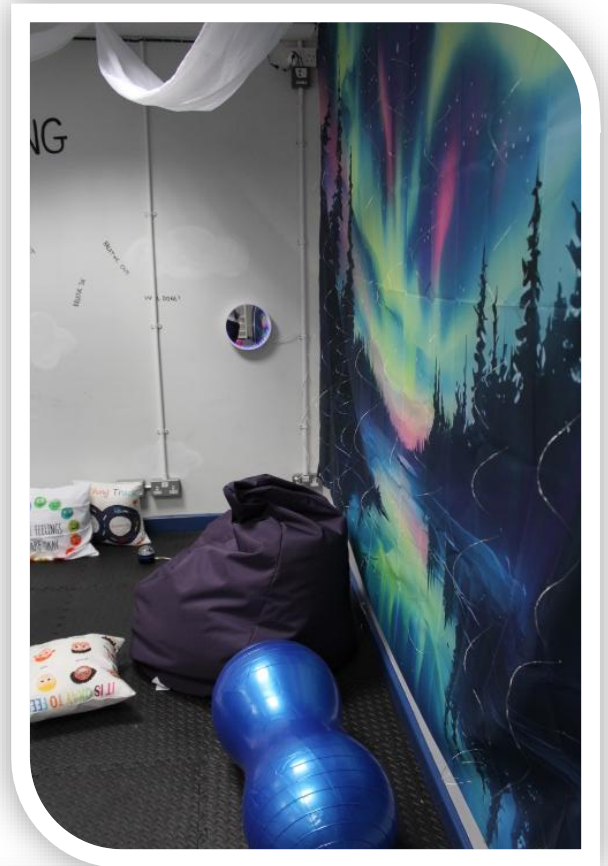


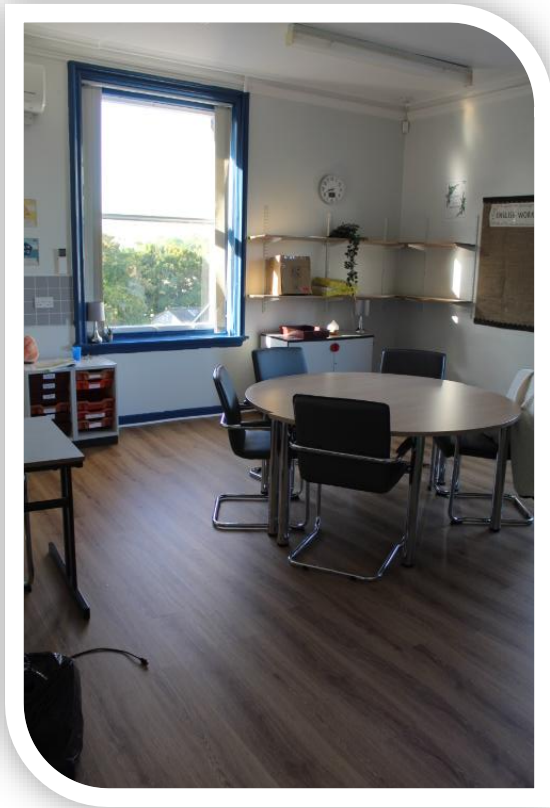
What's New??

Welcome to our new sensory room, with the help of your generous donations from our the summer fayre we have been able to create this for our learners this year. We have different lights that can also give a different feel for them.

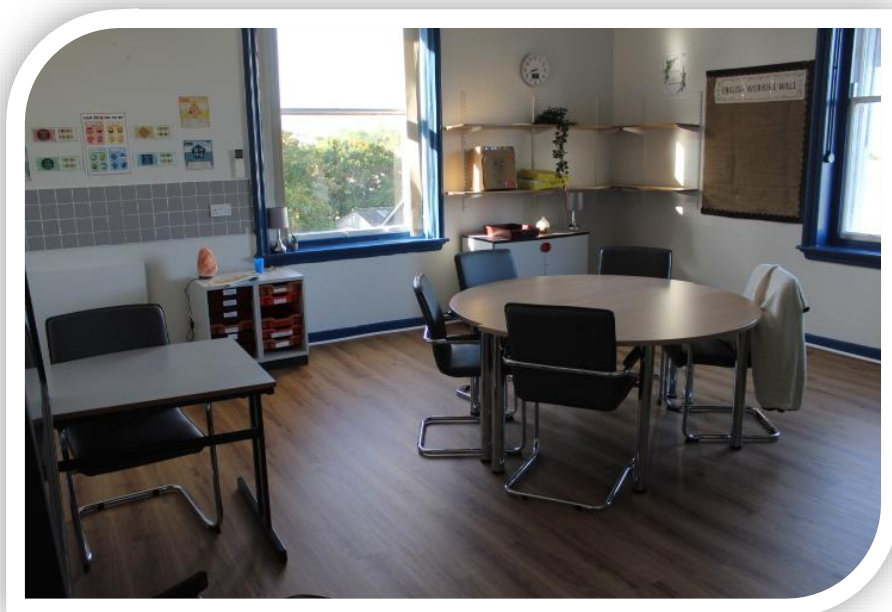
Learners are already feeling the benefit of having this space.

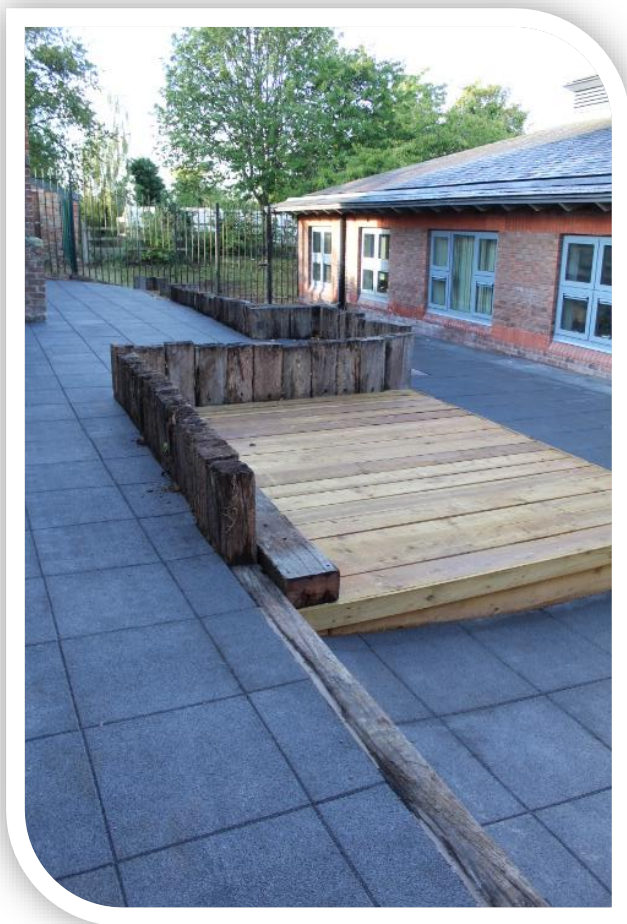
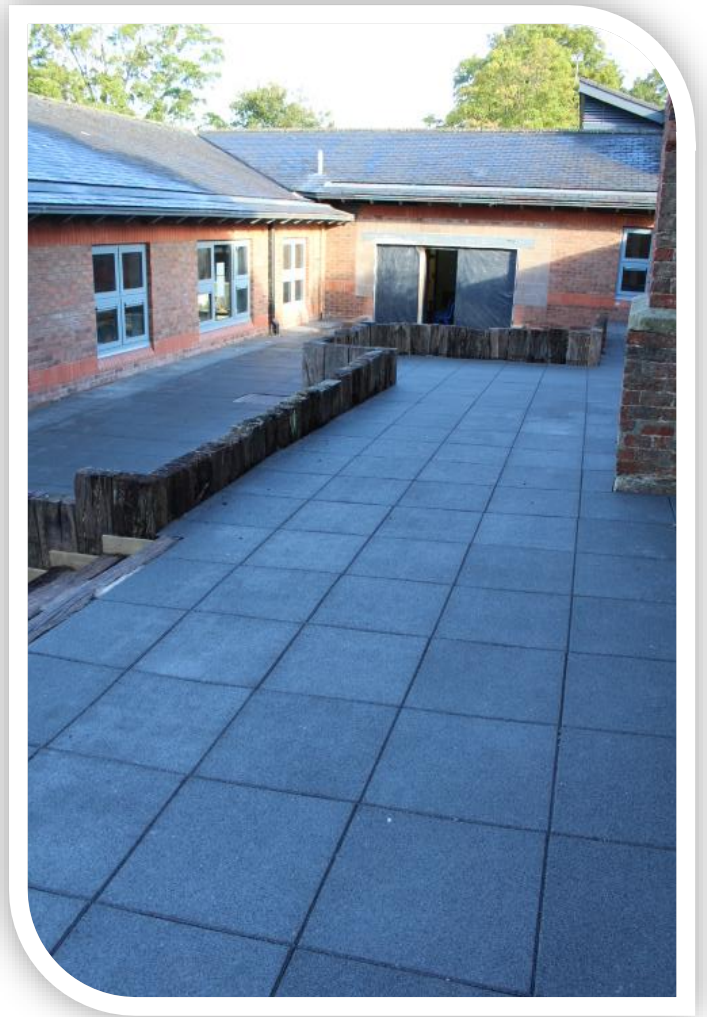
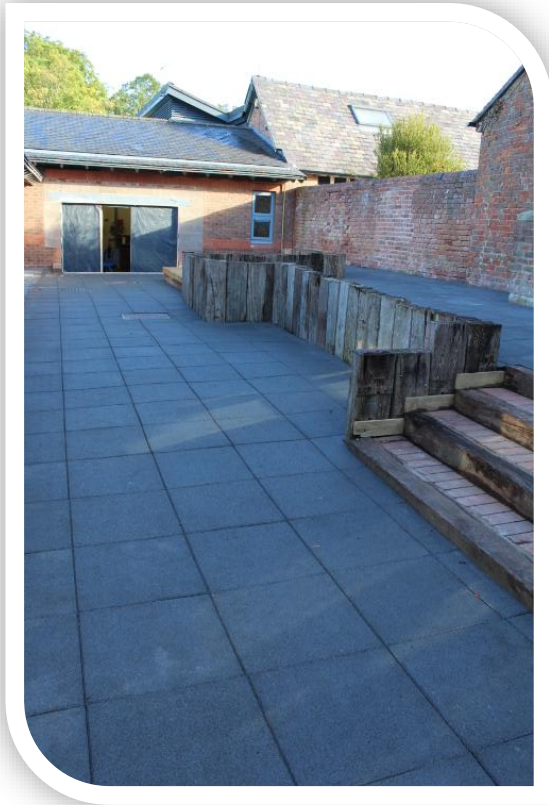
As always, thank you for your support





Year 10 and 11 have moved into their new class rooms, with beautiful new flooring and furniture. They have their own common room and have started to make their space their own.





Primary have a new outdoor area, which is very exciting! Learners can access this area directly from Primary and really enjoy the new space.

Sensory Garden Part I



Xander, Ollie K and Zane have been busy with Andy in the sensory garden area designing and putting their ideas down and have already started on a project for a bottle greenhouse! Many more ideas have flourished like a bench, a water feature, rain drum, wheelbarrow storage box, large connect four on the wall, fidget board, dream catchers, tyre planters, cherry blossom tree... With your support, we plan to make this area accessible for all to use. We really value your support. If you can help in anyway please get in touch – rachel.bates@wdl.mmat.co.uk





Acorns 1 started their culinary journey this year with a classic cup of tea and shortbread biscuit - what could be more British!
-Ceri



ELC 1 practice 04/09/25

1. What is 8 add 5? 13 ✓

2. Ben needs 20 towels for customers
He has 9 towels ✓
 $11 + 9 = 20$ ✓ *don't mix up*
 $20 - 9 = 11$ ✓ *subtracting*

3. There are 12 lickers in the gym
Ben puts 6 more lickers in the gym
 $12 + 6 = 18$ ✓

*Beautiful presentation!
You exceeded plus!
100%*

1. $15 - 5 = 10$
 No note ✓

2. correct ✓

3. $15 + 5 = 20$ ✓ *You forgot the +*

4. 0 ✓

5. EYE ✓

6. tennis (11 pts)

7. Spring, Summer, autumn, winter

8. No! She's three hrs long.

9. 5 km.

10. 1st

11. bottom right.

12. under the mirror.

13. 7 more people.

1. 50 ✓

2. 52 5 43 ✓
 $52 - 5 = 47$ ✓
 Lucy is wrong ✓
she will work 47 weeks full stop

3. $56 \div 4 = 14$
 $4 \overline{) 56} = 14$ ✓ *excellent use of what - 😊*

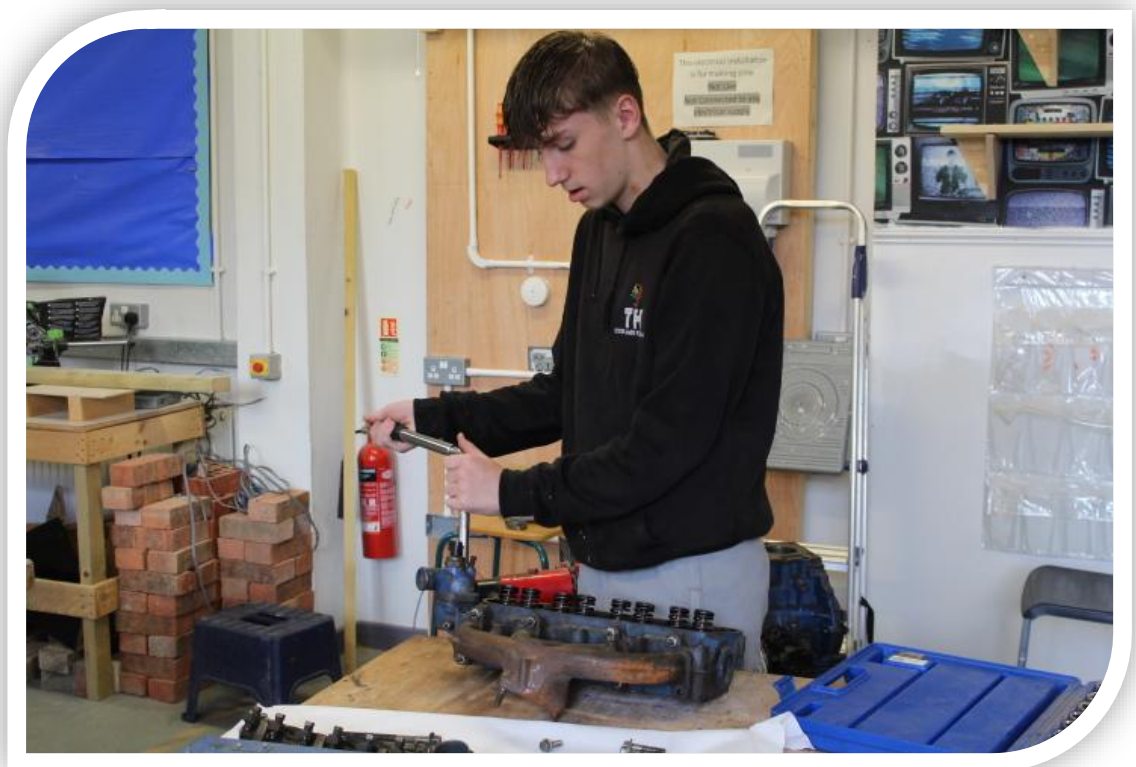
Syrene shared the brilliant work Romeo has done this week, he was so proud and rightly so!! Well done Romeo what a start to the year!!



Ollie C joined Woodlands this week and made this beautiful Lego house on his first day! Amazing Ollie, well done!



Tyler in the heart of the vocational workshop with Andy. Vocational education in motor vehicle studies is hands-on, empowering and deeply rewarding. It teaches discipline, precision and resilience. It transforms curiosity into expertise and dreams into careers. Tyler knows that success isn't found in shortcuts, it's earned through hard work learning from mistakes, and never giving up.





Learners had the opportunity to have a look around a fire engine this week and enjoyed finding out all about it. They spoke about bravery, teamwork and importance of staying calm in emergencies. Learners listened intently asked thoughtful questions and even got to explore the fire engine itself.

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 our free face-to-face group
Delivered by the BeeU and Parenting Team

Understanding Your Child SEND

Thursday 2nd October 2025

9.45am to 11.45am

Woodlands School

Tilley Green, Wem, Shrewsbury SY4 5PJ



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
or call 01743 250950

Find more free online courses at:
inourplace.co.uk/shropshire



Does your child struggle with their sleep?

Free Sleep Tight Groups

Join us on one of our virtual or face-to-face groups 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

SEND Group Tuesday 23rd September 2025 from 1.00pm to 3.00pm Virtually Via MS Teams

or

Group Wednesday 24th September 2025 from 9.30am to 11.30am 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 or call 01743 250950

Find out
more here



Shropshire Parenting Help and Support Line

01743 250950

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

No judgment, just support.



Coffee & chat



How can we help you?



Free info, advice and support for your family
shropshire.gov.uk/early-help



You can get free information, advice and support on all aspects of family life, at our family drop-ins. Come along for a coffee and a chat, and find out how we can help you with things like:

- ♥ Family life
- ♥ Parenting support
- ♥ Domestic abuse support
- ♥ Money worries
- ♥ Housing support, and much more

There are drop-ins all over Shropshire find your nearest one here:
<https://orlo.uk/Nt3iP>

Community hubs webpages promote wellbeing support for Shropshire



Shropshire Council and its partners have launched new webpages to highlight the community and family support on offer in hubs all over the county.

The community and family hubs are located in Shrewsbury, Oswestry, Bridgnorth, Market Drayton, Highley and Ludlow, with activities and guidance available to help families and residents stay healthy and connected.

There is a wide range of support on offer based on feedback from communities, from early help for families, domestic abuse support, help to stop smoking, information and housing and more, for all ages, as part of NHS integrated neighbourhood teams.

Whilst much of the support is already ongoing, the new webpages bring the services together to one online space, so people can easily search and find what they need.

[Find the pages and share with your communities.](#)



Free CBT Courses

Shropshire, Telford and Wrekin NHS Talking Therapies offers free access to digital Cognitive Behaviour Therapy (CBT) and various courses to support mood and anxiety. These courses, run by trained psychological practitioners, use research-backed techniques to improve emotional wellbeing. They address issues like low mood, anxiety, intrusive thoughts, obsessive-compulsive difficulties, and trauma-related distress.

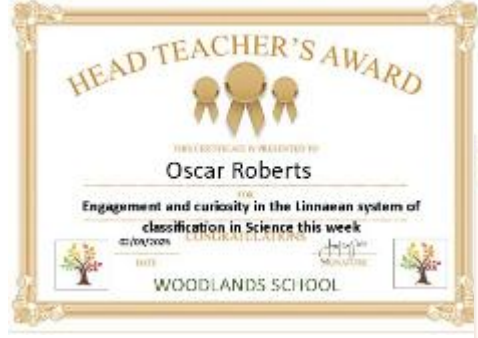
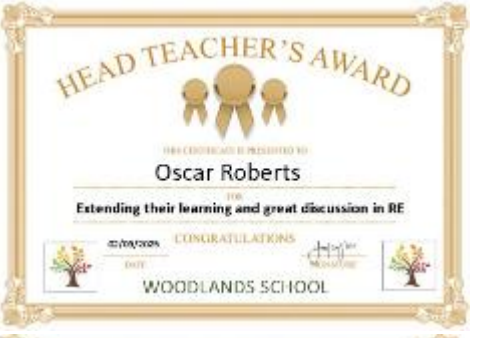
Courses are available in group settings with varying levels of participation. For those preferring self-paced learning, the Silvercloud digital CBT programme provides a private, supportive platform with online clinician assistance to help achieve personal goals.

If you would like support with your mental health, you can make a self-referral by:

- **Online:** Completing a self-referral form, or chat to our Limbic digital assistant via our website – mpft.nhs.uk/stwtt
- **Phone:** 0300 123 6020



Headteachers Awards



Woodlands Shout Outs



- Shout out to Mason, Jayden and Tommy for a fantastic Geography lesson!! – Magz
- Shout of for Jayden for taking on the role of teaching the class! – Magz
- Shout out to Mason, he engaged in his food lesson, he was polite and completed his task – Debbie J
- Shout out to Tyler ST and Leo Gu who engaged well in their learning with good listening and understanding – Great work boys
- Nest, have and engaged and enjoyed their science lesson with Bunson burners – Brilliant work Nest!
- Well done Willow for a brilliant English lesson – great engagement – Natalie
- Shout out to Lacey A for her engagement and hard work in child development – Alice
- Shout out to Romeo for a really mature conversation with staff
- Well done Morgan for supporting learners to make the right decision
- Shout out to Tyler H for his hard work in mechanics – Andy
- Lacey A and Zane have had a great week, working really hard and completing amazing work – Sarah
- Shout out to Primary, you have come back to school ready to learn with smiling faces – so lovely to see! – Super proud of you all!!
- Arthur came into school happy and ran in – Very proud of you Arthur!
- Leighton had a great morning – well done Leighton!
- Shout out to all learners for great sitting and listening on the first day assembly – Jules
- Tyler ST and Leo Gu had some great ideas for reading rewards and engaged well in Maths – Amazing boys what a start to the year!
- Leo Gu made some took responsibility and made sensible choices – We're really proud of you Leo you have had a brilliant start, well done!

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

**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**

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College