



Friday 7th November 2025

Headteachers report of the week

It's been wonderful to welcome our learners back to school after the break, the corridors are once again buzzing with energy and laughter.

From the very first day, learners have thrown themselves into a wide range of activities with enthusiasm and curiosity. Whether it's creative writing, science experiments, sports or enrichment trips, it's clear that everyone is excited to be back and ready to make the most of the term ahead.

This week, our learners had the exciting opportunity to take part in an enrichment activity that combined physical challenge with pure enjoyment — ice skating! They took to the rink with enthusiasm and courage. For many, it was a brand-new experience, and it was wonderful to see them supporting one another, laughing through wobbly starts, and celebrating small victories as they gained confidence on the ice. Beyond the fun, this activity encouraged resilience, teamwork, and a sense of adventure, all key ingredients in a well-rounded education. It was a joy to witness their determination and the kindness they showed in helping each other stay upright and keep going. We're proud of every learner who gave it a go, and grateful to the staff who made the activity such a success.

Best wishes

Jules



As part of this week's branch theme of *kindness*, Saplings 1 were given a special task during their English lesson on Wednesday, which was kindly covered by James. Learners were asked to reflect on what kindness means to them and express it through their writing.

The results were heartwarming and thoughtful, showcasing learners understanding of empathy, generosity, and compassion. Their work is a beautiful reminder of the importance of kindness in our everyday lives, and we're proud to share it with you.

Take a look at what they created — it's sure to brighten your day!

Kindness is happiness and being nice to people—Tyler

Kindness is loyalty & respect—Kenzie

Kindness is home because my parents look after me - Leo



Tyler called me beautiful and that was an example of kindness—

Kenzie

My mum was kind to me when she brought me a £175 Zavetti coat—Tyler

Ben was kind to me when he got me a laptop to do my work on—Leo



This week, our brave learners swapped their school shoes for skates and hit the ice for an enrichment activity that was equal parts thrilling and hilarious.

From the moment they stepped onto the rink, it was clear we had a mix of future Olympians and professional penguin impersonators. There were graceful glides, dramatic flops, and enough laughter to melt the ice (almost). Whether they were clinging to the barrier like it was a lifeline or zooming past with surprising speed, every learner gave it their all — and looked fabulous doing it.

Beyond the tumbles and twirls, the trip was a brilliant way to build confidence, resilience, and a sense of camaraderie. Plus, we discovered that kindness really shines when someone helps you up after you've accidentally sat down on the ice... again.





Willow has galloped her way to glory by earning her **Bronze Award in horse jumping!**

With nerves of steel and a saddle full of determination, she's shown incredible skill, balance, and bravery, not to mention a great bond with her horse. From trotting confidently to soaring over jumps, she's proved that hard work (and a few carrots for the horse) really do pay off.

This achievement is no small feat, it takes hours of practice, a strong partnership between rider and horse, and the ability to stay calm when your ride decides it's more interested in grass than glory. But she handled it all like a true equestrian star. Huge congratulations on this fantastic milestone, we're so proud and can't wait to see what heights she'll jump to next!

“Willow achieved another award today, her bronze Jump award. I'm very proud of her and I think more importantly she is very proud of herself!” - Becky



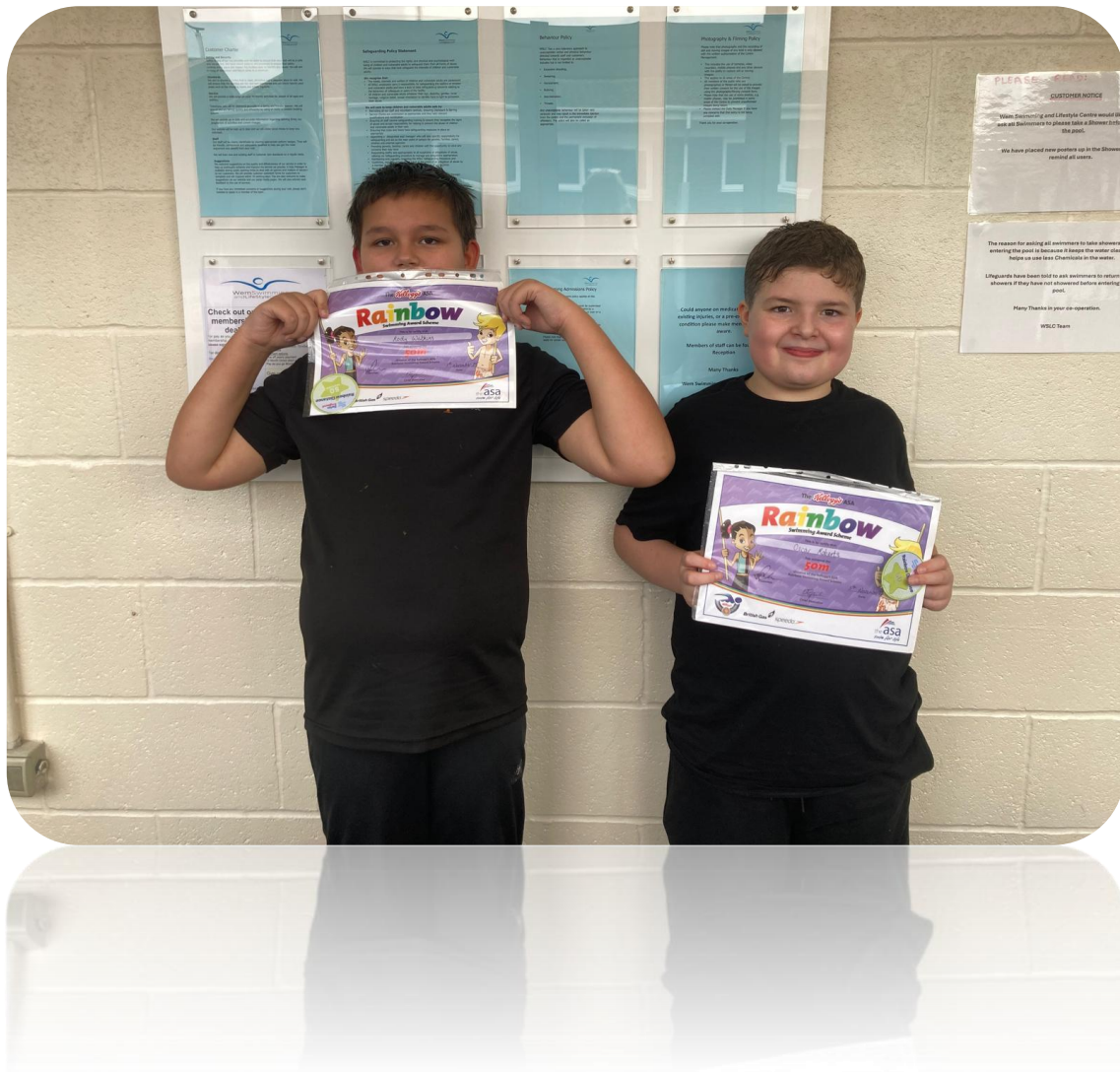
**Lexi and Charlotte from
Saplings 3 practiced
seasoning,
experimenting with a
variety of flavours.
- Debbie J**



In a surprising twist to an ordinary school day, Bobby and Oscar, our eagle-eyed learners made a delightful discovery just outside the double doors leading to their playground — a **newt!**

There was a moment of excitement as the tiny creature was spotted making its way across the path like a very slow, very slimy celebrity. Learners quickly gathered, showing curiosity, care, and impressive detective skills as they observed their unexpected visitor.

The newt was gently relocated to a safer spot, away from busy feet and footballs, and learners took the opportunity to ask questions, share facts, and wonder aloud whether it might be magical (we can't confirm, but it *did* have a certain sparkle). It was a lovely reminder of the nature that surrounds us, and how even the smallest creatures can spark big curiosity.



There's no stopping Acorns 1 (or should I rename them Fishes 1!) who proudly achieved their 50metre swimming badges this week.

Great encouragement and support

demonstrated by all 🙌 🙌 🙌

-Ceri



Acorns 1 had fun at forest school learning about the fire triangle and how to safely light a campfire with flint and steel. Happy Bonfire Night everyone 🔥

- Ceri



HEAT



STRUGGLING WITH FUEL PRICES?

Are you struggling with fuel prices and need some advice?

If you, or someone you know, is struggling with their energy bills, we may be able to help

Our dedicated mentors can provide advice by visiting you at home and continue support through further visits or remote assistance to help you save money on your energy.

We may be able to help speak to your supplier about any questions you may have regarding billing issues or outstanding debt.

We can support you with:



ENERGY CRISIS & ADVOCACY SUPPORT



ENERGY SAVING AWARENESS



INCOME MAXIMISATION



ENERGY EFFICIENCY ADVICE

PLEASE CONTACT OUR HOME ENERGY ADVICE TEAM TODAY!



0800 092 9002



HEAT@THEWISEGROUP.CO.UK



Are you a parent carer or a young person with special needs or learning differences (with or without a diagnosis)?

Here's where you can join us: Natter Matters sessions and family events

Natter Matters

Monday 8th September, 9.30am-11.30am Wem Town Hall

Stories and Crafts - Stories told by Jake Evans

Saturday 13th September, 1.30pm-3.30pm Wem Town Hall

Stories and Crafts - Stories told by Jake Evans

Saturday 11th October, 1.30pm-3.30pm Wem Town Hall

Natter Matters -Abi from PACC-Community Navigator Service

Monday 13th October, 9.30am-11.30am Meeting Room, Wem Town Hall

Natter Matters

Monday 10th November, 9.30am-11.30am Wem Town Hall

Swimming - Whitchurch Swimming Pool

Date TBC (November), Sunday 11am-12pm

Natter Matters

Monday 8th Decemeber, 9.30am-11.30am Wem Town Hall

Please book on to events via the Wem SEN Hub Facebook Page

**WEM TOWN HALL
SEN EVENTS AND ACTIVITIES**



Relaxed Screening of Hotel Transylvania

Tuesday 28th October, 1.30pm - Wem Town Hall

Wem Town Hall Halloween Crafts SEN Session

Friday 31st October 1pm-2pm

Relaxed Screening of Polar Express (PJs Welcome)

Saturday 20th December, 1.30pm, Wem Town Hall

please book for these events directly with Wem Town Hall

You can also find us at

Wem Market every Thursday until 9th October

Wem Car boot - Sunday 14th September
9.00am-12.00pm Wem Recreational Ground

Quiet Space during
Wem Christmas Lights and Festival
1pm-6pm, Wem Town Hall



**Events coming in the
New Year**

The Animal Family
and
Keystage Circus



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

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.](#)

Shropshire Parenting Help and Support Line

01743 250950

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

No judgment, just support. For **all** Shropshire families, including those whose children have special educational needs and/or disabilities (SEND)



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

Sleep Tight Group Monday 12th January 2026 from 1.00pm to 3.00pm Virtually Via MS Teams

Sleep Tight Group Thursday 15th January 2026 from 9.30am to 11.30am Highley Primary School

Sleep Tight SEND Group Monday 23rd February 2026 from 1.00pm to 3.00pm Virtually Via MS Teams

Sleep Tight Group Tuesday 24th February 2026 from 9.30am to 11.30am Crowmoor Primary School

The groups run for 5 weeks 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 out more here



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 12th January 2026 from 9.30am to 11.30am St Giles Primary, Shrewsbury

Understanding Your Child Group 13th January 2026 from 6.00pm to 7.30pm Little Explorers, Ditton Priors

Understanding Your Child SEND Group 14th January 2026 from 10.00am to 12.00pm Severdale Academy

Understanding Your Child Group 14th January 2026 from 1.00pm to 3.00pm Virtually via MS Teams

Understanding Your Child Group 14th January 2026 from 1.00pm to 3.00pm St Lawrence Primary, Church Stretton

Understanding Your Child SEND Group 15th January 2026 from 9.00am to 11.00am Clee Hill Community Academy

Understanding Your Child SEND Group 15th January 2026 from 1.00pm to 3.00pm Virtually via MS Teams

Understanding Your Child Group 16th January 2026 from 9.30am to 11.30am Highley Primary School

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



If you would like to find out about further help and support the Parenting Team offer please email

Parenting.team@shropshire.gov.uk

or call us on 01743 250950

All our services are free of charge to Shropshire Council residents.

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

PARENTING HELP AND SUPPORT LINE

available

Monday to Thursday from 9.30am to 4.30pm

and

Friday 9.30am to 3.30pm

You can contact the Parenting Help and Support Line by calling

01743 250950

Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. The Parenting Team is here to help and support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around your child's development and parenting?

Why not call our Parenting Help and Support Line where one of our trained Parenting Practitioners will be ready to listen.

(Please note the Parenting Help and Support Line will not operate on Bank Holidays)

If you have concerns about a child's safety or well-being, please call

First Point of Contact 0345 678 9021



Woodlands Shout Outs



- **Shout out to Primary for a great first week back – well done! Primary**
- **Tommy has been a brilliant mentor this week, gentle and nurturing. Also, Tommy has been very grown up asking to go ice-skating and waiting to see if there was a space. – Well done! Tommy, we are all really proud of you!**
- **Leighton took responsibility this week and with no support from staff he recognised and apologised then supported a learner after accidentally upsetting them. – Amazing!! Leighton – Well done!**
- **Romeo has had a good week this week, explaining his learning of oxygenated blood going through the heart – Wow!!! Romeo, Brilliant engagement!**
- **Willow, Romeo and Emilia showed great engagement in their English lesson this week, a highlight for their teacher Natalie – Great work all!! – Well done!**



Headteacher Awards



- **Frankie – Lee** for being your BEST and following guidance offered
- **Kiean** for fantastic work in Literacy and Maths this week
- **Lacey A** for taking responsibility and being your BEST by handing your phone in and engaging in lessons
- **Matthew** for good literacy engagement
- **Noah Hu** for supporting learners to be their BEST
- **Zane** for engagement in all areas this week



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

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KIVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>