



Friday 23rd January 2026

Headteachers report of the week

Dear Parents and Carers,

We have seen a wonderful celebration of learning, teamwork, and community spirit across Woodlands this week. Our vocational sessions have been a particular highlight, with learners fully engaging in hands on activities and developing practical skills with confidence. It has been especially inspiring to see our older learners stepping into supportive roles, guiding, encouraging, and working alongside younger peers. Their leadership has helped create a calm, purposeful, and collaborative atmosphere that reflects the very best of our school values.

In food preparation, learners have embraced the opportunity to work together, try new techniques, and produce delicious results. These sessions have encouraged independence while also strengthening teamwork as they planned, prepared, and shared their culinary creations.

Our commitment to caring for the environment has also been shining through. Learners have taken pride in keeping our school grounds tidy through regular litter picking. Their enthusiasm for looking after our shared spaces shows a growing sense of responsibility and respect for the world around them.

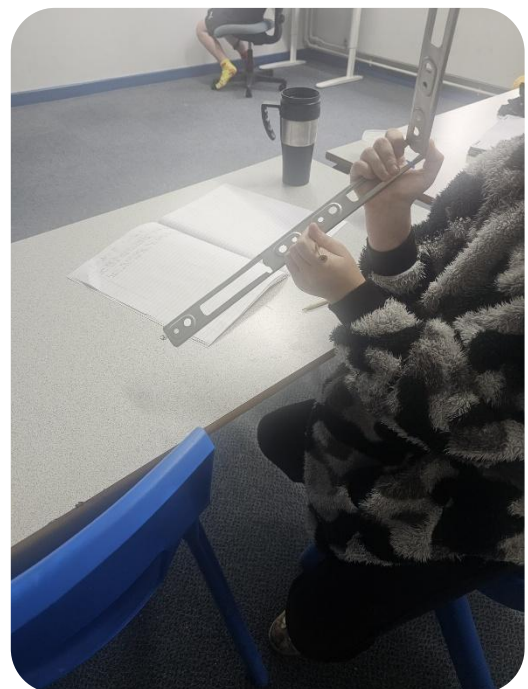
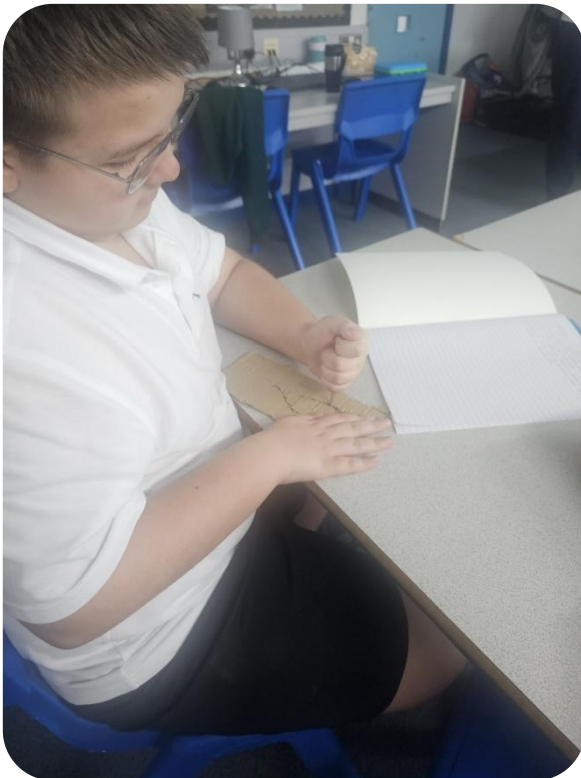
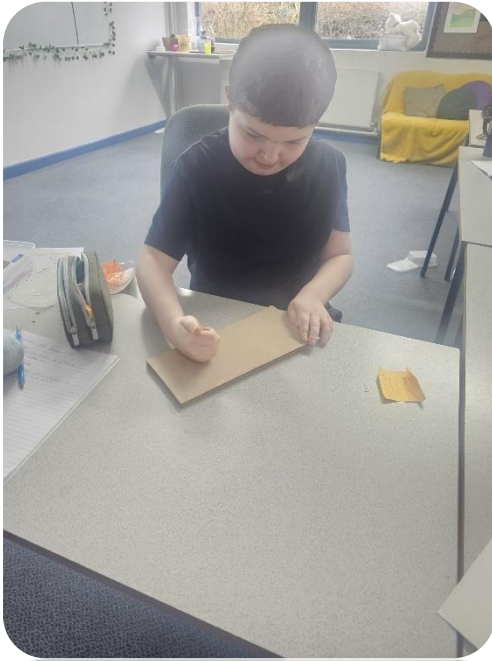
This spirit of community extended beyond the classroom during our enrichment activity of rock climbing. Learners challenged themselves, supported one another, and celebrated every success, big and small. It was a fantastic reminder of what can be achieved when we work together and believe in our abilities.

Across all these experiences, our learners have shown resilience, kindness, and a willingness to try new things. I am incredibly proud of the Woodlands community and all they are accomplishing.

Best wishes
Jules



Learners put their investigative skills to the test this week, with a hands-on **scratch test** used to explore material hardness. By gently scratching different materials and everyday objects against one another, learners learned how scientists use the Mohs Hardness Scale to identify unknown materials.





Olive continued diving into the vibrant world of **Pop Art**, discovering how artists like Andy Warhol and Roy Lichtenstein turned everyday objects and bold colours into iconic works of art. After learning about the movement's playful style and eye-catching techniques, learners had the chance to complete their very own piece of fantastic Pop Art.



Our Olive learners had a fantastic time in the kitchen this week as they rolled up their sleeves to make their very own pizzas. They explored a colourful selection of toppings, ranging from classic cheese and tomato to peppers, sweetcorn, and more adventurous choices.





Our learners recently enjoyed a hands-on cooking session where they created their very own spring rolls from scratch. After preparing a colourful mix of fresh vegetables, they carefully filled and wrapped each roll, practising fine motor skills and following step by step instructions with confidence.



Fun in forest school. Learners started the lesson with building a tent for shelter and finished with a tasty treat by the campfire

- Sian



In our free time in primary we have been exploring musical instruments the learners have really enjoyed trying different instruments. Ollie and Bobby really enjoyed creating musical sounds together.

- Sian



In activities primary enjoyed joining Andy in the workshop. Mathew was a big help supporting primary learners well done Mathew!

- Sian



Ryan and Lincoln prepared chicken breast by cutting them into Goujons, coating them with spiced Panko Breadcrumbs and cooking them until crispy. They then asked for feedback from other learners and staff, this was very positive, the comments were added to coursework as evidence. – Debbie J



Our learners in Olive had an exciting opportunity this week to get up close with our friendly corn snake Willow. After learning about the snake's gentle nature, unique patterns, and important role in the ecosystem, each learner took turns carefully handling and observing it.



Happy Birthday to you!

This week, we were delighted to celebrate Arran's birthday in school. He proudly shared a delicious cake with his classmates, and everyone gathered to sing, enjoy a slice, and make the day feel extra special.



This week, Arran showed fantastic responsibility by taking part in litter picking around the school grounds. Equipped with a grabber and a bright smile, he helped tidy outdoor areas, collecting rubbish and making our environment safer and more welcoming for everyone.

Great work Arran!!



Here are the delicious chocolate cupcakes and scones that Tommy and Jayden from Saplings 2 have made in catering this week.

Both are very proud!

- Anna

Well done! They look amazing!

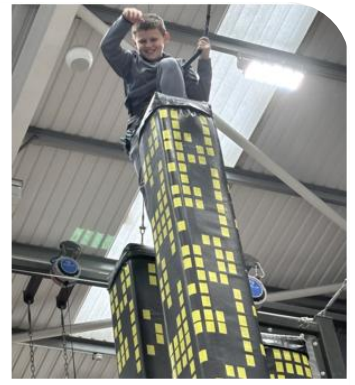


Our vocational learners have been getting stuck into carpentry and woodwork this week, and the workshop has been full of focus, teamwork, and plenty of creativity. From measuring and sanding to hammering and assembling, the group explored practical skills using real tools and materials.



After our DT lesson on papyrus paper and creating our own Egyptian paper learners participated in an extension task of making Tutankhamen's mask. They followed step by step instructions carefully and will finish their project next week.

- Sian



Our learners enjoyed an exciting rock-climbing session this week, taking on the challenge with enthusiasm and determination. With encouragement from staff and each other, they learned how to use the equipment safely, practised new climbing techniques, and pushed themselves to reach higher with every attempt.

Jake and Abel have stepped outside their comfort zones and tried new things this week. – Great engagement boys – Well done!

- Ollie K organised the kitchen, washed up and stacked the dishwasher at Orchard. Amazing taking responsibility Ollie, Well done!

- Ollie K sat and did his learning, encouraged and supported his peer to engage and continue with their learner – Super proud of you Ollie, great work, well done!

Cody has engaged in his science lesson – Brilliant Cody! Well done!

Leighton has been polite when asked to open the door – Superstar Leighton!

Emilia has apologised to staff for calling them a name. Super proud of you Emilia! That's great independently taking responsibility.

Shout out to Kiean, Zane, Harley and Charlotte for being in their full uniform – You look great!

McKenzie and Ollie K have been arriving safe and sensible to Orchard ready to start their learning – Brilliant boys, well done!

Cody recognised his emotions and asked to go for a walk – Brilliant taking responsibility Cody, we're very proud of you – well done!

Matthew acknowledged needed something to do – Amazing taking responsibility Matthew – Well done!

Shout out to Emilia for completing her English Entry level 2 – Great work Emilia!

Well done! Josh for waiting for your laptop to be ready. Brilliant sensible behaviour!

Shout out to Bobby who has been taking reading books home and doing extra homework and bringing his writing and work in to show his teacher. So proud of you Bobby!!

Lovely to see Tyler H in his new Hoody this week, well done! Shout out to Emilia in her school jumper. Well done, Bobby, Ollie and Ethan in your uniform Well done!

Dates for the Diary

- February Half-term

 - 16/2/26 – 20/2/26

- PD Day

 - Monday 23rd February

- PCP Parents Evenings

 - Thursday 12th March 3.30 – 5.30

 - Online, by phone or in person

 - Thursday 9th July 3.30 – 5.30

 - Online, by phone or in person

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Headteacher Awards



- **Charlotte** – for a positive attitude towards her English lessons
- **Cody** – for completing 2 pieces of work about cities. Fantastic effort and engagement.
- **Leo Gi** – for his calm and focussed approach to school this week
- **Leo Gu** – for his excellent engagement in Lexia
- **Olly N** – for self regulating positively and perservering with his Lexia when he found it difficult
- **Rocco** – for engaging maturely in a restorative conversation
- **Taylor** – for engaging positively with Lexia
- **Tyler ST** – for fantatic engagement and perserverance in English this week



Free books and magazines

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' then 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](#)

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](#)

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](#)

Free health and wellbeing courses

Online courses

Make 2026 to be the year you feel more in tune with your family with these free online learning pathways from Togetherness.

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 pathways are broken down into bite-size learning that can be completed at your own pace. Pathways include:

- Understanding your baby
- Understanding your child: from toddler to teenager
- Understanding your child with additional needs
- Moving up to secondary school for children with additional needs
- Understanding your child's feelings
- 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 pathways for free. Find out more and sign up here: [Online Learning](#)

Local groups

We also have local in-person groups running for the following learning pathways, 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

To find out more about local groups please contact the parenting team via email parenting.team@shropshire.gov.uk or call [01743 250950](tel:01743250950)

Coffee and Chat - Early Help support

You can get free Information, advice and support on all aspects of family life, at our Family Drop-Ins and Stay and Plays. You can chat, have a cuppa and see how we can help you with:

- Family life
- Parenting support
- Domestic abuse support
- Money worries
- Housing support
- Special Educational Needs and Disabilities (SEND)
- and much more

To find your local drop in please visit the Family Information Directory

Coffee and chat sessions

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 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](#)

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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. These are the repair cafes in Shropshire:

- [Walter's Workshop](#), Bishop's Castle, Fridays
- [Midweek Mend](#), Oswestry, Wednesdays
- [Ellesmere Repair Cafe](#), First Saturday of the month
- [Clothes Swap and Stitch](#), Oswestry, First Saturday of the month
- [Church Stretton Repair Cafe](#), Second Saturday of the month
- [Oswestry and Borders Repair Cafe](#), Second Saturday of the month
- [Shrewsbury Repair Cafe](#), Third Saturday of the month
- [Broseley Repair Cafe](#), Fourth Saturday of the month
- [Telford Repair Cafe](#), Last Saturday of the month
- [Pontesbury Repair Cafe](#), Second Saturday every two months
- [Bayston Hill Repair Cafe](#), Third Saturday every two months
- [Newport Repair Cafe](#), First Saturday, quarterly
- [Ludlow Repair Cafe](#), Fourth Saturday, quarterly
- [Wem Repair Cafe](#), transitioning to a regular event in 2026
- [Bridgnorth Repair Cafe](#), first event on 7th February

There are over 1619 across the world, in 33 countries!

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. Depending on who is there and what skills they have, they will attempt to fix everything from hairdryers to bikes to jewellery.

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](https://www.parkrun.uk/junior-events)

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](https://www.parkrun.uk/events)

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



Shropshire
Council

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

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

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

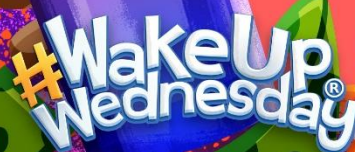
Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

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.



The National College