



Friday 27th March 2026

Headteachers report of the week

As we reach the end of the spring term, I would like to take a moment to reflect on what has been a truly positive and enriching few months across our school community. The weeks have been filled with creativity, curiosity, and many proud moments, and it has been a joy to watch our learners continue to grow in confidence, resilience and independence.

Across the school, learners have embraced a wide range of learning experiences. Our classes have explored hands on sensory activities, creative art projects and opportunities to develop practical and social skills. It has been wonderful to see learners supporting one another, building friendships and showing increasing pride in their achievements.

From imaginative artwork to thoughtful discussions, from problem solving in the classroom to collaborative play, learners have shown real enthusiasm and determination. Staff have commented repeatedly on the positive attitudes shown across the term, and I would like to thank every learner for their effort and engagement.

My heartfelt thanks go to our dedicated staff, whose hard work, creativity and care ensure that our learners receive the very best opportunities each day. I would also like to express my appreciation to parents and carers for your continued support and partnership. We are grateful for the encouragement you give your children and the trust you place in our school.

As we head into the Easter break, I hope that all members of our school community enjoy a well earned rest, time with family, and moments of joy and reflection. We look forward to welcoming everyone back for a bright and successful summer term.

On behalf of the whole team, I wish you a happy, peaceful and enjoyable Easter.

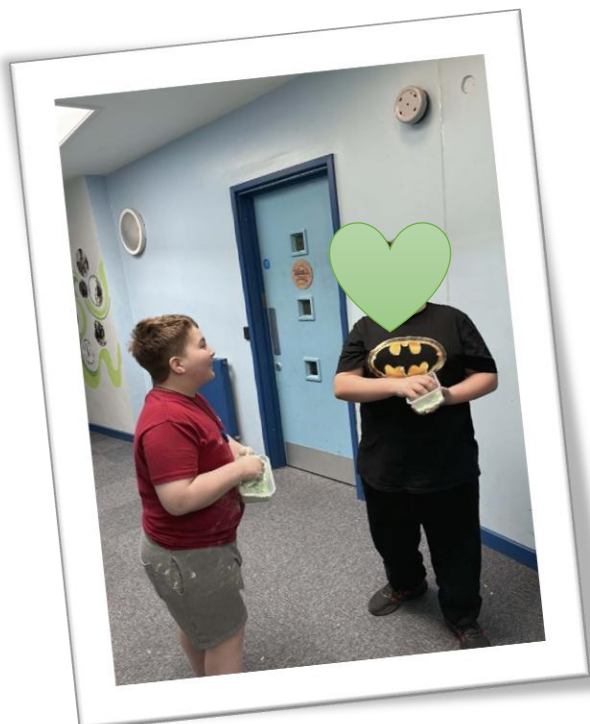
Best wishes

Jules





This week in Acorns 3, the children had a wonderful time exploring textures and getting creative with a sensory favourite, shaving foam and cornflour! By mixing the two together, they discovered how to make their very own foam dough.





Willow is doing fantastically well at Springbank Riding, she is such a pleasure, the only child I teach that always thanks me at the end of every session
– Becky



Leo has impressed us with a wonderful landscape picture. Creating a beautiful scene.

It was lovely to see Leo's imagination and growing confidence in his artistic skills. Well done, Leo!



This week, Arran had the exciting opportunity of trying on some old Army uniforms. He was fascinated by the different textures, colours, and details, and enjoyed imagining what life might have

been like for the people who once wore them.

It sparked wonderful conversations about roles, teamwork, and the importance of clothing in different jobs.



Easter Bingo!

On Wednesday afternoon, everybody had great fun at our Easter Bingo event! Woodlands family of friends, family, staff and learners filled the dining room with



laughter, excitement, and plenty of friendly competition.

We were treated to amazing cakes and cookies made by Debbie and learners, which were enjoyed by all, thank you, Debbie, for the delicious treats!

A big well done to Lexi and Eliza, who were our brilliant bingo callers for the afternoon.

They did a fantastic job keeping the game running





smoothly
and were
excellent at
handing out
sweets to
everyone
who got a



line on their card.

Congratulations to our three bingo winners, who won the fantastic Easter Egg prize for completing a full house!

We're delighted to share that the event raised £39.40. A huge thank you to everyone who came along to support us, it was a wonderful afternoon full of smiles and community spirit.





This week, Abel amazed us with an incredible Iron Maiden picture. He put so much detail and creativity into his drawing, carefully choosing colours and drawing bold features to capture the dramatic style he loves.

His enthusiasm for art really shone through, and he was very proud to share his work with Jules.

Well done, Abel, your creativity is fantastic to see!

Well done to Emilia
for passing her
Maths assessment
– Amazing Emilia,
Well done!

Leighton completed
his English
assessment – Great
work Leighton! Well
done!

Harley had a
really good
maths lesson!
– Brilliant work
Harley



Ollie K
completed so
much work! –
Amazing Ollie,
super proud of
you!

Morgan completed
his writing
assessment! Great
work Morgan, Well
done!

Rhys is engaging really
well with Orchard! – You
are a superstar!
-We are all proud of
you Rhys!



Dates for the Diary

- PCP Parents Evening
 - Online, by phone or in person
 - Thursday 9th July 3.30 – 5.30
 - Online, by phone or in person
- Easter Holidays
 - 30/3/26 – 10/04/26
 - Learners return to school
Monday 13th April 2026
- May Day – 4th May 2026
- May Half-term
 - 25/05/2026 – 29/05/2026
- Last day of term
 - Thursday 23rd July 2026



Headteacher Awards



- **Noah Hu** for supporting a peer and responsibly returning to lesson when asked
- **Bobby** for being great ambassadors for Woodlands and giving a visitor a very detailed tour of primary
- **Romeo** for kindness to his peers and generally being really mature
- **Joey** for being a great ambassador for Woodlands and giving a visitor a very detailed tour of primary
- **Eliza** for your clear voice, confident delivery and brilliant sense of fun at the Easter Bingo
- **Ollie** for being a great ambassador for Woodlands and giving a visitor a very detailed tour of primary
- **Noah Hu** for showing great responsibility and teamwork serving cakes and drinks at the Bingo
- **Lexi** for your clear voice, confident delivery and brilliant sense of fun at the Easter Bingo



Joey
Oscar
Michael
Eliza
Ollie C
Domenic P
Bobby
Kieran

For positive engagement in their Core Lexia this week



Lexi
Noah
Aaron D
Leo Gilbert
Taylor J
Romeo J
Harley

For positive engagement in their Power Up Lexia this week

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)



Shropshire Parenting Team – Family Leaflet

This leaflet provides information to all families, including those whose children have SEND, who would like to know more about the services we offer. Simply scan any QR code or follow the links to explore free support, groups and learning opportunities.

Our Services - Overview

[The Parenting Team | Shropshire Council](#)

Find out more about all our services on offer



Our SEND Services - Overview

[The Parenting Team | Shropshire Council](#)

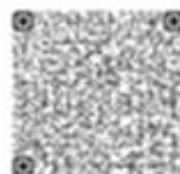
Find out more about our services within the SEND local offer



Understanding Your Child Groups

[Information to help families in Shropshire - Shropshire Together Community Directory](#)

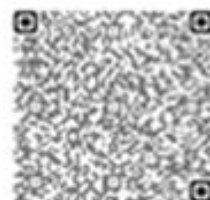
Find out more about free groups



Sleep Tight Groups

[Information to help families in Shropshire - Shropshire Together Community Directory](#)

Find out more about free Sleep Tight groups



Online Learning Pathways

[Shropshire and Telford & Wrekin | Togetherness - Togetherness](#)

Find out more about free online learning



Parenting Help and Support Line

[Shropshire Parenting Help and Support Line | Shropshire Together Community Directory](#)

No judgment, just support. Call us for a listening ear.



Understanding Your Child with SEND

From Toddler to Teen

"I met others going through the same things. It really helped me feel less alone."

"The group boosted my confidence as a parent."

Join our friendly, relaxed group!

Join our friendly, free group for parents and carers of children with SEND. Connect with others, deepen your understanding of your child, and explore what's going well and what you'd like to change. Small changes make big differences!

Upcoming Sessions (once a week over 10 weeks, excl. half terms and bank holidays)

- 13th April 2026 - 10.00am-12.00pm - Online via MS Teams
- 16th April 2026 - 1.00pm-3.00pm - St Lucia's School, Upton Magna (SY4 4TZ)
- 16th April 2026 - 9.30am-11.30am - Morda Primary School (SY10 9NR)

SEND groups are for parents/carers of children who may have special educational needs or disabilities. No formal diagnosis is needed.

What We'll Talk About

- Communication and building confidence in your relationship with your child
- Exploring routines such as sleep and bedtime
- Understanding behaviour and emotional regulation
- Child development and ways you can support it

Want to Join Us?

Email: parenting.team@shropshire.gov.uk

Call: 01743 250950

Visit: [The Parenting Team | Shropshire Council](#)



Prefer flexible online learning?

Try our free online learning pathways at

[Becoming Togetherness - Togetherness](#)



Understanding Your Child

From Toddler to Teen

"I met others going through the same things. It really helped me feel less alone."

"The group boosted my confidence as a parent."

Join our friendly, relaxed group!

Parenting can be full of ups, downs, big feelings and lots of learning — for both you and your child! Come and join us as we chat about what's going on for you and your family. Together we'll make sense of tricky moments and share simple ideas that can make life calmer and more positive.

Upcoming Sessions (once a week over 10 weeks, excl. half terms and bank holidays)

- 13th April 2026 - 12.45–2.45pm – Belvidere Primary School, Shrewsbury (SY2 5YB)
- 13th April 2026 - 1.00–3.00pm – Ludlow Primary School (SY8 1HG)
- 15th April 2026 - 9.30–11.30am – Pontesbury Primary School (SY5 0TF)
- 15th April 2026 - 1.00–3.00pm – Wilfred Owen School, Shrewsbury (SY2 5SH)
- 15th April 2026 - 5.00–7.00pm – Online via MS Teams

What We'll Talk About

- Communicating and building connection with your child
- Routines like sleep and bedtime and any other routines you have as a family
- Understanding behaviour and big emotions
- Child development and how you can support it

Want to Join Us?

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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 ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tasted, a sensory food education charity.



Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

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