



WESTWOOD NEWS

Spring Term (1) 2023



Dear Families,

We are excited to share that we are in the process of setting up our own Community Hub in the room previously known as the Pod near our Year 1 & 2 classrooms. At the moment we are able to offer new & used uniform and will very soon be operating a food bank. We will also be running sessions for parents & carers relating to key aspects of school life as well as welcoming agencies from the community to host workshops. A full timetable of events will be shared via Parentmail during next half term and if you have any suggestions for how we can grow this further we would love to hear from you.

World Book Day is coming up next half term. This year we will be celebrating on Thursday 2nd March and we have a range of activities planned, including fancy dress, a book exchange and reading buddy events. More information will be sent out shortly via Parentmail so please keep an eye out for this.

We love hearing about the activities our children take part in outside of school and we like to share these each week in our Celebration Assemblies as well on our social media pages as part of our Active Lifestyles awards. If your child attends any clubs outside of school or has achieved any awards and you are happy for us to share them online then please email the school office with a photo or video and a short explanation of what it is they do.

It is really important that we have more than one emergency contact telephone number for every child in school. You can select the order you would like us to contact these people but there have been occasions recently when we have only had one contact number and have not been able to reach them. Please get in touch with the school office to add more emergency contacts or to update any phone numbers we hold for you and your family.

The Norwich Science Festival is back for the half term holiday. There are lots of events taking place throughout the week suitable for all age ranges. This year, there are also events happening at East Norfolk Sixth Form College in Gorleston. Head to <https://norwichsciencefestival.co.uk/> to see what's on.



Once again, thank you for your continued support of our school, it really is our pleasure teaching your children and working with our local community.
We are so Proud to be Westwood!

Enjoy the half term break and we look forward to welcoming the children back on **Monday 20th February**.
Mrs. Aldous & Mrs. Barnes





Pre-school, Nursery & Reception



Nursery and Pre-School

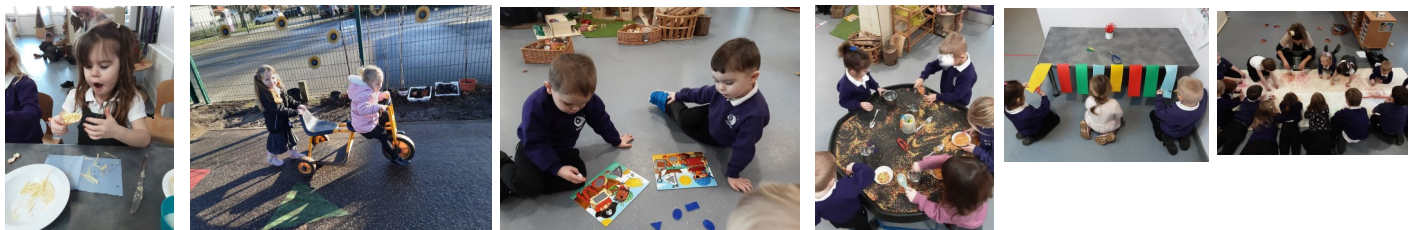
This half term in Nursery our topic has been 'The 5 Senses and our bodies.' We have been looking, listening, tasting, touching and smelling.

We have been talking about the things we like and dislike and sharing with our friends.

One of our favourite things we have done this half term is trying new foods during snack time and Lunar New Year celebrations. We also made milkshakes when we were reading the story Oliver's Milkshake.

To develop our fine motor skills we have been taking part in dough gym and improving our gross motor skills outside on the bikes and the climbing equipment. We also really enjoy the new swing, we are learning turn taking and countdowns whilst we sit.

We have been working hard on subitizing to 6, number recognition and formation, and also name writing and mark making.



Reception

Our topic this term in Reception is '3, 2, 1 Blast Off!'

We found a spaceship that had crashed in our garden! This sparked lots of conversations about space, planets, aliens, and our planet Earth.

We have discussed our planet Earth, learning about continents, oceans, habitats, seasons and weather. We have also talked about protecting our planet by recycling and caring for others, animals and living things. As a class we found out lots of information about the solar system, planets, meteors, asteroids, comets, the sun, stars and the moon. It was fun learning about astronauts and dressing up as one whilst listening to an astronaut read a story from space. As well as learning lots of facts about the world around us and space, we also enjoyed having a visit from the Police and celebrating Chinese New Year.



The Reception team would also like to say a big thank you to all the family members who joined us at our two space themed story cafes.



Years 1 & 2



This half term in Key Stage One, we have been learning all Victorians. We kicked off our topic with a fantastic Victorian school day - thank you for all of your brilliant the children wore. We had the best day as Victorian school children.



We have been enjoying Gymnastics this half term, where we have been developing balance on points and patches (large and small areas of the body). We have been also adding in our own transitions between them.



The children have also loved sharing their homework with us this half term.
Thank you for all of your support with this.



Next half term we will be learning all about 'Down under and beyond', our Australian themed topic. As well as beginning our Woodlands learning again, please send children Woodlands kits (wellies, wet weather gear or old bottoms and a jumper) in to school in place of their Outdoor PE.



Years 3 & 4



This term we have studied Crime & Punishment, we have learnt about why some of these are no longer in place and the reasons why.. As part of this unit of work, we had a very interesting visit from local historian, Ivan Bunn.



We have had HSBC visit us also to help us think about budgeting.

We have been working on our painting skills and looking at Shading. We are also developing a still life to paint using everyday school objects.



PE sessions have been Tag Rugby which has had great enthusiasm shown by all.

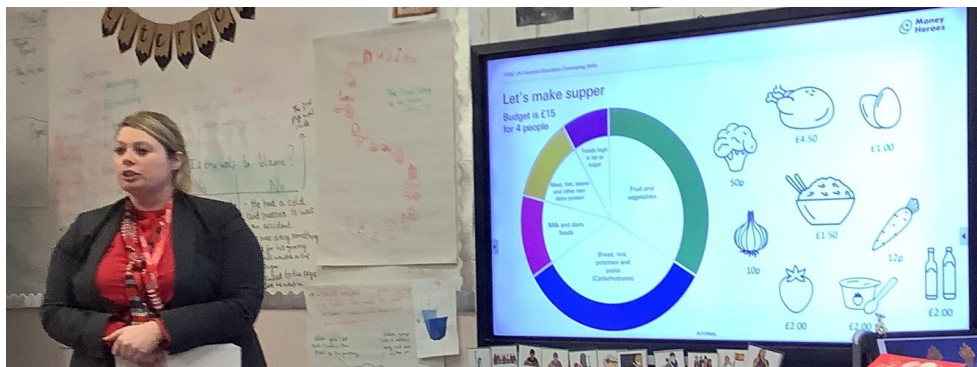




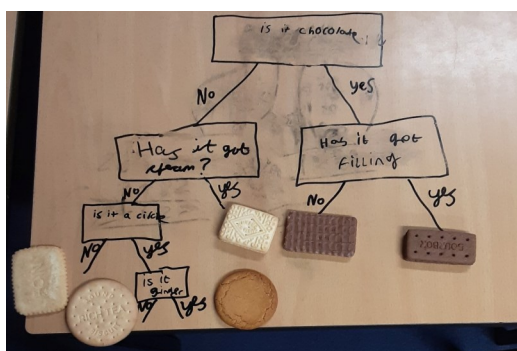
Years 5 & 6



This term we have looked at our topic of Journeys. This has been spent looking at the Windrush and Kindertransport - the children have been really engaged in these areas of learning.



We had HSBC visit us this term to teach us about spending our money wisely.



Within Science learning we have looked at classification where we have grouped plants, animals and even biscuits.



Our artwork has involved many different painting techniques including different tools and some of Fauvist's work.



Sporting Success

Tournaments

This half term has been jam packed with event after event. It has been one of the most successful half terms in a long while! This half term we have brought home medals for Boccia, Girls Football in Year 3/4 and Basketball in Year 5/6. We have also been to many inclusion festivals which has given a lot more children the opportunity to create friendships on that wider scale.

Some special mentions go to Bella for scoring a double hat trick in the Year 3 Football event this half term. Also Freddie for winning joint amount of strikes at the ALT Bowling event this half term!



Sports Clubs

This half term was very busy with a large number of before school, lunchtime and after school sports clubs on offer. It was great to see so many children joining in and keeping active. If there are any sports clubs you would particularly like to see on the timetable, do speak to Mr Stent and we will see what we can do for future sessions.

Upcoming Fixtures

We have confirmed lots of tournaments for next half term and are hoping to add more to the fixtures list as they become available. We will, of course, keep families updated and endeavour to include as many children as possible in these events.

Wednesday 1st March	Boccia County Finals @ Water Lane
Wednesday 1st March	ALT Years 1 & 2 Skittleball
Thursday 2nd March	NSSP Year 3 Skittleball
Wednesday 8th March	ALT Year 4 Girls Football
Thursday 9th March	NSSP Year 3 Quick Cricket
Wednesday 15th March	NSSP Years 5 & 6 This Girl Can Festival
Thursday 16th March	ALT Year 6 Boys Football
Tuesday 21st March	NSSP Years 5 & 6 Futsal
Thursday 23rd March	ALT Years 5 & 6 Quick Sticks
Wednesday 29th March	NSSP SEND Easter Event
Thursday 30th March	NSSP Years 5 & 6 Quick Sticks

#BETHEBESTTHATYOU CANBE

Diary Dates

There will be more events taking place and we will let you know as soon as possible!
 Events in purple are the ones we would love families to join us in school for.

Friday 10th February	Last Day of the half term
Mon 13th – Fri 17th February	Half Term Holiday
Monday 20th February	Children return to school
Tuesday 21st February	13:30–14:30 Year 2 family share session – Maths
Wednesday 22nd February	8:45–9:15 Years 5 & 6 SATs meeting for parents/carers 15:15–16:15 Years 3 & 4 TT meeting for parents/carers
Thursday 23rd February	14:00–15:00 Year 1 family share session – Maths
Monday 27th February	14:15–15:15 Years 3 & 4 family share session – Reading
Tuesday 28th February	Marina Theatre workshops with Years 3, 4, 5 & 6 13:00–14:00 SEND café for parents/carers 14:15–15:15 Years 5 & 6 family share session – Reading
Thursday 2nd March	World Book Day
Monday 6th March	Reception family share session
Monday 13th March	Years 3 & 4 – Gull Wing speaker visiting
Thursday 16th March	Class Photos
Monday 20th March	Climate Change theatre performance in school
Tuesday 21st March	Years 5 & 6 @ Pakefield High performance
Monday 27th March	10:30–11:30 Nursery family share session 1 14:30–15:00 Pre-school family share session
Mon 27th – Wed 29th March	Parent Interviews
Thursday 30th March	10:30–11:30 Nursery family share session 2
Friday 31st March	Last Day of the half term
Monday 3rd – Fri 14th April	Easter Holiday
Monday 17th April	Children return to school

HOUSE POINTS

The totals for this half term are:

Diamond = 1526

Ruby = 1456

Emerald = 1603

Sapphire = 1436

Congratulations **Emerald** your house captains are busy organising your treat!

ATTENDANCE

02.1.23	Year 5	95%
09.1.23	Year 2	97.9%
16.1.23	Year 5	100%
23.1.23	Year 2	98.8%
30.1.23	Year 2	97.1%

Year 2 & 5 have both won breakfasts with their teachers this half term.

EXTRA CURRICULAR ACTIVITIES

We have another fantastic range of clubs available from Monday 20th February.
If you would like to sign your child up to one, please email the school office.

Spring Term (2) Clubs 2023 P.E SHED/MR SYED/SCHOOL STAFF

Day	Breakfast 8.00am - 8.30am	Lunch 12:30pm - 1pm	After School 3.15pm - 4.15pm
Monday	Dodgeball - Years 1 to 6	Tournament Prep 12-1 Colouring - Mrs Ball - 12:30-1	Indoor Cricket - Years 3 & 4 Friends and Feathers - Miss Bow & Mrs Eccleston Years 4, 5 & 6
Tuesday	Hockey - Years 1 to 6 Mindfulness - Mrs Andrews Years 1 to 3	Tournament Prep 12-1 Colouring - Mrs Ball - 12:30-1	Give it a Go (Multi-Sports) - Years 1, 2, 3 & 4 Board Games - Miss Thompson - Years 3, 4, 5 & 6
Wednesday	Cricket - Years 1 to 6	Tournament Prep 12-1 Rock Choir - My Syed 12pm-1pm Colouring - Mrs Ball - 12:30-1	Friends and Feathers - Miss Bow & Mrs Eccleston Years 1, 2 & 3
Thursday	Football - Years 1 to 6	Tournament Prep 12-1 Play Leaders/Miss Gardener Dance Club 12-12:30 Colouring - Mrs Ball - 12:30-1	Games - Years 1 & 2 Film - Miss Willeard - Years 3, 4, 5 & 6 Online Maths Games - Mr Moore & Mr Taylor Years 3, 4, 5 & 6
Friday	Give it a Go (Multi-Sports) Years 1 to 6	Tournament Prep 12-1 Colouring - Mrs Ball - 12:30-1	Football - Years 4, 5 & 6

WEBSITE

Please keep an eye on the school website as we update this regularly.

The address is: www.westwoodprimary.org

You can also follow us on:



Twitter: @Westwood School



Facebook: Westwood Primary School



Instagram: westwoodprimary

CONTACT DETAILS

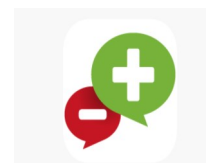
Please ensure we have your up to date contact details. This includes current address and telephone numbers.

We MUST have two contact telephone numbers in case of an emergency.



PARENTMAIL

Please ensure you sign up to ParentMail, this is how you will receive ALL means of communication.



Please speak to the school office, if you have any problems - paper copies may be available upon request.

ALLERGY INFORMATION

As you will already be aware, we are a nut-free school - we have children who have allergies to a variety of different nuts as well as peanuts - and ask that parents check the ingredients of items in packed lunches, avoiding anything that states it contains nuts.



Reading



World Book Day 2023

World Book Day will be on 2nd March this year. There will be activities in school to promote a love of reading during the week that World Book Day falls in. More details of the activities will follow in a separate news letter.

Your children should receive their £1 book tokens on World Book Day. These can be used to get money off books in participating books shops (for instance Waterstones in Lowestoft town centre) but they can also be used to buy one of the wonderful selection of World Book Day books. These are always high quality books, written by successful children's authors. We can highly recommend these books.



Promoting reading for pleasure at home

We know that reading is a crucial skill. We also know that children who read for pleasure tend to do better in school. There is strong evidence linking reading for pleasure and educational outcomes but the benefits of reading for pleasure go beyond this and stretch throughout a person's life. Reading increases our understanding of our own identity, improves empathy and gives us an insight into the world view of others. Here are some ideas for promoting a love of reading at home.

Reading Role Models

We need to make sure that the children see us reading. Many children see their parent on their phone and just assume that they are playing a game as that is what they would use the phone for. Not understanding that we may be reading. Similarly with kindles, children may think it is just a tablet.

The more they see the adults around them read, the more they will consider doing it themselves. Show them that it is fun!

Bedtime Stories

Due to time restraints, many families miss out on bedtime stories but the benefits are huge! Reading to your child for just 10 minutes a day/night can improve their vocabulary, encourage them to read independently and can also improve parent/child relationships. This is not just a KS1 issue. Older children love a bedtime story too (even if they won't always admit it!) Bedtime stories can be whatever you and your child want to read together! (Extra tip - Do the voices! You can have a good giggle together at your brilliant/miserable attempts at doing various accents...)

If you don't feel confident reading aloud there is always the CBeebies bedtime story, but do this as a family activity rather than the children on their own, then you can talk about the story together afterwards.

Book Talk

Sometimes, children will just want to sit and listen to a book because they are so engrossed in the story. This is completely fine, there is no need to quiz them after every chapter that you read. But sometimes informal book talk can be a fantastic way to discuss what has been read. Picture books lend themselves well to informal book talk because children want to explore and discuss the pictures, which often tell us so much more than the words.

- Make links/connections. Do the characters/settings remind you of anyone/anywhere? Have you been in a similar situation? Have you learnt about this from TV/School?
- Make predictions. Can you guess what the story is about? What will happen next? Discuss/introduce vocabulary. If there is a tricky word, can you explain what it means?
- Discuss emotions. How does the story make you feel? Some children find it hard to articulate their feelings, so if it is modelled for them by adults it can help them understand their own feelings.



SEND



Zones of Regulation

In the upcoming months, we will be introducing the Zones of Regulation programme to our school.

The Zones of Regulation is a curriculum based around the use of four colours/characters to help children self-identify how they're feeling and categorise it based on colour.

The curriculum also helps children better understand their emotions, sensory needs and thinking patterns. The children learn different strategies to cope and manage their emotions based on which zone they are in.

Children will be introduced to the 'Zones' and we will share further information with parents as the programme is embedded.

Blue	Green	Yellow	Red
 Low	 Happy	 Wobbly	 Angry
Running Slow	Good to Go	Caution	STOP
unhappy tired withdrawn tearful	positive proud calm focused	excited nervous frustrated annoyed	mad furious yelling aggressive



PARENT SEND CAFÉ

Tuesday 28th February at 1pm

come and talk SEND.

Local services signposting session



Safeguarding and Mental Health

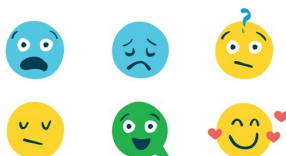


FEBRUARY HALF-TERM 2023					MENU		EXTRA INFORMATION
DATE	MEAL	TIME	VENUE	VENUE ADDRESS	MAIN	DESSERT	
Monday 13th February	Lunch (Eat in)	12 noon sit in	Christ Church	Whaplod Road, Lowestoft, NR32 1XD	Beef Pie, Jacket Potato and Vegetables	Cheesecake	A craft activity will be available and Lowestoft Town Council Crafts will be attending.
Tuesday 14th February	Lunch (Eat in AND Takeaway)	12 noon sit in and for takeaways collection times will be advised when booking	St Lukes	62 Homefield Avenue, Lowestoft, NR33 9BX	Cottage Pie and Greens	Fruit Pie and Icecream	A craft activity will be available
Wednesday 15th February	Breakfast (Sit in)	9.30 am sit in	Beresford Road Evangelical Church	(Rear of 51) Beresford Road, Lowestoft, NR32 2NQ	Bacon rolls, cereals etc		A craft activity will be available and Lowestoft Town Council Crafts will be attending.
Wednesday 15th February	Lunch (Takeaway)	Collection times will be advised when booking	Gunton Baptist Church	Montgomery Avenue, Lowestoft, NR32 4DZ	Sausage Casserole with Jacket Potatoes, Peas and Carrots	Cake	A craft activity will be available
Thursday 16th February	Lunch (Eat in)	1 pm sit in	St Andrews Church	Roman Road, Lowestoft, NR32 2DQ	Panini	Pancakes	A craft activity and Pancake games will be available.
Thursday 16th February	Breakfast (Sit in)	9.30 sit in	Whitton Life Community Hub	4 The Green, Whitton, Lowestoft, NR33 9AZ	Bacon rolls, cereals etc		A craft activity will be available
Friday 17th February	Lunch (Takeaway)	Collection times will be advised when booking	All Saints and St Margaret's Church, PAKEFIELD	Pakefield Church Hall, Sunningdale Avenue, Pakefield, NR33 7DB	Lasagne	Crumble	A craft activity will be available

If



If you notice that your child has feelings about how they and changes they may be going through are impacting on their day to day life, Childline.co.uk has some fantastic support and resources on their website for children struggling with body image self-esteem.



Mental health support resources for young people

List of mental health support resources available across Newham.

BOUNCE BACK ONLINE

Bounceback online promotes positive wellbeing and resilience in young people from home.

bouncebacknewham.co.uk

YOUR TIME

Offers support for young people who are affected by the uncertainty the coronavirus pandemic brings to their daily lives.

02033739983

your.time@newham.gov.uk

KOOTH

Safe and anonymous online counselling and support for young people.

<https://www.kooth.com/>

Available weekdays 12-10pm

YOUNG MINDS

Offering mental health support for young people around bullying, body image and more.

<https://www.youngminds.org.uk>

08088025544 available weekdays 12-10pm

24/7 crisis messenger: text YM to 85258

SAMARITANS

Provides confidential emotional support for anyone who is struggling to cope.

www.samaritans.org

Available 24hrs a day, 7 days a week

Call 116 123, text 07725909090

Beat

Support for young people suffering from an eating disorder or experiencing any symptoms.

beateatingdisorders.org.uk

Available 9am-8pm weekdays, 4pm-8pm weekends. Call 0808 801 0711

childline

Private and confidential service where young people can talk about anything 24/7.

childline.org.uk

0800111111

PAPYRUS

Support for young people dealing with suicide, depression, or emotional distress.

[Papyrus-uk.org](https://papyrus-uk.org)

Weekdays 10am-10pm, weekends 2pm-10pm

Call 0800684141 text 0778609697

Believe in children

Provides support to young people affected by abuse and those living in care.

barnardos.org.uk

myh

Provides support at the point of crisis for young people who need emotional support and signposting.

myh.org.uk/helpline 08008082008

Suffolk Safeguarding Children Board

www.suffolkscb.org.uk

Safeguarding is everyone's responsibility

If you are worried about a child, talk to your Safeguarding Lead within your own organisation to discuss your concerns at the earliest opportunity.

You can also seek advice from the MASH Professional Consultation Line: 0345 6061499



christians against poverty

Call

0800 328 0006

If you're looking for help, whether that's help to get out of debt, find a job or gain vital life skills, Christians Against Poverty provides a range of free professional services across the UK through local churches.

HERE TO HELP

People who can help

In addition to your child's class teacher, who should always be your first point of contact, the following people are readily available to help you with any issue, if needed.



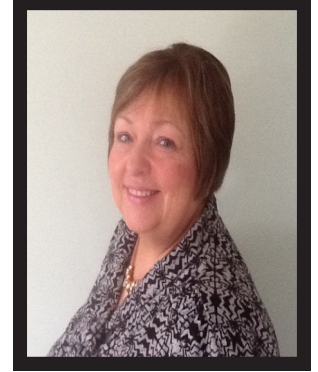
Mrs Rae Aldous
Executive
Headteacher



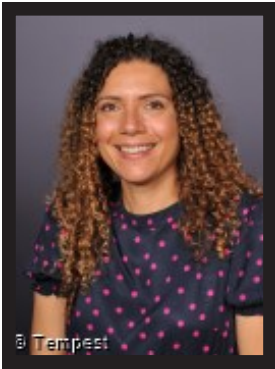
Mrs Lauraine Barnes
Westwood
Head of School



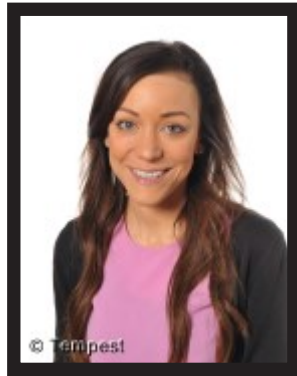
Ms Louise Creed
Grove
Head of School



Mrs Jackie Cutchey
Chair of Governors



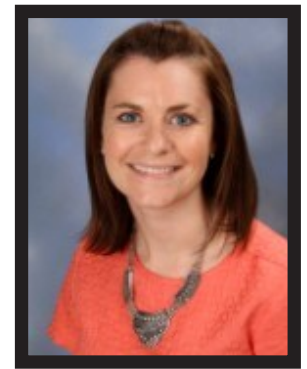
Mrs Danielle Gillings
Assistant Headteacher
EYFS Lead



Miss Beth Jones
Assistant Headteacher
KSI Lead



Mrs Rachel Kounnas
Assistant Headteacher
KS2 Lead



Mrs Kelly Hough
Assistant Headteacher
Staff Development



Mrs Kate Grey
Assistant Headteacher
Pastoral & SEND



Ms Natalie Taylor
Family Support
Worker



Mrs Sarah Bayfield
SENDCo



Mr Stephen Clarke
Safeguarding
Governor