



# Wrockwardine Wood C of E Junior School

## 'Wrockers' Weekly

'Love, Laugh and Learn'

This Half Terms Value — Thankfulness

Friday 28th February 2025

### Welcome Back!

We had a lovely first day back in school on Monday with the launch of our Wellbeing Welcome. This is a new initiative we are trailing on the first day back after each holiday the whole school will participate in wellbeing and mindfulness activities. We hope that this initiative will reduce some of the anxiety and stress both children and adults can feel when returning to school. We had lots of positive feedback from staff and children who found the morning activities really calming and relaxing.

In year 4 after the class had read a book called 'In my Heart', which discusses all the different emotions our hearts might feel, the children were asked 'How does your heart feel right now?'. Some of the pupils responded:

- \* Maisie B: "My heart feels calm because my brain feels relaxed from watching the bubbles float around."
- \* Rebecka P: "My heart feels happy because I got to listen to a lovely story that shows feeling different emotions is normal and my brain feels calm because I got a bit of time to shut off and relax."

This initiative has proven to be very effective and powerful we plan to repeat this net half term after Easter.



### Dates for your Diary

#### Tuesday 4th March

SEND coffee afternoon 2:15pm to 3:15pm

#### Wednesday 5th March

Adams Grammar talk for parents year 3 and year 4

#### Friday 7th March

World Book Day

#### Tuesday 11th March

Class Photos during the morning

#### Tuesday 11th March

Art Sale 3:30pm—all welcome

#### Thursday 13th March

Year 4 trip to Granville Country Park during the school day

### Spring 2 – Laugh: Thankfulness

This half term, we are focusing on the Christian Value of **thankfulness**.

Thankfulness is the feeling of being happy and grateful for something.

Outside of school, children might demonstrate **thankfulness** in the following ways:

- \* Showing thankfulness by an act of kindness
- \* Showing gratitude by an act of kindness
- \* Being a thoughtful listener to someone who needs to talk
- \* Offering your help to others



### PE Days Spring Term 2

Pupils may come to school in PE kit on their PE lesson day (See school uniform policy)

Day	Indoor PE	Outdoor PE
Monday	5H and 5B	3LB and 3B
Tuesday	3LB and 3B	5H and 5B
Wednesday		6S, 6KS, 6D, 4C and 4T
Thursday	4T and 4C	
Friday	6S, 6KS and 6D	

After the amazing support last year, our school arts council would love to raise money again to support further art projects and materials.

So, come along to our

# A-R-T EXHIBITION

and sale!

11th March  
at  
15:30

If you can't make it, children can bring in a donation to school to take their artwork home with them.

All donations will be greatly appreciated!

## World Book Day!

We are very excited to let you know that we will be celebrating World Book Day on Friday 7th March here at school! Children are invited to dress up as their favourite book characters or alternatively wear their pyjamas to school on this day and we would love them to bring in their favourite books or stories to share with their class! Throughout the day the children will be participating in lots of different activities related to reading to help us to continue to build their love of reading.

WORLD  
**BOOK  
DAY**

## ATTENDANCE LEAGUE

Week ending: 28.02.25

Whole School: 94.7 Target 97%

Class	This week's %	Target achieved	Dojos
3B	89%	No	0
3LB	97%	Yes	3
4T	92%	No	0
4C	98%	Yes	3
5B	93%	No	0
5H	97%	Yes	3
6S	98%	Yes	3
6KS	95%	No	0
6D	94%	No	0



Be an Attendance **HERO**



## JUNIOR BAKE OFF



JOIN THE CLASS OF 2025!

## JUNIOR BAKE OFF

... IS LOOKING FOR BRILLIANT BAKERS, AGES 9-15 FOR THE NEXT NEW AND EXCITING SERIES!

APPLICATIONS CLOSE  
SUNDAY 23RD MARCH

[APPLYFORJUNIORBAKEOFF.CO.UK](http://APPLYFORJUNIORBAKEOFF.CO.UK)



### PODS Ice Skating Session

Friday 14th February 2025 from 5pm-6pm at Telford Ice Rink, Telford, TF3 4JQ  
Come and join PODS for the SEND skating session at Telford Ice Rink! Please note that this is open to the public and not a private hire.

Please ensure you bring your child's TLC Card - please email [louise@podstelford.org](mailto:louise@podstelford.org) if you need support acquiring a TLC Card. Further charges may apply if you do not bring a TLC Card.  
We will also require you to bring proof of carers and needs (T&W request sorry). Stability aids are available free of charge and skates aren't required during this session. Wheel chairs are able to access the pad.

Open to all ages, including siblings. Parent/carer attendance is required at all times. Non-refundable.

To book, please click here: [PODS Ice Skating](#)



EH in Year 4 enjoying the ice skating session.

### Fantastic Ice Hockey Achievement

AC in year 5 attended this development day recently. It was a very long and busy day after leaving the house at 4am, A had to be on the ice for 6:15am and finished at 4pm in the evening.

There were 60 children at the event but only 17 will get picked so fingers and toes crossed for A.

We are all really proud of his achievements. Well done.



**WOLVES FOOTBALL DEVELOPMENT**

**Monday evenings:**  
Outfield & Goalkeeper sessions

**Where:** Holy Trinity Academy, Teece Drive, Priorslee, TF2 9SQ

**Who:** Mixed (boys & girls) Reception\* to Year 7

**Times:** 6.00-7.00pm (R-Y7)  
\*GK from Y2-Y7

**Wednesday evenings:**  
Outfield only sessions

**Where:** Telford College, Haybridge Road, Telford, TF1 2NP

**Who:** Mixed (boys & girls) Reception to Year 6

**Times:** 6.00-7.00pm (R-Y3)  
7.00-8.00pm (Y4-Y6)

To book, visit [coaching.wolves.co.uk](http://coaching.wolves.co.uk) or email [footballdevelopment@wolves.co.uk](mailto:footballdevelopment@wolves.co.uk) for more information.

### The Wrockwardine Wood CE Junior School "Living life in all its fullness" challenge.

This week's challenge is to:

**Go on a family bike ride.**

We would love to see your photos please email them to: [a3129@telford.gov.uk](mailto:a3129@telford.gov.uk) or DoJo to your class teacher.



**LOVE**  
laugh  
**LEARN**



# Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 If you find yourself rushing, make an effort to slow down

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

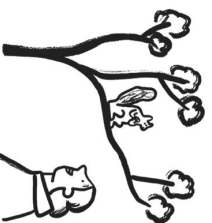
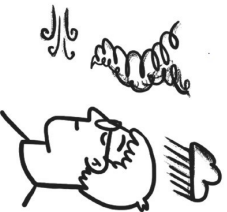
28 Notice when you're tired and take a break as soon as possible



29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

# Book Recommendations!

This half term, our children are reading these books in their love to read lessons and at story time. If they're enjoying them, here are some related suggestions for books they may want to try!

## Year 3

If you're enjoying this:




Why not try these:




- *In the Mouth of the Wolf* by Michael Morpurgo
- *Escape Room* by Christopher Edge
- *The New Famous Five* by Chris Smith

## Year 4

If you're enjoying this:



Why not try these:



- *Stig of the Dump* by Clive King
- *Gulliver's Travels* (abridged) by Jonathan Swift
- *The Borrowers* by Mary Norton

## Year 5

If you're enjoying this:



Why not try these:



- *The Colorless Sara Short* by Michael Smith
- *Guardians of the New Moon* by Eric Huang
- *The Secret Lake* by Karen Inglis

## Year 6

If you're enjoying this:



Why not try these:



- *Black Beauty* by Anna Sewell
- *White Fang* by Jack London
- *The Adventures of Huckleberry Finn* by Mark Twain



# SCREEN TIME PARENT GUIDE



## BE A DIGITAL ROLE-MODEL

It's not just children who are susceptible to the persuasive design of Social Media and games. Anyone can find themselves swiping through a newsfeed for longer than they intended, or using their smartphone before bed or during meal times.

Children are looking to us to learn behaviours, and the addictive nature of smart phones is a societal challenge. Lead the way by limiting your own screen time and demonstrating positive digital habits.



## CREATE A FAMILY AGREEMENT

Creating a family agreement is a fantastic way of setting boundaries and clear expectations around screen time. This can include the amount of screen time that would be appropriate each week, along with when and where this will take place.

Get everyone to sign the agreement. Display the agreement where everyone can see it.

This family agreement can then act as a reminder of the boundaries that you have put in place to ensure healthy use of technology.



## BE MINDFUL OF THE IMPACTS OF SCREEN TIME

It can be useful to reflect on how our children's use of technology may be impacting them. To get started, try writing out an answer for each of these questions:

What impact is screen time and technology usage having on my children?

How are we currently using technology in the household?

What would I like to change about we use technology as a family?

Is our use of technology impacting our sleep?

If these questions raise concerns for you, think about the areas that you want to make changes.



## DECIDE AGE RESTRICTIONS IN ADVANCE

If your child is using a Social Media platform such as Instagram or TikTok, it may be difficult conversation to ask them to delete it once they have already started using it.

Instead of this, decide in advance what age you would want your child to be before they access a certain app or game.



## USE DIGITAL WELLBEING SETTINGS

Increasing social media apps are introducing wellbeing and screen time features. For example TikTok has Digital Well-Being features that allow you to limit screen time, and set restricted mode.

Instagram has a 'Your Activity' section, this allows users to see how much time they are spending on the app. You can also mute Push Notifications and set reminders to help users to limit time spent on the app.

**OpenView**  
Education  
TRAINING THROUGH THEATRE

Access more resources at  
[openvieweducation.co.uk](http://openvieweducation.co.uk)