



Woodlands
Primary School

NEWSLETTER

News Updates from Woodlands Primary School
READY – RESPECTFUL – SAFE

4th Oct 2024

LUNCH MENU: 3

MENUS:

https://www.woodlands.cheshire.sch.uk/serve_file/29149396

TERM DATES:

Term Dates

https://www.woodlands.cheshire.sch.uk/serve_file/30055726

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about WHATSAPP

AGE RESTRICTION 16+
In UK and Europe, rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging. WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

WHAT ARE THE RISKS?

EVOLVING SCAMS
WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS
To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS
WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

'VIEW ONCE' CONTENT
The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK
Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION
WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safety on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION
Encourage your child to treat unexpected messages with caution; get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

THINKING BEFORE SHARING
Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

ADJUST THE SETTINGS
It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

CHAT ABOUT PRIVACY
Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert
Dr Claire Buchanan is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and online behaviour of young people in the UK, USA and Australia.

...HEY OSCAR...

NOS National Online Safety
#WakeUpWednesday

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/3370889662332> | https://faq.whatsapp.com/26106529688245?helpref=faq_help | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-more-private> | <https://www.oscm.com/learn/whatsapp-scams>

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@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.01.2023



Woodlands Primary School



Online Safety Newsletter

Oct 2024

iOS 18 Launch

Apple have recently released their latest operating system, iOS 18. iOS 18 offers lots of new features (some are restricted to newer phones) but one feature that you should be aware of is the ability to now lock and hide apps.

When an app is locked, Face ID, Touch ID or your passcode will be required to open it. This also means that notifications will no longer be shown for that app. Additionally, apps can now be hidden so they can only be accessed through a hidden apps folder that is also locked. This new feature illustrates the need to have regular chats with your child about what they are using their phone for.

Vault (secret) Apps

Have you heard of Vault Apps? They are basically secret apps that are concealed by looking like a normal, less conspicuous app. For example, one of these apps looks and works like a working calculator when opened, but when a passcode is entered, it reveals photographs, videos, documents and contacts. One way to prevent your child from using these apps is to ensure parental controls are set up so you can review all app purchases. You can find out more here:

- <https://www.bark.us/blog/find-hidden-apps/>
- <https://www.safes.so/blogs/vault-apps/>

Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams



What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

EE launches Age Guidance

EE has launched age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://newsroom.ee.co.uk/ee-launches-age-guidance-for-smartphone-usage-in-drive-to-improve-childrens-digital-wellbeing/>

Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<https://smartphonefreechildhood.co.uk/>

What device?

When you think it is the right time for your child to have a phone, then Which? provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>

Instagram: new Teen account features

You must be over 13 years of age to set up an account. Instagram is used to post photos and videos as well as send direct messages, make voice/video calls and send disappearing messages. Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).



Teen accounts – NEW feature

Instagram have introduced Teen Accounts to try and create a safer experience for them. With a Teen Account, who they can contact is limited and the content they access will be set to the most restrictive setting to reduce exposure to sensitive content. If a teen would like to override any of these settings, then they will need their parent's permission by setting up parental supervision. These changes will be in place for all new users straightaway so any users that sign up that are under 16 will automatically be given a Teen Account. Existing users will be moved over to Teen Accounts over the next couple of months (in the UK).

Supervision settings – new features

Instagram already offers a supervision facility, but they have added to the features to include:

- The ability to see who your child has messaged in the past week (you will not be able to see the contents of these messages)
- The option to block your child from accessing Instagram at certain times e.g. during school or at night.
- The ability to see what topics your child has chosen to see.

Read the press release from Instagram, which outlines all the upcoming changes: <https://about.fb.com/news/2024/09/instagram-teen-accounts/>

You may not be seeing everything!

Did you know that you can hide your stories and live videos from specific people so your child could be uploading content but restricting your account from viewing it?

Safety Features

Ensure your child knows how to report posts and people, how to unfollow and block people, delete and turn off comments. View here:

<https://help.instagram.com/269765046710559>

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it.

More information

- Visit the family centre to learn more about the features available: <https://familycenter.meta.com/uk/>

Learn Through Play with Sesame Street

The Sesame Street website has a whole host of resources, activities, and games from supporting with learning ABCs to discussing tough topics such as grief.

<https://sesameworkshop.org/>

Expert Approved Apps for Learning at Home

On the Google Play Store, you can find a list of expert approved Apps for learning at home suitable for children up to the age of 12.

<https://play.google.com/store/apps/category/FAMILY>

Be aware of what you share

Get Safe Online have produced a set of tips to help you avoid oversharing and outlines what the consequences might be if you do:

<https://www.getsafeonline.org/whatdo-youshare/>

Staying safe online with Google Families

Google have a one stop resource to help you and your family stay safe online. It includes how to set up parental controls and important steps on how to keep your children safe online. You can find out more here:

<https://families.google/>

Vehicle Access Restrictions - Eddisbury Road

Please note that the below access restrictions are still in place and access to Eddisbury Road is only allowed for permit holders, blue badge holders and emergency vehicles between the hours of 8.30am to 9.00am and 2.45pm to 3.30pm.

The Parking Enforcement Team will continue to monitor the road and fines will be issued to those breaching the rules.

Cheshire West & Chester Council

School Streets

We are delivering School Streets in Cheshire West and Chester as part of our plans to improve road safety, encourage walking, cycling and scooting to and from school and improve the air quality and environment, outside schools.

The stretch of road outside school will have a timed traffic restriction during school drop off and pick up times, Monday to Friday only.

Only pedestrians, cyclists or motorists with an exemption will be able to access the School Street during these times. The operational hours of the School Street will be indicated on road signs.

Exemptions will be given to emergency vehicles and Blue Badge holders. Permits will be given to residents and business, living or working within the zone.

Aims of the School Street scheme:

The aim of a School Street is to make it easier and safer for children and their parents or carers to walk, cycle or scoot to school.

Reducing the use of private car journeys to and from school should lead to:

- Less road danger from traffic
- Less anti-social behaviour from inconsiderate parking and dangerous driving
- Encourage a healthier lifestyle by helping children to be more physically active
- Reduced congestion and local pollution from idling vehicles



For more information please visit:
cheshirewestandchester.gov.uk/schoolstreets



Cheshire West
and Chester



This Week's Year Group News

EYFS

Squirrels - In Squirrels this week, we have introduced shaving foam in various activities to support our sensory development. The children have touched, smelt and made shapes in the foam and have had great fun rubbing it between their fingers! It has been fabulous hearing and seeing the children's reactions. The children have also been learning action songs and rhymes this week. We have some super movers already! Our favourite song has been 'Head, Shoulders, Knees and Toes'. During the week, we have shared some of the children's photos and what they have been up to during the weekend. This is always a lovely group time activity. If you would like to email over any photos to share your child's weekend news please send it to squirrels@woodlands.cheshire.sch.uk. The Squirrels children are now becoming more settled, finding their feet and starting to get into a great routine. They are doing so well and this is such a pleasure to see. Well done Squirrels!

Polite reminder - **If you think your child is feeling poorly and you have to give medicine due to a temperature, please keep your child at home to rest. Many thanks.**

Foxes - What a lovely week in Foxes! We have continued to explore 'The Gingerbread Man' story by Mara Alperin and this week we have talked about the characters in the story. The children have also enjoyed making their own dough and adding ginger spice to make it extra special! The Nursery children made some wonderful gingerbread men in our class bakery! In Maths, we have continued to compare amounts, using Maths terms such as 'more' and 'less' and 'the same'. On Tuesday, we enjoyed going to the hall for PE for the first time. The children loved moving around the hall in different ways and we had fun learning some new ring games.

Badgers & Owls - What a great week we have had in Reception. We have been reading the story of 'The Gingerbread Man' and have considered which animals the Gingerbread Man has met. The children have been labelling the animals, recording each sound they can hear. In Maths, we have been sorting objects by their attributes. We have also been comparing sets of objects using the vocabulary of 'less/fewer' and 'more'. The children have also been discussing Harvest and singing songs related to this festival. Well done Owls and Badgers!

Acorns - This week, the Acorns have continued to enjoy the story of the 'Gingerbread Man' and have been focusing on the characters and their phonics sounds. The children have made huge improvements with regards to their sitting and listening this week - well done Acorns! In Art, we have done some finger painting and we looked at the colours, red and yellow. We enjoyed saying the names of the colours and getting very messy! Unfortunately we have had a lot of illness in Acorns this week - if you think that your child is ill, please do keep them at home so we can try to avoid any nasty germs spreading. We look forward to welcoming a full class back next week!

Thank you for your continued support.
The EYFS Team

KS1

Year 1 - 1AA & 1LW - This week, in English, we have been writing in role as 'Tabitha Lumpit' and her parents. 'Tabitha' had a fabulous time living with the trolls, but her parents soon began to miss her. We have focused on using a capital letter for the name of a character or at the start of a sentence and remembering to use a full stop at the end of a sentence. In Maths, we have worked on using the language and symbols 'greater than >' and 'less than <', to compare numbers and quantities. We have used maps to find our way around school in Geography and used our senses of sight and smell during science! **Next week we will be using our sense of taste, if you have not completed the permission form on ParentPay, please do so as soon as a matter of urgency to ensure your child does not miss out.** In 1KS this week, we have started to talk about "one more" in Maths. We have recalled and practised our /m/ /a/ and /t/ sounds in Phonics and had lots of fun with our instruments in Music. We have also moved like 'trolls' and 'goats' in PE and played in the water during outside play!

Continued overleaf.....



This Week's Year Group News

KS1 Continued...

Year 2 - In English, we have continued to use the wonderful 'Troll Swap' to inspire our work. The children have been writing letters and diary entries as one of the different characters from the story. They have continued to proof read their writing and ensure that capital letters and full stops have been used. The children have also been learning to spell words with the plurals -s and -es. In Mathematics, the children have been learning to count in 10's and add missing numbers to a number line. As part of our Science work on animals, including humans, the children have been learning about adults and their offspring. In our Geography sessions, the children have continued to learn about maps and how to use a compass. The focus this week was on using the directions of North, East, South and West.

Thank you for your continued support,
The KS1 Team

KS2

Year 3 & 4 - This week in English, Y3/4 have read a little more of our narrative, 'Gorilla' by Anthony Browne. Focusing on a cafe scene, we have discussed bringing the experience to life with high quality, interesting noun phrases to describe the characters senses. We used these to write setting descriptions which made our teachers very hungry with talk of delicious foods! In Maths, Y3 have been estimating numbers on a number line and comparing/ordering numbers. Y4 have now completed their unit of work on place value and are moving onto addition and subtraction. We will be exploring the column methods for both operations next week. Please continue to encourage your child as much as possible to recite their times tables. Y3 can revise their 2, 5 and 10 times tables whilst Y4 can practise their 3, 4, 6 and 8 times tables.

Y3 Reminder - For the Judo sessions, Y3 should have no jewellery on, earrings removed or taped over and hair tied back securely.

Also can we request that 'Worry Monster' are kept at home as there has been a huge increase in these being brought to school. School do have some for pupils use.

Many thanks

The LKS2 Team

Year 5 & 6 - It has been a brilliant week in UKS2! In English, Y5 and Y6 have read further in their texts and were shocked and surprised by the twist of 'Jub's' golden pen story. The children took part in brilliant discussions around whether 'Jub' really was the villain and the idea that two wrongs do not make a right!! We were all incredibly impressed by their listening skills and ability to justify their reasoning. The Y5/6 team have also been incredibly impressed with the children's work in their spelling lessons in the past few weeks and the increased participation in both written and online spelling homework. Well done, team! In Maths, Y5 have completed their addition and subtraction unit of work, ending with the application of the column method to missing number problems. Next week, they will begin their unit of multiplication and division by working on multiples, common multiples and factors. Y6, meanwhile, have been working on long multiplication of numbers up to 4-digit x 2-digit and have also investigated short division. In Geography this week, Y5 and Y6 have worked collaboratively in teams to research the five main types of mountains and how they are formed. They have then begun writing scripts so that they can record their own documentary-style presentation on the subject. We have also been so impressed with their recall of mountain ranges in the UK and across the world and the parts of a mountain from previous lessons! 6DM and 6AW were so lucky to have Bethan from Dog's Trust come in and complete workshops with them this week. 5/6LT, 5RO and 5SE will have their workshops in the coming weeks.

Please can we ask that children DO NOT bring any toys into the school with them - fidget spinners, poppers, teddies and football cards to name a few. This also applies to make-up products. These can be a huge distraction to learning and cause great upset should they go missing.

Please can we also remind children that they should not be bringing balls (footballs, tennis balls etc.) into school. Children are not permitted to play ball games on the playgrounds/school grounds before or after school as they are not being supervised by members of staff.

Thank you for your continued support.

The UKS2 Team



WOODLANDS PTA PRESENTS

AUTUMN DISCO

TUESDAY 8TH OCTOBER 2024

WOODLANDS JUNIOR HALL

RECEPTION – 2PM – 3PM

YEARS 1/2 - 3.15PM – 4.15PM

YEAR 3/4 – 4.30PM – 5.30PM

YEARS 5/6 – 5.45PM - 6.45PM

TICKETS £3
INCLUDES DRINKS,
A SNACK
& GOODIE BAG

Tickets on sale at

www.pta-events.co.uk/woodlandscheshirepta

WOODLANDS PTA PRESENTS...

Fireworks Night 2024

FRIDAY 8TH NOVEMBER – 5PM – 8PM

**WOODLANDS PRIMARY SCHOOL (JUNIOR SITE),
EDDISBURY ROAD, ELLESMERE PORT. CH66 2JT**

PROFESSIONAL FIREWORK DISPLAY

MUSIC, FACEPAINTING, GLOWSTICKS, FOOD, DRINK (INC. ALCOHOL)

All Tickets £4

**(Children under 2 go free but MUST obtain a
valid ticket via our site)**

EVERYONE WELCOME

**TICKETS ARE LIMITED AND SOLD ON A
FIRST COME FIRST SERVED BASIS**



**Tickets available now via Ticket Taylor. Scan the QR
code or go to**

**<https://app.tickettailor.com/events/woodlandspta/>
Please direct any queries to woodlands.pta@hotmail.co.uk**

Whole School Attendance 95.65%

Reporting Children's Absence

School must be informed of children's absence on the first day by ringing 0151 329 3164 and pressing 1 to leave a message. This must be done before 9am. Please ensure you provide the child's name, class and reason for absence.

If your child is absent due to sickness or diarrhoea, they will be unable to return to school for 48hrs after their last episode. This is in line with the Public Health Agency guidance to reduce the risk of the illness spreading. Any absence not explained is registered as unauthorised.

Appointments

Parents and carers should make every effort to book routine dental and GP appointments outside of school hours. Where this is not possible, children should only be absent for the time needed for the appointment and travel to and from.

For any prebooked medical appointments copies of appointment letters can be emailed to n.brown@woodlands.cheshire.sch.uk in advance so that a note can be added to the register. The school will work with all families on an individual basis if medical absences exceed the maximum threshold.

Holidays During Term Time

Can we politely request that parents inform school of any upcoming holidays via the Exceptional Leave of Absence forms which can be collected from the school offices. These forms should be completed and handed to school 4 working weeks in advance of the first day of absence. We aim to reply to you within 10 working days of your application.

Dates – Week Beginning 7 October 2024

Lunches Week 3

Mon 7 Oct	Breakfast Club – KS2 Archery 8-8.45am– to book on contact matt@archeyeducation.co.uk
Mon 7 Oct	Y3 Judo PE Sessions
Mon 7 Oct	After school club – Y3-Y5 Young Voices 3.20pm to 4.20pm. Meeting in 3LB, pick up from Junior Playground
Mon 7 Oct	New Reception 2025 Parent Tour (please call the office to book on)
Tue 8 Oct	Discos Nursery, Acorns and 1KS will have discos in class during the day. Reception 2-3pm – pick up at the end of day from classrooms as normal Y1 & 2 3.15-4.15pm – pick up junior playground Y3 & 4 4.30-5.30pm – pick up junior playground Y5 & 6 5.45-6.45pm – pick up junior playground
Tue 8 Oct	After school club Y3 & Y4 Basketball Club with Vara Sports 3.20-4.20pm pick up Junior Playground (Book on via ParentPay)
Wed 9 Oct	Tempest Whole School Individual Photos and Reception to Y6 sibling photos.
Wed 9 Oct	Y3 & 4 Cyber Safety Talk with Cyber Sid
Wed 9 Oct	After-school club KS2 Create Music Guitar Lessons 3.20-4.20pm, pick-up Junior playground (book direct at admin@wecreatemusic.co.uk)
Wed 9 Oct	After-school club Y3 & Y4 Dodgeball Club with Vara Sports 3.20-4.20pm pick up Junior Playground (Book on via ParentPay)
Wed 9 Oct	Y2 Menai Meeting 3.40-4.10pm – Junior Hall – Parents invited
Thu 10 Oct	World Mental Health Day
Thu 10 Oct	Chester Zoo Orienteering Trip – 4 x Y5/6 children (by invite only)
Thu 10 Oct	Y3 Violin Lessons - individual and small group (book direct with hello@edsential.co.uk)
Thu 10 Oct	After school club Y5 & Y6 Basketball Club with Vara Sports 3.20-4.20pm pick up Junior Playground (Book on via ParentPay)
Fri 11 Oct	Y3 Group Violin lessons with Edsential
Fri 11 Oct	Y4 Swimming - Group A
Fri 11 Oct	Y5 - Library Visits



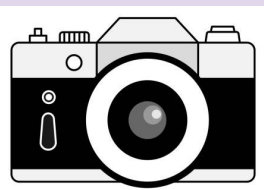
Vacancy - School Cook



We currently have a vacancy for a School Cook for 25-30hrs per week, term time only. If you or anyone you know may be interesting, please contact Mrs Moss on 0151 329 3164 for more information.
Thank You!

Our lovely PTA will again be organising Christmas cards. The children will be completing their designs in class which will be sent off by the 18/10/24 to be made into order forms that the children will then bring home. For our Squirrels class, the templates have been sent home with your child this week so you can assist them with their designs. Please return them to the office next week. You will then be able to order your Christmas cards, gift tags or mugs directly with the company to be delivered to school in time for Christmas. We will keep you informed as to ordering deadlines. If you have any queries regarding this process, please contact the PTA or the school office.

TEMPEST



Tempest will be in school on the 9 October 2024 to take individual and family group photos. For more information please see the email sent to parents on the 1 October 2024

Used Toy/Game Donations

If you are starting to have a clear out of your child/ children's toys/games in preparation for Father Christmas' arrival, could you please consider donating any used toys (dolls, cars, figures etc) or any board games to school, for us to use in our lunch club which is accessed by a number of children across school. Used toys/games can be dropped off at the Junior Office. Many thanks

1 DAY WORKSHOP

3D
THE ORIGINAL
TRAINING
UK

RAISING CONFIDENT CHILDREN



This course provides parents with essential insights and practical strategies to nurture their child's self-esteem, resilience, and independence. It covers effective communication techniques, positive reinforcement, and goal-setting, equipping parents with the tools to raise children who are self-assured, capable, and prepared to face the world with a strong sense of self-worth.

WHAT DOES THE COURSE COVER?

- Understand the importance of confidence in children
- Understand the definition of confidence and self-esteem
- Develop an understanding of the impact of social media and technology on children today
- Understand the role of parents and caregivers in building confidence.
- Learn some strategies to effectively communicate with your child
- Develop strategies to develop children and young people's confidence and self-esteem


Course Date and Location:

Friday 8th November | 9.30am-2.30pm

Location: The Dale Barracks, The Dale, Moston,
Chester CH2 4DB



To book on to this course or if you have any questions please contact the team:
info@3dtraining.uk.com | 0151 294 4749



1 DAY WORKSHOP



MOVING INTO ADOLESCENCE

Adolescence is the transition from childhood to adulthood, typically between ages 10 and 19, marked by physical, emotional, and psychological changes like puberty, identity development, and growing independence.

WHAT DOES THE COURSE COVER?

This course is designed to help parents navigate their child's transition into adolescence. Learn about the physical, emotional, and psychological changes that adolescents experience, and gain the tools to understand, empathise, and support them through this important phase.

- Explore the various physical, emotional, and psychological transformations during adolescence
- Gain insights into the challenges and milestones typical of this developmental stage
- Learn techniques to communicate effectively with your adolescent
- Develop skills to listen actively and respond with empathy
- Discover ways to develop your child's independence
- Techniques to boost your child's self-esteem and confidence
- Strategies to support your child's mental health and well-being
- Develop strategies for setting appropriate boundaries

Course Date and Location:

Friday 22nd November | 9.30am-2.30pm

Location: The Dale Barracks, The Dale, Moston,
Chester CH2 4DB

To book on to this course or if you have any questions please contact the team:

info@3dtraining.uk.com | 0151 294 4749



Health and Wellbeing




Learn to listen to your body
and look after your mind.
during this 4-week course

Four Fridays starting 4th October
10am - 2pm

The Hughes
Centre, Charles
Road, Dale
Barracks Army
Camp CH2 4BD

Sign up with Caroline on
caroline.reynolds@cheshirewest.gov.uk
or text 07775 717122



The **Mental Health Support Team (MHST)** in Ellesmere Port offer **evidence based intervention groups for parents of children who are experiencing anxiety or behaviour problems**

To find out more about what we offer and ask any questions you may have, please come to one of our

Parent Coffee Drop-ins

Tuesday 15th October
9.30-11.30am or 1-2.30pm

Wednesday 16th October
9.30-11.30am

Venue:
Kingsley Resource Centre
Coronation Road,
Ellesmere Port
CH65 9AA

Monday 21st October
1pm - 3pm

Venue:
The Acorns Primary and Nursery School
Pooltown Road,
Ellesmere Port
CH65 7ED

We look forward to meeting you!

For further information email:
cwp.cheshiremhstadmin@nhs.net



BUSHIDO JUDO KWAI PRESENTS:

**A BEGINNERS INTRODUCTION
TO JUDO**



**X10 WEEKS
EVERY
TUESDAY
18:30 - 20:00 PM**

**ONLY £50 FOR
THE FULL
COURSE !!**

**REGISTRATION IS OPEN - COURSE STARTS 15TH OCTOBER 24
TO BOOK NOW CONTACT US ON : 07728686183**

**WHITBY SPORTS & SOCIAL CLUB
DUNKIRK LANE, CHESTER ROAD, ELLESMERE PORT
CH65 6QF**

IMPORTANT INFORMATION FOR OUR PRE-SCHOOL PARENTS



Starting Primary School in September 2025

**Do you have a child born
between 1 September 2020
and 31 August 2021 and
are you a Cheshire West
and Chester resident?**

YES – from 1 September
2024 you must apply for
a school place.

You can apply from 1 September 2024:

- online at www.cheshirewestandchester.gov.uk/admissions (last year 99.2% of parents/carers applied online), or
- by telephoning the Authority on 0300 123 7039 to request a 'Starting School 2025-26' booklet.

In addition you can view a copy of the booklet:

- in all Cheshire West and Chester primary schools
- online at www.cheshirewestandchester.gov.uk/admissions.

Closing date for reception applications 15 January 2025

Visit: www.cheshirewestandchester.gov.uk/admissions

IMPORTANT INFORMATION FOR OUR YEAR 6 PARENTS



Cheshire West &
Chester Council

Important
information for
parents or carers

Applying for a Secondary School place - Year 7 September 2025

**Is your child due to transfer
from Primary School
to Secondary School in
September 2025?**

YES – from 1 September
2024 you must apply for a
school place.

You can apply from 1 September 2024:

- online at www.cheshirewestandchester.gov.uk/admissions (last year 99.3% of parents/carers applied online), or
- by telephoning the Authority on 0300 123 7039 to request a 'Transferring to Secondary School 2025-26' booklet.

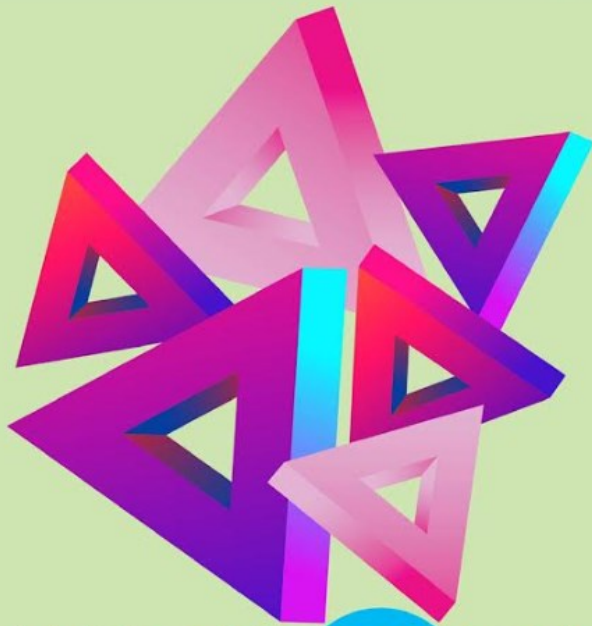
In addition you can view a copy of the booklet:

- in all Cheshire West and Chester primary schools
- online at www.cheshirewestandchester.gov.uk/admissions.

Closing date for secondary applications 31 October 2024

If entitlement to transport is important to how your child will get to and from school, it is vital you read the Home to School Transport Policy before applying for a school place. Visit the authority's website for further information.

Visit: www.cheshirewestandchester.gov.uk/admissions



EXPLORE

when there's a 5th Sunday
in the month: 10.30am

Join us at Hope Farm
Methodist Church on
Sunday 29 September
to explore

**'Food and the
climate'**
(Harvest/Parade/Project)

through a mix of:

- words • music
- crafts • acting

...and, afterwards, **CAKE!!!**

The next EXPLORE
is scheduled for
29 December 2024

Hope Farm Methodist Church
Randle Meadow, Great Sutton
Ellesmere Port CH66 2LF



Sunday 6th Oct

Lego church is back at Hope Farm. 4pm to 5.30pm all children to be accompanied by a parent or guardian. More details please get in touch.

flu: 5 reasons to vaccinate your child



1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

For more information visit
www.nhs.uk/child-flu

Flu **i**mmunisation

Helping to protect children, every winter



Cheshire and Wirral Partnership
NHS Foundation Trust

CBT GROUP INTERVENTIONS FOR PARENTS OF ANXIOUS CHILDREN

AUTUMN 2024 GROUPS

Parents can self refer on to the groups

CWP are delivering a series of **FREE** group interventions for parents.



Fear-Less IN PERSON

Ellesmere Port Kingsley Resource Centre 12.30pm to 2.30pm:

5 November, 12 November, 19 November, 26 November, 5 December & 10 December

OR

Winsford Library 10am to 12pm:

4 November, 11 November, 18 November, 25 November, 2 December & 9 December

For parents/carers of school aged children (6 to 14 years) with moderate to severe anxiety.

An evidence based intervention delivered over 6 weeks and includes understanding anxiety, learning to encourage your child's coping skills and to manage their anxiety as well as problem solving skills and learning to feel confident as a parent.



Timid to Tiger ONLINE

10am to 12pm

16 October, 23 October, 6 November, 13 November, 20 November, 27 November, 4 December, 11 December & 18 December.

For parents/carers of primary school aged children (5 to 11 years) with mild to moderate anxiety.

An evidence based intervention delivered over 9 weeks and includes understanding the science behind anxiety, parental modelling of anxiety, how to safely expose your child to their anxiety triggers, and how to support your child to develop in confidence using techniques such as special play and rewards.

To join a group parents/carers **MUST** attend one of the drop in sessions listed below. You can drop in at any time:

8 October 9.30am to 11.30am
1829 Building Countess of Chester Hospital

11 October 9.15am to 11am
Overhall Children's Centre Winsford

11 October 10am to 12pm
Kingsley Resource Centre Ellesmere Port

Support,
Friendly
non-
judgemental

For more Information email: cwp.cheshiremhstadmin@nhs.net

Helping people to be
the best they can be

