

# Woodhouse Primary School

## Weekly Newsletter No 10

14 November 2019

Contact us:- Tel: 01484 714750

Email: [admin@woodhouse.calderdale.sch.uk](mailto:admin@woodhouse.calderdale.sch.uk)

Website: [www.woodhouse.calderdale.sch.uk](http://www.woodhouse.calderdale.sch.uk)



Activities for week commencing: 18 November 2019		
Mon	3.15 - 4.15pm	Football Club – Year 3 & 4
Tue	2.30pm 2.40pm	Open Door – RR Congratulations Assembly – Year 1 to 3
Wed	pm 3.15 - 4.00pm 3.15 – 4.00pm	Visit to St.John's Church – 2S Netball Club – Year 5 & 6 Newspaper Club
Thu	3.15 - 4.15pm 3.15 – 4.15pm 3.15 – 4.15pm	Yoga – Year 1 & 2 – Group 2 Singing Club – Year 3 to 6 Fun Fitness – Year 5 & 6
Fri	10.05am 1.00pm	Friday Bake – 2H ROKT – 5S

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### Christmas Fayre – Tue 3 Dec 2019 – 4.00-6.00pm

It's that time of year again.....If possible we would like donations of :-

**Reception** - cakes/buns *on the day*.



**Year 1 and 2** - chocolate in any form, as we are hoping to have a chocolate tombola.



**Year 3, 4, 5 and 6** - bottles for the tombola.



**All children** - We would also appreciate it if your child could decorate a jam jar and fill with goodies to sell on a stall.



We would be grateful for books, DVDs, toys / games in **good, clean condition** and suitable tombola items.

Also any good-as-new logoed school uniform.



Items can be brought to the school office.

If you wish to purchase tickets, please complete the tear off slip and return with your payment in an envelope marked with your child's name and class.

Adults - £1 Children - free

**We still have availability for external stall holders. If you would like to book a stall, please contact Mrs Knowles at the school office or call 01484 714750.**

#### Message

Please see below a message from our school SENCO, Mrs Anne Crane.



#### School Uniform

Uniform orders this term should be placed by **9.00am, Friday 13 December**. The orders will then be ready shortly after the Christmas break. Thank you.



\*\*\*\*Classroom News\*\*\*\*

YR – We have shared the story of Funnybones and learnt about the different bones in our bodies.  
 Y1 – We have been exploring light and dark colours using paint.  
 Y2 – We have been reading Poppy the War Pigeon and reflecting on Remembrance Day.  
 Y3 – We have been learning the different colours in French.  
 Y4 – We have been writing paragraphs about ourselves in French.  
 Y5 – We have written our own adventure story based on the characters from our class reader- Stig of the Dump.  
 Y6 – In Literacy, we invented our own creatures.

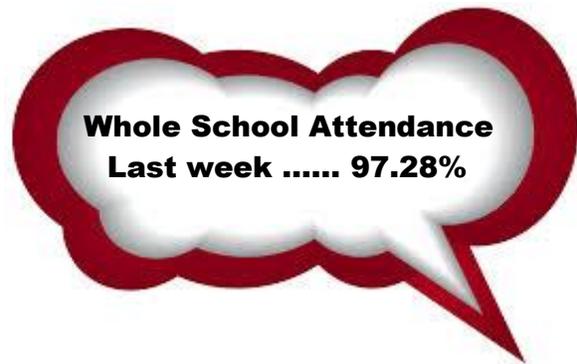


**Sports News**

Our Netball team played two matches on Wednesday 13 November against Birkby Junior School and St Thomas' School and we won both games 3 – 0.  
 Well done to everyone involved.



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Yours sincerely

Mrs Lynn Daveney  
Headteacher

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**Christmas Fayre – Tue 3 December 2019      4.00 - 6.00pm**

Child's Name ..... Class .....

I would like .....tickets for the Christmas Fayre and enclose £.....

## Message from the SENCO – Mrs Crane

### Worries and anxiety

Children, like adults, have different feelings about what is happening to them in their lives and it's absolutely normal for them to feel worried or fearful from time to time. Worries may include friendships, school work and family events including moving home, bereavement and divorce. It's natural for all children to worry about these things and to feel anxious when faced with unusual events or challenges. Learning how to deal with these situations is part of growing up.

The word anxiety is used to describe the mental and physical response to feared and threatening situations. Anxiety is a completely normal response experienced by everyone at times. It becomes a problem for children if it is excessive and affects day to day functioning.

Symptoms of anxiety that are particularly common in young people are worrying about what other people think of them and fear of social situations. Causes of anxiety can include:

- experiencing difficult or stressful events e.g. frequent house or school moves, divorce or separation
- seeing parents or family arguing or suffering abuse
- bereavement, physical illness or injury
- worrying about school work, bullying, friendship problems, money worries
- anxiety can run in families

At home, an anxious young person may:

- Be tearful in the mornings and say they don't want to go to school and start avoiding everyday activities
- Have difficulty sleeping or eating
- Complain of headaches and other physical symptoms (sometimes real but sometimes as an attempt to go out)
- Demand constant reassurances from parents or become clingy
- Be irritable and snappy in interactions with family
- Spend a lot of time worrying about their appearance
- Lack confidence to try new things or start avoiding everyday activities

Parents and carers can support their children by showing them that they care, and by talking about the cause of the worries, finding solutions together and by reassuring them that their feelings are normal. Try not to over-reassure or 'rescue' the child. For most children, the worries go away with support from home.

The following list of support strategies is from the Young Minds website:

1. Talk to your child about anxiety, what is happening in their body and why it happens. Many children and young people don't know what they are feeling when they are anxious, and it can be very frightening and overwhelming. They might even think they are very ill or that they are having a heart attack. (In Think GR8, Feel GR8 assemblies, we have talked about how we might feel if we are worried or anxious about something).
2. Help them to recognise anxious feelings so they can tell when they are becoming anxious and can ask for help.
3. Tell your child it will be okay, and the anxiety will pass. It can be helpful to describe the anxiety as a wave to ride or surf that gets smaller after it peaks.
4. Get your child to breathe deeply and slowly, in through their nose for three counts and out through their mouth for three counts. (We have practised this in Think GR8, Feel GR8 assemblies).

5. Distract them by focusing on something else.
6. Give them a cuddle or hold their hand if they will let you - touch can be soothing.
7. It can help to talk to your child about finding a safe place in their mind - somewhere that they feel relaxed and happy. It may be a grandparent's or friend's house or a holiday beside the sea which they can picture when 'wrong thoughts' come into their head or they are feeling anxious. Sometimes holding a memento, like a seashell or pebble, can help. (We have practised this in Think GR8, Feel GR8 assemblies).
8. If your child is feeling the need to check things or repeat certain actions, suggest they count up to 10 before they start checking as a delaying tactic.
9. Encourage your child to notice what makes them anxious. Talking it through can help but your child could also try keeping a diary or a 'worry book'.
10. Make a 'worry box'. Your child can write each worry down and post it in the box out of sight. Small children will enjoy decorating the box too. They can leave the worries in there for, say, a week to see if they were worth worrying about (if not they can be torn up). Alternatively, you could designate a specific 'worry time' for around 10 or 20 minutes, (but not too close to bedtime, or when the child is in bed), so worries can be saved up for that time. This gives the message that we are in control of their worries and not vice versa.
11. Work on positive-thinking. Name their worst-case scenarios and think through together how to sort out the situation if it happens, e.g. 'I'm worried that we'll miss the bus.' 'What do you think we could do if that happens?' 'We could get the next bus'.
12. Help them maintain a healthy lifestyle with regular exercise to reduce the levels of stress hormones, good sleeping habits, calm bedtime routines, limited screen or computer time in the evening, and a healthy diet.

If your child's anxiety does not improve despite efforts to tackle it yourself, or it becomes worse or more frequent, and you think it is having a significant effect on their schooling or relationships, contact the school office to make an appointment to speak to the class teacher or myself. School may be able to offer support and often, providing reassurance and someone to talk to for a short period of time is enough to help the child overcome their problems and find ways of coping when they feel worried.

However, a small group of children and young people have anxiety which causes a lot of distress, and can seriously affect the way they live their lives. If your child is **so anxious that they can't cope with ordinary day-to-day life**, more help may be needed. GPs can often help children and their parents to understand their anxiety and suggest ways to help and support the child. The GP or school may make a referral to Open Minds Calderdale - previously CAMHS (Child and Adolescent Mental Health Service) - for specialist advice.

<http://www.openmindscalderdale.org.uk/>

There are lots of national organisations offering advice to children and young people and their parents. The following websites may be useful:

<https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children>

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

Young Minds also have a parent helpline: 0808 802 5544