

Westfield Primary Head's Newsletter— February 2024



Contents

Message from Mrs Hing	1
Wellbeing	2
Online Safety	3
Book fair	4
Parents evening Westfield Heroes	5
Parking	6
Leave of absence	7
Sports Box	8-9
Woking FC	10
Perform Drama	11
Diary Dates	12

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A very warm welcome to our February newsletter. We know January is not everyone's favourite month and it can seem like a very long month, however, looking back over the month there were lots of engaging and exciting activities for the children to take part and get involved in.

Since we came back from the Christmas holidays we have focused on our PRIDE value of Respect, our PRIDE values are an integral part of our school ethos. We have encouraged our children to embrace respect not only for themselves but also for others. The aim is to instil in them the importance of treating everyone with fairness, dignity and kindness. After half term, we will be highlighting the PRIDE value of Independence.

Our Year 3 children are greatly enjoying their regular trips to our neighbours at Mayford Grange. During their fortnightly visits they take part in games and seasonal crafts as well the most important part of the visit which is chatting and getting to know each other.

Our school choir recently had the opportunity to showcase their talent at the O2 Young Voices concert. It was a very memorable experience for our young singers, and their performance was truly fantastic. We are very proud of them, their hard work and how well they represented the school.

This week we have been enjoying a writing-themed week, with the theme of: "Take One Picture". Throughout the week, the children have been using a single painting as inspiration for many aspects of their learning, for example art, maths and their written work. This proved to be an exciting and stimulating task that allowed our students to showcase their imagination and writing skills. We hope to share some of the displays they created in our March newsletter.

Please note that Parents' evenings are taking place next week. This is an important opportunity for you to meet with your child's teachers and discuss their progress. Meetings are booked through the Scopay system (see page 5 of this newsletter).

Looking ahead to next week, we will be taking part in the "Children's Mental Health" themed week. The week will begin on Monday, 5th February and will start with a dress-up day under the theme "Dress to Express". This fits well with the overall theme of the week, which is: My Voice Matters. Moreover, on Wednesday, 7th February, we will be hosting our "Wellbeing Wednesday" event, which focuses on mental health and overall well-being and how it can be supported at home. We warmly invite you to join us and engage in the various activities which will be available.

Lastly, we use this newsletter to say a sad farewell to Miss Lucy Hillier, who will be leaving us at half term. Miss Hillier is moving to teach at a school out of the county, and we wish her every success and happiness in her new venture. On a positive note, we are welcoming back Miss Rachael Cox who will be taking over as the class teacher for Penguins Class. We are very excited to have her join us again.

We wish you a very restful and enjoyable half term, when it arrives next week, Friday 9th February.



Well-being and Mental Health at Westfield.

Anxiety.

Did you know, anxiety is a normal emotion and a really normal part of life. As Mind (mental health charity) states:

Anxiety is a natural human response when we feel that we are under threat. It can be experienced through our thoughts, feelings and physical sensations. Most people feel anxious at times. It's particularly common to experience some anxiety while coping with stressful events or changes, especially if they could have a big impact on your life.

For example, it is normal to feel anxious if we have an exam, a job interview, are moving house or even having a doctor's appointment. Anxiety is not necessarily a bad thing. It can feel as if society is starting to 'demonise' emotions such as anxiety, telling us that we shouldn't feel it and all anxiety is bad, which can lead to a reduction in people's ability to cope with normal emotions. It's important to develop coping strategies that work for us. A good way to help build resilience is to focus on what is in our control and work on identifying, and not dwelling on, things that are not in our control. Developing distraction techniques can also help with reducing anxiety, focusing on being in the moment, getting out in to nature, practising gratitude, doing more of the things we enjoy, exercise and practising mindfulness can all help.

However, it is important to be aware of when anxiety has become a bigger problem. Anxiety can become a mental health problem if anxiety limits your ability to live your life as fully as you want to, for example, your feelings of anxiety are very strong or last a long time or your worries are very distressing or are hard to control. You can find more about anxiety from Mind, [HERE](#).

Talking is another important way to reduce and cope with feelings of anxiety. Yesterday, on 1st February, it was Time To Talk Day. Time to Talk Day is the nation's biggest mental health conversation. It happens every year and it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives. It's run by [Mind](#) and [Rethink Mental Illness](#) (why not follow the links?). The idea is that the more conversations we have, the better life is for everyone. Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel. But a conversation has the power to change lives. Wouldn't it be great if everyone felt comfortable talking about mental health - whenever they like. Talking about mental health reduces stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.



We hope you enjoyed January's calendar. February's Happiness Calendar can be found [HERE](#). The theme is 'Friendly February'.....and today's suggested action is 'Ask a friend how they have been feeling recently'. Remember—it's good to talk!

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 issues 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

LIVE STREAMING

Live streaming involves broadcasting and watching videos online in real time, often on social media or via platforms like YouTube and Twitch. Viewers can interact through comments, chats and reactions during the broadcast: such instant engagement makes this an exciting way to share experiences, learn from others and build digital communities. Despite the many positives, live streaming also creates a potential platform for unsuitable content and poses some risks to children: it's essential to keep privacy and safety in mind and comply with each site or app's age restrictions.

WHAT ARE THE RISKS?

LACK OF AGE VERIFICATION

Despite their age restrictions, some platforms don't require proof of age at sign up – meaning that anyone can register for an account (and potentially pretend to be older or younger than they actually are). In many cases, this means that young live streamers can never be totally certain exactly who they are broadcasting to and who is engaging with their live stream.

DISCLOSING PERSONAL INFO

A characteristic of live streaming is the ability for videos to be instantly shared worldwide. Without the correct privacy settings enabled, a child could inadvertently reveal personal information or their location, making them vulnerable to online predators or identity theft. It's wise to regularly check the privacy settings (and what data is being shared) on any apps your child has signed up for.

ANYTHING COULD HAPPEN

As the video streams are live, children might encounter (or inadvertently share) inappropriate content. Most live-streaming apps have rules to prevent this and monitor their services, also providing report buttons where content can be flagged for review. It may not be dealt with instantly, however, meaning that your child could be further exposed to harmful content during a live stream.

UNAUTHORISED RECORDINGS

Each live streaming platform stores completed videos for different periods (Twitch saves broadcasts for 60 days, for example, while Facebook and YouTube remove them only at the creator's request). Deleting a video, though, doesn't always stop it from being shared: in some cases, streams have been illegally recorded (or screenshots taken) by certain viewers and redistributed on other sites.

ROGUE CONTENT CREATORS

Children can also watch other people's live streams, which could potentially contain anything at any time (such as nudity, drug use or profanity). Most apps claim to monitor live streams and will stop any that don't adhere to their guidelines – but with millions of streams per day, it's complicated to regulate them all, so children could be exposed to inappropriate content without parents knowing.

DANGER OF GROOMING

There are increasing reports of children being coerced into performing "suggestive acts" by strangers on some live-streaming apps. Due to the lack of verification required for certain apps, almost anyone can sign up to these services (including anonymously or under a fake identity). It's vital, therefore, to ensure the correct safety measures are in place before your child begins live streaming.

Advice for Parents & Carers

PUT PRIVACY FIRST

Through the streaming app's settings, switch your child's account to 'private', so only their friends and followers can see their broadcasts. You could also turn off the live chat, shielding your child from any upsetting comments – although viewers' feedback is often seen as an integral part of the fun. Identify any nearby items (such as school uniforms or visible landmarks) that could give away your child's location.

MANAGE MULTISTREAMING

Some apps and sites let users stream their content through multiple social media platforms at once. A broadcast on StreamYard, for example, can be shared on YouTube, Twitch, X and Facebook if the accounts are linked. The privacy settings can differ on each of these, so we'd suggest only streaming via one platform at a time to maintain greater control over who's watching your child's videos.

GET INVOLVED YOURSELF

Research suggests a significant number of streams show a child on their own, often in a supposed safe space like their bedroom. If your child wants to live stream, ask if you could be present because you're interested in how it works. You could even set up your own account to gain a more detailed knowledge of what your child talks about in their live streams – and who they're broadcasting to.

TALK ABOUT LIVE STREAMING

Try to start with positives before discussing potential risks. You could ask which live streaming apps your child likes and how they use them. Do they just watch streams or create their own? Explain why it's unwise to reveal personal information while streaming (even to friends). If you feel your child's too young for live streams, explain your reasoning to them and perhaps agree to review this decision in the future.

CONSIDER THEIR ONLINE REPUTATION

As the broadcasts are live, it often causes the misconception among young people that whatever happens in their video simply 'vanishes' once the stream ends. However, videos can stay online indefinitely or be recorded by other users. It's important that your child understands what they do and say in a live stream could potentially damage their online reputation and, quite possibly, be seen by prospective future employers, colleges or universities.

Meet Our Expert

Rhodi Smith is Head of Digital Learning at Thomas's Kensington, London. Recognised in the EdTech 50 UK Awards Yearbook 2022/23 for his efforts in the digital transformation at Cubitt Town Primary School and Tower Hamlets, he is also a Google for Education Certified Trainer and guest lecturer at University College London on the integration of technology across the curriculum.



NOS
National Online Safety®
#WakeUpWednesday

Source: <https://www.nit.org.uk/media/2330c2/distribution-of-captures-of-live-streamed-child-sexual-abuse-final.pdf>



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Scholastic book fair

SCHOLASTIC TRAVELLING BOOKS

COME To the SUPER AMAZING BOOK FAIR!

FREE BOOKS FOR YOUR SCHOOL WHEN YOU BUY AT THE BOOK FAIR!

A POP-UP BOOK-STORE WITH HUNDREDS OF BOOKS FROM JUST £2.99

LAST YEAR, YOUR SUPPORT HELPED TO DONATE OVER £5.3M BOOKS TO SCHOOLS NATIONWIDE

NEW **CAT KID COMIC CLUB INFLUENCERS** **Save £3**
 £12.99 £9.99
 WRITTEN & ILLUSTRATED BY **DAV PILKEY**

NEW **George Webster Why Not?**
 £7.99
 Why not ask EVERYTH From CBeebies Presenter **George Webster!**

NEW **DIARY of a Wimpy Kid DIPER OVERLODE**
 £7.99
 Jeff Kinney

NEW **LUNA WOLF CODE DANGER**
 £7.99
ALESHA DIXON

NEW **NINA PEANUT AMAZING**
 Available from 29th February
 £8.99 £7.99

NEW **THE PANDAS WHO PROMISED**
 £7.99
 Rachel Bright

Illustration from: Nina Peanut using © Sarah Bowie, 2024.

Tuesday 27th February- Thursday 29th February 2024 in the hall.

This will be a cashless book fair and all payments will need to be paid via the QR code.

Scan the QR code to pay online!



Parents Evening Bookings

Parents evening appointments are now being booked by yourselves through the Scopay system (where you pay for trips and meals).

The parents evenings are on:

Monday 5th February (for Hawks class only) 3.30-5pm

Tuesday 6th February (for all classes) 3.20-5.30pm

Thursday 8th February (for all except Hawks class) 3.20-5.30pm

The bookings opened on Scopay on 23rd January at 7pm, and will close on 5th February at 9am.

Please ensure you go online to book your parents evening appointments. Please contact the office if you require a Scopay joining letter.

Westfield Heroes

It's nice to be nice and if a member of Westfield staff made you smile then let us know and we will pass on your comments to them. It can be for absolutely anyone in school and for any reason - we'd just like to know! Maybe someone in the office was super helpful, someone made your child smile, your class teacher or LSA went the extra mile, or you were helped by a Well-Being Assistant or Nurture Lead, SENCO or Inclusion Leader, or you just want to say thankyou. Please click on the link and fill out the form it will take you to, then just add in the information about the Westfield Hero.

[Click](#) for the Westfield Hero form.



School drop off protocol and parking/road use considerations

Please use the Adult Education Centre rear car park for drop off and pick up. **PLEASE DO NOT PARK IN BONSEY LANE OR HOEBROOK CLOSE** as this causes a problem with the flow of traffic, and is dangerous for any child crossing the road. There are also parking enforcements in place and you may be ticketed. **Please park in the designated bays only. Parents need to drop and drive off to work in the mornings, and are being prevented from this by some inconsiderate parking.**

For some additional school events we do have permission to use the Adult Education rear carparks and you will find this list on our school website under the parents tab and school events. Please do not park in the car park at other times as you may receive a parking ticket.

Also please ensure that your children leave their bikes in the school bike racks and do not leave them attached to the Adult Education building.

Adult education will ask their car park attendants to monitor this and cars will be issued with a ticket.

Please be aware that it is not an offence to park a vehicle on a grass verge unless **there are waiting restrictions (yellow lines) on the road, as these also apply to the verge**; therefore do not park on the grass verges near the school and by the garages as you may be ticketed.

Please ensure that you do not park in front of driveways or the kitchen gates, or stop on any zigzag lines. These need to be kept clear at all times for staff access and deliveries and in consideration of our neighbours.

Whilst we understand that Bonsey Lane does get very busy and everyone has somewhere to go, please be polite to all car users. Please **DO NOT** block the roads and car parks for other drivers. **Please drive considerately in the car park and be mindful of other children and adults that are around.**

Please do not smoke on the school premises or on the Adult Education premises. These are all no smoking zones.



Application for leave of absence/exceptional circumstances

As parents, you have a legal responsibility to ensure your child's attendance at school. Holidays should be taken during the school holiday period. During the academic year pupils are at school for 190 days and at home for 175 days. Students are expected to attend 100% of the time.

Please fill in a request of absence form (available from the office or online) if you want to ask the Headteacher to authorise a leave of absence during term time. You must ask well in advance and you are strongly advised to request leave of absence before you confirm your arrangements.

New legislations (Education (Pupil Registration) (England) (Amendment) Regulations 2013) means that if an application is not "made in advance to the Head teacher by a parent with whom the pupil normally resides, and the Head teacher does not consider that leave of absence should be granted due to the relating to that application", then it will not be authorised. **We will therefore not authorise any holidays.**

If you take your child out of school without the approval of the school, you may be liable to receive a Penalty Notice from Surrey County Council for failing to ensure your child's regular school attendance.

Holidays in school time will not be authorised. *Guidelines from the local authority are that they may issue a Penalty Notice (with a fine) to each parent, when students are taken out of school during term for 5 days or more and if this absence is recorded as unauthorised by the school (e.g. a holiday).* **Please note it includes cumulative absence over a 3 month period (several unauthorised absences that total 5 days within a 3 month period).**

The amount payable on issue of a Penalty Notice is £60 per parent per child if paid within 21 days of receipt of the notice, rising to £120 if paid within 28 days. If the penalty notice remains unpaid after 28 days, the Local Authority will consider a prosecution in the Magistrates Court. Please note that penalty notices are issued per parent/carer per child so a family of two parents and two children will receive 4 penalty notices. **If the absence exceeds 20 days, your child's name will be removed from the school roll and you will have to reapply for a place on your return.**

The Headteacher will consider the reasons for the request carefully, taking into account the effect on the continuity of your child's learning and your child's overall attendance rate, and then may authorise up to five days of absence. The Headteacher will notify you, via the office, of the decision within five working days of receiving your written application.

Leave of absence, for exceptional circumstances, will not be granted if additional leave is taken as holiday either side of this time. Proof of flights or other documentation supporting the request must be produced if asked for.

Monthly Attendance Letters

Monthly letters are automatically produced and sent to all parents whose children are late 4 times or more in a month. Monthly letters will also be produced to all parents whose child has an attendance below 90%, and for those between 91-94%. These letters will continue to be sent until the attendance is above 90%. Please be aware that this may take quite a few months.

Surrey Inclusion Officer (previously Education Welfare Officer)

The Surrey CC Inclusion Officer (Mrs Beverly King) also comes in half termly and conducts register checks and she may contact parents if children are consistently late or there are concerns about attendance.

FREEDOM LEISURE SPORTS COURSES & SESSIONS

Woking Leisure Centre
Woking Sportsbox
Eastwood Leisure Centre

MONDAY

Walking Netball 12:30 - 1:30pm
Walking Basketball: 7 - 8pm
50+ Club: 2 - 5pm
Pickleball: 8 - 9pm (Sportsbox)
Junior Basketball: 5pm - 6:30pm
No Strings Badminton 7pm - 8pm (Sportsbox)
Walking Football 6:30pm - 7:30pm (Sportsbox)

TUESDAY

Walking Football: 10 - 11:30am
50+ Club 2 - 5pm
No Strings Badminton: 12:30 - 1:30pm
SwimFit Adults: 12:30 - 1pm
Women's Rec Football: 7 - 8pm
Badminton Club: 8-10pm
Pickleball: 7:30 - 8:30pm (Eastwood)
Women's Walking Football: 6:30pm - 7:30pm (Sportsbox)

WEDNESDAY

No Strings Badminton: 12:30 - 1:30pm
Back to Netball: 6-7pm
Squash Club: 7:15 - 9:15pm
Children's Trampolining: Various Times
SEN Swim Session: 5-6pm (Eastwood)

THURSDAY

50+ Club: 10am - 12pm
Sport in Mind Badminton: 2-3pm
SwimBuddies: 2-3pm
SwimFit Adults: 12:30-1:30pm
Ladies Walking Basketball: 7-7pm
SwimFit Junior: 7- 8pm



FRIDAY

Couch to 5k & 5k Plus Running Club: 9:30 - 11:30am (SPORTSBOX)
Walking Cricket: 10:30 - 11:30am
Children's Trampolining: 4-7pm
Adult Trampolining: 7-9pm
FNP: 7-9pm (11-18 Year olds)



SATURDAY

Pickleball: 9-10am
Swim, Bike, Run: 2-3pm
(Last Saturday of each month @ Sportsbox for 8-11 Year Olds)



SCAN ME TO BOOK NOW!

For all enquiries please email:
hcwoking@freedom-leisure.co.uk

To book please visit:
bookwkg.freedom-leisure.co.uk/wokingbooking



freedomleisure
where you matter



WOKING DUATHLON

**RUN: 1KM
BIKE: 3KM
RUN: 1KM**



**NON COMPETITIVE
8-11 YEAR OLDS**

**JANUARY 27TH:
2PM - 3PM**

**THEN EVERY LAST
SATURDAY OF
THE MONTH**



**YOUR OWN MOUNTAIN BIKE IS REQUIRED.
TRACK BIKES ARE NOT PERMITTED**

WOKING SPORTSBOX, EGLEY ROAD, GU22 0AF





Eastwood Leisure Centre
EVERY SUNDAY 10am - 12pm





Warm Welcome venues

Safe and friendly
places for everyone
in Surrey



- **Table Tennis**
- **Boccia**
- **Hot Drinks**



Free Warm Up items available

SCHOOL INITIATIVE

Woking Football Club | 2023/24



Providing school-aged kids in our local community the opportunity to watch the Cardinals play in the Vanarama National League.

One (1) FREE kids ticket

Up to two (2) 50% OFF adult tickets!

Fixture of your choosing!

"Brilliant facilities and great family atmosphere making it a great day out for kids to experience a live football match"

"A fun afternoon out with the family all able to join"

"My child enjoyed the match so much we have now become season ticket holders"

Please complete the [Woking FC School Ticket Initiative Form](#) to confirm your seats at an upcoming game.

Contact tickets@wokingfc.co.uk or 01483 967 229 if you require assistance with your form.





FIRST DAYS CHILDREN'S CHARITY

Heart Trail

10th-18th February

A family event at Lightwater Country Park this February half term



Purchase a map for £3 from
Lightwater Adventure Golf or the Country Park Café

Follow the trail around the lakes and take part in the
Fitness Trail at the same time (approx 1km)

Find the letters that spell out the secret word

Learn fun facts about your heart and spot all
the hanging crocheted hearts

Once completed, take the map back to
Lightwater Adventure Golf or the Country Park Café and receive a sweet treat



Massive thanks to the Barkham Hookers for creating beautiful hearts for this trail.



Free Parking





FIRST DAYS
CHILDREN'S CHARITY
www.firstdays.net

First Days Children's Charity reg number: 115 7855

Confidence Building Fun

Try a Free Drama Class

— This is a fab class!
It was mentioned at
Katie's parents' evening
that her confidence
in class seems to
have grown so I am
delighted. Jane Spurgeon



Try Perform for free and claim a £40 discount

Today, your child took part in a Perform drama, dance and singing workshop – a unique mix of activities designed to bring out every child's true potential.

Our small classes ensure lots of individual attention by our experienced teachers – hand-picked for their warmth, energy and professionalism. They'll focus on your child's engagement in the activities rather than their precision, and be with them every step of the way to guide, inspire and encourage.

As well as having fun at Perform, your child will enjoy real benefits: greater confidence, improved concentration and an increased awareness of what they can achieve.



perform.org.uk



Your nearest Perform venues

See more at perform.org.uk/venues

Perform Woking

Saturdays at 9.30am and 11.15am
Moorcroft Centre For The Community, Old School Place, Westfield, Woking, GU22 9PB

Perform Woking

Wednesdays at 4pm
Hoe Valley Community Building, Next To The Leisure Centre, Woking Park, Kingfield Road, Woking, GU22 9BA

Perform Guildford

Saturdays at 9.30am and 11.15am
Christ Church Hall Guildford, 23 Waterden Road, Guildford, Surrey, GU1 2AZ

Perform Guildford

Wednesdays at 4pm
Christ Church Hall Guildford, 23 Waterden Road, Guildford, Surrey, GU1 2AZ

Perform Virginia Water

Mondays at 4pm
Virginia Water Community Association, Virginia Water Community Centre, 3 Beechmount Avenue, Virginia Water, GU25 4EY

Your £40 introductory discount

Your child can enjoy a free trial class at any Perform venue. Sign up on or before the expiry date to claim your special discount. Call **020 7255 9120** or visit perform.org.uk/free

DISCOUNT CODE

WPSY020224

EXPIRY DATE

02-Feb-24

The discount code cannot be applied retrospectively. Visit perform.org.uk for full terms and conditions.

020 7255 9120

WESTFIELD PRIMARY DATES FOR YOUR DIARY

Whilst we endeavour to keep the school dates fixed, we sometimes need to change these and ask for your support with amendments.

Friday	2nd February	9am Year 2 book look in wild garden
Friday	2nd February	10am Ladybirds class assembly, followed by a book look
Friday	2nd February	2.40pm Year 6 book look in wild garden
Monday	5th February	Dress to express dress up day (for Children's Mental Health Week)
Monday	5th February	Parents evening for Hawks class only 3.30-5pm
Tuesday	6th February	Parents evening in school hall 3.20-5.30pm
Wednesday	7th February	Wellbeing afternoon 2.30pm-4pm. Parents may come early, and then collect children at normal time and take them to the event.
Thursday	8th February	Parents evening in school hall 3.20-5.30pm
Friday	9th February	10am Year R joint class assembly
Monday-Friday	12th–16th February	Half Term week
Friday	23rd February	10am Puffins class assembly
Friday	23rd February	Year 1 stay and read 8.55am-9.20am
Wednesday	28th February	Owls class trip to Pizza Express
Friday	1st March	10am Penguins class assembly
Thursday	7th March	Book day—dress up day
Friday	8th March	Year 2 stay and read 8.35am-8.55am
Friday	8th March	10am Hawks class assembly
Tuesday	12th March	Class and year 6 leavers photos
Thursday	14th March	Millers Ark Farm to visit Year R classes
Friday	15th March	10am Falcons class assembly
Thursday	21st March	9.15am—KS2 Easter assembly
Thursday	21st March	11am—KS1 Easter assembly
Monday	25th March	Leisure wear/pyjama day dress up day (for Wellbeing Week)
Wednesday	27th March	Term finishes at 1.20pm
Monday	15th April	Summer term starts