

Westfield Primary Head's Newsletter— March 2024



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Welcome to March's newsletter!

While we are not yet past winter, there are definitely signs of spring appearing everywhere, which are a delight to see, and the days are definitely getting longer!

The month of February was another busy and exciting month here at Westfield, some of the exciting activities the children enjoyed are listed below:

- ♦ We celebrated Children's Mental Health Week in school, with fun activities, a themed assembly, collaborative class art work, a dress up day (Dress to Express), a song learnt, performed, recorded and put on X (Twitter) and workshops for Years 1 and 3 on emotional wellbeing
- ♦ Girlguiding thinking day—children came to school in their brownie and scout uniforms to mark the day
- ♦ Class assemblies from Ladybirds, Year R (joint) and Puffins
- ♦ Mr Clarke took a group of Year 5 & 6 to an Orienteering event
- ♦ Year 3, Owls had a trip to Pizza Express
- ♦ Year 3 continued their visits to our neighbours at Mayford Grange
- ♦ Year 4 started their art project with the charity Delight—Rainforest Retreat

We also held a very successful Wellbeing Wednesday event for parents/carers and their children, which promotes and supports wellbeing at home.

In February we also held our Spring Term parents' evenings, thank you to everyone who came and discussed their children's progress with their teachers—the children really do benefit when home and school work in partnership.

This half term the PRIDE value we are focusing on is INDEPENDENCE. This is such an important skill, we encourage the children to not only develop independence in their learning and attitude, but also in who they are, having the confidence to speak up for themselves, be independent of thought (not follow the crowd) and have the courage of their convictions. As the playwright Oscar Wilde said: **'Be yourself; everyone else is already taken'.**

We have also got a brand new PRIDE image, which is being displayed around the school on posters and signs. We think it's rather fabulous!

We wish you a very happy Easter holiday, when we get there! In the meantime, please do take a note of any important dates (which can be found at the back of this newsletter). We would hate you to miss out. Happy March to you all!



Westfield
PRIMARY SCHOOL

POSITIVITY
RESPECT
INDEPENDENCE
DIVERSITY
EXCELLENCE



LOVE OF LEARNING, LOVE OF LIFE

Well-being and Mental Health at Westfield.

Some thoughts on happiness.

No one is happy, or should expect to be happy, all of the time. It isn't possible to be always 'on top of the world', because things happen that disrupt that. So while it is normal, and ok, to feel different emotions, we can also try and improve our happiness and wellbeing day to day. The NHS has 6 top tips to help people be happier, feel more in control and able to cope better with life's ups and downs.

Their top tips are as follows:

Manage your stress levels—If you have a lot of stress in your life, find ways to reduce it, such as learning a few time-management techniques.

Introduce regular exercise and time to yourself. These are positive changes. Taking control of your time in this way can effectively reduce stress.

Enjoy yourself—Doing things that you enjoy is good for your emotional wellbeing. Simple activities like watching sports with a friend, having a soak in the bath, or meeting up with friends for coffee can all improve your day. Doing something you're good at, such as cooking or dancing, is a good way to enjoy yourself and have a sense of achievement. Try to avoid things that seem enjoyable at the time but make you feel worse afterwards, such as drinking too much alcohol or eating junk food.

Boost your self-esteem—Self-esteem is the way you feel about yourself. The best way to improve your self-esteem is to treat yourself as you'd treat a valued friend, in a positive but honest way. Notice when you're putting yourself down, such as thinking, "You're so stupid for not getting that job", and instead think, "Would I say that to my best friend?". You probably wouldn't. Tell yourself something positive instead, such as: "You're a bright person, you'll get the next job".

Have a healthy lifestyle—Limit your alcohol intake. When times are hard, it's tempting to drink alcohol because it "numbs" painful feelings. But it can exaggerate some feelings and make you feel angry or aggressive. It can also make you feel more depressed.

Choose a well-balanced diet—Making healthy choices about your diet can make you feel emotionally stronger. You're doing something positive for yourself, which lifts your self-esteem. A good diet helps your brain and body work efficiently, too. Aim to eat a balanced diet that includes all the main food groups.

Do some exercise—Even moderate exercise releases chemicals in your brain that lift your mood. It can help you sleep better, have more energy and keep your heart healthy. Choose an exercise that you enjoy. If it helps, do it with a friend or listen to music. Adults should aim for at least 150 minutes a week.

Get enough sleep—Around 7 to 8 hours is the average amount of sleep an adult needs for their body and mind to fully rest. Writing a "to do" list for the next day before bed can organise your thoughts and clear your mind of any distractions.

Talk and share—Communication is important, whether it's with a friend, family member or counsellor. Talking things through helps you to release tension, rather than keeping it inside. It helps strengthen your relationships and connect with people.

Build your resilience—Resilience is what allows you to cope with life's ups and downs. Making something worthwhile out of painful times helps your resilience grow. Starting a support group to help others, or making something creative out of bad experiences by, for example, writing, painting or singing, can help you express pain and get through hard times.

You can find more information, and further links, on the NHS site [HERE](#).

Well-being and Mental Health at Westfield Continued.

This month's 'Action for Happiness' calendar can be found [HERE](#).

The theme this month is 'Mindful March' - they suggest that we 'pause, breathe and notice, so we can respond more mindfully'.

We hope you enjoy working through the suggested actions for each day.



Wellbeing Week Dress Up Day - Monday 25th March

As part of our annual Well-being Week (21st to 27th March), we will be holding a dress up day on **Monday 25th March**.

This is an optional event, but we are asking pupils and staff (if they would like to) to come to school dressed in their pyjamas or what they feel comfortable in (for example 'leisure/lounge' wear, tracksuit).

As this is a normal school day with lots of activities, everyone will need to wear suitable and safe shoes, for example trainers. They will also need to be able to move freely in whatever they are wearing.



Well Being Event

Our regular Wellbeing Wednesday event took place on Wednesday 7th February and was thoroughly enjoyed by all those who attended. Representatives from the Family Centre, Family Information Services, the school nurse team, Woking Library, Woking Foodbank, Foodwise, CAP UK, Mindworks and our school chef, Kirsty, joined us for the event and provided information and activities. We were also treated to an amazing performance from the MbM Contemporary Gospel Choir. Bags and fruit for the event were kindly provided by Sainsbury's Brookwood Store and Stripey Stork donated books, games and stationery to give away to the children.

All children received a goody bag with craft materials inside and were invited to take part in a Zones of Regulation themed cardboard tube design competition. There were 2 competition winners and they will receive a certificate and a gift. Pictures of their winning entries are shown below.



Liberty—KF



Aleena—KF

Children's Mental Health Week



Children's Mental Health themed week was held the week before half term and we had lots of fun and learnt lots during this week.

We launched the week with an assembly and then each class undertook lots of different activities to support their mental health. For example tips to improve their happiness, practising gratitude, being kind etc.



Every class created their own collaborative art work in the 'Pop Art' style of Andy Warhol. The finished pieces look fantastic and are displayed in our art room—the Da Vinci Den.

Years One and Three also took part in Wellbeing Workshops run by Coram Life. They brought an inflatable 'learning space' and the children had lots of fun and learnt loads, they spoke very positively about their experiences of the workshop.

We introduced two suggestion boxes in school, to allow the children to have even more opportunities to make suggestions to make our school even better!

Key Stage 2 also recorded a song for Children's Mental Health Week and it was shared on Twitter, you can have a listen by following this link: [Here](#)

ADHD Parent Support Line







The ADHD Parenting Support Service have a parenting support line 0300 222 5755 (option 4), running from 5.00pm - 11pm, 365 Days a year.

The helpline is for any parent whose child is presenting with ADHD type behaviours and gain advice directly from a team member. Your child does not need a diagnosis.





Online Safety

The internet is a fantastic place for children to learn, create and have fun. However, they may occasionally have to deal with a variety of sometimes challenging online safety issues and risks.

Online safety issues could include cyberbullying, the pressure to take part in sexting, encouragement to self-harm and viewing pornography, along with many others. But there are positive things you can do to help prepare yourself and your child to confidently tackle any issue they may face.

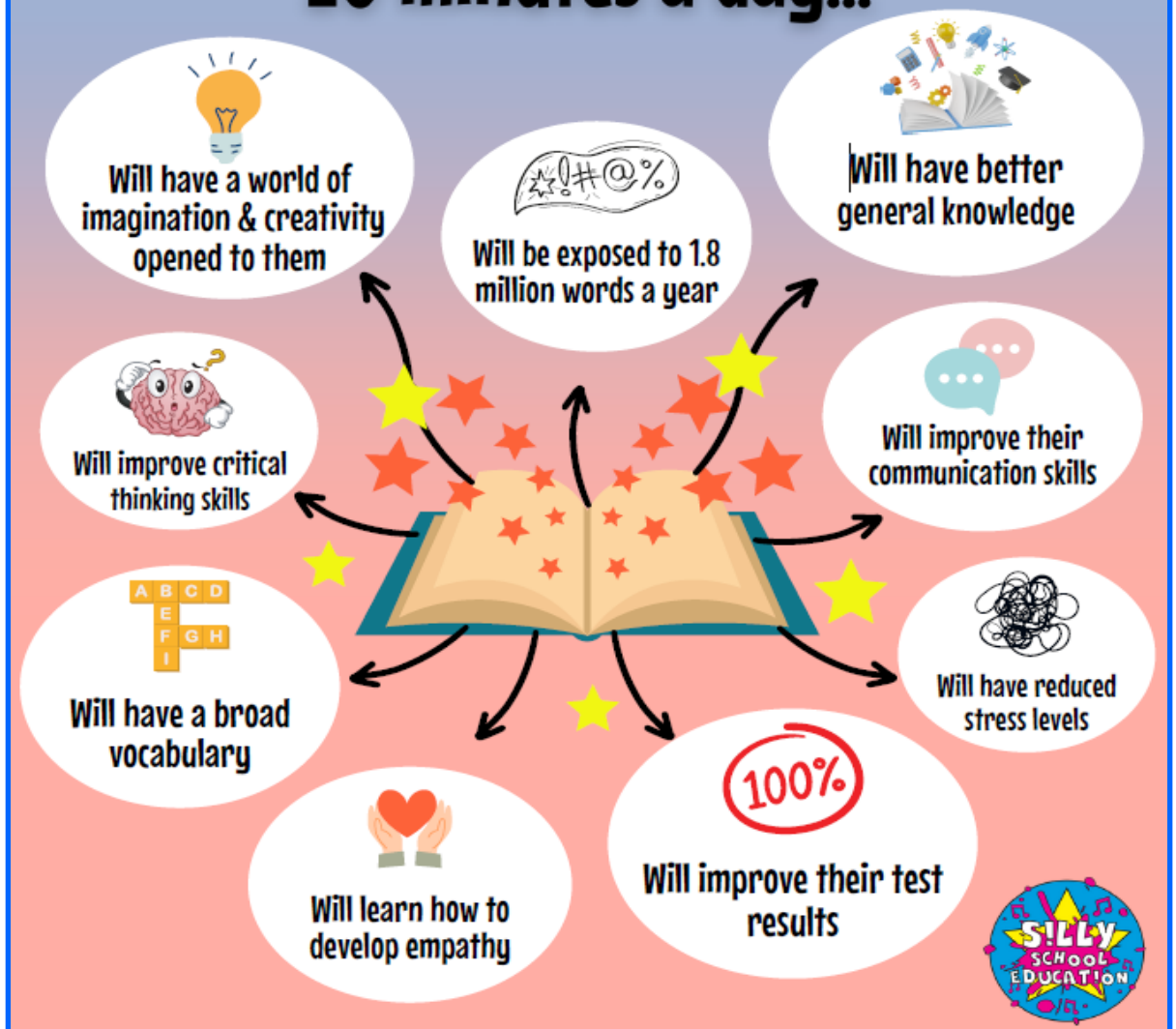
 <p>Cyberbullying</p> <p>Cyberbullying is one of the most far-reaching online safety issues facing children today. Support your child with expert advice.</p> <p>SEE ADVICE HUB</p>	 <p>Fake news & misinformation</p> <p>With so many sources of information online, it can be hard to keep up with what is real and what is fake online.</p> <p>SEE ADVICE HUB</p>	 <p>Inappropriate content</p> <p>Learn how to protect your child from a range of inappropriate content that they may have a negative impact on their wellbeing.</p> <p>SEE ADVICE HUB</p>
 <p>Online grooming</p> <p>As children talk to more strangers online, it's important to make them aware of the potential risks and how to put online safety first.</p> <p>SEE ADVICE HUB</p>	 <p>Online hate</p> <p>Online hate can spread quickly through digital spaces even without children realising. See the different types and find resources to keep things positive.</p> <p>SEE ADVICE HUB</p>	 <p>Online pornography</p> <p>Online pornography and sexualised images are easily accessible on the internet. Learn how to protect your child from the online safety issue.</p> <p>SEE ADVICE HUB</p>

Internet Matters is a fantastic site with hubs for advice regarding many of these online safety issues. We would wholeheartedly recommend this site when looking for support in areas of concern for online safety. <https://www.internetmatters.org/issues/>

 <p>Learn about it</p> <p>Familiarise yourself with the issue your child may be facing or that you are concerned about in the gaming and social media platforms they use in their downtime.</p>	 <p>Protect your child</p> <p>Find tips on how to protect your child from internet safety risks, including how to have positive conversations by keeping the dialogue honest and open.</p>
 <p>Deal with it</p> <p>Receive practical tips and advice to deal with the issues your child comes across online and learn when it's time to involve police. From using parental control settings to having conversations, these actions will help keep your child safe online.</p>	 <p>Resources</p> <p>Explore further resources for reporting online safety issues, accessing parent support and finding communities and spaces to help your child have positive online experiences in the gaming and social media platforms they use.</p>

20 is plenty!

Children who read for
20 minutes a day...



We all know reading is important for children, but do you know what the benefits are? This refers to listening to others reading books, too!

Parent/carers entitlements survey.

Surrey CC are asking parents/carers to take part in this survey as it is important to gather your views regarding early education and childcare for 0-4 year olds and also for out of school childcare provision for 5-11 year olds during school term time. This will help them to make sure they have enough high-quality education and childcare and wraparound places for everyone that needs them.

<https://www.surreysays.co.uk/csf/early-years-expansion-entitlements-parent-survey>



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.

Early Bird Bookings!



Easter Swimming Crash Course 2024

£80.00

**SPECIAL
OFFER**



 **Swim England**
Affiliated Club

Suitable for Ages: 3 Years+



Where: Horsell C of E School

When: Monday 1st April - Friday 5th April)

Timings : Lessons held between 10:00am - 12:30pm

5 x 30 minute lessons

- ✓ Private options Available
- ✓ Suitable for beginners through to advanced
- ✓ Small Group Lessons
- ✓ Private 31c Pool ✓ Enquire about 121 options

Swimraysswimschool@outlook.com



The Winston Churchill School

Caring | Inspiring | Successful

Dear Year 4-6 student,

The Winston Churchill School Music department are looking for young musicians to join our new 'Primary School Student Orchestra', which will be running throughout the Summer Term. It will be an opportunity for students to come together with other musicians, including student music leaders from Winston, to rehearse and perform music. Any student who learns an instrument (no matter the instrument) can join.

Rehearsals for the 'Primary School Student Orchestra' will take place on Wednesday evenings between 4.15-5.15pm in the Performance Space at Winston. Below is the full list of rehearsal dates:

Summer half term 1:

24.04.24
01.05.24
08.05.24
15.05.24
22.05.24

Summer half term 2:

05.06.24
12.06.24
19.06.24
26.06.24

The 'Primary School Student Orchestra' will then be invited to play in our Summer Concert on Tuesday 9th July, which will be a fantastic performance opportunity as well as a chance to listen to the outstanding music making taking place at Winston.

The rehearsal sessions are FREE to attend.

On the day of each rehearsal, students should sign in at the main school reception from 4.05pm. They do not need to wear school uniform. Music stands will be provided.

If you would like your child to take part in the 'Primary School Student Orchestra', please complete the google form: <https://forms.gle/bJPQUP55eXsMn7Fy9> by no later than Friday 22nd March.

We look forward to you joining us!

Mr Chris Drake
Director of Music & Lead for Primary Liaison



The Winston Churchill School

Caring | Inspiring | Successful



PRIMARY SCHOOL STUDENT ORCHESTRA



MUSIC

Music is for every single person who walks the planet

New Youth Club for children aged 11-18

The youth club is aimed at 11-18 year olds and provides children of those ages with fun activities such as table tennis, board games, pool table, painting and consoles for entertainment. The sessions will run every Thursday at St Marks Church in Westfield between 7-9 PM and are totally free.

MTVH

WOKING YOUTH
Supporting the future

ST MARK'S CHURCH

PRESENTS

Westfield
**WOKING
YOUTH
CLUB**

EVERY THURSDAY
(7PM - 9PM)

AGES 11-18

MUSIC ● POOL TABLE ● GAMES

ST MARK'S CHURCH, Westfield Road Westfield
Woking, GU22 9QA
For more information

Instagram: woking.youth
Phone: 07361 502023
Email: admin@wokingyouth.org.uk
Website: wokingyouth.org.uk

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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	1st March	10am Penguins class assembly
Wednesday	6th March	Year 5 trip to Parliament
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
Mon-Thursday	22nd—25th April	Bikeability level 1 for Year 4
Friday	26th April	10am Caterpillars class assembly
Friday	3rd May	10am Dragonflies class assembly
Monday	6th May	Bank holiday—no school this day
Wednesday	8th May	Year 3 trip to Winchester Science Centre
Thursday	9th May	Year 1 trip to Windsor Castle
Friday	10th May	10am Robins class assembly
Mon-Fri	13th-16th May	Year 6 SATS week
Friday	17th May	10am Owls class assembly
Mon-Fri	20th—24th May	Bikeability level 2 for year 6
Friday	24th May	10am Beetles class assembly
Mon-Fri	27th-31st May	Half term week
Tuesday	4th June	Year 2 trip to Brooklands Museum
Tuesday	11th June	9-11am Year 6 Sports day
Wednesday	12th June	9-11am Year R Sports day
Thursday	13th June	9-11am Year 5 Sports day
Friday	14th June	10am Ladybirds class assembly
Monday	17th June	9-11am Year 3 Sports day
Tuesday	18th June	9-11am Year 4 Sports day
Wednesday	19th June	9-11am Year 1 and 2 Sports day
Thursday	20th June	Summer fayre 2.30-4.15pm
Friday	21st June	10am Bumblebees class assembly

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	28th June	10am Butterflies class assembly
Tuesday	2nd July	Move up day for children to new classes for September
Tuesday	2nd July	Parents of children in Year 1 & 2 in SEPT to meet new teachers in hall 3.15-3.45pm
Wednesday	3rd July	Year 6 Summer production 2pm
Wednesday	3rd July	Parents of children in Year 3& 4 in SEPT to meet new teachers in hall 3.15-3.45pm
Thursday	4th July	Year 6 Summer production 2pm
Thursday	4th July	Parents of children in Year 5 & 6 in SEPT to meet new teachers in hall 3.15-3.45pm
Friday	5th July	10am Woodpeckers class assembly
Thursday	11th July	Year 6 Leavers BBQ 4-5.30pm. Please note that children go home as normal at the end of the day, and return at 4pm for the BBQ.
Friday	12th July	10am Kingfishers class assembly
Friday	19th July	Year 6 Leavers assembly and graduation 10.30am
Friday	19th July	Year 6 finish at 11.45am
Friday	19th July	Years R-5 finish at 1.20pm