

# NEWSLETTER

PTA: Autumn Hamper  
raffle tickets now on sale

Friday 17<sup>th</sup> October 2025

## HEADTEACHER'S MESSAGE



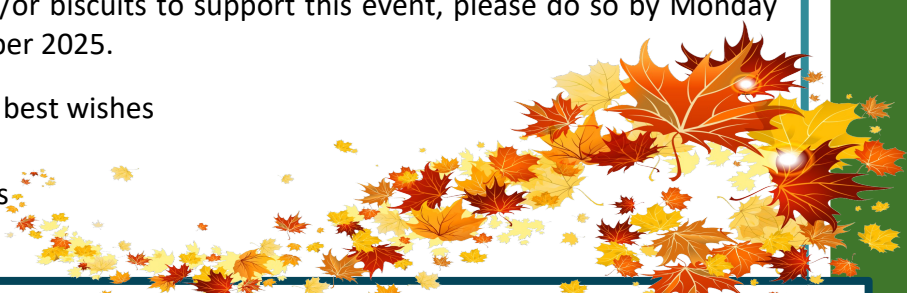
Last week, I had the privilege of accompanying Year Six on their residential visit to Boreatton Park. Individually, the children pushed their own personal boundaries achieving way beyond what they thought they could do. They scaled heights that I would not attempt!

All the instructors commented on how well they behaved and how polite they were; the children were a credit to our school. They did, however, keep me awake to the very early hours of each day!

Next week, we welcome you into school for our annual Macmillan Coffee Morning event. If you would like to contribute shop bought cakes and/or biscuits to support this event, please do so by Monday 20<sup>th</sup> October 2025.

With very best wishes

Mr Higgins



## DIARY

w/c 20<sup>th</sup> October Lunch Menu:  
**Week One**

23<sup>rd</sup> October 2025 – 9.10am  
Macmillan Coffee Morning

23<sup>rd</sup> October 2025  
Parents' Evening

24<sup>th</sup> October 2025  
Teacher Training Day

27<sup>th</sup>-31<sup>st</sup> October 2025  
Half Term Week

31<sup>st</sup> October 2025  
Deadline for Secondary  
School Applications

3<sup>rd</sup> November 2025  
Autumn Term<sup>2</sup> starts for children

10<sup>th</sup>-14<sup>th</sup> November 2025  
Anti-Bullying Week

12<sup>th</sup> November 2025 – 9.10am  
Reception Parent Workshop

14<sup>th</sup> November 2025  
Children in Need  
What will Mr Higgins have to do this year?

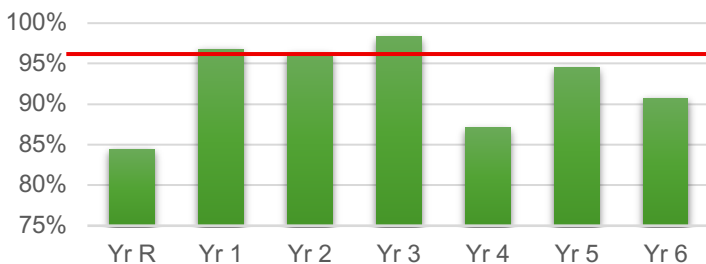
14<sup>th</sup> November 2025  
Non-uniform:  
Bottle Donation Day

21<sup>st</sup> November 2025  
Non-uniform:  
Chocolate Donation Day

25<sup>th</sup> November 2025  
School Photographer

## Attendance

w/c 6<sup>th</sup> October 2025



■ Percentage Attendance

96% is our **MINIMUM** expectation for attendance. Did your child's class reach 96% last week?

This year's attendance, to date, is

**93%**



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0121 675 4130

## Macmillan Coffee Morning

Our annual Macmillan coffee morning will take place on Thursday 23<sup>rd</sup> October 2025. Children will perform a short song/poem before spending 10 mins with their parents. The coffee morning begins at 9.15am and parents should allow at least 90 minutes for this event. *Please note:* we are unable to provide an exact time that each class will be ready to perform to their parents.

To make this event a success, donations of shop bought cakes and biscuits would be appreciated by Monday 20<sup>th</sup> October 2025. If there are no donations, we will only be able to provide drinks.

## Help Available

**Unity in Community** can help families by providing vouchers to help towards paying for **gas and electricity**. To qualify, you must pay for your energy through a **prepayment meter** and **not received energy vouchers from Unity in Community** within the last 12 months.

This scheme is run in response to the ongoing cost of living crisis and beneficiaries can be working, unemployed, self employed or retired. For more information and to register, call **01482 420 836**, Monday to Thursday 9am-3pm & Friday 9am – 2pm – if the phone lines are busy, please keep trying.

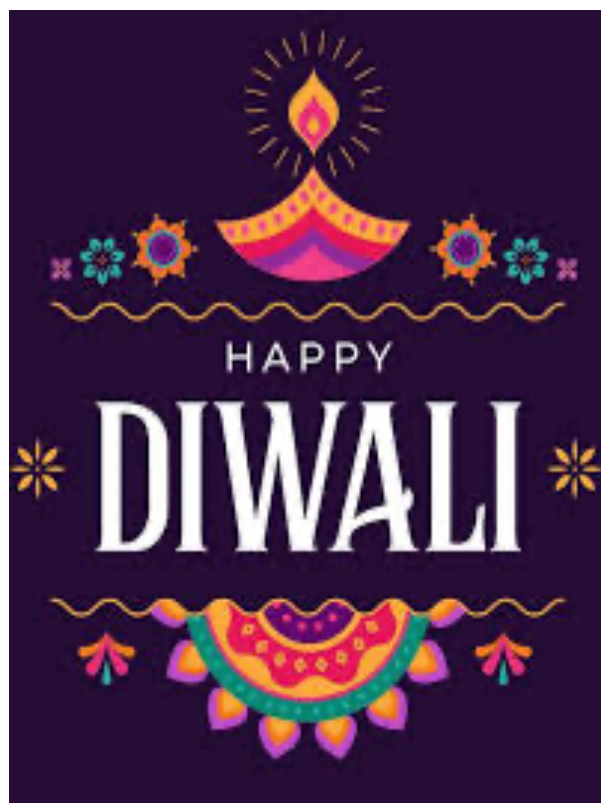
## Important Information



Due to further changes in attendance and safeguarding guidance, children who are persistently absent from school must be referred to Birmingham Children's Trust (Social Services).

As a school, we do not want to have to make that referral but would rather work with you **before** your child reaches that point. If you are having difficulty with your child's attendance, please contact Mrs Hall, Pastoral Support Manager.

*Please do not leave it too late – **we are here to help.***



## School Photographer

This year, our school photographs will be provided by an outside photographic service. We have managed to secure a fabulous deal for families. An image bundle of **26** unmounted photographs for £11.75

The photographer will be in school on **Tuesday 25<sup>th</sup> November 2025.**



## Starting School September 2026?

Our Reception 2026 open day will take place on **11<sup>th</sup> November at 2pm and 4pm.** Please book your tour via our school office.

**Our School Values: We are respectful, ambitious, creative, inclusive, independent and we persevere.**

## Celebration Assembly

In last week's celebration assembly, we celebrated the achievements of:

### Year One

Aloniab and Elodie

### Year Two

Esmeralda and Noah

### Year Three

Ailey and Joana

### Year Four

Iliana and Kyron

### Year Five

Heaven and Jessica

### Year Six

Adem and Howaida



## Celebration Assembly

In this week's celebration assembly, we celebrated the achievements of:

### Year One

Alara-Rae and Theo

### Year Two

Lily and Sounounkoun

### Year Three

Chantelle and Mozes

### Year Four

Oliver and Malayah

### Year Five

Cody and Evie

### Year Six

Inci and Marayha



## Building Services Supervisor

Mr R Niblett, our new Building Services Supervisor will begin his new role with us on Wednesday 22<sup>nd</sup> October 2025. We are extremely pleased to have him join our team and we are especially excited about the wealth of skills he will bring to our school.

If you get the opportunity, please do introduce yourself to him.

## Modern Foreign Languages: French

In school, we teach French through an interactive tool called Language Angels. The company behind it have created an App called **Glurbs** to support language learning at home. It is easy to download and is available to you with a 95% subscription discount. To obtain this discount, please use code **LAOFR25**.

**GLURBS**

**LANGUAGE LEARNING MADE SIMPLE**

Completely safe, ad-free and designed by the specialists at Language Angels for children to learn and play independently in a way parents can trust.

- ★ It's not just fun, it's effective - from first word to fluency.
- ★ The more you play, the more you learn!
- ★ Boosts memory, creativity & communication.

**HOW TO GET AN ENTIRE YEAR'S SUBSCRIPTION FOR JUST £1.99:**

1. Register a new account
2. Go to 'Settings'
3. Tap LAOFR25

ON MOBILE? [CLICK HERE](#)

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# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



### Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



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The National College®

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