



West Kidlington

Primary & Nursery School

Be kind, give your best!

WEST KIDLINGTON NEWS

Dear Families

The children in Year 2 and Year 5/6 were visited this week by the **NSPCC**. They had separate workshops that were age appropriate. The key themes that were covered were:

- abuse in all its forms and how to recognise the signs of abuse
- that abuse is never a child's fault and they have the right to be safe
- where to get help and the sources of help available to them, including Childline

Vangeli and Paige in Year 6 shared their thoughts with me.

"We were learning about abuse and how to stay safe. We took away a piece of paper that will allow us to make a fortune teller. We learnt the Childline number and signs of abuse. We talked about touch and what that is. It was useful to have these reminders and know how to reach out. It was good to know Childline is there to help us."

In this week's newsletter I have included a piece of Family Homework. This relates to the resilience strategies we cover in school. This month we have looked at worry and trying to worry less about what some people think. There are just four short activities that I would like you to do as a Family. If anyone needs paper or pens, please let me know. The homework is on the second page of the newsletter.

A huge congratulations to Samia who was able to take part in KS2 swimming this week - he was incredible. Thank you to Ethan and Luca for looking after him.

Important Dates

Friday 6th February - selected children attending Swimming Gala at Gosford

**School Garden Open Mornings:
Monday 9th February and Monday
9th March - would you consider
coming along and helping for a few
hours? Please?**

Friday 13th February - Break up

Parking near school

I received an email from The Kidlington Neighbourhood Policing Team. The Police are regularly receiving complaints about parking during the school pick up times. Driveways and pavements are being blocked as well as cars being parked on double yellows. This is impacting the residents living in these properties as well as making it more dangerous for pedestrians, including the children. They have had reports of people struggling to attend doctors' appointments due to their vehicle being blocked in. In addition to this, residents have received verbal abuse as a response to any complaints. The Police are intending to patrol at school times more frequently. Please be kind.

No problem



0800 1111

www.childline.org.uk





RESILIENCE - FAMILY HOMEWORK

WORRYING LESS

01.

Why do we worry?

Everyone worries sometimes — grown-ups, teachers, and children too! Worrying is normal. This Family homework will help you notice worries and learn ways to feel calmer and more confident being you.



What is a worry?

Talk to an adult or think quietly on your own.



- Can you draw or write one thing children sometimes worry about?
- For example: making mistakes, what friends think, or trying something new.
- Under your picture or writing, write this sentence:
“It’s okay to worry because everyone worries sometimes.”

02.

03.

Worry or Not?

Read each sentence and decide if it’s a big worry or a small worry.

- Forgetting your lunch box for one day
- Giving the wrong answer in class
- Trying a new game at playtime
- Wearing something different



Talk about how small worries usually go away on their own.

What other people think

Sometimes we worry about what other people think of us.

Draw yourself in the middle of a page. Around you, write or draw:

3 things you like about yourself

1 thing you are good at

Now read this sentence out loud or quietly:

“I don’t have to be perfect. Being myself is enough.”



04.

A **new** exercise class continues on Monday at West Kidlington PS. Come along, get fit and have fun.

Monday 2nd February 7-8pm

£7 Entry fee

£6.50 for reusable glow sticks

Pay as you go, Cash or Card

Movement = medicine



HALF EIGHT IS TOO LATE



**HOW MUCH TIME YOUR
CHILD SPENDS ON A
SCREEN IS IMPORTANT**



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