

30th January 2026



Newsletter



Dates for your Diary

February 2026

5th February – FOWS Meeting – Barchetta 8pm

6th February – NSPCC Number Day (Dress as a Rockstar or something Maths related)

9th-13th February – Children Mental Health Week

10th February – Donate or Bake Cake Sale

10th February – Whole School Internet Safety Day

12th February – Year 2 Mosque Trip

13th February – Dress as Yourself Day (Donations appreciated)

13th February – School Closes for Half Term

23rd February – School Opens

24th February – Year 4 Library Visit

All this information and more can be found under Events on our website

<https://www.wheelockprimary.co.uk/>

Children's Mental Health Week

Children's Mental Health Week 2026 will take place from **9th–13th February**, and this year's national theme is "**This Is My Place**", focusing on helping children feel a strong sense of belonging at school, at home, and in their wider community.

Throughout the week, we will be celebrating the theme in a number of ways across school:

- **Whole-school assembly** exploring what belonging means and how we can help others feel included.
- **Classroom activities** linked to belonging, kindness, and recognising the places and people who make us feel safe and valued.
- **Mental Health Lunchtime Club**, which will be running special themed activities to help children explore their emotions and connections with others.

This year, we would like to use Children's Mental Health Week as an opportunity to raise funds to continue offering the **myHappymind** programme in school.

myHappymind is an NHSbacked, evidencebased wellbeing curriculum that helps children understand how their brain works and teaches them strategies to build resilience, selfesteem and positive mental health. It uses neuroscience and positive psychology to help children develop lifelong habits that support emotional wellbeing.

The programme benefits **both children and parents** by:

- Teaching children techniques for managing stress, building confidence, and developing positive relationships.
- Providing families with a **Parent App**, offering guidance, activities, and resources to support children's wellbeing at home.
- Helping children feel happier, more focused, better equipped to handle challenges, and more secure in who they are.

We have seen the positive impact of myHappymind in school, and fundraising will help us continue providing this important support to all pupils.

To help raise funds, we will be holding:

- **“Donate or Bake” Cake Sale** – Families are invited to bake (or buy!) their favourite cake to contribute to our sale. All proceeds will go directly towards sustaining myHappymind in school.
- **“Come as Yourself Day”** – To end the week, children are invited to wear whatever makes them feel most themselves and most comfortable. Donations are welcome to support our myHappymind fundraising.

Pupil Achievement

We would like to share an amazing achievement for Mia and Henry in KS2.

On Sunday 25th January Mia and Henry were both picked from Crewe and Nantwich Athletics club to represent Cheshire in the North West athletics championships. This is an amazing achievement where only a small number of children from each athletics club are chosen based on their winter performance.

Both the under 11 girls and under 11 boys did an amazing job placing 2nd out of all the regional teams who took part.

Attendance & Morning Drop-Off Reminder

We kindly remind all parents and carers of the following morning routines and attendance expectations:

- **Gates open at 8:30am**
- **Classroom doors open at 8:35am**
- **The register is taken at 8:45am**

Pupils arriving **after 8:45am** will be marked as **late**.

Arrivals **after 9:15am** will be recorded as an **unauthorised absence**, as in line with our attendance policy.

All absences **must be reported by 9:30am on the day of absence**. Please contact the school office directly to inform us.

Thank you for your continued support in helping us maintain excellent attendance and punctuality.

Please note that the school car park is designated for staff and deliveries only. It should not be used for dropping off children who arrive late. This helps ensure safety and smooth operations during school hours.

Thank you for your cooperation and understanding.

Class News

Cygnets and Pufflings

Another busy week in Reception, we can't believe how quickly this half term is going! In Drawing Club, we have read the book Farmer Duck. We enjoyed drawing and writing our codes for the lazy farmer, the farm house, a new tractor and imagining what Farmer Duck might find if he went digging in the fields!

Our Maths this week has been all about comparison - we have used the terms 'more' and 'fewer' to talk about two sets of objects and discussed how it doesn't matter what size, colour or object they are, it is the number that is important. We also introduced the term 'equal' when talking about two groups of objects that have the same number.

In our topic we have taken part in the Big Schools Birdwatch. We learnt all about birds first - the children discovered that it is feathers that makes a bird, a bird, not that they can fly! We have used key vocabulary such as wing, beak and feathers. The children enjoyed going onto our playing field and birdwatching. Thank you for all of the super home learning about birds too - the children really do love to share their posts on Tapestry. Have a lovely weekend.

Goldfinches and Woodpeckers

This week in Year 1, we have been working hard across all our subjects and are really proud of everything the children have achieved. In Maths, our focus has been on addition within 20. The children have been using number lines, manipulatives and mental strategies to solve problems and explain their thinking clearly.

In English, we have finished writing our retell of *Last Tree in the City*. The children have shown fantastic effort in sequencing the story, using full sentences, and adding lovely descriptive detail to bring the events to life.

In History, we explored how people celebrate birthdays and how these traditions have changed over time. The children enjoyed sharing their own experiences and comparing different ways of celebrating around the world.

In Music, we learned about **tempo**, listening to pieces that matched slow and fast animals and experimenting with sound to show how music can move just like different creatures.

Finally, in Computing we collected and compared class data, including how everyone travels to school. The children were enthusiastic data collectors and enjoyed spotting patterns in our results.

A huge well done to all of Year 1 for a brilliant week of learning!

Owls and Robins

This week, Year 2 have been busy writing their own 'finding narrative' in Literacy, inspired by "The Bog Baby".

In Maths, the children have started to look at money. They have identified different coins and notes and have been counting money too!

In Science, we saw some fantastic team work as the children researched a habitat with a partner before creating their own fact-files about it!

There was great teamwork in PSHE as well! The children worked together to craft birds out of different materials! The children could confidently identify the successes of their task as well as ways they could improve!

In DT, the children designed the pouches that they will be sewing and decorating in the next two weeks! There are certainly some colourful and ambitious designs!

In History, the children used different sources to find out about Bessie Coleman and why she is a historically significant figure in the History of Flight.

There has been lots of excitement and enthusiasm for our Whole Class Reading book - Revolting Rhymes! The children especially enjoyed learning new vocabulary and using it in sentences!

Keep up the super work Year 2!

Sandpipers and Moorhens

In Literacy, the children explored a new text—*A Midsummer Night's Dream*—delving into its characters and storyline, and taking part in an exciting drama activity to help them understand the play's wonderfully complex plot. In Maths, we concluded our multiplication and division unit by investigating what happens when divisions leave remainders, before beginning our new topic on measurement, focusing on centimetres and metres. In History, the children learned about why the Romans invaded Britain and were fascinated to see just how vast the Roman Empire became at its height. During RE, we studied the story of the paralysed man, reflecting on how Jesus forgave his sins and healed him. In French, the children continued to build their vocabulary by learning the plurals of animals, and in Science they created informative posters about sedimentary, igneous, and metamorphic rocks. Finally, in Computing, Year 3 developed and debugged algorithms to successfully achieve set goals. It's been a busy and brilliant week!

Kingfishers and Lapwings

This week in literacy, we have been writing our persuasive letter as part of our 'hot write'. Our letter is written to a woodcutter, who is cutting down trees in the rainforest. The children have written their letter asking the woodcutter to stop, because his actions are killing orangutans. In order to write this letter, we used the laptops to research orangutans in the rainforest and found out lots of facts as well as understanding that they will soon be extinct if deforestation continues. The children were extremely passionate about writing this letter and used some amazing figurative language to do so.

As our rainforest theme is cross-curricular this half term, we have continued to learn about the rainforest in other subjects such as geography. This week's lesson has focused on the indigenous people of the rainforest, and how they use the rainforest sustainably with knowledge passed down from their ancestors. In music, we used our knowledge of the rainforest to link body percussion to the types of animals that live in the different layers of the forest. Heavy, loud sounds for the forest floor, and lighter and quieter sounds for the understory. In Science, we have learnt about vertebrates and invertebrates this week and we have also been able to link this learning to the animals of the rainforest. So, in Art our rainforest theme links again, with us using animal patterns to make our own pattern, using coloured paper and then making this into a repeating pattern which could easily become a fabric.

In French, we have focused on learning the names of our family members and in PSHE we have thought about how we can use our skill of resilience to overcome obstacles and keep going when our hopes and dreams are not realised. Computing this week was great fun! We learnt how to create our own animations, which was amazing and we used our artistic skills to create faces and animate a short movie. In Maths, we have been learning the skill of dividing, through sharing out base 10 into groups, with remainders and we have added the 7 times tables to our numbersense chart, further increasing our times tables knowledge.

Kestrels and Red Kites

This week, in maths, we have been focussing on fractions. The children have been multiplying fractions as well as whole numbers. We have then progressed to find fractions of numbers too. The children's multiplication and division skills have helped the children to understand how to do this.

In literacy, our attention is now on persuasive language. We have been using The Promise story to help generate sentences about making a deal. The children are trying to persuade the thief to change their ways and become a better person.

In science, we planted cress seeds after exploring the life cycle of a plant. The children were able to identify how a plant grows and changes. In RE, we have explored how fasting shows commitment in Islam. During French, the children enjoyed learning about different fruits and vegetables. In art, the children created a watercoloured background to then draw their self-portrait on. We have enjoyed being creative in music by singing and using the drums to create an African style rhythm. During history, the children wrote a historical diary about Queen Elizabeth I visiting them.

Unfortunately, the weather cancelled our library visit. We have managed to rearrange it for 19th May. This was the earliest date they had available. Here's hoping the weather will be significantly warmer and drier by then!

The woodland, again, was a highlight for the children. They are learning to work as a team by communicating. We played games which encouraged cooperation and team work.

Finally, the children participated in their bikeability sessions. They enjoyed working on new skills and learning how to ride their bike sensibly. The instructors commented on how hard they tried, how well they listened and their cycling skills!

Another great week - have a lovely weekend everyone!

Eagles and Hawks

Year 6 have had a wonderfully productive week, diving into a wide range of learning across the curriculum. In Maths, the children have been developing their confidence with percentages, using their understanding of 10% and 1% to calculate other amounts, as well as working with equivalent fractions, decimals and percentages. In Literacy, they have been busy writing newspaper reports about William Kamkwamba and his incredible wind turbine invention, using features such as direct speech to bring their articles to life. Science lessons have focused on our topic of Light, including investigating reflective materials and beginning to understand how we see. In History, the class have continued exploring the Tudors, learning more about the wives of Henry VIII, while in PSHE they have been thinking about how teamwork can help us achieve our goals. In RE, the children have looked at a range of festivals and celebrations throughout the year and discussed whether they have Christian origins.

Praise

Reception & Key Stage One

Class	Name	Reason
Reception	Jack	For super letter formation and working hard in Phonics.
Reception	Dexter	For great listening and always engaging in learning.
Goldfinches	Dottie-Lou	For independence in her reading.
Goldfinches	Millie	For independence in her writing.
Woodpeckers	Rose	For super adding using your 10 facts to help you add all the way to 20.
Woodpeckers	Clara	For always being kind and showing wonderful Wheelock behaviours.
Owls	Evie	For a fantastic and creative piece of writing in Literacy!
Owls	Clara	For being a kind and supportive partner!
Robins	Coen	For creative and interesting ideas to record their own Bog Baby story.
Robins	Hannah	For creative and interesting ideas to record their own Bog Baby story.

Key Stage Two

Sandpipers	Alfred	For a fantastic effort during the group literacy work creating your potion ingredient ideas.
Sandpipers	Zara	For constantly working really hard, always being ready to learn and showing effort in all subjects. You are a role model.
Moorhens	Daisy	For always working to the best of their ability and being role models for the Wheelock values and behaviours.
Moorhens	Josh	For always working to the best of their ability and being role models for the Wheelock values and behaviours.
Kingfishers	Jax	For writing a brilliant letter in Literacy with ambitious vocabulary and emotive language.
Kingfishers	William	For making excellent progress in his times-tables in NumberSense.
Lapwings	Jenson	For showing really good commitment and passion for reading this half term, having already completed an amazing 32 quizzes!
Lapwings	Millie	For writing an incredibly persuasive letter to the woodcutter, in Literacy, pleading with him not to cut down the giant Kapok tree! Awesome work Millie!
Kestrels	Jessica	For creating a wonderful self-portrait in art. You showed excellent creativity and skill. Well done!
Kestrels	Daisy	For being a wonderful member of our class: polite, kind and hardworking - we will really miss you!
Red Kites	Jacob	For being a great learning partner to his peers – well done!
Red Kites	Hollie	For having a brilliant attitude during lessons and creating great pieces of work!
Hawks	Ted	For producing an excellent piece of newspaper writing this week. Well done, Ted!
Hawks	Harry	For sharing thoughtful ideas and helping lead positive change through pupil voice. Great leadership, Harry!
Eagles	Dexter	For fantastic understanding of working out percentages of numbers.
Eagles	Sophie	For excellent ideas in her newspaper writing.

The Hive

This week as the lighter- nights have started to appear the children have played outdoors with their friends. Moving forward and weather permitting these activities will continue.

Indoors the children continue to play card games and paper crafts.

The Hive Praise is awarded to Arthur and Ava for being a kind and respectful member of the Hive team.

FOWS NEWSLETTER

Friends of Wheelock School are currently preparing for the year ahead. If you'd like to find out more, you are welcome to join our 'Willing Volunteers' WhatsApp group - it's a great way of being involved and volunteering when you can without the commitment of joining your PTA. Here's the link to join: <https://chat.whatsapp.com/CqwDjj3nxUB8KHp2FZuzn7>

Or, if you think you'd rather become part of the team! Join us on Thursday the 5th of February at 8pm in Barchetta. (7.30pm for a drink and a chat beforehand!)

See you there!

Lisa

Chair of FOWS

fowscontact@gmail.com

Free School Meals

Please find below the link to apply for Free School Meals. If you do qualify for this it covers lots more than just the school meals therefore it may be worth taking a look.

https://www.cheshireeast.gov.uk/schools/school-meals/free_school_meals.aspx

Spring Term Menu

Dates	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
W/C: 05.01.2026, 19.01.2026, 02.02.2026.	Main Choice	Hot Dog served with Wedges & Vegetables	Chicken Goujon served with Wedges & Vegetables	Roast Chicken Breast served with Roast Potatoes, Vegetables & Gravy	Spaghetti & Meatballs in Tomato Sauce served with Garlic Bread	Cheese & Tomato Panini served with Chips & Vegetables
	Vegetarian Choice	Vegan Dog served with Wedges & Vegetables	Vegan Dippers served with Wedges & Vegetables	Vegan Fillet served with Roast Potatoes, Vegetables & Gravy	Spaghetti & Vegan Meatballs in Tomato Sauce with Garlic Bread	Veggie Burger served with Chips & Vegetables
	Jacket Potato	Beans	Cheese	Tuna	Beans	Cheese & Beans
	Sandwich	Ham Sandwich	Tuna Sandwich	Cheese Wrap	Tuna Sandwich	Chicken Wrap
Dessert	Homemade Biscuit or Fresh Fruit	Homemade Cake or Fresh Fruit	Homemade Biscuit or Fresh Fruit	Homemade Cake or Fresh Fruit	Homemade Biscuit or Fresh Fruit	Homemade Biscuit or Fresh Fruit

Dates	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
W/C: 12.01.2026, 26.01.2026, 09.02.2026.	Main Choice	Fish Fingers served with Mash & Beans	Beef Burger served with Chips & Vegetables	Sausage Roll served with Mash, Vegetables & Gravy	Cottage Pie served with Vegetables	Cheese & Tomato Pizza served with Wedges & Vegetables
	Vegetarian Choice	Veggie Fingers served with Mash & Beans	Vegan Burger served with Chips & Vegetables	Vegan Sausage Roll served with Mash, Vegetables & Gravy	Quorn Cottage Pie served with Vegetables	Vegan Pizza served with Wedges & Vegetables
	Jacket Potato	Cheese	Tuna	Cheese	Cheese & Beans	Beans
	Sandwich	Ham Wrap	Cheese Sandwich	Tuna Wrap	Ham Sandwich	Cheese Sandwich
Dessert	Homemade Cake or Fresh Fruit	Homemade Biscuit or Fresh Fruit	Homemade Cake or Fresh Fruit	Homemade Biscuit or Fresh Fruit	Homemade Cake or Fresh Fruit	Homemade Cake or Fresh Fruit

All cakes, biscuits and pizza bases are homemade on the premises
All meat and poultry products are supplied fresh by Anderton's Butchers

Supporting Parents for Emotional Well-Being

Parenting is rewarding, but it can also feel overwhelming at times. Emotional well-being isn't just important for children, it matters for parents too.

Whether it's managing stress, finding balance, or simply having someone to talk to, support networks help parents feel connected and resilient. Let's work together to create a community where every parent feels heard, supported, and empowered.

Cheshire East Council gives families free access to **Togetherness** resources to support wellbeing. This free online learning is available for parents, carers, grandparents and young people. This fantastic resource of parenting support can be accessed in your own time.

Using exclusive access code: WHEATSHEAF

[Cheshire East | Togetherness - Togetherness](#)

Download the free myHappymind app which has activities for the children, mini masterclasses for parents, happy breathing and music to support your child's well-being at home.

Use Wheelock's access code: 142756

Access support from Visyon who are always happy to listen and you don't need a referral from a GP or school, you can call them directly to discuss your concerns and the support they offer you is completely free of charge. They also offer parent courses and webinars.

[Parent Workshops | visyon](#)

Or why not find support from your local Family Hub who provide support, advice and guidance for all children aged 0-19.

Family Hubs

NHS – Neurodiversity Support Pathway

Please find below a link to the Neurodiversity Support Pathway. This is where support is available for families of children and young people who may be neurodivergent.

<https://www.cheshireandmerseyside.nhs.uk/your-place/cheshire-east/neurodiversity-support-pathway>

Autism Family Support Service



You Are Not Alone Drop-in

Every 1st Tuesday of the month - 7.00pm - 8.30pm

A free monthly online drop-in for parents & carers

The **You Are Not Alone** community is a friendly and safe space run by Erik & Sally Wagter where you can come and learn about autism & PDA, ask questions, connect with like-minded people or simply listen and learn from other people's conversations.



In this community we talk about all sorts of things such as:

- helping your child regulate their emotions & feelings (meltdowns etc)
- understanding autism and PDA
- navigating school and EHCPs
- Supporting your child with friendships
- understanding and managing challenging behaviour
- managing sensory needs
- developing a positive relationship with your child (family dynamics)
- exploring EOTAS or home education
- looking after your wellbeing
- and so much more



Here's what parents have said:

'My husband Jamie was saying that in the last few sessions, he has learned so much more about autism and PDA than he has over the past year' - Jo (parent)

'Thank you so much for the group this evening. I can't tell you how grateful I feel and I really do feel less alone and more validated. My hope is back' - Louise (parent)

The You Are Not Alone drop-in is a service delivered by
www.autismfamilysupportservice.com

If you would like to join the **next drop-in**, please send an email to team@youarenotalone.community and we will send you the **Zoom** link.



Community News

CUSTOM MADE MAGNETS

At Moments That Stick, we turn your memories into beautiful, lasting keepsakes with custom photo magnets designed to be cherished forever.

LIVE EVENTS

From weddings and corporate events to private celebrations, we bring a touch of luxury and instant magic with our **LIVE** magnet printing service capturing your guests' favourite moments as they happen.

MADE TO ORDER

- Personalised picture fridge magnets
- Children's Artwork
- Business Logo's
- Milestone Achievements

CONTACT US FOR EVENT HIRE ENQUIRY

✉ momentsthatsstick25@outlook.com
📸 moments_stick

SCAN TO SHOP



SPORTS COACHING

Winter Games

MULTI-SPORTS AND ACTIVITIES HOLIDAY CLUBS

16TH - 20TH FEBRUARY

8:45AM - 3:15PM

SPORTS | THEME DAYS | CRAFTS |
WRAPAROUND AVAILABLE | CHILDCARE
VOUCHERS AND TAX FREE SCHEME
ACCEPTED



Ofsted
Registered



Start for Life Journey
Cheshire East Council

BEST START IN LIFE

Family hub
Together for you

HENRY 4 Week Programme

Give your child the Best Start in Life.

Would you like to transform family life and create healthier, happier futures for your children?

This holistic approach supports families to make sustainable changes that benefit physical health, emotional well-being, and strong family relationships. It's recommended that parents/carers attend all 4 workshops to gain the most from the programme but we know this isn't always possible.

To learn more about the content of each workshop or to register for this FREE 4 week programme; contact your local family hub on 01270 371240 or 01270 371250 or pass your details onto the school reception.

Cledford Primary School 13 George VI Ave, Middlewich, CW10 0DD	<p>Session 1: 19th January 1:30-3:00 <u>Looking after ourselves</u></p> <p>Session 2: 26th January 1:30-3:00 <u>Family guidelines and choices</u></p> <p>Session 3: 2nd February 1:30-3:00 <u>Let's get active</u></p> <p>Session 4: 9th February 1:30-3:00 <u>Understanding children's behaviour</u></p>
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henry
Healthy Start, Brighter Future

After School Clubs



Dodgeball

Tuesday
Yr 3-6
06.01.26 - 10.02.26
3:15 - 4:15
£36 (6 weeks)

Ball Games

Thursday
Rec - Yr 2
08.01.26 - 12.02.26
3:15 - 4:15
£36 (6 weeks)

Click [HERE](#) to book HT3

info@sportscoachinggroup.co.uk

01270 449770

sportscoachinggroup.co.uk



SANDBACH CRICKET CLUB, CW11 3LZ

COACH BARKS FOOTBALL



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At Coach Barks Football we look to provide you with the opportunity to enhance your skillset, whether you are just learning to kick a ball or striving for academies...

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07732376006



Coachbarksfootball@gmail.com

Think pharmacy first

Boots UK, 7 High Street, Sandbach, CW11 1AH
Tel: 01270 787272

Pharmacists can now provide treatment or some prescription medicine, if needed, for seven common conditions, without having to see a GP.

Each condition is subject to age eligibility when providing prescription medicine:

Condition	Age eligibility
UTI	16-64 years
Sinusitis	12 years and over
Earache	1-17 years
Sore throat	5 years and over
Shingles	18 years and over
Impetigo	1 year and over
Infected Insect Bite	1 year and over

Find out more, nhs.uk/thinkpharmacyfirst

See your
pharmacist
Help us
help you



CREWE NEPTUNE LIFESAVING CLUB

We teach water safety and lifesaving skills,
in a fun and safe way!



Find out more

Enquire for a free taster session!

Saturday mornings 07:45 to 08:45am at Crewe Lifestyle Centre

Contact: crewenptune@gmail.com
facebook.com/crewenuptuneslifesavingclub

