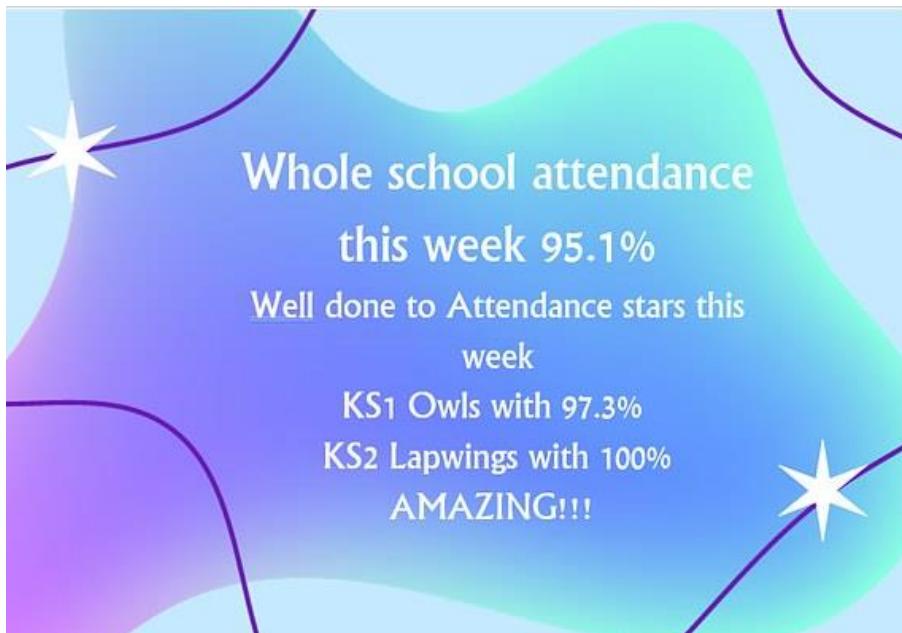


6th February 2026



# Newsletter



## Dates for your Diary

### February 2026

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.

### What is myHappymind?

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.

## Class News

### Cygnets and Pufflings

Another brilliant week in Reception! In Drawing Club, we have focused on the text *The Tiger Who Came to Tea* and thought about what foods he would like to eat, the children have been working hard to use their phonics to write longer sentences.

We have explored what makes a good habitat and the children have started to create their own using their boxes - these are looking great!

In maths we have looked at what makes 6, 7 and 8 as well as counting beyond 20. We have enjoyed Number day and played lots of maths games and sang lots of number songs. In our PSHE sessions we have talked about how we can use kind words of encouragement to support our friends as well as thinking about jobs that we would like to do when we are older. Have a great weekend.

### Goldfinches and Woodpeckers

We've had a fun and busy week in Year One!

In Literacy, we began our new book *Where the Wild Things Are*. The children loved exploring the wild rumpus and used exciting verbs to describe all the things the Wild Things were doing there!

In Maths, we worked on subtraction within 20 using number lines and also revisited doubles to build our number fluency.

Our Science lessons focused on different animal groups. We explored how animals can be similar or different and sorted them based on their features.

During our whole-class reading sessions, we enjoyed more poems together and practiced retrieval skills by finding key information directly from the text.

In Computing, the children used the data they collected to create their own pictograms on the iPads—great digital superstars in the making!

In History, we looked at how children celebrated birthdays in the past and compared these traditions to the way we celebrate birthdays today. The children had some fantastic discussions!

A wonderful week of learning and exploring—well done Year One!

## Owls and Robins

What a wonderful week!

In Literacy, the children have started to look at instructions! The children have explored new vocabulary, the features of instructions and have practised writing using instructional language. As well as this, lots of fun was had as the children designed their own microhabitats - next week, they'll write instructions on how to make this!

The children have wowed us in Maths with their understanding of money. The children have been choosing the right amount of money, comparing money and adding it too! Of course, lots of fun was had on today's "Number Day"! The children have enjoyed playing maths games and completing maths puzzles!

In Science, the children learned about how animals have adapted to live in their habitat. They learned facts about camels, polar bears and giraffes!

In PSHE, the children thought about their successes and how it made them feel. They then set a realistic goal for something to achieve by the end of Year 2!

We saw some fantastic role play in History this week! The children learned about Amelia Earhart and how she is significant in the history of flight, using an "eyewitness account". Then, they role-played as Amelia Earhart and an interviewer talking about her flight from Canada - Ireland!

In Whole Class Reading, the children have been busily inferring about the characters from our "Revolting Rhyme". The children have also explained why each character acts a certain way and have answered true/false questions about the poem using their retrieval skills!

Finally, in RE the children demonstrated their knowledge and understanding of our topic on Islam and created a diagram about everything they'd learned!

Well done & keep working hard Year 2!

## Sandpipers and Moorhens

This week year 3 have been learning all about length and measure in mathematics—understanding how to read and convert between metres, centimetres and millimetres. In literacy, we have been working really hard on our descriptive vocabulary and use of

imperative verbs, ready for our hot write next week where we will be writing a recipe for a potion that could be used in our vehicle text 'A midsummer night's dream'. In science we have moved on to looking at different types of soil and the children were amazed by actually how important soil is! In history, the children have been learning about Boudica and different tribes. In French, we have continued to secure our animal vocabulary knowledge. Year 3 have created a textured cave background in art using lentils and rice, ready to paint their cave sketches on next week. In RE, the children have continued to explore the concept of a miracle. Finally, today has been an exciting day celebrating NSPCC's national Number day. Year 3 have taken the TTRS challenge seriously, working together to battle other classes, schools and regions across the country. What a busy and fantastic week of learning year 3! Keep it up.

## Kingfishers and Lapwings

It has been a busy but great week in Year 4! In Literacy, we were excited to introduce our new class text *Arthur and the Golden Rope*. We focused on developing our vocabulary skills, learning how to find and use synonyms to deepen our understanding of words and their meanings. In Maths, we are coming to the end of our Multiplication and Division unit, which we have worked very hard on applying to a wide range of problems. As it was Number Day, we also enjoyed dressing up as rockstars or numbers and taking part in lots of fun, practical maths activities, challenges and games. In Science, we explored classifying objects and applied this learning during our minibeast hunt, where we classified different insects based on their characteristics.

Geography lessons focused on the threats facing the rainforest and how we can help to protect it, encouraging us to think carefully about our role in caring for the environment. In Music, we used instruments to create melodies representing the canopy and emergent layers of the rainforest. In Art, we took our rainforest repeating patterns a step further by designing an item to explore what our patterns could be printed on. In French, we learned how to describe facial features, while in RE we discussed and ranked how Jewish beliefs, teachings and stories impact daily life. PSHE lessons continued our focus on resilience, where we created our own songs to show the importance of not giving up and learning to see situations from different perspectives.

## Kestrels and Red Kites

This week in literacy, we have planned and started to write our bargain letters to a thief. The children have been perfecting their persuasive language to try and convince a thief to plant acorns which will in turn make the city a nicer place to live in.

During maths, we have now moved on to decimal numbers. The children have been able to identify the place value of numbers up to 2 decimal places. They have been using number lines to order them and continue different sequences.

In science, we looked at animal life cycles, in particular the butterfly and frog. We learnt some new vocabulary - metamorphosis. Perhaps you could see if the children remember what it means. During RE, we considered how the commitments Muslims make are all important. In French, we looked at numbers to 100. We tried to use actions to help us remember such as vingt is 20 so we pretended to drive a van. In History, we looked at true or false statements whilst reading historical sources about Tudor England. In music, we worked in groups to create an eight-beat break of rhythm. We used drums to support us. We thoroughly enjoyed using our own photographs to create an unusual self-portrait. The children cut up their own photos and made distorted faces.

On Thursday, we were visited by 'Healthier futures' from Leighton Hospital. They talked to the children about STEM and different careers in STEM. They played a board game which looked at jobs related to science, technology, engineering and maths. The children loved the game and asked if they could buy it!!! It was a wonderful morning.

Finally today, we celebrated number day by taking part in a TTRS competition and playing different maths games. We want the children to realise that maths is fun as well as useful.

Have a great weekend everyone - one more week to go!

## Eagles and Hawks

Year 6 have had another hardworking and productive week as we approach the end of the half term. In Maths, the children have been calculating percentages using inverse operations and beginning to explore ratio. Their History lessons have taken them back to Tudor England, where they wrote diary entries imagining what it would have been like to witness a Royal Progress. In Science, they continued their topic on Light, learning about the difference between reflection and refraction, while in RE they explored the legacy of Christianity by looking at charities and organisations that support communities around the world.

In Music, the class have been studying film soundtracks and how composers use music to convey mood and enhance onscreen action. To round off the week, the children celebrated Number Day with a range of fun Maths activities, including quizzes and creating their own Cipher Wheels to design secret codes for each other to crack. It's been a full and lively week of learning, and the children have embraced every moment.

## Praise

### Reception & Key Stage One

Class	Name	Reason
Reception	Olivia	For always being enthusiastic and having a smile on her face.
Reception	Lyla	For always being engaged in her learning and showing the Wheelock behaviours.
Goldfinches	Ava	For excellent effort subtracting numbers to 20 on a number line.
Goldfinches	Ava	For working super hard in phonics and progressing to the comprehension group.
Woodpeckers	Hope	For using fantastic vocabulary and exciting verbs to make your writing fun to read.
Woodpeckers	James	For using fantastic vocabulary and exciting verbs to make your writing fun to read.
Owls	Maddison	For fantastic work role-playing as Amelia Earhart in History & for confidently sharing her knowledge in RE!
Owls	Sam	For always challenging himself in Maths and confidently explaining his answers!
Robins	Harry	For showing off his amazing number skills for number day.
Robins	Griffin	For showing off his amazing number skills for number day.

## Key Stage Two

<b>Sandpipers</b>	<b>Finley</b>	<b>For amazing group work, listening to the other children and sharing your own great ideas.</b>
<b>Sandpipers</b>	<b>Charlotte</b>	<b>For a fantastic effort creating magic spell ingredient ideas.</b>
<b>Moorhens</b>	<b>Braelyn</b>	<b>For a fantastic positive attitude towards her learning and making great progress in her writing.</b>
<b>Moorhens</b>	<b>Felix</b>	<b>For fantastic descriptive writing this week.</b>
<b>Kingfishers</b>	<b>Iris</b>	<b>For producing a thoughtful, creative song about resilience in PSHE.</b>
<b>Kingfishers</b>	<b>Ibrahim</b>	<b>For always trying his best in every lesson and being a great role model.</b>
<b>Lapwings</b>	<b>Tyrone</b>	<b>For really focusing on his Literacy during our vocabulary lesson yesterday and working brilliantly with a partner to write excellent sentences linked to our new text, using excellent descriptive vocabulary. Well done!</b>
<b>Lapwings</b>	<b>Benji</b>	<b>For being an excellent role model to his peers, for giving 100% to everything he does, each and every day and for being a very supportive, kind friend who goes out of his way to put others and their needs first. Thank you for being such a caring member of our class Benji!</b>
<b>Kestrels</b>	<b>Darcie</b>	<b>For excellent observations made in Whole Class Reading whilst reading Holes - you articulate your ideas and justifications extremely well!</b>
<b>Kestrels</b>	<b>Orla</b>	<b>For always trying her best in all subjects - you are a superstar who works tremendously hard! Well done!</b>
<b>Red Kites</b>	<b>Fearne</b>	<b>For showing resilience by improving a piece of writing in literacy.</b>
<b>Red Kites</b>	<b>Henry</b>	<b>For being a brilliant role model to his peers!</b>
<b>Hawks</b>	<b>Amelia</b>	<b>For transitioning into school this week with such positivity and a big smile. Well done, Amelia!</b>
<b>Hawks</b>	<b>Wren</b>	<b>For demonstrating wonderful creativity and imagination on Number Day. Your ruler creation is fantastic! Well done, Wren.</b>
<b>Eagles</b>	<b>Chloe</b>	<b>For showing excellent understanding in Maths lessons when working with percentages and ratio.</b>
<b>Eagles</b>	<b>Harper</b>	<b>For super teamwork and always listening to the ideas of others.</b>

## The Hive

The children this week have really enjoyed playing outdoor games with their friends. Many roleplay games have been played with lots of children sharing their ideas and skills.

We have also been able to take smaller groups of children into a different room for games and jigsaw activities.

The Hive Praise this week is awarded to Jasmine and Noah for being a kind friend to others.

As always, the Hive team can be contacted through the school office. Please remember to let the office know if your child is not attending the Hive, thank you.

## FOWS NEWSLETTER

A huge thank you to everyone who joined us at last night's meeting 

We're really pleased to share that FOWS has agreed to fund any additional money needed for the **MyHappyMind** scheme this year, should Miss Sheridan require it following her fundraising efforts next week 

We're incredibly proud to support such a worthwhile initiative and hope it continues for years to come. Our children gain so much from it, and it's wonderful to be able to help 

### Dates for your diary

#### Friday 13th March

Non-uniform day in exchange for a chocolate donation

#### Thursday 19th March

#### Chocolate Bingo!

Two sittings available - 4.30-5.45pm and 6.15-7.30pm

Tickets will be on sale after half term

We hope to see you at our next meeting on **Thursday 5th March at 8pm**, held at **Barchetta**  

Kind regards,

**Lisa Sumner**

Chairperson

[fowscontact@gmail.com](mailto: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](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 1<sup>st</sup> 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](http://www.autismfamilysupportservice.com)

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



## 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.**

## Community News

**ELWORTH CC UNDER 9'S GIRLS**  
**CRICKET SKILLS TRAINING**

An opportunity to learn new skills, develop your cricket & make new friends.

**STARTING 1ST MARCH**  
**1ST MARCH / 15TH MARCH / 29TH MARCH / 12TH APRIL**

Sandbach Boys School  
Sports Hall  
3-4pm  
All sessions will be **FREE**  
All levels welcome



**Contact Us**  
Get in contact with Matt Buckley via @Elworthcc IG Page.

## After School Clubs



**Dodgeball**  
Tuesday  
Yr 3-6  
24.02.26 - 24.03.26  
3:15 - 4:15  
£30 (5 weeks)

**Ball Games**  
Thursday  
Rec - Yr 2  
26.02.26 - 19.03.26  
3:15 - 4:15  
£24 (4 weeks)

Please click [HERE](#) to book HT4

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✉ info@sportscoachinggroup.co.uk  
📞 01270 449770  
🌐 sportscoachinggroup.co.uk

**SPORTS COACHING GROUP**



**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.

**CONTACT US FOR EVENT HIRE ENQUIRY**

[✉ momentsthatstick25@outlook.com](mailto:momentsthatstick25@outlook.com)  
[📸 momentsthatstick/](https://www.instagram.com/momentsthatstick/)

**MADE TO ORDER**

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

**SCAN TO SHOP**



**MOMENTS THAT STICK**



RSPCA

Join us for some animal fun!

Activities, based around The Great British Spring Clean

10am - 3pm (2.30pm last entry)



The Great British Spring Clean 2026

21 MARCH TO 6 APRIL

A promotional image for Mango and Marmalade Stories. It features a red background with white text and several book covers. The text includes '2026', 'Library', 'Visits', 'Sandbach', 'Macclesfield', 'Wilmslow', 'Meet the Author and join me for Storytime &amp; Mini Treasure Hunt', and the website 'MangoAndMarmaladeStories.com'. There are also small images of the book covers for 'Sam and Sophie at the Festival', 'Treasure Hunt', 'Rainy Day Treat', 'Cricket Challenge', and 'Seaside Adventure'.



**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.

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

 **henry**  
Healthy Start, Brighter Future

SANDBACH CRICKET CLUB, CW11 3LZ

**COACH BARKS FOOTBALL**



Are you looking to sharpen your skillset in an encouraging, challenging and technical environment?

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...

**SIGN UP NOW** 

- Small Group Sessions
- Team Sessions
- Technical, Tactical, Psychological and Social Improvements
- Fun-Orientated Sessions

07732376006 [Coachbarksfootball@gmail.com](mailto: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](http://nhs.uk/thinkpharmacyfirst)

