

Week 19



Wistaston Weekly

Friday 31st January 2025

We are delighted to be taking part in Place2Be’s Children’s Mental Health Week 2025, in association with Here4You and supported by Disney! This year’s theme, **Know Yourself, Grow Yourself**, encourages children to explore their emotions, recognize their strengths, and build resilience. With 1 in 5 children and young people now having a probable mental health condition, it’s more important than ever to ensure they feel heard and know they are not alone.

By helping children understand what brings them joy and what may cause sadness, we empower them to express their emotions and navigate life’s challenges. Throughout the week, we will take part in activities that promote emotional well-being and self-discovery and encourage the children to work together to create a supportive space where every child feels safe to express their feelings.

We are also sharing **Friendly February**, our next month of the ‘Action for Happiness’ calendar, filled with simple ways to spread kindness and build a more positive world. Thank you for joining us on this meaningful journey!

Friendly February 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently
3	Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you
10	Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help
17	Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise
24	Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today		

ACTION FOR HAPPINESS Happier · Kinder · Together

Kind regards

Mrs Elsley

Principal

Useful Dates for Diary

Further details are shared nearer to the time.

Any new dates added to this will be highlighted in green.

Important dates can also be found on the School Calendar at:

<https://www.wclacademy.co.uk/calendar>

Week Beginning 3rd February	Mon 3rd – Fri 7th	Children's Mental Health Week
	Mon 3 rd – Fri 7 th	LGBT+ Month
	Monday 3 rd	Visitor from St Mary's Church
	Tuesday 4 th	School Office will be closed 1-3pm today
	Tuesday 4 th	Smart Uniform Click & Collect (3-3:30pm)
Week Beginning 10th February	Mon 10th – Tues 11th	Year 5 Level 2 Bikeability
	Tuesday 11 th	Safer Internet Day
	Tuesday 11 th	Cygnets Open Event – Booking required (10:30-11:30am)
	Tuesday 11 th	School Office will be closed 1-3pm today
	Thursday 13 th	Year 1 Chester Zoo Trip
	Thursday 13 th	Free SEND Support Event for Parents (See Below for details)
Week Commencing 17th February	Mon 17th – Fri 21st	Half Term
	Sunday 23 rd	Year 6 – Deadline for placing leaver hoodie orders
Week Commencing 24th February	Monday 24th	Year 3 & 4 Photography Club is cancelled today
	Tuesday 25 th	School Office will be closed 1-3pm today
	Friday 28 th	Year 2 Florence Nightingale Day
	Friday 28 th	Helping Children Deal with Losses of any Kind (13:30-15:00)
Week Commencing 3rd March	Monday 3rd	Secondary School Admissions September 2025 Offers Released
	Tuesday 4 th	School Office will be closed 1-3pm today
	Tuesday 4 th	Smart Uniform Click & Collect (3-3:30pm)
	Thursday 6 th	World Book Day
	Friday 7 th	Helping Children Deal with Losses of any Kind (13:30-15:00)
Week Commencing 10th March	Tuesday 11th	School Office will be closed 1-3pm today
	Friday 14 th	Helping Children Deal with Losses of any Kind (13:30-15:00)
	Friday 14 th	ELS Book Bus visit to WCLA (11-12)
	Friday 14 th	Educational Psychology Team Drop In – Monks Coppenhall Family Hub (Crewe) (1-2:30pm)
Week Commencing 17th March	Friday 21st	Helping Children Deal with Losses of any Kind (13:30-15:00)
Week Commencing 24th March	Monday 24th	Year 4 Level 1 Bikeability
	Mon 24 th – Tues 25 th	Reception Hearing & Vision Screening
	Mon 24 th – Wed 26 th	Year 6 Conover Hall
	Wed 26 th – Thurs 27 th	EYFS/KS1 Parents Evenings
	Friday 28 th	Reception Pirate Day
Week commencing 31st March	Monday 31st	Visitor from St Mary's Church
	Tuesday 1 st	Smart Uniform Click & Collect (3-3:30pm)
	Wed 2 nd – Thurs 3 rd	KS2 Parents Evenings

Week Commencing 3rd February will be WEEK 2 for lunches

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	TREAT FRIDAY
MAIN DISH	Cheese & vegetable quesadilla with wedges	BBQ chicken wrap with savoury rice	Traditional cottage pie	Beefburger on a bun with chips	Chicken and bacon pasta with garlic bread
MAIN DISH 2	Vegetable stir fry with chicken style pieces and noodles	Vegetable pasta bake	Potato & cauliflower curry with 50/50 rice	Falafel in a pitta with slaw	Macaroni cheese with garlic bread
ACCOMPANIMENTS	Seasonal vegetables & Salad bar	Seasonal vegetables & Salad bar	Seasonal vegetables & Salad bar	Seasonal vegetables & Salad bar	Seasonal vegetables & Salad bar
JACKET POTATO/ SANDWICHES	Jacket potato with cheese or beans Or Cheese bap	Jacket potato with cheese or coleslaw Or Tuna wrap	Jacket potato with tuna or beans Or Turkey pitta	Jacket potato with coleslaw or beans Or Cheese Bap	Jacket potato with cheese or beans Or Ham salad wrap
DESSERTS	Shortbread	Flapjack	Apple crumble & custard	Chocolate sponge & custard	Chopped mixed fruit with butterscotch whip
FRESH FRUIT & YOGHURT	Freshly cut fruit or yoghurt	Freshly cut fruit or yoghurt	Freshly cut fruit or yoghurt	Freshly cut fruit or yoghurt	Freshly cut fruit or yoghurt

Mellors MENU

Fuel your afternoon with a healthy school lunch from Mellors

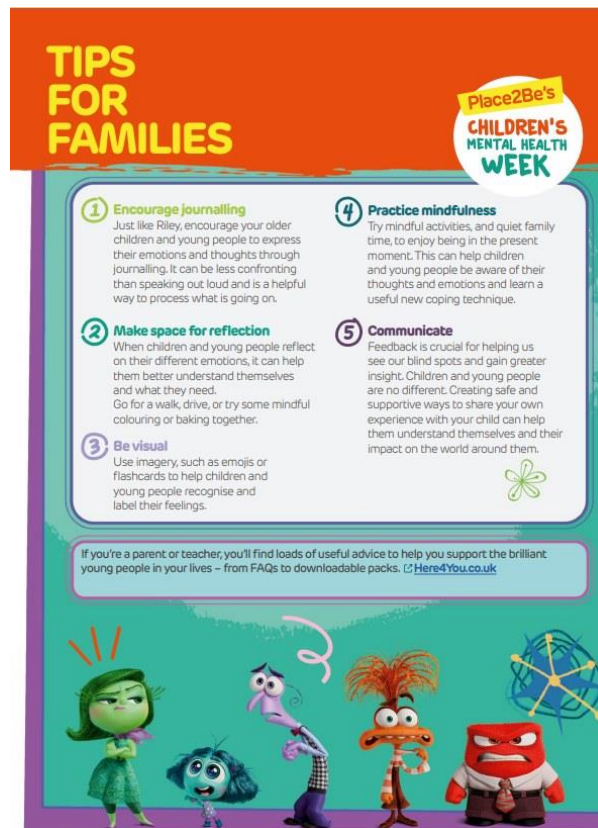
5 OF YOUR 5 A DAY - HEALTHY OPTION

What's New!

Children's Mental health Week 3rd-9th February

This year's theme for Children's Mental Health Week is *Know Yourself, Grow Yourself*. We will be exploring different methods of supporting good mental health by looking at the 5 ways to wellbeing: keep active, take notice, connect, keep learning, give. Each class will have a dedicated time when this will be investigated alongside our weekly PSHE lesson which always includes a 'calm me' section which supports children with strategies to calm their minds.

Below is a poster for parents and carers, with tips and hints on how you can support your child and their mental health.



Free Mental Health Webinar for Young People

Visyon have produced two new webinars which are available to view for free on the Cheshire East website and are intended for young people aged 11+. They are on the topic of Anxiety, with episode 1 focussing on 'Understanding Anxiety' and episode 2 looking at 'Managing Anxiety' with practical tips and strategies to try. New episodes on 'Coping with Exam Stress' and 'Self Care' will be added soon. Please see the link below for details:

<https://www.visyon.org.uk/onlineresources>

Visyon's Parent/Carer Workshops

Visyon's Wellbeing, Families and Communities Team runs workshops for parents/carers to help them support their children with their emotions and mental health. These run from their base in Congleton on Wednesday mornings. Please see the link below for more details:

<https://www.visyon.org.uk/parentworkshops>

Year 1 Chester Zoo Membership Cards

If your child is due to attend the Year 1 Chester Zoo trip on 13th February and you informed school that you have a current zoo membership, please bring your child's membership card to the school office by Monday 10th February latest in preparation for the trip. Please note that failure to provide a valid membership card will incur additional charges.

[Cancellations of Swan Stars Sessions & School Trips](#)

Please be aware that 4 weeks notice is required to cancel Swan Stars sessions on a contract and 7 days notice is required for any ad hoc bookings. Sessions cancelled without the required notice will still be charged even if any absence is due to illness.

We recognise that there may be some circumstances where your child may not be able to attend a school trip/workshop that has been confirmed on Arbor. In these circumstances the school will endeavour to reimburse any recoverable costs above non-refundable deposits. (Recoverable costs are the costs we will not incur if your child does not attend the trip e.g. on the day admission tickets.) There will be some circumstances where we are unable to recover costs from the visit/tour provider and therefore we will be unable to reimburse any payments made. This is because in many cases, the school has to make full payment in advance of the event and the venues involved are unable to make refunds once payment is made by the school.

[Year 6 Leaver Hoodies](#)

If you wish to purchase a hoodie, we ask that the £22.28 payment is made via Arbor>Trips and the preferences for your order are submitted via the Google Form link below. We kindly ask that all payments and choices are made by **Sunday 23rd February** latest. This will enable us to process the order promptly in time for the children to hopefully be able wear them for our upcoming residential to Condover Hall. Unfortunately, we will not be able to process any orders submitted after Sunday 23rd February 2025. Year 6 will also be allowed to wear the hoodie as a school uniform replacement for the rest of the academic year.

[Year 6 Leavers Hoodie Google Form](#)

If you do not wish for your child's first name to appear on the back of the hoodies, we kindly ask that you email the school office at admin@wistaston.cheshire.sch.uk by 31st January 2025. If we have not heard anything from you, we will assume that you consent to this. Once the proof has been confirmed we will be unable to make any changes or remove any names.

We have some samples of sizes available at the school office.

[School Office Closure](#)

Please be aware that the school office will be closed on Tuesdays from 1pm until 3pm for the next few weeks. Apologies for any inconvenience caused.

Miss Valente's KS1 Hub

Miss Valente's KS1 Hub promotes cooperative play and working towards goals. The hub would be grateful of any donations of construction toys, classic Lego, small world toys (e.g. Playmobil, trains, cars, animals, etc).

Educational Psychology Team Drop-In Sessions

Please see below for details of upcoming sessions:

DROP-IN WITH THE EDUCATIONAL PSYCHOLOGY TEAM

COME AND JOIN US!

Parents/Carers will have the opportunity to talk with the Educational Psychology Team in a relaxed environment.

We are looking forward to meeting with you!

At the Little Stars group based in your local Family Hub!

MONKS COPPENHALL FAMILY HUB (CREWE)	13:00 - 14:30	24/1/25, 14/3/25, 2/5/25, 13/6/25, 18/7/25
CONGLETON FAMILY HUB	13:30 - 14:30	01/05/25
ASH GROVE FAMILY HUB (MACCLESFIELD)	10:00 - 11:00	20/1/25, 9/6/25
OAKENCLOUGH FAMILY HUB (WILMSLOW)	13:30 - 14:30	18/3/25, 15/7/25

Cheshire East **TOGETHER for Children and Young People**
Together we will make Cheshire East a great place to be young

Cheshire East Council

Helping Children Deal with Losses of any Kind

Mrs Clifford will be starting her 4-session x 1hr weekly programme in conjunction with www.griefrecoverymethod.com next week to help children deal with losses of any kind -

from friendship issues, to the absence, separation or death of a pet, divorce, loss of grandparents right through to everyday experiences such as moving class/school, losing a prized possession or loss of academic hopes, dreams and expectations. This brilliant course delivers top tips and support strategies, designed to give you a helpful toolkit of language choices – including what **not** to say! Loss is an unavoidable part of life and validating emotions, not comparing losses and active listening are just some of the tools that Mrs Clifford will explore with you. For full details and to book a free place please email Nicky Clifford – nclifford@wistaston.cheshire.sch.uk.

Location – Wistaston Church Lane Academy

Dates:



28th February 2025 – 1:30 - 3pm

7th March 2025 – 1:30 - 3pm

14th March 2025 – 1:30 - 3pm

21st March 2025 – 1:30 - 3pm

Arbor Information

To ensure school has up-to-date contact information in case of an emergency, please check your child's Arbor account and inform school immediately of any changes or errors. Thank you.

MYCWA (Cheshire Without Abuse)

Building a community where adults & children can live free from the fear of domestic abuse

Cheshire East Council has confirmed that it will no longer fund this service from 31st March 2025. This means both the Crewe Support Centre and the Macclesfield store and community hub will close, along with services provided from these centres, unless significant funds are raised.

Every donation, no matter how small, could help keep the service running for those who desperately need them.

Please donate via: justgiving.com/campaign/savemycwa

Remember:

If you need help

- Dial **999** if you are in an emergency, you've been threatened or attacked and require urgent assistance.
- If you live in Cheshire East and are looking for support, please call the Cheshire East Domestic Abuse Hub on 0300 123 5101.
- If you live outside Cheshire East and are looking for support, please call the National Domestic Abuse Helpline on 0808 2000 247
- If you are a current client of MyCWA, please contact your case worker directly. We are contacting all of our clients individually, but please get in touch if you need emergency support.

Free Adult Courses with Cheshire College

If you're aged 19+ you could be eligible to enrol onto an adult course with Cheshire College for FREE.

See <https://www.ccsw.ac.uk/adult-learners/> for more details or get in touch with admissions@ccsw.ac.uk if you'd like more information.

Free SEN Support Event for Parents

The Witherslack Group have just developed a new calendar of **free** SEND advice, support & CIPD sessions On **Thursday 13th February** parents in Cheshire are invited to join them for advice on the EHCP process, emotional health, and sleep. Please see the link below for more details and to register for the event:

[SEN Support Event - 13th February 2025](#)

February Half Term Gymnastics Sessions

Please see below details of some gymnastics sessions being run over February half term:

Adv4NCE GROUP

FABULOUS FEBRUARY

WITH LS GYMNASTICS

LS Gymnastics Crew Academy

GYMNASTICS MASTERCLASS

Marcey is a coach and GB gymnast from LS Gymnastics. She represents the club at British Level where her team has successfully achieved Gold medals at the British Teamgym championships!

Come and join us for a Gymnastics Masterclass on Wednesday 19th and Thursday 20th February 2025!

19/02: Monks Coppenhall Academy
20/02: Offley Primary Academy

Time: 8.45am - 3.15pm
Cost: £30.00

adv4ncegroup.co.uk

Adv4NCE SPORTS **Adv4NCE CHILDCARE**

Sports Coaching Group February Half Term Holiday Club

Please see below details of the holiday club Sports Coaching Group will be running at half term:

SPORTS COACHING GROUP
ENJOY IMPROVE ACHIEVE

WISTASTON CHURCH LANE

FEBRUARY FRENZY

half-term holiday clubs

▶ **10% OFF** Book before January 31 on multi-sports clubs

▶ **WHEN?** February 17-21

▶ **WHERE?** Wistaston Church Lane

▶ **TIME:** 8.45am-3.15pm (late and early pick-ups available)

- ✓ Football, cricket, archery
- ✓ Nerf fun, dodgeball
- ✓ Arts, crafts, dance

▶ Scan QR code to book

SPORTSCOACHINGGROUP.CO.UK

Easyfundraising

We're now registered with easyfundraising, which means you can help us for FREE. Over 7,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE! These donations really mount up, so please sign up to support us at

https://www.easyfundraising.org.uk/causes/wistastonchurchlaneacademy/?utm_medium=email&utm_campaign=pmc&utm_content=email-

If you sign up as a new supporter before midnight February 2nd, you'll earn the school a chance to win a share of a huge £1,000 donation in their Jumpstart your January giveaway.

UK Triathlon Events

On 10th May, UK Triathlon will be hosting the Cheshire Kids Fun Duathlon at Barony Park in Nantwich and on 14th June, the Alderford Kids Fun Triathlon at Alderford Lake in Whitchurch.

Their events offer achievable distances tailored to accommodate children aged 5 to 16, ensuring there's a challenge suitable for everyone. Not only is this a fantastic chance for kids to engage in physical activity, but it's also an excellent opportunity to promote the importance of leading a healthy lifestyle from a young age.

What sets these events apart is their commitment to making a difference beyond the racecourse. Many of the young participants involved are actively raising vital funds for charities like Cancer Research UK, contributing to the ongoing fight against cancer. By joining the events, pupils can play a pivotal role in supporting this noble cause while them to stay fit and healthy.

By participating in events like these, children not only develop physical strength and endurance but also learn invaluable lessons about teamwork, resilience, and the power of community involvement.

For the past 15 years, UK Triathlon have been hosting Kids Fun Triathlon and Duathlon events, motivating thousands of children each year to undertake the challenge.

If you are interested in either event, please see below for more details:



The graphic features two event posters on the left and two circular photos of children running on the right. The top poster is for the Cheshire Kids Fun Duathlon on Saturday 10th May 2025, listing details such as 'RUN, BIKE, RUN FUN EVENT FOR 5-16 YEAR OLDS' and 'ALL ABILITIES WELCOME, ENTRY FROM £18'. The bottom poster is for the Alderford Kids Fun Triathlon on Saturday 14th June 2025, listing details such as 'SWIM, BIKE, RUN FUN EVENT FOR 7-16 YEAR OLDS' and 'FRESHWATER LAKE SWIM'. At the bottom of the graphic, it says 'BOOK YOUR CHILD'S PLACE TODAY AT UKTRIATHLON.CO.UK'.

Cheshire KIDS FUN DUATHLON
SAT 10TH MAY 2025

- RUN, BIKE, RUN FUN EVENT FOR 5-16 YEAR OLDS
- ALL ABILITIES WELCOME, ENTRY FROM £18
- CYCLE & RUN COURSES ALL ON GRASS
- LARGEST KIDS DUATHLON IN THE UK
- FANTASTIC KIDS FINISHERS MEDAL

Alderford KIDS FUN TRIATHLON
SAT 14TH JUNE 2025


- SWIM, BIKE, RUN FUN EVENT FOR 7-16 YEAR OLDS
- ALL ABILITIES WELCOME
- FRESHWATER LAKE SWIM
- ALL WITHIN THE GROUNDS OF ALDERFORD LAKE
- FANTASTIC KIDS FINISHERS MEDAL

BOOK YOUR CHILD'S PLACE TODAY AT
UKTRIATHLON.CO.UK

Free Girls Football Sessions

Please see below details of some free football sessions for girls in Years 2 to 6:


FREE GIRLS FOOTBALL
STARTING 23RD JANUARY 2025



THURSDAYS 17:30 - 18:30PM
REASEHEATH COLLEGE 3G | SUITABLE FOR AGES 7-11

Are you looking to **JOIN A TEAM** for the 2025/26 season?
Try something **NEW** or **DEVELOP YOUR SKILL SET?**

TAKE ADVANTAGE OF
4 FREE SESSIONS!
4 WEEKS OF FREE TRAINING

BOOK NOW



Shavington Rangers Wildcats Football Sessions

Shavington Rangers FC are starting their newest Wildcats football sessions on 10th February for girls aged 5-11.

Dates: 10th February - 24th March

Time: Monday evenings, 6-7 PM

Location: Shavington Leisure Centre

Cost: £3 per session

Spaces are limited and should be booked using the link below:

<https://book.EnglandFootball.com/Book/bb7607f1-8f11-4ca6-b4c4-dee267e717e2?venue=shavingtonrangersfootballclub0>



School Lottery

The Friends of Wistaston Church Lane Academy would like to say a huge thank you to everyone who has signed up to our school lottery over the last few weeks. For further information on how to join our lottery and support our school, please visit:

https://www.yourschoollottery.co.uk/lottery/school/wistaston-church-lane-academy?utm_campaign=cause-page-social-share&utm_source=cause-page&utm_medium=social&utm_content=Hyperlink

SUPPORT OUR LOTTERY TODAY

£1 per week

Weekly cash prizes

£25,000 jackpot

YOUR SCHOOL LOTTERY

How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Wistaston Church Lane Academy

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online by direct debit or debit card.

It's so easy to join and will make a real difference to Wistaston Church Lane Academy

Splitting the £1.00

- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

The Maths... 100 tickets sold a week means
= £30 weekly cash prize
= £2,080 a year for our school

Buy A Ticket

GambleAware 18+

Payment Due Dates

Year 4 Whitemoor Lakes – Final Balance OVERDUE

Year 3 Delamere – Final Balance OVERDUE

KS2 Snack Spring 1 – Payment now due

Year 6 Condoover Hall – Final Balance OVERDUE

Year 6 (Current Year 5) London 2025 – 2nd Deposit of £70 due by 31/01/25

Year 2 Florence Nightingale Workshop – Payment due by 18/02/25

Cygnets & Reception Dinosaur Workshop – Payment due by 10/03/25

Year 6 (Current Year 5) London 2025 – 3rd payment of £100 due by 31/03/25

Year 6 (Current Year 5) London 2025 – 4th payment of £100 due by 31/05/25

Year 6 (Current Year 5) London 2025 – Final Balance due by 03/07/25