

Dear Parents and Carers,

This week we have been thankful for the increased insulation that was placed within the roof of the main block and the Joy Vater Building, as well as the tariff that we are paying for heating. The building has been very comfortable during the day as we heat the rooms during the early morning, and if external doors are closed the heat is kept in. The Art & Technology block is not so fortunate, being designed in the late 80's and built in 1992, so is not yet as warm as we would like.



Like many places at the moment with the winter bugs going around, we have experienced staff absence for both teaching and non-teaching staff. Continuity of learning has been managed through other staff standing in for a class's 'usual' teacher. My thanks to those colleagues who have stepped in to assist this week. Thank you also to the site team who have been scattering grit along the paths and playgrounds in these frosty conditions.

Next week will see our Deep Days on Wednesday and Thursday. The pupils will work through aspects of the Christmas story with learning activities that will be somewhat different. Each of the Colleges will visit The Bridge Church to be part of a service lead by Fr Glenn and members of the Pupil Leadership Team. As these visits will involve a walk to the church, we strongly encourage the pupils to bring a coat.



The final day will have the opportunity for children to wear a festive jumper, should they wish to. (Other parts of the uniform remain in place—it is not a non-uniform day.) We shall donate all money raised to Children in Need.

And you, Bethlehem, in the land of Judah, from you shall come a ruler who is to shepherd my people. *Matthew 2:5-6*

Rev. C. Leach, *Principal*

Last day of term:
Friday 16th December 2022
finishing at the usual time of 3.30pm

First day of term:
Wednesday 4th January 2023

Next edition of The Insider:
Friday 6th January 2023

This week's theme was:
Advent - waiting

Joseph had a dream. God's angel spoke in the dream: "Joseph, son of David, don't hesitate to get married. Mary's pregnancy is Spirit-conceived. God's Holy Spirit has made her pregnant. She will bring a son to birth, and when she does, you, Joseph, will name him Jesus – 'God saves' – because he will save his people from their sins."

Matthew 1:20-22

Lord, As we look upon this season, and wait upon the day in which we remember that you sent your Son we remember how long people waited for the Messiah to come. We think of the amazement of those that were there and the joy they must have felt knowing the wait was over. We pray that our hearts can also wait on you. That we are not impatient, and that we know you will come when we ask. Let us wait in solitude for you. Amen.

Whole school Attendance
93.94%

Whole School Target
96.0%

28.11.2022 to 02.12.2022

Year 5 — 95.48%
Year 6 — 93.69%
Year 7 — 95.37%
Year 8 — 90.93%



For the week ahead

The Fruit of Faith is:	Achievement	At last I have seen what is good and beautiful: It is to eat and drink and to enjoy the good in all our hard work under the sun during the brief lives God gives us. That is our lot in life. <i>Ecclesiastes 5:18</i>
The assembly theme will be:	The Star	And the star the wise men had seen in the east went on ahead of them until it stopped over the place where the child was. They were thrilled and excited to see the star. When the men went into the house and saw the child with Mary, his mother, they knelt and worshipped him.

We ask your thoughts and prayers in the week ahead for:

The weekend	the rehearsals for our Christmas Concert.	Monday	the telling of truth and not fabrications.
Tuesday	tolerance between peoples of different political beliefs.	Wednesday	our pupils who begin the first of our two Deep Days.
Thursday	appropriate use of social media.	Friday	a calm start to the school holidays.

Picture of the Week



PA Media

The outline of St Paul's Cathedral can just be made out as people walk in the rain on Millennium Bridge in London

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Aziz is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-63204815>
<https://www.popsocial.com/insights/social-media-algorithms/>

NOS
National
Online
Safety®
#WakeUpWednesday



UK Health Security Agency (UKHSA) is reporting an increased number of cases of Group A streptococcus (Strep A) compared to normal at this time of year. There is no evidence that a new strain is circulating and the increase is most likely related to high amounts of circulating bacteria and social mixing.

What are scarlet fever and Strep A?

Scarlet fever is caused by bacteria called Group A streptococci (Strep A). The bacteria usually cause a mild infection that can be easily treated with antibiotics.

In very rare occasions, the bacteria can get into the bloodstream and cause an illness called invasive Group A strep (iGAS).

What are the symptoms of Strep A/scarlet fever?

Strep A infections can cause a range of symptoms that parents should be aware of, including:

- Sore throat
- Headache
- Fever
- A fine, pinkish or red body rash with a sandpapery feel
- On darker skin the rash can be more difficult to detect visually but will have a sandpapery feel

If a child becomes unwell with these symptoms, parents are advised to contact their GP practice or contact NHS 111 (which operates a 24/7 service) to seek advice.

If a child has scarlet fever, they are advised to stay at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

Parents and carers are encouraged by the Department for Education to trust their own judgement and if their child seems seriously unwell call 999 or go to A&E if:

- a child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when a child breathes
- a child's [skin, tongue or lips are blue](#)
- a child is floppy and will not wake up or stay awake.

How to help prevent Strep A?

To prevent the spread of Strep A, UKHSA advises children, young people and staff to implement good [hand and respiratory hygiene](#) practices.

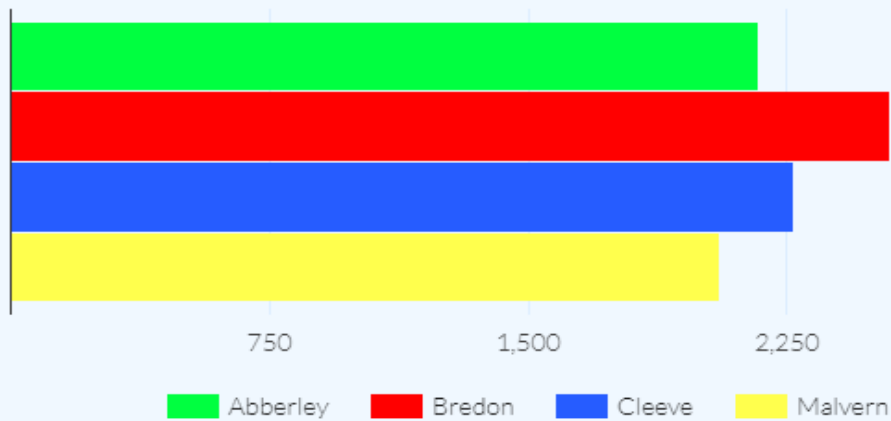
For more information visit the UKHSA [website](#).



epraise this week



This week



Festive Jumpers

On the last day of this term, Friday 16th December, pupils and staff are invited to replace their usual jumpers with a Christmas version. **The rest of the Walkwood uniform is to be worn, please, as it is not a non-uniform day.**

This is not compulsory! There will be pupils and adults who will be in their usual attire. School will finish at the usual time: ho, ho, ho!

We ask for a donation of £ 1 which will go to **Children in Need.**



Top Readers for 07.11.2022 — 07.12.2022

Congratulations to:

Top Girl

Alice Parker BDDE - who has read 1,387,478 words .

Top Boy

Jackson Kirby ALWO - who has read 948,100 words. .

Well done - merits will be awarded to you both.

Keep reading Walkwood, next week it could be YOU



Knowing our curriculum

For information about the curriculum for each year group, please select:



[Year 5](#)

[Year 6](#)

[Year 7](#)

[Year 8](#)



For information about specific curriculum subjects, you will find the calendars here:

[Art and Technology](#) [Computing](#) [Drama](#) [English](#) [French](#) [Mathematics](#)

[Music](#) [Physical Education](#) [Science](#) [Spiritual & Social Education](#)

Additionally, for [Careers](#)



For the overall rationale for the way we have put the curriculum together, or for how the pastoral system operates, please select:

[Curriculum Rationale](#)

[Pastoral Strategy](#)



Walkwood

Church of England  Middle School

For information about our school:

www.walkwoodms.worcs.sch.uk

Keeping children safe

The following information concerns how we continue to ensure that pupils are cared for within our school:

Early help: <https://www.walkwoodms.worcs.sch.uk/Content/files/19c6-Early%20Help%20Offer.pdf>

E-safety: <https://www.walkwoodms.worcs.sch.uk/E-Safety>

Anti-bullying: <https://www.walkwoodms.worcs.sch.uk/Content/files/f2c9-Anti-bullying%20Policy.pdf>

Attendance: <https://www.walkwoodms.worcs.sch.uk/Content/files/53d7-Attendance%202018.pdf>

Prevent: <https://www.walkwoodms.worcs.sch.uk/Content/files/25a5-Prevent%20Policy%202019.pdf>

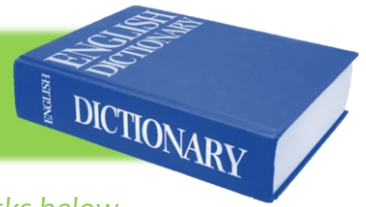
Safeguarding: <https://www.walkwoodms.worcs.sch.uk/Safeguarding-and-Child-Protection>

<https://www.walkwoodms.worcs.sch.uk/Content/files/a297-Safeguarding%20Policy%202019.pdf>

Relationships and Sex Education: <https://www.walkwoodms.worcs.sch.uk/Content/files/9ca0-Relationships%20and%20Sex%20Education%20Policy%202019.pdf>



Word of the Week



Each week, there is a word displayed here. If the pupils have a go at the tasks below linked to the weekly word, they will earn a point from their tutor. Once per fortnight the tutor will go through the previous two weeks' words and pupils will work collaboratively exploring their meanings, features and usage.

appear

1. What word class is this word? Could it belong to more than one word class?
2. How many syllables does it have?
3. Write the dictionary definition(s) of this word, using your own words.
4. What are the synonyms for the word?
5. What are the antonyms for the word?
6. Write four sentences, each containing the word.

Vary the type of sentence each time: write one as a statement; one as a question; one as a command and one as an exclamation sentence.

For example, if the Word of the Week were *exhilarated*:

Statement: Sam is feeling exhilarated this morning.



Clubs and Activities



Autumn Term 2

	Before School 7:45am – 8:45am	Lunchtime 12.15 – 1.00pm	After School 3:30pm – 4:45pm
Monday		Lunch Club, Room 20, duration of lunch, KCR/ CMI Lexia Club ITA Miss Walker	
Tuesday		Lunch Club, Room 20, duration of lunch, KCR/ CMI Choir, Music Room, GLA, 12.35pm-1pm. All welcome. First sitting lunch pass required. See Mrs Laish- ley to sign up.	
Wednesday		Lunch Club, Room 20, duration of lunch, KCR/ CMI Reading club, room 18, duration of lunch, JWa Lexia Club ITA Mrs Shanley	
Thursday		Lunch Club, Room 20, duration of lunch, KCR/ CMI Science Homework Drop In – Computing (Year 7 and 8)	
Friday		Lunch Club, Room 20, duration of lunch, KCR/ PWE	

No Clubs on this week



Trips and Visits



Date	Year group	Destination	Day trip?	Residential?	Cost
07/07 - 10/07/2023	5 •	Brecon Beacons		✓	£250
07/06, 08/06, 09/06	6	Blackwell Adventure	✓		£38 *
30/06 - 03/07/2023	7	Osmington Bay		✓	£285
19/07/2023	8	Drayton Manor	✓		£40 *
04/02 - 11/02/2023	6,7,8 •	Obertauern,		✓	£1360

• Fully booked

* Current estimated cost

For the Year 6 trips, these will go out on the following days:

Wed 7 6c1 & 6c2
Thu 8 6c3 & 6e1
Fri 9 6e2 & 6e3



Looking ahead



	Date	Event
	Friday 16 December	End of Term
2 0 2 3	Tuesday 3 January	Staff Development Day
	Wednesday 4 January	First day of the Spring Term
	Monday 9 January	Parents English KS2 Workshop 6.30-7.30pm
	Thursday 19 January	Y6, Y8 Parents Evening 4.00-7.00pm
	Wednesday 25 January	Y6, Y8 Parents Evening 4.00-7.00pm
	Monday 20– Friday 24 February	Half Term
	Friday 31 March	End of Term
	Monday 17 April	Staff Development Day
	Tuesday 18 April	First day of the Summer Term
	Monday 29 May - 2 June	Half Term
	Wednesday 14 June	Y5, Y7 Parents Evening 4.00- 7.00pm
	Thursday 22 June	Y5, Y7 Parents Evening 4.00- 7.00pm
	Friday 21 July	End of Term