

WOODHAM BURN PRIMARY SCHOOL NEWSLETTER 6TH DECEMBER 2024

WWW.WOODHAMBURNPRIMARY.DURHAM.SCH.UK

Message from Mr Sparrow

As we come to the end of a busy week at school, so many exciting things have taken place. This week, our Early Years team and KS1 pupils have been working diligently to prepare for their Christmas performances. Our Year 5 and 6 pupils had the opportunity to visit Woodham Comprehensive, where they participated in a fascinating workshop. They even had the chance to touch rocks from the Apollo mission and meteorite samples!

Meanwhile, our Year 4 pupils enjoyed engaging brass music lessons, and our Student Ambassadors visited Vane Road to discover exciting ideas to share with our school. Finally, our Reception class had an exciting trip to Auckland Castle.

These activities only scratch the surface of the wonderful experiences that have taken place in school this week

Choir

This week, the school choir hit the road to perform in the next round of the Durham Music Service competition. They were outstanding representatives of our school, and the feedback from the organizers and judges was truly remarkable.

Some of the comments included: "A fabulous small choir," "very good word pronunciation," "superb stage presence," and "excellent soloist."

The organizers also commended the school for the exemplary behavior of our students. It was noted how



Key Dates – Autumn 2

- 12/12/24 – Whole school Glow Show (Christmas Jumpers)
- 16/12/24 – Year 1 and 2 Christmas Show (**New Dates**)
- 17/12/24 – Christmas fair
- 18/12/24 – Christmas Dinner day (Christmas Jumpers)
- 18/12/24 – Nursery and reception Christmas Day (**New dates**)
- 19/12/24 – Disco/Party Day (Christmas Jumpers)
- 20/12/24 – Break for Christmas

Design Technology

CHRISTMAS TREE DECORATION COMPETITION

Whether you're into crafting, textiles, electrical systems, woodwork or moving mechanisms, we want to see your most creative homemade Christmas tree decorations.

These will go on our school Christmas Tree.

All entries must be handed into the school office and have your **name and year group clearly labelled**.

Closing Date: Monday 16th December

The winner from each age category will be announced in assembly on Friday 20th December.

Age Categories

Nursery and Reception

Year 1 and Year 2

Year 3 and Year 4

Year 5 and Year 6

WOODHAM BURN'S

2024 CHRISTMAS FAIR

AN EVENT FOR ALL THE FAMILY TO ENJOY

FACE PAINTING, STALLS, GAMES, REFRESHMENTS,
SANTA'S GROTTO, RAFFLE AND MORE

TUESDAY 17TH DECEMBER

3:15 - KS2 HALL

WE WOULD LOVE TO SEE YOU THERE



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®