

# Weekly Newsletter

*Dream big, fly high*



## Children's Mental Health Week 2026

Next week in school, we will be marking Children's Mental Health Week. This year's theme *This is My Place* focuses on supporting children to foster a sense of belonging in schools, homes, and communities and builds understanding that, similar to physical health, mental health needs care. The children will be participating in assemblies and activities throughout the week to reflect on their special places and helping them to build on their sense of belonging within our school.

## The Zones of Regulation

At Woodford Primary School, we recognise the importance of promoting positive mental health and emotional wellbeing to our pupils and their families. We aim to create an open culture around the discussion of mental health and wellbeing and to empower our children to be able to regulate their emotions.

Since the start of this year, we have been implementing a 'Zones of Regulation' curriculum which aims to teach our pupils to identify emotions in themselves and others and provide them with a bank of strategies to help regulate their emotions and improve their wellbeing.

A parent guide can be found [here](#) and posters with [strategies](#) to support children and their families can be found [here](#). Please speak to your child's Class Teacher if you would like more information.



## Medical and Dietary information

As we continue to ensure that every child in our care is safe, supported, and looked after appropriately, we are reviewing our medical and dietary records for all pupils.

If **any medical or dietary information has changed** since your child first joined our school, it is essential that you inform us. This includes changes to allergies, medical conditions, medications, dietary requirements, or any other relevant health information. You can check what information has already been provided to school in your MCAS App under 'Data Collection'.

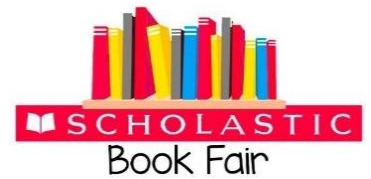
Please note that **updating the School Grid system alone is not sufficient**. Any changes **must be provided directly to the school office in writing**, so that we can update our official records accordingly. We appreciate your cooperation in helping us maintain accurate records for every pupil.

## Scholastic Book Fair

We will be holding our first **Scholastic Book Fair** after school on Friday 6<sup>th</sup> February, Monday 9<sup>th</sup> February, Tuesday 10<sup>th</sup> February and Wednesday 11<sup>th</sup> February. You and your child will have the chance to explore a fantastic range of books suitable for all primary age groups.

On **Friday 6<sup>th</sup> February**, the Book Fair will take place in the **hall** after school between 3.15pm and 4pm. The hall doors on the playground will be opened once the children have been dismissed. You will be able to purchase books using a QR code which links to the Scholastic website for online payment.

On **Monday 9<sup>th</sup>, Tuesday 10<sup>th</sup> and Wednesday 11<sup>th</sup> February**, the Book Fair will take place in **Year 1** after school between 3.15pm and 4pm.



## NSPCC Speak out Stay safe Programme

NSPCC's Speak out Stay safe safeguarding programme aims to equip children with the knowledge they need to stay safe from abuse and neglect.

We are pleased to be welcoming a representative from the charity into school on Friday to deliver a workshop for our Year 2 pupils. The workshop aims to build upon pupils' understanding of identifying and recognising signs of abuse, children's rights to be safe and where to find help. Click [here](#) to access activities designed to be completed at home with parents.



## Important Dates

6 <sup>th</sup> Feb	15.15 Scholastic Book Fair
9 <sup>th</sup> Feb	15.15 Scholastic Book Fair
10 <sup>th</sup> Feb	14.45 Secret Reader session
10 <sup>th</sup> Feb	15.15 Scholastic Book Fair
11 <sup>th</sup> Feb	Y1, Y2 and Y3 Bark Smart workshop
11 <sup>th</sup> Feb	15.15 Scholastic Book Fair
13 <sup>th</sup> Feb	Y3 Young Voices Concert
13 <sup>th</sup> Feb	Last day of half term
23 <sup>rd</sup> Feb	School opens for Spring 2 term



For a full summary of 2025/26 dates over the year, our **Annual Planner** can be viewed [here](#).



Bravery



Citizenship



Curiosity



Gratitude



Integrity



Kindness