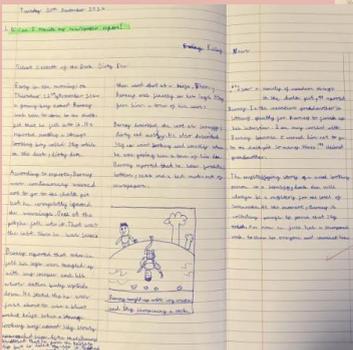
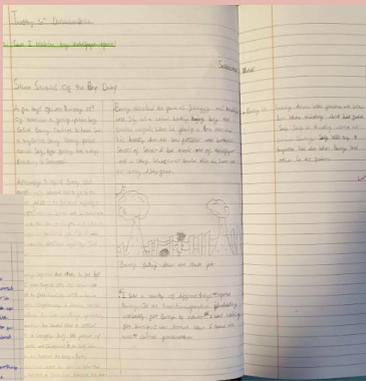
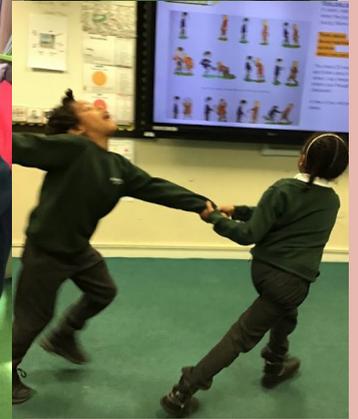


Hard working Year 3 Hummingbirds

During Autumn 1, in English we used **role play** to explore the scene from our focus book 'The Stone Age Boy'. We had so much fun recounting moments from the story and understanding how characters were feeling. We also used facial expression and body language to re-enact an interaction between the characters.



In autumn 2, we became proper reporters and investigated a mystery based on our focus book 'Stig of the Dump'. Take a look at the findings we came across, which we then included in our fantastic **Newspaper Reports**.



What would you do if one day you woke up in Stone Age? Of course you would ask the Year 3 children, as they are true experts when it comes to that period of time. During our fantastic trip in Gunnersbury museum, Year 3 had a hands on experience of what life was like in Stone Age times. We made shelters, used the artefacts and hunted and gathered for survival.



We use Science as a stimulus to use analytical thought and broaden our imagination.

In Autumn 1, we focused on the structure of a plant and the function of its parts. We examined some **flowers**, learnt about the functions of the parts. 🌸



In Autumn 2, we learned everything about animals including humans. Can our human skeletons look more cooler! 😎



Fund and Engaging Dogs Trust Workshop

Year 3 had the opportunity to take part in a Dogs Trust workshop where we learned all about how to behave around dogs and keep ourselves safe. 🐕



DT
Year 3 has been very busy learning how to use cross-stitch and appliqué when designing and making a cushion. Take a look at some of our outcomes. 👁️



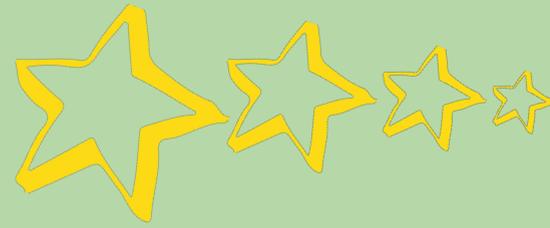
What a fantastic term this has been! As we always like to say in Year 3 BELIEVE

IN YOURSELFIE 📷



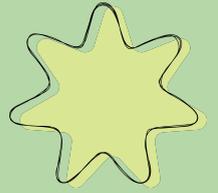


Year 4



Maths

We have had a very busy term in Maths. Our main focus has been on consolidating our understanding of place value, now working with numbers up to 4 digits. We have also been working hard to learn all our times tables and I have been very impressed with how fluently some of the children can recall their multiplication facts. More recently, we have been learning about perimeter, which gave the opportunity for some practical maths in the playground.



English

We have written both fiction (a myth) and non-fiction (a newspaper report) in English this term. The children have enjoyed using drama to explore characters and also had a lot of fun receding poetry in front of the class at our poetry party in October.

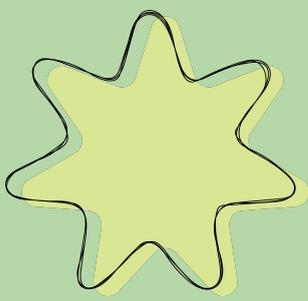
Science

In Science this term, we have been learning about the human body, from our teeth to our digestive system, as well as animals and food chains. We have conducted a number of fun (and sometimes messy) experiments including investigating the effect of acid on human teeth and simulating the journey food takes through our digestive system.



PE

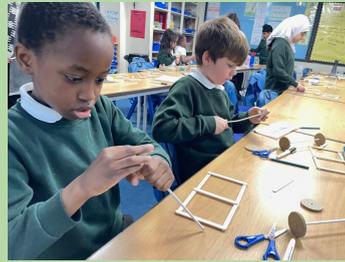
This term we have working on playing collaboratively in various team sports - handball, dodgeball, hockey and basketball.



Year 4 continued...

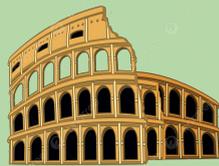
DT

We enjoyed designing and making our own slingshot cars out of everyday materials.



History & Geography

Sparrows class has really impressed with their enthusiasm for both History and Geography this term. We have enjoyed learning about Roman Britain as well as how mountains are formed.

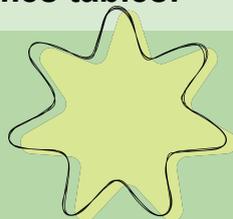


Visit from the Dog Trust

In September we had a visit from the Dog Trust and had the opportunity to take part in a workshop about staying safe around dogs.



Finally, have a lovely holiday and don't forget to practice your times tables!



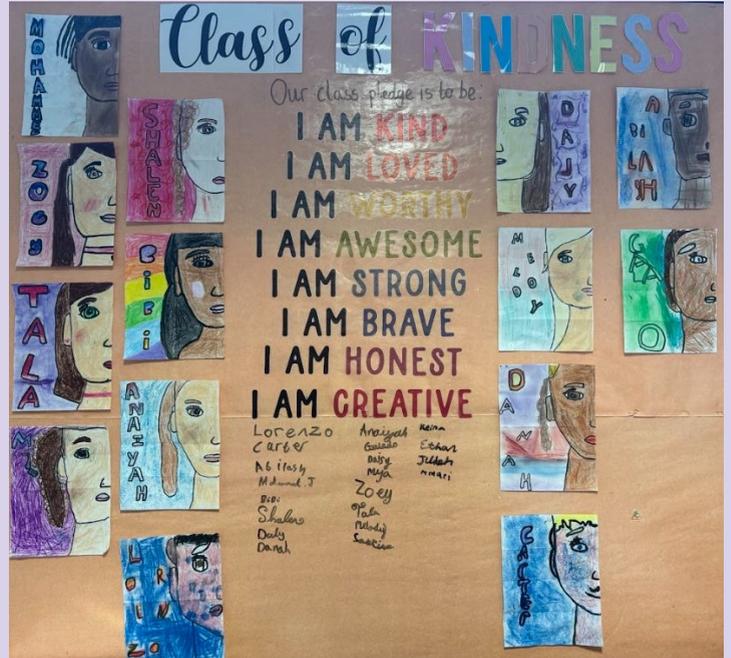


Year 5

#KindKingfishers



We are **#ClassofKindness!** We have focused on supporting each other, showing empathy, and being positive role models around school. From writing kind notes to helping our classmates, we've created a caring environment where everyone feels valued and included.



Our Victorian Day: Year 5 experienced life as Victorian schoolchildren during our *Victorian Day*. We dressed in traditional costumes, practised handwriting on slates, and even had a taste of Victorian discipline with stern lessons and drills. It was a fun and eye-opening way to learn about the lives of children in the past.



Classroom debate

Science Assembly on Forces: In our exciting science assembly, Year 5 explored the forces that shape our world. We investigated gravity, friction, and air resistance through engaging demonstrations.



Year 5 *continued...*



Our Cooking Project

Year 5 got hands-on in the kitchen during our cooking project! We learned about healthy eating and worked together to prepare delicious recipes. Measuring, chopping, and tasting were all part of the fun. The project helped us develop teamwork and cooking skills while also discovering the joy of creating tasty food from scratch.



Printmaking for Art

In art, Year 5 explored the creative world of printmaking through collograph. The process was messy but so much fun, and we were thrilled to see our designs printed beautifully on paper.



Dogs Trust Workshop: Safety First

Year 5 had the opportunity to take part in a Dogs Trust workshop where we learned all about staying safe around dogs.



Year 6



WW2 Workshop - September

We visited Gunnersbury Museum where we learnt about how the war affected our local area. We also 'dug for victory'!



Heart Dissection - September



In addition to learning about the amazing job the heart does inside our bodies, we also looked at the heart in a dissection lesson.

Resilience Workshop - November

Carrie, from the Red Cross, came to inform us just how important this school value is in everyday life. We used our critical thinking and team work skills to complete the challenge we were set.

Black British History Webinar - October

The author, Atinuke, shared some interesting facts during our webinar. Some of us purchased a signed copy of her book.



Year 6 *continued...* #alwaysourbest

Reading for Pleasure Class Assembly - November



The class did a fantastic job, researching, writing and confidently performing their assembly. Well done!

Mock SATs Week - December

Well done on completing your first mock SATs week. Everyone was calm and composed throughout the week.



DT - Aut2

We practised and refined our design, make and evaluation skills in DT. Our finished plushies include at least 2 different types of stitches.



Finally, a huge **THANK YOU** to all of the parents that accompanied us to our weekly swimming lesson.

Thank You

✦ Extra-Curricular Clubs ✦

Woodlands Bookworms meet every Thursday lunchtime in the library. There has been some interesting discussions about our current book, 'The London Eye Mystery'.



Year 5/6 Girls Football team worked incredibly hard this term with Ms Helen to practice for Round 1 of their first football competition. They showed great teamwork and resilience. Well done girls! We look forward to Round 2 and 3 next year.



Year 5/6 Boys Football Team displayed lots of respect and determination this half term with Mr Russell in football club. We look forward to some organised events with other schools in the new year. Great job boys!



★ Extra-Curricular Clubs ★

continued...

Year 4 Comic Book Club- this was a club we had never done before at Woodlands but what a joy it was! The children in the club showed Ms Moxom and each other their creativity in abundance. They used drama to act out comic strips, wrote their own comic strips about Anti Bullying, created pop art and finally designed and made their own comic superhero costumes for the final week..



Year 2/3 Coding Club- using the programme Scratch, the children did a fantastic job at creating their own animations, selecting a sprite, background and using programming language to create instructions for movement. Ms Chatrath thinks we have some future coding stars in our school!



Year 1/2 Arts and Crafts Club- Our artistic children in KS1 loved creating different art pieces each week with Mrs Sherborne and Ms Neil. After the final session, they held an art exhibition and invited parents/ carers to look at their artwork on display in the gallery.



Other News

At the beginning of this term we were on the lookout for some artists within school to help us create a new piece of artwork for the foyer office area based on our four school values.

Thank you to all of the children who entered the competition.

We were amazed by the fantastic effort you all put in and although it was a tough decision here were the winning entries:

Competition winners...

RESILIENCE

Sofia, Year 4

RESPECT

Monroe,
Year 3

SELF BELIEF

Mohammed J,
Year 5

DETERMINATION

Skylah,
Year 6

Look out for the artwork coming soon in the foyer.

Here are the child's explanations for their design:

- **Resilience**-when you have a bump in the road to overcome you can succeed.
- **Respect**- no matter what your language or what country you are from, you should be kind to everyone.
- **Self Belief**- you need to believe in yourself and focus on what you can achieve.
- **Determination**- it is important for people to be determined to help the world.

Other News

Class Dojo winners

Well done to our winners for this term. They earned the most dojos in the class. Pupils can earn dojos for lots of things including being good role models, great effort with learning, excellent contribution in class and impeccable manners. If they stay on green all day they are awarded 5 dojos at the end of the day.

CLASS DOJO
Top 2 winners from each class...

Autumn 1

Reception
Phoebe Rakan

Year 1
Musab Maya

Year 2
Eliana Satsuki

Year 3
Maryam Moustafa/ Monroe

Year 4
Shimaa Malachi

Year 5
Daisy Lorenzo

Year 6
Amber Albi

Visit to the reward store!

Detailed description: This graphic features a dark blue background with a central text area and a staircase-like arrangement of white boxes on either side. The boxes are color-coded by year level: Reception (green), Year 1 (yellow), Year 2 (orange), Year 3 (purple), Year 4 (pink), Year 5 (cyan), and Year 6 (red). Three orange stars are at the top, and two yellow stars are at the bottom. A red banner at the bottom right contains the text 'Visit to the reward store!'.

CLASS DOJO
Top 2 winners from each class...

Autumn 2

Reception
Michalina Abdulrahman

Year 1
Ares Robert

Year 2
Satsuki Rayan

Year 3
Jasmin Yousif/Arina

Year 4
Ethan Shimaa

Year 5
Ethan Keira

Year 6
Amadou Mikolaj

Visit to the reward store!

Detailed description: This graphic is identical in layout and design to the Autumn 1 graphic, featuring a dark blue background, central text, color-coded boxes for each year level, stars, and a red banner at the bottom right.

Writing Royalty

Congratulations to these children who have shown a big improvement in their writing this term. Keep it up!



Amar



Aelaan



Seef

Writing Royalty Autumn 1



Elyas



Daly



Monroe

Visit to the reward store!



Rakan



Naila



Satsuki



Amadou

Writing Royalty Autumn 2



Moustafa



Shalen



Sofia

Visit to the reward store!

Handwriting Awards

Children are working very hard to become the **Ultimate Superhero** and gain a fountain pen and 20 Class Dojos.

Please check your class website **Celebration page** for names of children who have been awarded a **Shout Out**. There are too many to list on this page!

Shout Outs recognise those children who are trying hard with their handwriting. They are also awarded 5 dojos. There is no limit to the number of Shout Outs they can receive.

Keep up the good work, Woodlands!

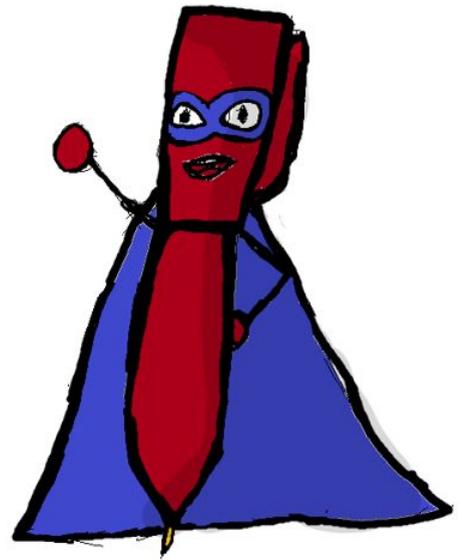
Superheroes-in-Training 10 Dojos

Aut 1

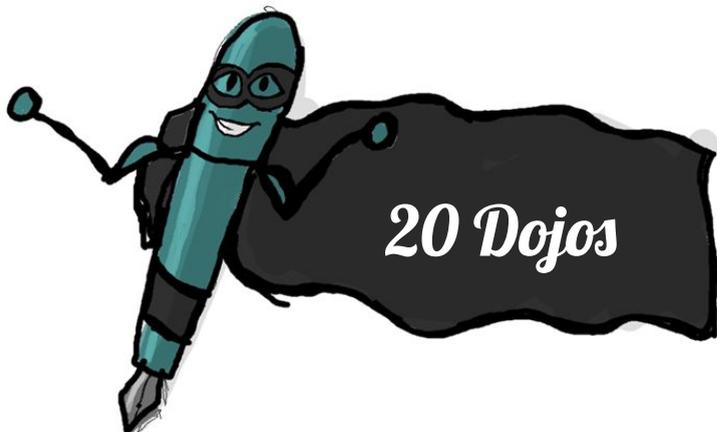
Anaiyah
Galado
Mohammed J
Shalen
Zoey
Amber Aneesa
Aradhika Fadil
Mikolaj Seef

Aut 2

Moustafa
Milan Sofia Suad
Bibi Melody
Abdullahi James
Maya Mohamad Ali



Superheroes



Aut 1

Amadou Anes
Dawid Louis
Albi Amber

Aut 2

Galado Mohamad
Shalen Tala
Fadil

Remember to keep practising your handwriting during the holidays!

Parent News

Thank you to the parents who attended our Parent Coffee Morning this week which was run by the Ealing Mental Health Team. This session was designed to have conversations around supporting children at home when they are displaying challenging behaviours or anxiety.

It was great to hear parent perspectives/experiences and hear some top tips from the Ealing Mental Health Team practitioners Evie and Catherine, who will be supporting our families.

If you are concerned about your child and would like support with managing their behavior or worries at home, please come and speak to Ms Moxom, who can have conversations with the team to see if an assessment would be appropriate.

The graphic is a newsletter for the Ealing Mental Health Support Team, dated January 2025. It features the NHS West London NHS Trust logo in the top right. The main title is 'Ealing Mental Health Support Team' in a large, bold, blue font. Below the title is the subtitle 'Your termly newsletter!'. The content is organized into several sections, each enclosed in a dotted-line box. The 'Who are we?' section describes the team's role in supporting children and young people in education settings. The 'Is your child:' section lists signs of mental health issues like anxiety, stress, and low energy. The 'Who can we support?' section details support for children in primary and secondary schools, listing symptoms like phobias, anxiety, and low mood. The 'Dates to remember:' section lists upcoming events like Children's Mental Health Week and Eating Disorders Awareness Week. The 'You asked, so we did!' section highlights the team's response to parent requests for practical support and new workshops on technology use and sleep.

January 2025

Ealing Mental Health Support Team

Your termly newsletter!

Who are we?
We are the Ealing Mental Health Support Team (MHST). Our Wellbeing Practitioners support the wellbeing of children and young people in education settings (Primary and Secondary) across the Ealing borough.

Is your child :
Demotivated? Anxious? Stressed? Worried? Sad? Irritable? Low? Experiencing Panic? Tired or lack of energy?

Who can we support?
In Primary schools, we offer 1:1 support to parent's whose children feel:
anxious
• specific phobias
• excessive worrying
• separation anxiety
• avoiding places/situations
or have behaviours that challenge
• emotional/physical outbursts
• difficulties with siblings/relationships
• difficulties following routines/instructions
In Secondary Schools, we support young people who sometimes feel:
anxious
• stress about school/exams
• worries about social situations
• specific fears or phobias
low mood
• feeling sad or tearful
• not wanting to do activities they usually enjoy
• low motivation or sleep difficulties.
We also support children and young people with learning disabilities and/or autism, their families and school staff.

Dates to remember:
Children's Mental Health Week - 3rd-9th Feb
Eating Disorders Awareness Week 2025 - Monday 24 February to Sunday 2 March 2025.
Time to Talk Day 2025 - Thursday 6th February.

You asked, so we did!
We Heard You, Parents!
You told us you wanted practical support to help your child sleep better and manage healthy tech use at home—and we've got you covered!
We're excited to introduce our two new workshops topics, 'Supporting appropriate technology use' and 'Sleep and low mood'. Don't miss out—sign up today.

Evie and Catherine will be returning for another coffee morning will be in January and the date will be confirmed in the new year. We hope to see more parents. The focus will be on ANXIETY.

Read their newsletter to find out more about what they offer. Sign up to any of their workshops by clicking the link on the next page.

Exams Don't Have to Be Stressful—Here's How to Help

Exams can feel overwhelming for kids and parents alike. While we all want our children to succeed, focusing on support over pressure makes a huge difference. Let's turn exam season into an opportunity to build resilience and confidence.

Top Tips

- Listen up! Make space for their concerns without judgment.
- Balance is key. Encourage breaks, exercise, and time with friends.
- Spot stress signs. Pay attention to changes in mood or behaviour.
- Walk in their shoes. Try to see things from their perspective.
- Team up with school. Don't hesitate to seek guidance or resources

Remember, your encouragement can be their superpower! For more insights, check out Parent kind's guide to Exam Stress and Failure.

Low Mood and Depression: Small Steps, Big Changes

Sometimes, our kids feel stuck in a cycle of sadness or lack of motivation—and that's okay. The first step toward feeling better? Action. Even small changes can have a big impact on their mental well-being.

Ways to Support Your Child:

- Help them rediscover hobbies and activities they enjoy.
- Talk about their values and dreams for the future.
- Encourage turning their values into meaningful, everyday actions.
- Support them in doing more of what brings them joy and purpose.

Together, we can help our kids move from 'stuck' to unstoppable! Approach the Link worker at your child's school for more information.

What you have to say about us:

The work MHST is doing is brilliant, it's such an amazing opportunity for parents to learn more about their children. **'School Governor'**

I have learned how to deal with situations in a calm way and manage difficult behaviour. **'Parent accessing a MHST online workshop'**

Upcoming Workshops

January

Child Anxiety
Sleep and Low Mood.
An Introduction to Autism

February

Supporting Friendship In Children
Understanding Behaviours in SEND
MH In Adolescent Boys

March

Exams Stress
Supporting appropriate technology use
ASC Adolescence

[Click here to sign up to a workshop](#)



Let's Empower Our Kids: Children's Mental Health Week 2025



1 in 5 children faces mental health challenges—but together, we can make a difference! This year's theme, 'Know Yourself, Grow Yourself,' is all about helping kids and teens build self-awareness to grow into their best selves.

How You Can Help Your Child Thrive:

- Start a journaling habit to encourage self-expression.
- Create a safe, judgment-free zone for open conversations.
- Use visuals like charts or mood trackers to explore feelings.
- Practice mindfulness as a family to reduce stress.
- Keep communication open and supportive.

Let's help our children grow stronger, together! Explore resources like the CMHW Schools Pack (cmhw-schools-pack-digital.pdf) to get started.

Happy Holidays

Thank you to all of our families for your ongoing support with your children's learning and for all that you do to ensure they stay safe and happy.

The Festive Fair was a perfect end to this term with so many of you attending and supporting the school by playing games on the fun stalls, doing crafts, buying refreshments and entering the raffle. We have such a strong, positive community togetherness at Woodlands which we are extremely proud of.

We will share photos of the Festive fair on our school Instagram account. If you would like to follow us, please add us on Instagram **@woodlandsschoolealing**



Well done Martel, Year 3, for your winning poster design

Online Safety during the holidays

Please help to keep your children safe when they are using devices at home by following the 4Cs, which they have learnt about at school.

If there is anything worrying your child online, please encourage them to tell you, take screenshots, block users if necessary and report it to the platform.

The 4Cs

CONTENT
Are you accessing age appropriate information?

CONDUCT
Are you behaving responsibly towards others?

CONTACT
Do you know who you are talking to online?

COMMERCIALISM
Are you aware of the hidden costs and advertising in apps/ websites?

Online Safety

Follow us

Keep up to date with the events happening in school as they happen.



[Instagram page](#)



[Facebook page](#)



Woodlands Academy Primary School

Term dates are available [here](#).

See you all back to school at 8:30-8:45am on Tuesday 7th January 2025.

Have a lovely rest and wishing you all a happy new year.