



Dear Parents and Carers,

I hope you have been enjoying the warmer weather.

We have enjoyed another busy week at Willow Bank.

Children in Magnolia Class have been inspired by their core text, *The Extraordinary Gardener* by Sam Boughton, and have been working hard to improve our community environment by planting seeds and flowers on the grassy verge outside the school helped by Play Leaders in Year 5 and 6. Passers by were very complimentary of the new flower bed and we hope it serves to brighten everyone's day on their way to and from school!

Children in Year 5 enjoyed their trip to the Greenwich Maritime Museum this week, linked to their World War II topic, *Lest We Forget*. The children thoroughly enjoyed their day and were excellent ambassadors for the school. Thank you also to the parents that supported.

We have been very busy planning a range of exciting events taking place across the school for the summer term. As you may be aware, our Year 6 children will be enjoying a PGL residential trip after half term in which they will be enjoying a range of activities including archery, trapeze skills, raft building and zip wire! We know the children will enjoy demonstrating our values of resilience, curiosity and aspiration and they face new challenges together and make memories to last a lifetime.

Children will be publishing their writing outcomes for this half term next week and we are looking forward to them being displayed around the school. The presentation panel is kept very busy every Friday afternoon looking at children's books to see whether their handwriting meets the very strict criteria needed to gain a pen licence and we know children will be trying their best to produce their very best outcomes.

This week is national 'Walk to School' week and Miss Omollo led an assembly to introduce the challenge to classes across the school. Every time your child walks to or from school, they earn a tick towards their class total and we are looking forward to finding out which class will be crowned the Walk to School Champions!

Finally, a reminder that Friday 26th May is an INSET day for staff, so the last day of term for children will be Thursday 25th May.

Wishing you all a sunny and relaxing weekend.

Best wishes,

Mrs Oldfield and the WBP Team



We would like to share some amazing science done by our fantastic children.



## EYFS



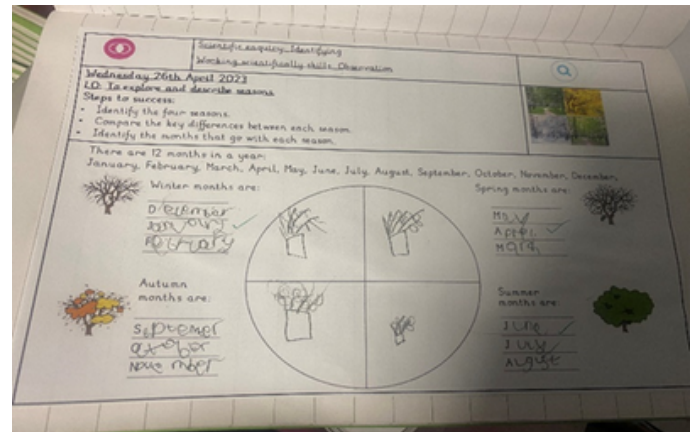
This term the children have set up a caterpillar growth net, they have been exploring video clips of caterpillars. In addition, the children experienced this in real life as their caterpillars have grown from 1cm to 9cm and are beginning to cocoon themselves preparing to hatch into beautiful butterflies.

What is your favourite mini beast?

This term, the focus has been **Seasonal Changes**. The children focused on different seasons and explored the changes experienced at different times of the year. In addition, the children used their scientific skills to conduct a fun experiment using a rain gauge.

## Key Stage 1

What is your favourite season?



In Year 2 children focused on **Everyday Materials**. This term the children built on their prior knowledge about materials taught in the Autumn term. They have really enjoyed using their scientific knowledge to identify and compare the properties and purposes of various materials.

What properties of plastic can you think of?









## INCLUSION AT WILLOW BANK

At Willow Bank we feel it is extremely important for our children to learn mindfulness. Which is a technique they can learn which involves noticing what is happening around them and being present in the moment.

### Mindfulness aims to help you:

- become more self-aware
- feel calmer and less stressed
- feel more able to choose how to respond to your thoughts and feelings
- cope with difficult or unhelpful thoughts
- be kinder towards yourself.

Mindfulness isn't just for children, anyone and everyone can take part. Use this Meaningful May daily activities to help you feel good and be present.

Meaningful May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Respect Integrity Kindness Resilience Aspiration Curiosity



**A coffee morning will be held on Tuesday 23rd of May to promote and answer questions you may have...**

**We look forward to meeting you all**



**HORIZONS  
ACADEMY  
BEXLEY**



## Parent Support Group

- Kids driving you nuts?
- Feel like your children are the only ones who don't behave?
- Want to talk to other parents who feel the same?

The Horizons Parent Support Group offers an opportunity for parents and carers to share experiences and ideas in a safe and comfortable environment. This is not a programme that teaches parents how to parent, but a support group that offers help and advice through fun interaction and discussion.

The Parent Support Group is a 5 week programme currently being held on a Tuesday and Thursday. Topics are relevant for toddlers to teenagers so parents of children of all ages are welcome to join.

Managing your child's emotions, Building confidence and motivation, Good habits for behaviour, How to cope when things go wrong, Using rules and rewards, Resolving conflict, Reducing parental stress.

For more information or to reserve a place on the programme, please contact  
**Paola Sim on 0208 312 2746 ext.213**  
or  
**Jenny Beckett 0208 312 2746 ext. 207**

Our facilitators have completed the Parent Practice Training for Trainers programme and are certified Parent Practice educators.

THIS WORKSHOP WILL BE HELD AT WILLOW BANK PRIMARY  
STARTING ON TUESDAY 6TH JUNE - THURSDAY 6TH JULY  
9:00AM - 11:00AM



**OUR CORE VALUE FOR SUMMER 1 -**

**ASPIRATION**



Well done to:	Our target is over 96%
Magnolia - 91.4%	Yew - 92.7%
★ Hornbeam - 96.3%	★ Mulberry - 96.8%
Alder - 94.0%	Redwood - 95.2%
Laburnum - 91.3%	★ Almond - 96.3%
★ Hazel - 97.5%	Walnut - 95.8%
Larch - 94.4%	★ Sycamore - 97.6%

**THUNK OF THE WEEK**

**If I take a photo of a photo of you, do I have a photo of you or just a photo of a photo of you?**



*Don't forget that your child should be reading with you every day at home and sign in the diary when you have done so. It is helpful to write which page they have read up to and maybe even a short comment on how well they did with reading/answering questions. Adults will be checking reading records everyday.*

***EYFS and KS1 Parent Reading Morning  
Every Thursday from 8:40-9:10am***



***All parents and carers welcome!***

*We are looking for Read with Me volunteers at Willow Bank! These volunteers will visit our EYFS, KS1 and KS2 classrooms and listen to our children read. If you are interested in volunteering with us for 30 minutes or an hour each week, then please pop into the office to express your interest and pick up our application pack.*





# Volunteer Fair

Saturday 3 June  
12.30pm - 2.30pm

The Moorings Sociable Club, Arnott Close, Thamesmead SE28 8BG



Free children's face painting & refreshments!

Find out about volunteering opportunities in Thamesmead

Meet local organisations and learn how you can get involved

Get advice on the pathway from volunteering to employment

☎ 07775 018197

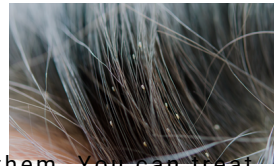
✉ uzma.ali@peabody.org.uk

THAMESMEAD

TM

Peabody

## Headlice



### Tips from the NHS website:

- **How to get rid of head lice**
- Treat head lice as soon as you spot them. You can treat head lice without seeing a GP.
- You should check everyone in the house and start treating anyone who has head lice on the same day.
- There's no need to keep your child off school if they have head lice.
- **Wet combing**
- Lice and nits can be removed by wet combing.
- You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.
- There may be instructions on the pack, but usually you:
  - wash hair with ordinary shampoo
  - apply lots of conditioner (any conditioner will do)
  - comb the whole head of hair, from the roots to the ends
- It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair.
- Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

### Prevention tips:

- There's nothing you can do to prevent head lice.
- You can help stop them spreading by wet or dry combing regularly to catch them early.
- Do not use medicated lotions and sprays to prevent head lice. They can irritate the scalp.
- There's no need for children to stay off school or to wash laundry on a hot wash.

**Little Achievers May Half Term**

# FOOTBALL COURSE

30 May-2 June | 10am-3pm

**Boys and girls 5-13yrs**  
All abilities  
**£35 for four days**  
or £15 a day  
**Friday Friday!**

Northumberland Heath Primary School,  
Wheellock Close, Erith, DA8 1JE  
(Brook Street entrance)

**Sam Cassell**  
**07539 016184**  
Little.Achievers@outlook.com  
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### Running of the day

- 10 - 10.30am**  
Arrival and registration
- 10.30 - 10.45am**  
Warm up games
- 10.45 - 12 noon**  
Technique and skill based learning
- 12 noon - 1pm**  
Lunch time
- 1.00 - 1.30pm**  
Morning recap
- 1.30 - 2.45pm**  
Themed tournament
- 3pm**  
Home time

Photos of children may be taken for promotional purposes, if you do not give consent to this please state when booking.

**Sam Cassell**  
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### What to bring

- Packed lunch
- Lots of drink
- Comfortable clothing
- Football boots, Astro turfs, Trainers (No metal studs or blades)
- Shinpads

### Rewards

- Little Achievers attendance certificate
- Medals
- Trophies

### Coaches qualifications

- UEFA and FA Qualified Coaches
- FA Child Protection
- FA Safeguarding
- First Aid Training