

Friday 25th September 2026

Article of the month: 28 – the right to an education which respects children's dignity and their rights

School Value: Trust

Dear Parents and Carers,

It has been a relatively quiet week at Woodthorpe this week. The children have all been working hard and enjoying their Power Up Baseline Assessments and our new OPAL activities at lunchtime. We aim to introduce a couple more activities next week. Thank you for your kind donations so far, they have been put to good use. Please see our Notices and Updates for more donation requests.

Please see the updated Calendar of Events attached. Please note that our autumn term **parent/carer teacher meetings** will now be on the **10th and 11th November**. Apologies in advance for any inconvenience caused. More details about how to book will be sent out nearer the time.

Ms McGrath

Pupils of the Week

Rec: Isaac – For making good friendships and being a good friend to others.

Y1: Noah – For showing kindness and always being very helpful.

Y2: Darragh – For a confident start to Y2, working really hard in maths, english & phonics.

Y3: Emmie – For always helping her teachers and peers and showing pride in her work/presentation.

Y4: Ibrahim – Participating in class and fantastic presentation.

Y5: Charlie – Gaining confidence to contribute to discussions and trying hard in his writing.

Y6: Jacob – For brilliant enthusiasm and effort to improve especially in writing.

Ms Carrington – Etta – For her fantastic enthusiasm and contribution in French!

House Points Weekly Leaderboard

Dawberry – 852

Brandwood – 851

Highbury – 836

Jasmin – 813

Well done to **Dawberry** House!

Attendance & Punctuality

w/c 14.09.26

Year Group	Present marks (%)	No of Lates
Reception	99.2	2
Year 1	96.8	3
Year 2	98.3	1
Year 3	92.2	2
Year 4	98.3	3
Year 5	96.6	5
Year 6	96.0	5
Average % / Total Lates	96.8	21

Notices & Updates

Photo Day – Aperture Portraits – Consent required

Children will be having their individual & sibling photos on Wednesday 21st October. There will also be an opportunity for pre-school siblings to have photos taken from 8.30 am. Please note, parental consent is required to have your child's photos taken and if not given, your child will not have any photos taken at this time. Therefore, please check your consent is correct on the Arbor App. There will be further information regarding photo day in the near future attached to our newsletter.

School Fund Contributions

School fund contributions would be most welcome, via Arbor £10 per term.

All donations go towards enhancing our pupils' learning environment, e.g. books for library, costumes for productions etc. Thank you in advance.

Outdoor Play And Learning

We would gratefully receive any of the following donations:

- Small cars track & road mat
- Duplo/large Lego
- Dinosaurs
- Dolls
- Soft toys
- Large pieces of material
- Picnic blankets/mats
- Artificial lawn pieces (large preferably)

Healthy Snacks for Breaktimes

Please be reminded that we are a **NO NUTS** school. We also do not allow crisps, chocolate, sweets or cakes to be eaten at morning breaktimes as snacks. We appreciate that these items may be included in lunchboxes from home, but we ask the children not to eat these as a breaktime snack. Infants receive free fruit/vegetables daily and Juniors are encouraged to bring a healthy snack to school if they get hungry. Thank you in advance for supporting us with this.

School Meals

Please see Summer Menu 1 – attached (Menu 2 & 3 also attached)

Diary for the Week

Monday 28th –

8.30 – 8.45 am Daily Mile

3.15 - 4.15 pm KS2 Handball/Dodgeball (Inspired Sports – Richard Steadman)

Tuesday 29th –

2.15 – 3 pm Reception Phonics Meeting in hall

3.15 - 4.15 pm KS2 Football (Premier Education)

Wednesday 30th –

8.30 – 8.45 am Wake Up Shake Up Dance

Guitar lessons

Thursday 1st October –

8.30 – 8.45 am Daily Mile

Keyboard lessons

3.15-4.15 Y1 – Y6 Street Dance

Friday 2nd –

3.15 - 4.15 pm Y1 & Y2 Multi-Sports (Premier Education)

Brass lessons

Staff Training Days for 2026-27:

- 2nd November
- 4th January
- 12th February
- 6th May



Woodthorpe Junior and Infant School

Health and Wellbeing Newsletter



Friday 25th September 2026

Clubs and Activities



Position	Year Group	Distance Travelled
1 st	Year 1	13.89
2 nd	Year 3	13.29
3 rd	Year 6	10.57
4 th	Year 5	8.76
5 th	Year 2	6.04
6 th	Reception	4.53
7 th	Year 4	1.96
		59.0 miles

We've had another solid week with our Daily Mile this week! The weather has been kind and enabled 53 children to get involved this week. Well done to Year 1 for being the most active – travelling 13.89 miles! It was brilliant to see more children from Reception too! Don't forget that it takes place every Monday and Thursday morning at 08:30.

Please note Wake-up Shake-up will be on Wednesdays for all year groups.

Red Ridge Residential – October 2026

We are just over two weeks away from Red Ridge! If you're starting to think about what to pack – please check the Year 6 blog site for the kit list as well as the itinerary for the week. [Red Ridge 2026 – 6KS – Year 6 Blogging Site](#)

Year 5 Playleaders

Our playleaders in Year 5 have now been chosen for this academic year. They will be attending their training at Bishop Challoner Catholic College next week. We look forward to the impact that they'll make towards our overall lunchtime provision this year.

Playleaders: Kayden, Adina, Rahma, Isla, Hadiya, Freya, Shahzaib, Amelle, Charlotte, Martha, Poppy Isla Mae

Year 6 Bronze Ambassadors

Our Bronze Ambassadors have been selected for the new academic year now too. They will have an important role in continuing to raise the profile of physical education, school sport and physical activity at Woodthorpe. This week they have helped some of our younger children complete their 'Power Up' PE assessments.

Bronze Ambassadors: Ammar, Ernest, James, Athea, Matilda

'Power Up' PE Assessments

Premier Education led our 'Power Up' PE assessments this week. The feedback has been great, well done to everyone for completing your assessments, as well as the Bronze Ambassadors for helping with the younger year groups.



Outdoor Play and Learning (OPAL)

We launched our new OPAL programme this term. This initiative will help us to continue to develop our lunchtime provision and offer the children a variety of activities to get involved with daily. Please see the main school newsletter with details of specific items the school are looking for from donations. Thank you for your help and support with this, it has made a huge difference so far with our lunchtime provision.





Woodthorpe Junior and Infant School Health and Wellbeing Newsletter



Thursday 24th September– The Daily Mile

Mental Health and Wellbeing Update

Woodthorpe in the Community

Congratulations to Charlie (Y6) who managed to swim 1000m (about 40 lengths of the pool!) this week at Cocks Moors Woods Leisure Centre. Great effort!

Violet (Y5) took part in a gymnastics competition last weekend, through Revolution Gymnastics, and came in joint 2nd place with her floor routine. Amazing achievement!

Jacob (Y6) played a football match last weekend against an academy-level team and managed to win 12-0! Jacob scored and had 4 assists! Congratulations to Jacob and Kings Heath Concorde FC!



*See attached for enlarged version

Pupil Voice

"We danced to a song; my favourite part was the freestyle!" Aarya (Y2)

After-School Street dance Club

"The lateral step-outs were my favourite! It was fun!" Elaine (Y5)

Premier Education 'Power Up' PE Assessments

Dates for your diary

Monday 21st September – The Daily Mile

Tuesday 22nd September – Playleader Training @ Bishop Challoner Catholic College

Wednesday 23rd September- Wake-up Shake-up Dance

Woodthorpe Junior and Infant School

Calendar of Events – Autumn Term 2026

September		
Tuesday 1 st	Staff training Days (1 st and 2 nd)	
Wednesday 2 nd	New Reception Parent Workshop	9.30 -10.30 am
Thursday 3 rd	Children return	8.55 am
Friday 4 th	Wheelchair Basketball	All day
Wb 21 st	Power up assessment	
Wb 28 th	Harvest Collection Week (Birmingham City Mission)	
Tuesday 29 th	Reception Phonics workshop for parents (school hall)	2.15-3.00 pm
October	<i>Black History Month - 'Honouring Our Communities'</i> <i>International Walk to School Month</i> (walking, wheeling, cycling and scooting to school).	
Thursday 1 st	School Census Day	
Thursday 1 st	Restart a Heart WMAS Restart a Heart	Morning
Monday 5 th - 7 th	National Cycle to School Week	
Tuesday 6 th	Year 4 Bewdley Museum	All Day
Wednesday 7 th	Year 4, 5 and 6 Author Visit	Afternoon
Thursday 8 th	Harvest Celebration Assembly (for pupils only)	
Monday 12 th – Friday 16 th	Year 5 & 6 residential – Red Ridge	All week
Thursday 15 th	World Values Day	
Wednesday 21 st	Aperture Portraits – individual and sibling photos	8.30-11.30 am
TBC	Rec-Y6 Nasal Flu vaccinations (consent required – to be sent out nearer the time via 1 st contact email)	
Friday 23 rd	Break Up	3.15 pm
Half Term – Monday 26th – Friday 30th		
November		
Monday 2 nd	Staff Training Day - closed to pupils	
Tuesday 3 rd	All return	8.55 am
Tuesday 10 th	Parent/Carer Consultations	3.30-6.00 pm
Wednesday 11 th	Remembrance Day Parent/Carer Consultations	3.30-6.00 pm
15 th - 21 st	Road Safety Week: 'Safe People on the Move'	
16 th -20 th	National Anti-Bullying Week: "Break the Silence" Odd Socks Day (Monday 16 th)	All week
Friday 20 th	International Children's Day: "Inclusion, for every child" BBC Children in Need (fundraiser)	
December	<i>Advent</i>	
Friday 4 th	EYFS Christmas Crafts Events (with parents - school hall) Christmas Jumper Day (Save the Children fundraiser)	2.00-3.00 pm
TBC	KS1 Nativity	TBC
Wednesday 9 th or Thursday 10 th	Winter Concert	TBC
Friday 18 th	House Celebration Event Break up for Christmas holidays	2.00 pm 3.15 pm
Christmas Holidays – Monday 21st December 2026 – 4th January 2027 (children return on 5th January)		
Please note that some events may be subject to a change of date &/or time due to unforeseen circumstances. Any updates and specific arrangements for all school, class and group events will be sent via your child's class blog page, the weekly newsletter and Arbor App.		



SPORTS CLUBS

This Half Term

MONDAY

KS2 Handball/
Dodgeball



TUESDAY

KS2 Football



THURSDAY

KS1/2 Streetdance



FRIDAY

KS1 Multiports



3:15pm – 4:15pm



£3.50
per session

★ ★ Get active • Make friends • Have fun! ★ ★



Join us for

The Daily Mile

A healthier, happier you!



Every
Monday &
Thursday



From
08:30



For ALL
year groups

Walk
Run
Be Active
Feel Great!



Get
active



Feel
good



Improve
your health



Boost
your mood



Together
we can!





Summer Menu Week 1

13th April, 4th May, 25th May, 15th June, 6th July, 7th Sept, 28th Sept, 19th Oct 2026

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main - Option 1	Fajita Chicken	Beef Lasagne	Roast Beef in Gravy	Chicken Curry	Fish Goujons
Vegetables	Vegetable Medley	Carrots	Mixed Vegetables	Mixed Vegetables	Peas
Sides	White Rice	Baked Potato Wedges	Golden Roast Potatoes	Wholegrain Rice	Oven Chips
Main - Option 2	Macaroni Cheese	Chickpea Curry	Cheese & Onion Pie	Lentil Bolognaise	Vegetable Lasagne
Vegetables	Sweetcorn	Cauliflower	Mixed Vegetables	Mixed Vegetables	Peas
Sides	Diced Potatoes	Wholegrain Rice	Golden Roast Potatoes	Penne Pasta	Oven Chips
Jacket Potatoes	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Dessert	Apple Crumble	Chocolate Sponge	Lemon & Orange Sponge	Chocolate Chip Sponge	Somerset Apple Cake



Summer Menu Week 2

30th March, 20th April, 11th May, 1st June, 22nd June, 13th July, 14th Sept, 5th Oct, 26th Oct 2026

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main - Option 1	Chicken & Pasta with Tomatoes and Herbs	Chicken Goujons	Roast Chicken in Gravy	Sweet & Sour Chicken	Tuna Pasta Bake
Vegetables	Sweetcorn	Baked Beans	Vegetable Medley	Cauliflower	Peas
Sides	Baked Potato Wedges	Diced Potatoes	Golden Roast Potatoes	White Rice	Oven Chips
Main - Option 2	Lentil & Vegetable Flaky Topped Pie	Vegetarian Tikka Masala	Penne Pasta in Tomato and Basil Sauce	Bean Chilli	Vegetarian Cottage Pie
Vegetables	Sweetcorn	Broccoli	Vegetable Medley	Green Beans	Peas
Sides	Baked Potato Wedges	Wholegrain Rice	Penne Pasta	White Rice	Oven Chips
Jacket Potatoes	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Dessert	Summer Fruit Sponge	Bakewell Tart	Pineapple Sponge	Apple Crumble	Hot Chocolate Brownie



Summer Menu Week 3

6th April, 27th April, 18th May, 8th June, 29th June, 20th July, 31st Aug, 21st Sept, 12th Oct 2026

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main - Option 1	Cheesy Garlic Chicken	Smoked Paprika & Tomato Chicken	Sliced Roast Chicken in Gravy	Beef Bolognaise	Breaded Cod
Vegetables	Carrots	Mixed Vegetables	Mixed Vegetables	Sweetcorn	Peas
Sides	Diced Potatoes	Baked Potato Wedges	Golden Roast Potatoes	Penne Pasta	Oven Chips
Main - Option 2	Cauliflower, Spinach & Lentil Curry	Tomato & Chickpea Gratin	Cauliflower & Broccoli Pasta	Vegetable Quiche	Potato, Cheese & Leek Bake
Sides	Green Beans	Cauliflower	Mixed Vegetables	Carrots	Baked Beans
Carbohydrate	Wholegrain Rice	Baked Potato Wedges	Penne Pasta	Baked Potato Wedges	Oven Chips
Jacket Potatoes	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato	Filled Jacket Potato
Dessert	Lemon Flavour Sponge	Apricot Crumble	Jam Sponge	Somerset Apple Cake	Chocolate Sponge

What Parents & Educators Need to Know about

DISCORD

AGE RESTRICTION
13+
(with a 15+ app rating on app stores)

WHAT ARE THE RISKS?

A CHANNEL FOR EVERYTHING

While Discord is strongly associated with video games, it also hosts communities for almost anything you can imagine, such as books, music, influencers, cooking and sport. Some large servers focus on popular games like Minecraft or Fortnite, but many are private, invite-only spaces where friends or communities with shared interests can chat across phones, computers, and gaming consoles.

REAL-LIFE DISTRACTION

Like many social platforms, Discord can become a real time-sink. Although it does not rely on endless scrolling in the same way as some apps, constant messages, group chats, and voice channels can keep young people engaged for long periods, especially in larger servers. As Discord is closely linked to gaming, it may also increase the time they spend playing games.

STRANGER DANGER

Users can choose to stay within private servers with only people they know, but joining public servers will most likely bring them into contact with strangers. Many users are just friendly enthusiasts, yet others could have harmful intentions, including grooming, extortion, or radicalisation. In these types of environments, anyone can claim to be another teenager, which can make it harder for young people to judge who is safe to talk to.

A HARASSMENT RISK

There is also a risk from people a young person already knows in the real world. Bullying in the real world can continue online, and Discord servers can make this feel more intimidating, especially if someone uses anonymous or multiple accounts to carry out threatening behaviours. Because Discord works across computers, phones, and gaming consoles, unwanted contact can follow young people into online spaces that should feel safe and private.

INAPPROPRIATE CONTENT

This huge amount of choice can help young people "find their tribe", especially when they have niche interests. However, because users can create servers around almost any topic, younger users may still encounter unsuitable or distressing content. Even in spaces linked to child-friendly games, Discord cannot directly control every conversation, image, or video shared by other users.

A MONEY DRAIN

Discord is free to use, but users can still spend real-world money on it. This may include Discord Nitro, a monthly subscription that unlocks customisation features and larger media uploads, or purchases through the 'shop' for profile cosmetics and game-related items. Small purchases can add up quickly, especially if spending controls are not in place.

Advice for Parents & Educators

USE FAMILY CENTRE

Parents and carers should make use of Discord's 'Family Centre', which gives an overview of a younger user's activity while respecting their privacy. Messages are not shared, but adults can view an activity feed and receive weekly email summaries. Discord says this is designed to support conversations about online behaviour, rather than about constant monitoring.

CHECK, TALK, REPORT

Review Discord's privacy settings together, including who can send them friend requests or private messages. Use this as a chance to talk to them about strangers, privacy, and personal information, making sure young people know to question suspicious behaviour, such as requests to keep conversations secret. Show them how to block and report these kinds of users and reassure them that asking for help will not get them into trouble.

MANAGE TIME ONLINE

Agree clear expectations around when and how Discord can be used, especially during homework, bedtime, and family time. Encourage young people to turn off unnecessary notifications and leave servers that feel overwhelming. If Discord is mainly used alongside gaming, discuss healthy limits for both activities so that schoolwork, sleep, and offline friendships are not affected.

REVIEW SPENDING CONTROLS

Talk openly about paid features such as Discord Nitro, profile cosmetics, and in-game purchases. Make sure the young people in your care understand that digital items still cost real money. Check payment settings on the device they use, avoid storing card details where possible, and consider adding approval requirements for purchases, particularly for younger or more impulsive users.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, and The New Statesman.



#WakeUpWednesday

The National College

See full reference list on our website

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.09.2026

Premier Education

Ofsted Registered

OCTOBER HOLIDAY CLUBS

ST ALBAN'S CATHOLIC PRIMARY SCHOOL,
KINGS HEATH, B14 5AL

OCTOBER HALF TERM
TUESDAY 27TH - THURSDAY 29TH OCTOBER
£23.50 9AM-4PM (5-11 YEAR OLDS)
£14.00 9AM-1PM (4 YEAR OLDS IN RECEPTION)

WE WILL PROVIDE A FULL RANGE OF EXCITING AND ENGAGING ACTIVITIES TO SUIT ALL AGES AND ABILITIES!

SCAN THE QR CODE OR VISIT
WWW.PREMIER-EDUCATION.COM/HOLIDAY-CAMPS



BOOK NOW!

Excellent
★★★★★
Trustpilot

BIRMINGHAM MOSELEY
MINIS & JUNIORS

GIRLS. YOUR TEAM IS WAITING.



SAME
GAME
MORE
GIRLS



BUILD
CONFIDENCE



MAKE
FRIENDS



LOVE
RUGBY

**4 FREE
TASTER SESSIONS**

Reception to Year 11
No experience needed



SCAN TO JOIN

ONE CLUB. ONE FAMILY. **ONE COMMUNITY**

BIRMINGHAM MOSELEY
MINIS & JUNIORS

JOIN THE RED & BLACK



BUILD
CONFIDENCE



MAKE
FRIENDS



PLAY
RUGBY

**4 FREE
TASTER SESSIONS**

Reception to Year 11



SCAN TO JOIN

ONE CLUB. ONE FAMILY. **ONE COMMUNITY**