



BEARWOOD NEWS

Friday 17th January 2025

Dear Families

The children have been very busy with their new learning topics. KS1 and KS2 are all learning geography topics this term:

- Year One - Weather in the UK
- Year Two - Weather around the World
- LKS2 - Mountains, Volcanoes and Earthquakes
- UKS2 - Reading and Rio de Janeiro

Geography is a subject that lends itself to a vast range of occupations, and is very important in our current world. As a school, we have worked very hard on our planning for geography, making sure it is progressive across the year groups. The Local Authority Strategic Education Partner has looked at our new progression documents and has judged them to be very strong. Hopefully you will find your children can talk like geographers and are enjoying their lessons.

This week, Grey Wolf Class presented their class assembly to parents. It was all about the learning they have experienced since September. They also sang a song about Ancient Greek philosophers, with Mr Marshall playing on the guitar. Joseph and Hannan also played the piano.

Next week Thursday at 9am, Badger Class will present their assembly, and the parents of children in Badger Class are welcome to attend.

Do have a lovely weekend.

Best wishes

Funmi Alder

Headteacher

Value for the term –

Honesty

IF YOU WANT TO BE
TRUSTED, BE
HONEST.
IF YOU WANT TO BE
HONEST, BE TRUE.
IF YOU WANT TO BE
TRUE, BE
YOURSELF.

Office Notices

Growth Mindset Awards

Fox – Charlotte
Beaver – Lee
Red Kite – Toby
Red Squirrel – Izaan
Dormouse – Olivia
Badger – Noah
Otter – Bobby
Grey Wolf – Zain

Sports Star Awards

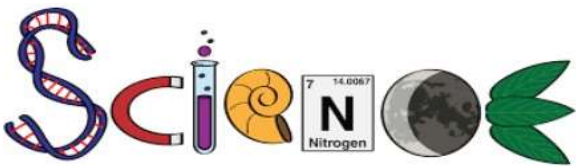
Fox – Liam
Beaver – Remy
Red Kite – Aadya
Red Squirrel – Lucien
Dormouse – Kayson
Badger – Jack Hu
Otter – Rhema
Grey Wolf – Claire



This week's winners of TTRS 'Battle of the Bands'

LKS2 Winners – Red Kite 842 points

UKS2 Winners – Otter 340 points



Scientist of the week!

LKS2 – Chathurya

UKS2 – Henry

Performers of the week!

Here we have the very talented Reinhard from Year 4. Although nervous, he sang Mercy brilliantly!

The audience were so impressed, Reinhard. You should be proud of your singing voice!





Performer of the week!

Isla-Rose was our first performer of the week last week. She performed a song called 'Maps' and danced a little routine to it too! It was very popular with the rest of the children. Well done, Isla-Rose. You performed with great confidence!

IMPORTANT dates to remember

- Wednesday 22nd January – 11.45-12.45 KS1 Gymnastics (Invite only)
- Wednesday 22nd January – 13.15-15.30 KS2 Gymnastics (Invite only)
- Thursday 23rd January – 9am – Badger Class assembly **(New Date)**
- Monday 27th January – LKS2 Look Out Discovery Centre Trip
- Wednesday 29th January – 9am – Reception parents' Drawing Club (writing) workshop
- Wednesday 29th January – Chinese New Year Assembly
- Thursday 30th January – 9am – Otter Class assembly **(New Date)**
- Friday 31st January – 9.30am – prospective parents' tour
- Wednesday 5th February – Year Six SATs meeting
- Wednesday 5th February – LKS2 TeamGym (Invite only) 13.15-15:30
- Wednesday 5th February – UKS2 TeamGym (Invite only) 09.45-12.30
- Thursday 6th February – 9am – Dormouse Class assembly
- Tuesday 11th February Safer Internet Day – workshop for parents – 9am and 5pm
- Wednesday 12th February – KS1 Milestone Museum Trip
- Thursday 13th February – 9am – Red Kite Class assembly
- Monday 17th February to Friday 21st February – Spring half-term
- Tuesday 25th February – children return
- Friday 28th February – 9.30am – prospective parents' tour
- Thursday 6th March – World Book Day
- Thursday 6th March – LKS2 Tag Rugby – 15:30-17:00 (Invite only)
- W/C 10th March – Science Week
- Friday 21st March – Red Nose Day & UKS2 In2 Hockey – 15:00-18:00 (Invite only)

Weekly Updates!

For pictures and information on what each class has been doing this week or enrichment activities that have taken place please click on the year group below or visit the school gallery.

EYFS

KS1

LKS2

UKS2



School success starts
with attendance

Weekly Attendance

Brown Bears – 99.52%

Fox – 96.27%

Beaver – 98.15%

Red Kite – 95.73%

Red Squirrel – 99.47%

Dormouse – 94.25%

Badger – 99.62% - *Winner*

Otter – 96.93%

Grey Wolf – 96.67%



Please ensure you call or email **each day** your child is absent.

We spend a lot of time calling parents that have not called in to report an absence. Please ensure you report an absence before 9am.



Should I keep my child off school?



Yes

Until...

Chickenpox

at least 5 days from the onset of the rash and until all blisters have crusted over

Diarrhoea and Vomiting

48 hours after their last episode

Cold and Flu-like illness
(including COVID-19)

they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.

Impetigo

their sores have crusted and healed, or 48 hours after they started antibiotics

Measles

4 days after the rash first appeared

Mumps

5 days after the swelling started

Scabies

they've had their first treatment

Scarlet Fever

24 hours after they started taking antibiotics

Whooping Cough

48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth

Glandular fever

Head lice

Tonsillitis

Threadworms

Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



WOKINGHAM
BOROUGH COUNCIL



Berkshire Healthcare
NHS Foundation Trust

SUPPORTING CHALLENGING BEHAVIOUR

Online parent workshop



* IDENTIFY TRIGGERS



* FIND SUPPORT STRATEGIES



* ROUTES TO ADDITIONAL HELP

**TUESDAY 28TH JANUARY,
6-7PM, ON TEAMS**

with Rachael Neville,
Education Mental Health Practitioner

**SIGN UP BY EMAILING [SENCO@BEARWOOD-
PRI.WOKINGHAM.SCH.UK](mailto:senco@bearwood-pri.wokingham.sch.uk)**

Do you have a 5-19 year old?

We can offer advice and support on many topics like:

- ✓ Sleep
- ✓ Behaviour
- ✓ Bullying
- ✓ Parenting
- ✓ Healthy eating
- ✓ Bedwetting
- ✓ Dealing with medical conditions in school
- ✓ Emotional health & wellbeing



Text a school nurse
for confidential advice and support

07312 263194



cypf.berkshirehealthcare.nhs.uk





WOKINGHAM
BOROUGH COUNCIL



NHS
Berkshire Healthcare
NHS Foundation Trust

Wokingham Mental Health Support Team (MHST)

Helping your Child with Fears and Worries Online Parent Group Programme A Guided Self-Help Approach



Learn coping strategies to help your child manage anxiety.
Is your child between 5-12 years of age and facing difficulties with anxiety?



This group parent programme will enable you to understand what is causing your child's worries and to carry out evidence based, step-by-step practical strategies that you can use at home to support your child in order for them to overcome problems with anxiety.

The programme aims to support parents to work through the accompanying book *Helping Your Child with Fears and Worries: A self-help guide for parents (2nd Edition)*.



Course Outline

- Introductory assessment phone call
- 5 x 90 minute online group sessions on Wednesdays 26th February, 5th, 12th, 19th March and 2nd April, 9:30 - 11:00am.
- Useful handouts for each session.

To book a place on the course please return completed

referral form circulated with this flyer to:

MHSTAdmin@wokingham.gov.uk

by 5th February 2025





Learn To Ride Sessions

Do you need help learning to Ride a pedal bike?

The My Journey Team at Wokingham Borough Council run weekly training sessions for all children aged 5 or above (or aged 4 is attending primary school full time).

The sessions take place at:

Finchampstead Baptiste Church on Wednesdays at 4-5pm

And

Woodford Park on Thursdays at 4-5pm

All session will need to be booked from our Events page:

<https://www.myjourneywokingham.com/events/>

In these sessions, children learn to balance first on Balance Bikes, then are taught by our dedicated team of instructors how to use a pedal bike. Generally, most children will be riding within 2 sessions.

These sessions really help, here's some wonderful feedback we have received:

"My daughter attended the class at Finchampstead. Firstly i'd like to say how welcoming and helpful the team at my journey were. They put my daughter at ease, as she was anxious about trying to ride her bike without stabilisers. Within the first 30min she was moved from being on a balance bike to riding her bike using the pedals. I can't believe how quickly she learnt to ride her bike. Her confidence went from 0-100%. Also i'd like to say it was nice to see the sessions are personalised for each child. The my journey team worked with the children on a 1-2-1 basis as well as a group. They looked at their weaknesses and gave them the confidence to work on them. I would highly recommend my journey. My journey recommends 2 sessions, my daughter learnt how to ride within the hour. Thank you my journey!!"



Year 6 - Residential

Please note the final payment for the residential is due in March.

We will not be able to accept any late payments.

Thank you



Parent/carers from ethnic minority groups with a child who has a confirmed/suspected neurodevelopmental disorder!

We are looking for parent/carers of a child or young person.....

with diagnosed or a possible neurodevelopmental disorder (such as Autism, ADHD, tic disorders, intellectual disability)

who is 6-18 years old

identify as belonging to (or have dual heritage) or an Indian, Pakistani, Black-African ethnic group

Would you be willing to take part in an interview or focus group online or on the telephone at a time to suit you to share your experiences of being a parent/carer of a child with diagnosed or possible neurodevelopmental disorder?

We are looking to understand the experiences of families from ethnic minorities who have a child with a diagnosis or suspected diagnosis of a neurodevelopmental disorder e.g. autism, ADHD, OCD, Tourette's.

If you are interested in hearing more, please complete this online consent to contact form (QR code and link) and a member of our team will contact you to provide more information.



<https://forms.office.com/e/QPsyxiusGS>

You can also email the team at EXPAND@nottingham.ac.uk

School Lunch Payments



Please note that School Lunches must be paid for in advance. Please ensure all debts are cleared.

Thank you for your support.

School Office

Free autism and ADHD advice workshops

Berkshire West Autism & ADHD Support Service is offering free autism workshops, across the spring term. All of the workshops take place online between 10-11.30am, with full details available on the [Autism Berkshire website](#). The general autism advice courses can be found below, along with the password required to book your place, **in bold**.

- [Sensory Differences Part 1](#) – Thursday 23 January - **JAN1SENSORY**
- [Sensory Differences Part 2](#) – Thursday 30 January - **JAN2SENSORY**
- [Eating & Mealtime Challenges](#) – Thursday 6 February - **FEBEATING**
- [Supporting Behaviour Part 1](#) – Thursday 27 February - **1BEHAVIOURFEB**
- [Supporting Behaviour Part 2](#) – Thursday 6 March - **2BEHAVIOURMAR**
- [Emotional Regulation](#) – Thursday 20 March – **MAREMOTION**

Parenting Special Children is also providing ADHD advice workshops and two follow-up workshops for the service that are open to parents and carers of autistic and/or ADHD children who are registered with GPs in the Reading, Wokingham and West Berkshire areas:

- ADHD workshops (a linked series of three sessions) - Tuesday 11, 18 and 25 March – email helpline@parentingspecialchildren.co.uk to ask to be notified when bookings open
- [Transition to Adulthood](#) – Tuesday 21 January, 10-11.30am
- [Sleep Difficulties](#) – Wednesday 12 February – 7-9pm

Changing Behaviour, Changes Behaviour

An opportunity to explore different ways of thinking about behaviour

We can offer advice & strategies to support your child

Online course for parents who have a child or young person with a disability aged 3 -18 who live in the Wokingham Borough

Join us for **Changing Behaviour, Changes Behaviour**

This will be delivered via Microsoft Teams so please download the app prior to the session.

Dates: Wednesday 7th, 14th & 21st May 2025

Time: 10-11.30am

To book or for more information, please contact us via:

Email – First@wokingham.gov.uk

This workshop will be delivered by:

Simone Hall and Helen Tracey

Therapeutic Thinking & Foundations for Attachment Practitioners

The sessions will include:

1. Behaviour & communication, identifying triggers & causes, the upstairs & downstairs brain & The Window of Tolerance
2. Getting on better, the behaviour wave, positive handling plans & how you respond
3. CALM stance, sensory avoidant & seeking, rewards, activities resources & self-care



**WOKINGHAM
BOROUGH COUNCIL**

Waking up to Healthy Sleep

Online course for parents / carers who have a child or young person with a disability (or on the pathway for an autism assessment) aged 3 -18 who live in the Wokingham Borough

*Please note parents / carers with a child or young person who does not have a disability may attend this course if capacity allows

**Is your child experiencing sleep problems?
We can support you to improve their sleep routine.**

Dates: Tuesday 4th, 11th & 18th March 2025

Time: 6.30 – 8pm

This will be delivered via Microsoft Teams so please download the app prior to the first session

To book or for more information, please contact us via:

Email – First@wokingham.gov.uk

Our training is delivered by practitioners trained by The Sleep Charity & Southampton University Hospital Sleep Disorder Service

This is an interactive course and attendees are required to participate and attend all 3 sessions which include:

Understanding sleep cycles

Causes of sleep issues

Establishing appropriate routines

Identifying and managing sleep problems

Positive bedtimes



Waking up to Healthy Sleep



**WOKINGHAM
BOROUGH COUNCIL**

FIRST



WOKINGHAM
BOROUGH COUNCIL

FIRST **Family Interventions, Resources & Support** **Team**

Who we are:

The aim of the Family Intervention, Resources and Support Team (FIRST) is to provide information, workshops and training around sleep, (including anxiety), and distressed behaviour. The team comprises of Sleep Practitioners, Therapeutic Thinking and Foundations for Attachment Practitioners and a Family Support Worker. The team can offer parents / carers who reside in the Wokingham Borough an opportunity to explore different ways of thinking about sleep, anxiety and distressed behaviour and can provide strategies to support your child.

SLEEP SUPPORT

Parents / carers with a child or young person who does not have a disability may attend the sleep workshop and course if capacity allows.

Sleep Matters

90 – minute introductory workshop

Waking Up to Healthy Sleep course

Consisting of 3 sessions of 90 minutes per week. There is an expectation that all 3 sessions will be attended

Sleep and Anxiety

2 – hour workshop – parents / carers are required to have previously attended the Waking Up to Healthy Sleep course

The Importance of Sleep

90 – minute workshop for professionals

DISTRESSED BEHAVIOUR SUPPORT

*Parents / carers with a child or young person who does not have a disability may attend the Supporting Behaviour workshop if capacity allows.

***Supporting Distressed Behaviour**

90 -minute introductory workshop

Changing Behaviour, Changes Behaviour course

Consisting of 3 sessions of 90 minutes per week. There is an expectation that all 3 sessions will be attended

Making Sense of Behaviour

90 – minute workshop for professionals

PARENTS CAN SELF-REFER PLEASE CONTACT US FOR MORE INFORMATION VIA First@wokingham.gov.uk