

Dear Parents and Carers,



Since our last edition, there has been some sporting success. Firstly, many of you were at the Redditch United ground for the district final of the Year 8 boys' football. The game was won 2-1, with the final goal coming close to the end. The team are still in the county and national cup competitions. Secondly, the Year 8 girls' football team has also won the district event, and this makes a clean sweep for the team, as they have won the cup for each of the year groups from Year 5 upwards. This is most impressive and a testament to the quality of teamwork. Congratulations to both teams.



Harvest

You will note within these pages a record of The Primrose Hospice concert that was held here at the end of last week. A funding-raising action occurred yesterday with the collection of food items as part of this year's Harvest. Most of our gifts will go to Redditch Night Stop, which is a service working with young people aged 16-25. The charity provides short term, emergency accommodation and longer term supported lodgings in the homes of trained volunteer hosts. My thanks to all who gave donations.



God gives seed to farmers and provides everyone with food. He will increase what you have, so that you can give even more to those in need. You will be blessed in every way, and you will be able to keep on being generous.
2 Corinthians 9: 10-11

Energy Efficiency

Every three years or so our buildings contractor reassesses the energy efficiency of our school. We received the results this week of the first such check since the new roof was put on, and we are several points lower, meaning that we are reducing our energy use. This we suspected, as the bill for the gas used by the boilers is lower, and the time that they are operating each day is reduced.



Finally, congratulation to Malvern who are the College Cup winners for this half term!

Half term holiday

School begins again on Monday 4th November.
Gates open at 8.30am, the start bell is 8.45am.

A prayer for Harvest

Father God, We thank you for all you've given us. We thank you for the food that grows on the trees and in the ground. We are blessed to live in a place where we can choose between so many different foods to eat. We thank you for the hard work people have to do in order for us to have such foods. May you bless us as we remember your creation and bless the hands that look after it.

Amen.

This week's theme was: Harvest

For the Lord your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron and from whose hills you may mine copper. You shall eat your fill and bless the Lord your God for the good land that he has given you.

Deuteronomy 8: 7-10

Whole School Attendance

96.96%

Whole School Target

95.6%

14.10.19 - 18.10.19

Year 5 — 97.29%

Year 6 — 95.64%

Year 7 — 96.57%

Year 8 — 98.33%



For the week ahead

The Fruit of Faith is:	Friendliness	When others are happy, be happy with them, and when they are sad, be sad. Be friendly with everyone. Don't be proud and feel that you are smarter than others. Make friends with ordinary people. Don't mistreat someone who has mistreated you. But try to earn the respect of others. <i>Romans 12: 15-17</i>
The assembly theme:	Remembrance (WW1)	He shall judge between many peoples, and shall decide disputes for strong nations far away; and they shall beat their swords into ploughshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore. <i>Micah 4: 3</i>

We ask for your thoughts and prayers in the week ahead for:

The weekend	those who are acting to reduce pollution on land and sea	Monday	safety of the pupils throughout this week
Tuesday	the Commonwealth of Nations	Wednesday	The work of the local foodbank
Thursday	Police and road traffic services	Friday	families and friends who are visiting each other this weekend

Picture of the Week



© Paul Howell

The night sky above parts of Wiltshire, Dorset, Hampshire and Somerset has been designated an international dark sky reserve.

Cranborne Chase Area of Outstanding Natural Beauty is only the 14th such area in the world to be certified.

(This picture is created using time-lapse photography)



College Cup



Autumn—first half term



Malvern 21,651

Cleeve 21,777

Bredon 21,925

Abberley 22,192

College match results

Pupils showed great Team Worker and Self Manager skills throughout the events .
A big 'thank you' to our Sports Leaders who helped to act as referees during the games of netball, football and benchball.



1. **Cleeve** - 280
2. **Abberley** - 220
3. **Bredon** - 170
4. **Malvern** - 140



PE clubs

There will be no PE clubs running the first week back after half term:
Monday 4th November—Friday 8th November 2019



Lost Property

There is a large amount of lost property in Reception that has not yet been claimed. Can you please come and ask at Reception if you have lost anything and think it may have been handed in.

As a reminder, it would help if items are clearly labelled with names.



Music News



Last Friday evening our Choir took part in the Primrose Proms Concert. It was all very exciting. Walkwood's hall, which had been decorated with flags and bunting, was filled with two choirs, a brass band and a very appreciative audience. The varied programme kept everyone's toes tapping and everyone thoroughly enjoyed themselves, especially after great refreshments in the interval, splendid raffle prizes and masses of flag-waving during the final few songs. Walkwood Choir were fantastic. They had all worked so hard, had learned their words, and sang beautifully; I was so proud of them. They are now much more confident than they were seven weeks ago! Thank you too, to all the staff who helped make the evening such a success.

Here is an account of the evening by one of our singers:

The Primrose Choir and Walkwood School Choir joined together for the Primrose Proms Concert which took place on Friday 18th October. It was amazing!

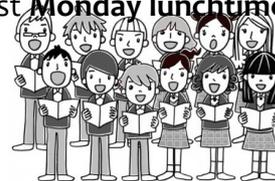
The first song by Walkwood was 'Gonna Make Music for You' and everyone remembered the parts and words (which is always good!) My favourite song by far was 'Chattanooga Choo Choo', I loved the speed of it. However, I think a lot of people liked 'Mr Mistletoes'.

As well as the two choirs, there was also an amazing brass band. The band was called Arrow Valley Brass and they had all sorts of amazing instruments. They played some absolutely lovely pieces.

In my view (and everyone else's) the concert was a great success and raised lots and lots of money for the Primrose Hospice. Thank you to Mrs Griffiths for organising it.

By Evie Barnish

NB Rehearsals for our Christmas Concert will start on the first **Monday lunchtime after half-term.**



- Cereal
- Soup *(including Cup a Soup as these would be easy for one person to quickly make)*
- Pasta
- Rice
- Pasta Sauce
- Baked Beans, *(including tins with Sausage)*
Spaghetti, Macaroni
Cheese
- Tinned Meat &
Tinned Pies



Stretch out your hand
to the poor,
so that your blessing
may be complete.
Give graciously to all
the living;
do not withhold
kindness.

Ecclesiasticus 7.32-33



- Tinned Stews, Chilli
Con Carne
- Tinned Vegetables :
*Potatoes, Carrots, Peas,
Sweetcorn, Tomatos*
- Tea & Coffee
- Tinned Fruit
- Tinned Puddings
- Sugar
- Biscuits

Thank you
for your help!





Applying for middle school



For children who are currently in Year 4 and intend to be in a middle school for Year 5, it is time to apply for a place. This needs to be completed using the online system:

www.worcestershire.gov.uk/schooladmissions

If you do not have internet access, call the county admissions team on 01905 822700 for assistance.

Walkwood Church of England Middle School is part of the Worcestershire County Council's coordinated scheme, which is administered by Babcock Prime.

The closing date for both first and middle school places is 15th January 2020



Applying for high school



For children who are currently in Year 8 the closing date for applying for a High School place is **31 October 2019**.

This needs to be completed using the online system:

www.worcestershire.gov.uk/schooladmissions

If you do not have internet access, call the county admissions team on 01905 822700 for assistance.

Walkwood Church of England Middle School is part of the Worcestershire County Council's coordinated scheme, which is administered by Babcock Prime.

Walkwood Book Fair

We are hosting a children's BOOK FAIR from Travelling Books on the following dates:



Monday 11th November until Friday 15th November 2019

Leaflets to be distributed week beginning 4th November – you can find out more about Travelling Books and a sneak preview at www.travellingbooks.co.uk/books

Great ideas for Birthday or Christmas presents.

Word of the Week

This week's Word of the Week:

alacrity

What word class is this word? Could it belong to more than one word class?

How many syllables does it have?

Write the dictionary definition(s) of this word, using your own words.

Are there any synonyms for the word?

Are there any antonyms for the word?

Write four sentences, each containing the word.

Challenge: vary the type of sentence each time: write one as a statement; one as a question; one as a command and one as an exclamation sentence.

For example, if the *Word of the Week* were joyous:

Statement: Xavier is feeling joyous this morning.

Question: Does that music sound joyous to you?

Command: Make yourself look a little more joyous.

Exclamation: What a joyous evening!

Show your tutor your notes on Word of the Week and receive a merit for answering the questions above!



Top Readers for 23rd September 2019 — 23rd October 2019

Congratulations to:

Top Girl

Meredith Allen (Year 5 MHBA) - who has read an incredible 893,464 words

Top Boy

Sam Neill (Year 7 ALBA) - who has read a fantastic 855,534 words



Well done - 3 merits will be awarded to you both.

Keep reading Walkwood, next week it could be YOU



'Sadfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. The term was created at the beginning of the year by a blogger using the term to describe certain celebrities who embellish their emotional difficulties to generate sympathy and gain more followers. The term has now gained traction and is seen as a growing trend on social media. The challenge with sadfishing is that sometimes real problems can become overlooked or young people can even be bullied for having shared their problems online.



What parents need to know about SADFISHING



ATTENTION NEEDING

This is sometimes also called attention seeking. The urge to belong is universal. Everyone seeks attention. The feeling of belonging and knowing that others are thinking about you is part of what it is to be human. As the use of social media has grown, the opportunity for attention is enormous but this sometimes comes at a price. Positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction (dopamine) that is caused by gambling and recreational drugs. This reaction reinforces a behaviour and for minimal effort, a young person is rewarded with dopamine and attention.

SHOWING VULNERABILITY

Being vulnerable and oversharing can sometimes lead young people open to being groomed online, offering predatory social media users an opportunity to gain their trust by offering sympathy. A Digital Awareness UK report includes the case study of a teenage girl who, after posting about her depression online, was approached by a friend of a friend who shared their experiences and later ended up pressuring her to send him explicit pictures.



OVERSHARING

Oversharing is the act of revealing too much personal information. When young people share too much about their feelings or problems they are often desiring very much to connect and belong. In order to gain more attention and likes a young person might be tempted to overshare their feelings beyond a normal face to face conversation. The challenge with this is that the young person is sharing personal thoughts and feelings with people they do not know and the support they gain back is 'unregulated' and might be very unhelpful.

BULLYING AND DISAPPOINTMENT

According to Status of Mind report by Royal Society for Public Health UK, social media platforms are a useful tool to maintain or build on real world relationships, improving mental health and wellbeing. When young people do share their feelings and worries online, they are seeking emotional support from others. However, whilst some friends may comment and like a post to be helpful, other friends may accuse the post of 'sadfishing' and trying to gain attention, ultimately making the situation and feelings about themselves worse.



Safety Tips For Parents

A CULTURE OF OPENNESS

Maintain and commit to having a culture of openness at home where your child can express their feelings without judgement, and you acknowledge their world and current difficulties. Support your child to navigate growing up in a world with social media and their developing sense of self.



ASK MORE THAN ONCE

Being a parent of a teenager means a constant negotiation between keeping them safe and letting them go. If their behaviour has changed or they have a prolonged bout of low mood or stress, let them know you are there for them when they are ready to talk. Sometimes this may mean asking them more than once. This gives them the message that you are there for them and that they are not alone.



POSITIVE ATTENTION

Provide opportunities during the week for time together. Teenagers sometimes prefer side by side conversations like going out for walk, at the dinner table or driving in the car somewhere. Regularly commit time to a family evening together where you can share time and/or an experience together like a home movie and popcorn, a game (even an online game which may be suitable), shopping or cooking.



PROMOTE HEALTHY FACE TO FACE RELATIONSHIPS

Where possible, help your child maintain healthy relationships with friends who are helpful and supportive. This may mean inviting them over regularly, providing transport to and from activities with the group of friends, or helping your child organise activities. Spend time helping to encourage healthy, supportive face to face relationships.



TALK ABOUT THE IMPORTANCE OF BOUNDARIES

Discuss the consequences of oversharing, particularly on social media. Maintaining a healthy privacy outlook is important when we are perhaps sharing our feelings with people who are not known to us. But as friendship and trust develop, it is healthy to share more information and talk more openly.



Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



SOURCES: <https://www.digitalawarenessuk.com/>, <https://www.rspk.org.uk/our-work/campaigns/status-of-mind.html>



Trips and Visits

2019 - 2020



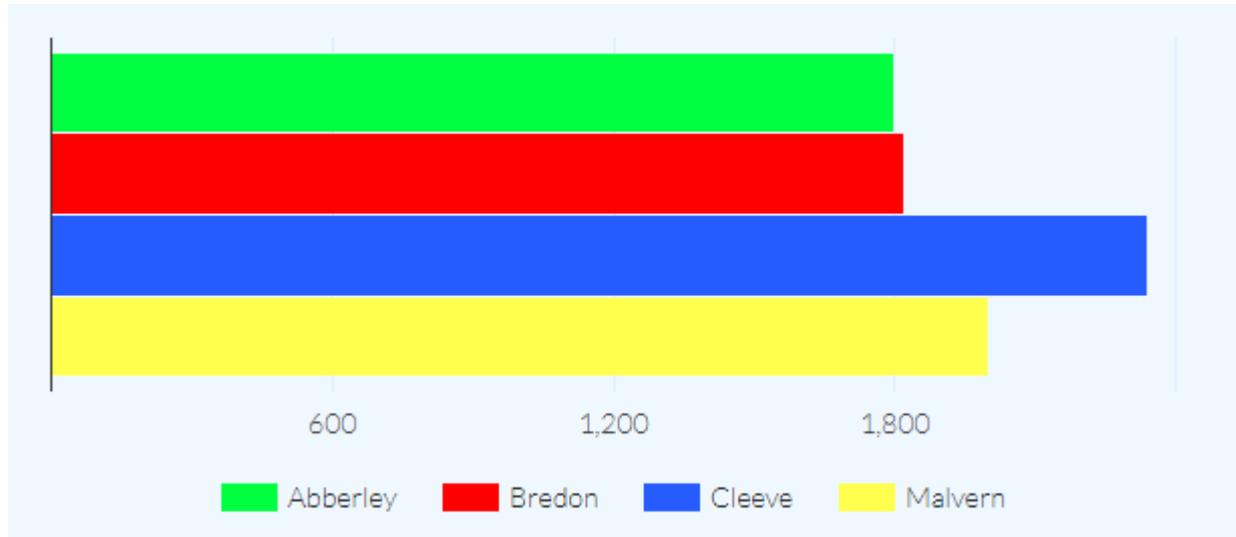
DATE	ACTIVITY	LOCATION	OPEN TO	COST	LEADER
May					
Fri 15 - Mon 18	Outward Bound	Yorkshire	Y6	£ 300	Rev Leach
June					
Wed 17 - Fri 19	Arts and Theatres	London	Y8	£ 300	Rev Leach
Fri 19 - Mon 22	Outward Bound	Isle of Wight	Y7	£ 320	Mr West
Fri 19 - Mon 22	Outward Bound	Brecon Beacons	Y5	£ 173	Mr Macdonald/ Mrs Cull



Epraise Update



Points This Week: By College



Top Ten Points Scorers

1. 🍌 Lucy Hawkes (CTPO) (41)
2. Archie Whittington (ALWA) (38)
2. 🍌 Meredith Allen (MHBA) (38)
4. Lucy Potter (CTPO) (37)
5. 🍌 Abigail Gibson (MDSL) (36)
5. Tiegán May (CTPO) (36)
7. Chelsea Peters (MDSL) (35)
8. 🍌 Darcy Harrison (MDSL) (34)
9. Allisia Coles (BRCO) (32)
9. Neve King (MNSA) (32)



Looking ahead



	Date	Event
2019	Friday 25 October	Staff Development Day
	Monday 28 October to Friday 1 November	Half Term
	Wednesday 6 November	Y5 Renaissance Information Evening 6.30—7.00 pm Y6 SATs information evening and KS3 Curriculum parents information evening 6.30—7.30 pm
	Wednesday 13 November	Ski trip parent information evening 6.30—7.30 pm
	Monday 25 November	Parents' Maths KS2 Workshop 6.30—7.30 pm
	Friday 20 December	End of Term
2020	Monday 6 January	Staff Development Day
	Tuesday 7 January	First day of the Spring Term
	Monday 13 January	Parents' English KS2 Workshop 6.30—7.30 pm
	Thursday 30 January	Y6, Y8 Parents' Evening 4.00—7.00 pm
	Wednesday 5 February	Y6, Y8 Parents' Evening 4.00—7.00 pm
	Monday 17 to Friday 21 February	Half Term
	Wednesday 18 March	Y6 Yorkshire information evening 6.30 pm
	Friday 3 April	End of Term
	Monday 20 April	First day of the Summer Term
	Wednesday 6 May	Y5 Brecon Beacons information evening 6.30 pm
	Friday 8 May	May Day bank holiday
	Monday 25 to Friday 29 May	Half Term
	Thursday 4 June	Y5, Y7 Parents' Evening 4.00—7.00 pm
	Wednesday 10 June	Y5, Y7 Parents' Evening 4.00—7.00 pm
	Friday 17 July	End of Term
	Tuesday 1 & Wednesday 2 September	Staff Development Days
	Thursday 3 September	First day of the Autumn Term
	Friday 23 October	Staff Development Day
	Monday 26 to Friday 30 October	Half term
	Friday 18 December	End of Term
2021	Monday 4 January	Staff Development Day
	Tuesday 5 January	First day of the Spring Term
	Monday 15 to Friday 19 February	Half Term
	Thursday 1 April	End of Term
	Monday 19 April	Staff Development Day
	Tuesday 20 April	First day of the Summer Term
	Monday 31 May to Friday 4 June	Half Term
	Wednesday 21 July	End of Term