

#### **Dear Parents and Carers**

I hope you have all had a lovely week. In today's newsletter, you can find information regarding our Key Stage 1 maths challenge, Atom learning which may be useful for Key Stage 2 children and a parenting course. Please do take a few moments to read the relevant sections. We also have reports from the children about the Killerton cross country and the Year 5 Ancient Greek workshop.

Next week, our Year 3's go on their first overnight residential to Exmoor; we wish them the very best and hope they really enjoy their time; the range of activities look amazing!

#### **Top Readers**

Here are the top readers in each class for this week.

3F Delilah B 3H Erin H 4E Anya M 4R Samuel B 5P Helena J 5T Awab I 6BR Imogen H 6W Remus M

#### Disco

A huge thank you to the PTFA for organising the discos this week; they were really well organsied and the children seemed to be having lots of fun! Thank you too to all the volunteers and staff who helped make the event a success. Not only was it a great event for the children, it also raised £600.



#### Killerton cross country report by Lexi from year 6

Last Friday, 60 children from Year 4 and 6 attended a cross-country competition at Killerton. The cross country was very enjoyable; they had chosen a very good place to do it because they had a long stretch of land that had lots of turns and twists that definitely got your heart

pumping. Lots of children came and I could easily see that they all enjoyed it. It was very muddy but the amount of fun that was included put my mind off the mud!

The person in charge of the cross country even allowed some of us to do the Fun Run when it was only meant for the children who didn't do the 5-6 and 3-4 races!

A special 'well done' needs to go to Imogen in 6BR who came 1st in the year 5-6 girls race!

Overall, it was very fun and I hope they do it next year.

Lexi, Year 6





#### Bikes and scooters on the playground

Please can we ask parents to ensure that their children take care with bikes and scooters whilst on the school grounds. There was nearly an accident this week.

#### Atom Learning: Free KS2 learning and 11+ preparation support

We're pleased to let you know that Willowbrook School has partnered with Atom Learning, the leading Key Stage 2 learning and 11+ preparation website, to provide free KS2 learning and 11+ support to primary school children who are eligible for Pupil Premium. Eligible students will receive access to Atom Home for free (normally £575.90 a year).

There is a 5-day free trial of Atom available for non-PP families. Atom Learning is a viable, more child-centric alternative to private tuition that we believe is a non-stressful and enjoyable way of making progress at KS2 and, when relevant, preparing for exams.



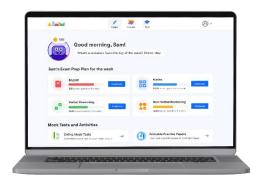
#### What is Atom Home?

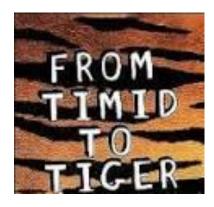
Atom Home is an online learning and exam preparation platform for ages 7-11. Covering English, maths, verbal reasoning and non-verbal reasoning, children can explore learning resources, mock tests, video tutorials, and exam preparation materials.

#### Do you know someone who is eligible?

If you know someone whose child is in need of extra Key Stage 2 learning support or is preparing for the 11+ (they do not need to be attending Willowbrook), please share this link with them: <a href="https://atomlearning.com/pupil-premium/primary-schools">https://atomlearning.com/pupil-premium/primary-schools</a>

After completing the form on this page, their primary school will receive a notification to verify their pupil premium eligibility. Once confirmed by their school, their Atom Home account will be created. If you would like to find out more, please email <a href="mailto:pupilpremium@atomlearning.com">pupilpremium@atomlearning.com</a>.





# From Timid to Tiger

# A 10-week course for parents and carers who would like to help their child overcome anxiety.

#### What is From Timid to Tiger?

From Timid to Tiger is a parenting-based approach to managing anxiety in primary school aged children. It uses the principles of Cognitive Behavioural Therapy, and is based on the evidence that anxious children benefit from a calm, warm, clear consistent parenting style to help them overcome their fears and worries. Many children struggle to articulate what they are worried about. This can be frustrating and exhausting for parents and carers who are trying to support and manage their child's anxiety. Often this has an impact on both family life and life at school.

The Timid to Tiger Course aims to help you explore your child's anxiety, how it develops, and how you as a parent or carer are well placed to support your child to become braver, more confident and independent.

When is the course?

January 2025, small group sessions (2 hours per week, for 10

weeks)

Course facilitators: Donna Habbishaw (Willowbrook School)

Ana Hambly (Mental Health Support Team)

The sessions offer you practical tips and advice to help your child to cope, and to overcome the challenges they face. You will learn new tools and techniques to support your child to change their anxious behaviour.

We ask all parents and carers who sign up to the course to ensure that they can attend all the sessions. Places are limited, so please register your interest as soon as possible.

If you are interested in learning more about this course, or feel this might be helpful to support your child, then ask in school or contact us <a href="willowbrook@ventrus.org.uk">willowbrook@ventrus.org.uk</a>



WOODWATER ACADEMY, WOODWATER LANE, EXETER, EX2 5AW.

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#### Dates for your calendar

Friday 29th November: Music assemblies for Years 1, 3 and 5 at 9am

Monday 2<sup>nd</sup> December: Years 5 and 6 football match Tuesday 3<sup>rd</sup> December: Lower school Xmas lunch TBC Thursday 5<sup>th</sup> December: Upper school Xmas lunch TBC

Monday 9th December: Choir singing at St James Park for KS2 choir (evening)

Tuesday 10<sup>th</sup> December: Nursery carols PM

Wednesday 11<sup>th</sup> December: Rock steady concert AM

Friday 13<sup>th</sup> December: Santa run AM and Christmas fair 2pm

Tuesday 17<sup>th</sup> December: reception nativity PM Wednesday 18<sup>th</sup> December: reception nativity PM Thursday 19<sup>th</sup> December: Carol concert after school

Friday 20<sup>th</sup> December: Christmas jumper day

Friday 20<sup>th</sup> December: Last day before the Christmas break.

## **Ancient Greek workshop**

On Wednesday, Year 5 spent the day in an Ancient Greek workshop! The surprisingly short day started with designing a frieze on a terracotta card decorated with pictures or freeze frames of the Trojan War. If you didn't already know, a frieze is a piece of art that either shows everyday life or myths and legends. Before this we played a couple of warm up games. Using our designs we got into groups and posed as soldiers in the war. I was a fighting hoplite. A hoplite is a soldier in Ancient Greece.

We learnt that Ancient Greeks love the theatre. The plays were either tragedy: death, losing war, bad myths, that stuff and comedy: victory in war, good myths and winning the Olympics. If you sat at the back of the 14,000 seats, it would be hard to see the actors' faces so they wore heavily detailed masks to be clear of their emotions. Me and Gabriel made spartan warrior masks. Elliot .W made an excellent Hades mask with fangs and horns. Ted made a spartan supporter with a very bushy beard. Leah made a spartan minion. No, not a yellow one who loves bananas but the servant type. We were all pretty much covered in "blood" and "scars".

The following lunch , we trialled with more Ancient Greek games activities. One of my favourites was mancala . The other game was knuckle bones. Me and Gabriel paired up for both activities but we did knuckle bones first . We didn't use actual bones but Greeks did! From animals such as sheep, not humans though. In mancala, they would pick up a couple of gems and place them in different holes. The aim was to try and get the most gems in your pile. We also did soldiering . Basically, fighting tactics and strategies. The leader gave us fake spears and pushed against the ends whilst we pushed back. Then he gave us shields and swords . We marched forward in drills . After we did this, we went inside the hall to do archery. Me and Gabriel went in a pair. For the first time, Gabriel shot at the board whilst I handed him 3 arrows. Then when it was my first go, I scored a nine. On Gabriel's second go he scored an eight but I scored a one.

In summary, all of Year 5 had a pretty amazing day!

Written by Flo Lee

### Weekly menu – week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Main Meal	Main Meal	Main Meal	Main Meal
Margharita pizza with sauté potatoes and sweetcorn	Salmon fingers with wedges and peas	Toad in the hole with roast potatoes, gravy, carrots and cabbage	Meatballs and tomato sauce with pasta, focaccia and carrots	Chicken bites with chips and beans
Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian
Option	Option	Option	Option	Option
Quorn sausage with sauté potatoes and sweetcorn	Maccaroni cheese with focaccia and peas	Vegetable cottage pie with mash, seasonal vegetables and gravy	Vegetable biryani with focaccia and carrots	Halloumi burger with chips and beans
<b>Jacket Potato</b>	<b>Jacket Potato</b>	<b>Jacket Potato</b>	<b>Jacket Potato</b>	<b>Jacket Potato</b>
Cheese, beans or tuna mayo	Cheese, beans or tuna mayo	Cheese, beans or tuna mayo	Cheese, beans or tuna mayo	Cheese, beans or tuna mayo
Dessert	Dessert	Dessert	Dessert	Dessert
Chocolate muffin	Apple flapjack	Raspberry shortbread	Ice cream pot	Oaty cookie