

## **Week 16 Information for parents**

Welcome to week 16.

Not much to update you on this week.

A reminder about timings for children currently attending. No children should be on site before 9am (unless by prior arrangement due to work shifts). Please try and drop infants off at 9 or just after. Juniors/key workers should be dropped off around 9:15. If you have a child in both time groups then about 10 past 9 is probably best.

Also, please commit to sending children every day. This isn't a playgroup and we will check up to see why children we are expecting in are absent.

### **Uniform**

You may be aware that we have changed uniform provider to Touchline, based in Warrington. Once everything is finalised you will be able to order uniforms online and have them delivered to school or home address. I am reliably informed that they will be able to deliver uniform by the start of term and we will let you know the process asap. Please feel free however, to keep buying the plain navy blue uniform from Asda in the meantime if you wish.

### **Y6 Leavers**

Monday 20<sup>th</sup> is a day for the Y6 leavers. We are planning a ceremony at 10, weather permitting. It will be in the afternoon if more promising weather is forecast. Please remember it is strictly 2 adults per child and no siblings. I had to ask for special permission from the local authority and we need to keep the numbers down as much as possible.

### **Reading Challenge (reminder)**

Reading is a massive priority in Halton at the moment. Woodside has signed up to the Halton Reading Pledge to try and get more children and families involved with reading. Obviously the lockdown has put this on hold but there are initiatives starting up again.

One of these is [sillysquad.org.uk](http://sillysquad.org.uk)

Children can earn rewards for keeping a log of everything they read from June through to September. They don't have to read great novels, any form of reading is fine. All you have to do is sign up and start reading.

### **Finally**

# THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

## Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

## What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



## What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

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Please stay safe, remember to keep your distance and wash hands and I hope we are all together again soon.

Mr Collings and all at Woodside.

## Well-Being

Some numbers which hopefully you won't need but just in case...

Childline 0800 1111

Samaritans 116123

Domestic Violence Hotline 0808 2000247

Mind 03001233393 (mental health advice)

Age UK 08001696565

School number 01928 564031, school mobile 07395 126470 or [sec.woodside@halton.gov.uk](mailto:sec.woodside@halton.gov.uk)

General advice can be found here <https://hbcnewsroom.co.uk/coronaadvice/>