

WOOD FIELD AND OAK FIELD NEWSLETTER



January

Welcome to our
January news...

Welcome to our January newsletter.



Times Tables Rock Stars/Numbots day
Wednesday 25th February

We look forward to seeing lots of rock stars and robots in school to celebrate all things maths and times tables. Please see the separate letter sent regarding this.

PSA events

Wednesday 11th February

Friendship disco and Crazy Claire events

Tickets are £4 and available on MCAS now.

Valentines gift bags

£4 each, containing everything you need to send a message to your valentine!



The children (and staff) are enjoying the new water cooler machines around school, thank you to the PSA for funding these with your fundraising!



Did you know...



If your class uses Class Dojo, it is possible to translate the messages posted into a variety of different languages. Please help us to share this important information with anyone you know who could find this feature useful



January



Parking

Kindly avoid parking over local resident driveways and on the yellow zigzags outside school.

These are here for your child's safety and our local residents require access to their homes.

Local council parking wardens are in operation.



Upcoming dates

5th Feb	Dee class assembly
11th Feb	PSA friendship disco
13th Feb	Last day of term
23rd Feb	Inset day
26th Feb	Otters class assembly
2nd March	Y5 Bikeability week
12th March	Fabulous females shop

Second hand school uniform

If you would like to purchase any uniform, please email the psa on bhwoodfieldpsa@gmail.com with the sizes and types of uniform you require and we will respond asap.



Have you got a question? remember you can email your year group lead using the year group inbox. For example: year1@woodfieldprimary.com



Lost property is now stored in the main office. Any named items will be returned to the owner. Please ensure all items are clearly named.

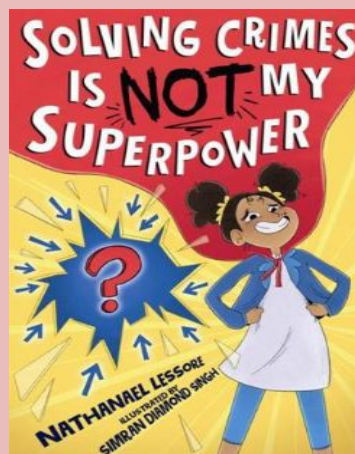
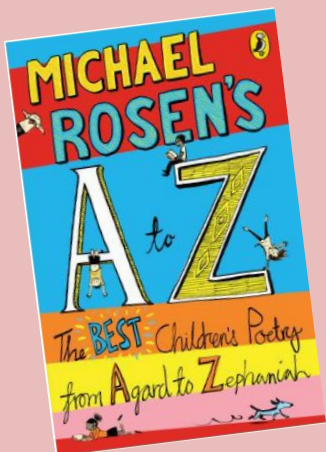


The new spring reading challenge has been set up on Track my Read!

Please follow the link below to access this:

<https://trackmyread.org/school/woodfield-primary-school-893513>

January Book Recommendations



10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. These emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physical) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Upcombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.





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SCHOOL
LOTTERY

**SUPPORT
OUR LOTTERY
TODAY**

**£1 per
week**

**Weekly
cash prizes**

**£25,000
jackpot**



Splitting the £1.00



- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Wood Field and Oak Field PSA

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online by direct debit or debit card.

It's so easy to join and will make a real difference to Wood Field and Oak Field PSA

The Maths... 100 tickets sold a week means

= £30 weekly cash prize

= £2,080 a year for our school



Buy A Ticket

GambleAware

