



Manor Road  
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# Wensley Fold CE Primary Academy

*"Make Each Day Count"*

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**WENSLEY WEEKLY**  
**Thursday 23 January 2025**  
**Issue Number 18**

[www.wensleyfold.co.uk](http://www.wensleyfold.co.uk)

User Name: parent Password: parent

Dear Parent

## **WEEKLY VALUE**

This week we looked at our value of courage and the difference between encourage and discourage.

We thought about how we could encourage our friends and family if they needed our help. Enjoy this video of the importance of encouragement

[Treasure Champs. 22: Encouragement - 'The Toad and the Tower' - BBC Teach](#)

## **IN THE LINE**

Please be standing in the line for 8.45am as the infant gates & junior doors close when the bell goes. Unfortunately, any arrival after this time will be marked as late in line with school policy.

## **SCHOOL BEFORE 8.30AM**

There are some children being dropped off in the school grounds before 8.30am, please can we remind parents that if this is to be the case the child must go to breakfast club. It is a safeguarding issue as there are not staff around at that time to monitor the children. Thank you for your cooperation with this matter.

## **HOLIDAYS TERM-TIME**

Please can we remind parents requesting a leave of absence, that they must complete the leave of absence paperwork with proposed dates for absence at **least one month in** advance of the absence. It is important that parents do not book any tickets before completing.

Exceptional Circumstances are defined as **rare, significant, unavoidable and short**. Wensley Fold does not consider the following to be exceptional circumstances; the availability of cheap flights or holidays, the availability of desired accommodation, the overlap at the beginning or end of the school term or the working pattern or availability of parental holiday entitlement. Thank you.

### **YEAR 6 BLACKBURN ROVERS**

For those Year 6 children who have been selected to represent school at 'Show Racism the Red Card' event at Blackburn Rovers next Thursday, please can parents give consent on ParentPay to be transported to and from the event in staff cars, they will also need a packed lunch. Thank you.

### **CLASS DOJO – NURSERY & RECEPTION**

All parents have received an invitation email to join Class Dojo. Any problems, please contact the school office.

### **FUNDRAISING TOTAL**

Many, many thanks to all who contributed to our Christmas event, it was a great success and we raised approx. £2000 for our school. Thank you once again!

### **FIRE SAFETY – YEARS 2 AND 6**

The Fire Service have been in school today, delivering a Fire Safety talk to Year 2 and a Road Safety talk to Year 6.

### **NURSERY – SPARE CLOTHES**

Please ensure your child has a spare set of clothing in nursery. Thank you.

### **RECEPTION STAY AND PLAY**

We would like to invite one parent for each child to come and play within their classroom setting and listen to a story together, for Reception L on Thursday 6 February and for Reception Q on Thursday 13 February. The session will run from 2pm-3pm, where there will be many fun activities for you to enjoy with your child. Please sign up at the school office by Friday 31 January.

### **RECEPTION – LUNAR NEW YEAR**

The children in reception will be tasting foods as part of our celebrations for lunar new year. These will be prawn crackers, vegetable spring rolls and noodles. Please contact the office if you don't want your child to participate.

### **RECEPTION – TED AND GEORGE TURN 5**

The children will be celebrating their class teddy's 5<sup>th</sup> Birthday on Friday 31 January. We would like the children to dress up in their party clothes and enjoy the birthday celebrations with games and cake. Please contact the office if you have any queries.

### **YEAR 1 EUREKA**

As part of their topic on Science, Year 1 will be visiting Eureka Children's Museum in Halifax on Thursday 27 February, where they will have fun learning about the human body and how the organs & senses work. Children should wear their school uniform. A packed lunch will be provided by school; however children may bring a packed lunch from home if they wish in a named carrier bag, but please indicate clearly on the consent page on ParentPay

The cost of this trip will be £19.50. Please pay on ParentPay by Friday 21 February. Thank you.

### **YEAR 2 BLACKBURN LIBRARY**

Year 2W will be visiting Blackburn library on Monday 3 February and Year 2C will be visiting the library on Thursday 6 February. If your child is already a member, they can bring their card, if not please complete the registration form in your child's bag and return bag to school by next Monday 27 January. Thank you.

### **YEAR 6 HOUSES OF PARLIAMENT**

We have been very fortunate to have secured tours of the Houses of Parliament for our Y6 children. This is an exciting opportunity for the children to travel to London by train, take the underground, visit the Houses of Parliament and a boat trip down the Thames! Y6G will be visiting on Friday 7 February and Y6B on Wednesday 26 February. The cost of each trip is £40 which has been subsidised by the Houses of Parliament. Further details and consent form are on ParentPay. Thank you.

### **100% ATTENDANCE REWARD**

As mentioned in last week's newsletter, all children who had 100% attendance last term, will attend a special 'hot chocolate and popcorn party' at morning break time in the hall next week. If your child has any allergens, please inform the office by tomorrow. Thank you.

### **YEAR 5/6 SPORTSHALL ATHLETICS**

A sports hall athletics competition is taking place next Tuesday 28 January at St Wilfrids CE Academy, BB2 2JR, after school. Children selected for the team have received further details.

### **PASTA (PLAY AND STAY TEATIME ACTIVITIES)**

We're excited to be part of the PASTA (Play and Stay Teatime Activities) project with Community CVS! This fun scheme, backed by Blackburn with Darwen Public Health, is all about healthy eating, cooking, and staying active.

We have already had 2 fantastic cohorts participate and we're looking for families to join our 3<sup>rd</sup> cohort. Some of the previous yummy items that were made included kimbap, hummus & chickpea tortillas, beans & avocado salad, savoury pancakes, avocado toast & pesto pizza

There will be 6 interactive sessions (siblings welcome!) starting 29<sup>th</sup> January 2025, from 3:15pm–4:45pm at school. Expect food prep, cooking and exercise activities 😊

If you're interested, please contact Mrs Khan or Ms Emam to sign up. Don't miss out!

### **PARENT AND TODDLER GROUP**

Come along to our Parent and Toddler group every Thursday at 8.45am-9.45am in the school hall. A chance to meet other parents and have a fun time with your little ones.

We have the following activities next half-term:

|        |   |                    |
|--------|---|--------------------|
| 30 Jan | - | Posting            |
| 06 Feb | - | Fun with Playdough |
| 13 Feb | - | Let's get Creative |

### **ACHIEVEMENT ASSEMBLY AWARDS – TUESDAY 21 JANUARY**

|                         |   |                                            |
|-------------------------|---|--------------------------------------------|
| Class of the week       | - | 1H                                         |
| KS1 Person of the Match | - | Zahraa Mirza (1A)                          |
| KS1 I ate well today    | - | Haniya Basharat (2W)<br>Aayat Mahmood (RQ) |
| KS2 Person of the Match | - | Fiza Batool (5M)                           |
| KS2 I ate well today    | - | Unaisah Bux (3B)                           |

### **COMMUNITY FUN DAY**

Wensley Fold neighbourhood network would like to understand more about what it's like living in Wensley Fold – what you like about the community, the environment you live, local facilities, safety, community spirit, work opportunities, things to do, health factors, housing, young people and volunteering to help your community.

Everyone is welcome to attend a community fun day on Friday 31 January at Wensley Fold Children's Centre, 11am-3pm.

### **RECEPTION & NURSERY FUND**

Reception and Nursery fund is now due for the Spring Term. If you have not already paid for the year, please pay £5 at the school office. Thank you.

### **MILK**

Milk money is now due for the Autumn Term for all infant children; however all Reception children will receive free milk up to the term in which they have their 5<sup>th</sup> birthday. Please can parents online on ParentPay. Thank you.

### **100 BOOKS READING CHALLENGE**

If you would like to sign up for the 100 books reading challenge, registration forms are available from Mr Desai in the school library after school. Please note the library is open to specific year groups on certain days from 3.15pm - 3.30pm



|           |   |                                   |
|-----------|---|-----------------------------------|
| Monday    | – | Reception classes and/or siblings |
| Tuesday   | – | Years 1 and 2                     |
| Wednesday | - | <b>CLOSED</b>                     |
| Thursday  | – | Years 3 and 4                     |
| Friday    | – | Years 5 and 6                     |

### **HOLIDAY CHALLENGES**

If your child has completed any of the CU Challenges or any activities at the library over the holidays please ensure you send the evidence to Sara Burton via

[s.burton@wensleyfold.blackburn.sch.uk](mailto:s.burton@wensleyfold.blackburn.sch.uk) or 07805929965. You must still remember to send your child's CU passport in to school so it can be updated. Please post in the blue CU box at the school office. If you prefer you can send the evidence of the challenges into school together with your child's CU passport so it can be checked and updated. The deadline for sending everything in is THIS Friday 24 January.

### **CHRISTMAS CRAFT PACKS**

If your child has completed one of the craft packs over the holidays do not forget to send some pictures to Sara Burton (on 07805929965 or [s.burton@wensleyfold.blackburn.sch.uk](mailto:s.burton@wensleyfold.blackburn.sch.uk)) if your child is a member of Children's University and would like to collect a stamp in their passport for completing these crafts. The deadline for sending the evidence in is THIS Friday 24 January.

### **CHILDREN'S UNIVERSITY ACTIVITY – SUPERHERO ACTIVITY DAY**

If you have signed your child up to this activity please remember this is taking place this weekend. Please check your confirmation email for all the details. Any questions please contact Sara Burton on 07805929965 (please leave a message if there is no answer).

### **BLACKBURN ROVERS V PRESTON FC**

Children in year 3 – 6 have been given the opportunity to attend a football match at Ewood Park at the end of January. If you have signed your child up to this activity please look out for the confirmation email that has been sent via school. This has a link to the online consent form which must be completed by tonight, Thursday 23<sup>rd</sup> January. Failure to complete this consent form will mean your child cannot attend. Please note the deadline for paying for the food order (if you would like to) on ParentPay is midnight tonight (Thursday 23<sup>rd</sup> January).

### **BLACKBURN LIBRARY FREE HALF TERM CREATIVE WORKSHOPS FOR CHILDREN AGED 7-11 years**

What is climate change? What can we do to become climate champions and encourage others too? As part of the Climate Champions Creative Writing project, Blackburn with Darwen Libraries are running free half term workshops where children can learn about climate change and get creative by writing a short, inspiring story and designing an illustration on a Postcard. These Postcards will then be displayed across Blackburn with Darwen libraries to inspire others to become Climate Champions. Please note that sessions will be accessible and inclusive including neuro-inclusive. The workshop sessions will take place at Blackburn Central Library, Monday 17th February 10.30 am to 12.30 pm. To book onto one of the workshop sessions please go to their Event Brite page (there are limited spaces at each venue) via <https://tinyurl.com/4v2be6mj> For more information please email [charles@readnowwritenow.org.uk](mailto:charles@readnowwritenow.org.uk) Remember if your child is a member of Blackburn Children's University and attends to pick up a slip so they can collect a stamp in their passport.

# WAKE UP WEDNESDAY

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about HEALTH & FITNESS APPS

### WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

#### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

#### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

#### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

#### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

#### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

#### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

#### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

#### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

#### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

#### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

#### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



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