



Wensley Fold CE Primary Academy

"Make Each Day Count"

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WENSLEY WEEKLY
Thursday 27 November
Issue Number 11

www.wensleyfold.co.uk

User Name: parent Password: parent

Dear Parent

WEEKLY VALUE

Our school values are Courage, Compassion, Trust, Respect and Aspiration.

We are focusing on the value 'Aspiration' this half-term – having hope for the future.

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 before that time. Thank you for your cooperation with this matter.

CLASS OF THE WEEK – 6G

Class	Sessions attended	Sessions missed
Rec Q	87.7	30
Rec S	97.2	31
1B	89.0	33
1A	96.0	12
2C	93.7	19
2W	96.0	12
3B	93.7	16
3A	95.7	13
4M	94.5	17
4K	90.0	30
5S	94.3	17
5B	94.0	18
6G	98.3	5
6HW	94.3	17

DT WEEK

Please can all monies be paid to the class teacher by the end of the week. Thank you.

CHRISTMAS RAFFLE

We are once again holding our very popular Christmas raffle this year to raise funds for school. If any kind parent/business would like to donate raffle prizes it would be much appreciated. We are particularly looking for vouchers for things like car valeting, meal vouchers, beauty treatments, takeaway vouchers etc.

FIRE SAFETY – YEARS 2 AND 6

The Fire Service will be coming into school next Tuesday 2 December to deliver a Fire Safety talk to Year 2 and a Road Safety talk to Year 6.

SANTA DASH

Next Tuesday 2 December during the afternoon we will be holding a ‘Santa Dash’ to raise money for our nominated charity Barnado’s. Each class has been allocated a time slot and we encourage all children to take part. Please see flyer sent via email last week.

CHRISTMAS JUMPER DAY DONATIONS

We will be having a non-uniform day next Friday 5 December when, as in previous years, we will be requesting donations for our Christmas Fayre which will be held after school on Wednesday 10 December.

Children can come to school dressed in anything **Christmassy or red and green clothing or Christmas jumper** in exchange for items for the Christmas Fayre (please see below)

Nursery & Reception – Selection Boxes, Boxes/Tubs of Chocolates, 2 x Large Chocolate Bars

Year 1 – Food items x 3 - Tins, Packets, T Bags, Biscuits, Pasta, Soup, Crisps, Crackers

Year 2 – Candles, Diffusers, Toiletries, Small gift items.

Year 3 – Food items x 3 - Tins, Packets, T Bags, Biscuits, Pasta, Soup, Crisps, Crackers

Year 4 - Selection Boxes, Boxes/Tubs of Chocolates, 2 x Large Chocolate Bars

Year 5 - Candles, Gift Sets, Toiletries, Small gift items

Year 6 – A Bottle of Something! Juice, Cordial, Shampoo, Bubble Bath, Shower Gel, Fizzy Pop.

As always we cannot run this event without your kind donations and thank you in advance for your help to make this popular event a success once again.

CHRISTMAS COFFEE MORNING

On Friday 5 December we will be holding a Christmas coffee morning to which you are all invited and to raise money for our nominated charity Barnados. The times have changed to 10.15am to 11.30am (previously advertised as 10.30am-11.30am). As part of the coffee morning Santa will be visiting in his very own grotto! Children will be able

to visit him and receive a present. Tickets are £5 and include a visit to Santa and a gift. These must be purchased in advance and are available to buy from the school office now until Wednesday 3 December. **These are limited and are available on a first come first served basis.**

SOFT TOY & BOOK DONATIONS

We are also looking for donations of good quality, clean used soft toys for our Teddy Tombola and also used, good quality books, toys or games for our Toy & Book stall. A great chance to clear out things no longer needed or played with. Thank you!

CHRISTMAS PLAYS & CONCERTS

We look forward to welcoming family and friends to the children's Christmas productions which will be taking place week commencing 15 December. The days and times can be found below.

Monday 15 December	Reception Nativity and Year 2 Performance at 2.00pm
Tuesday 16 December	Reception Nativity and Year 2 Performance at 9.15am
Tuesday 16 December	Year 3/4 Performance at 2.00pm
Wednesday 17 December	Year 3/4 Performance at 9.15am

Please can we stress that for Health & Safety reasons admission will be by **ticket only which are available from the main office at a cost of £1.50 – on sale from next Monday 1 December.** Can we also remind everyone to be prompt and in their seats 10 minutes before the start of the performance - latecomers **WILL NOT** be admitted. Parents with younger children are encouraged to attend the morning performances and all prams must be left in the front entrance of the space building. Thank you.

CHRISTMAS FAYRE

Our annual Christmas Fayre will now be held in the Space building from 3.15pm – 4.15pm on Wednesday 10 December. Everyone is welcome, come along and join in. All proceeds will go towards raising funds for school resources, including Christmas presents for the children. There will be lots of stall, games, a raffle, tombola and food & drink.

PANTOMIME

Due to King George's Hall being closed for refurbishment there will be no pantomime this year at KGH, however we have booked a pantomime company to come into school with 2 performances of The Wizard of Oz on Wednesday 17 December. This will be very exciting and fun for the children. The cost of this will be £5 per child which is now available to pay on ParentPay.

CHOIR CHRISTMAS CONCERT

The school choir will be attending a Christmas concert at Blackburn Cathedral next Monday 1 December. They will be singing with other schools and Wensley Fold choir will be performing their own song!

The children will be rehearsing at the cathedral on Monday afternoon but will return to school. They will then need to meet outside BBC Radio Lancashire, Darwen St at 6pm.

The concert will start at 6.30pm and will finish at approximately 7.45pm.

Tickets are available to buy for the concert, £5 for adults and £1 for under 19s, by clicking on the following link:

<https://www.trybooking.com/uk/events/landing/97568?>

The choir will also be performing at St Silas Church on Monday 8 December and will be visiting Birchfield Care Home on Wednesday 10 December to sing for the residents.

Please logon onto Parentpay to give your consent and for further details. Thank you.

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 will have the following activities this half-term:

04 Dec	-	Woodland Bingo
11 Dec	-	Let us get creative

PRIMARY SCHOOL ADMISSIONS 2026

If your child's 5th birthday is between 1 September 2026 and 31 August 2027 you need to make arrangements **NOW** for admission in September 2026. You must now apply using the online application at www.blackburn.gov.uk/admissions. The closing date for the applications is 15 January 2026.

RECEPTION FUND

If you haven't already done so, please can parents of children in Reception pay £5 for the Autumn term or £15 for the whole year, 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 5th 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	-	Year 1 classes and/or siblings



Wednesday - Closed
Thursday - Year 2 classes and/or siblings
Friday - Years 3,4,5 & 6 classes and/or siblings

SCHOOL CLUBS AND CHILDREN'S UNIVERSITY PASSPORTS

Please note all school clubs finish NEXT week (week ending Friday 5th December). If your child is a member of Blackburn Children's University please make sure their passport is handed in by Wednesday 10th December. Please post the passport in the blue CU box at the school office. Please note all passports will be returned before the end of term, so please do look out for them.

OCTOBER HALF TERM HOLIDAY CHALLENGES AND PASSPORTS

No more passports will be updated for CU holiday challenges. If you have handed your child's CU passport in for these over the last week please note their passport will now be kept ready to update for clubs. These will be returned before the end of term.

NO SCHOOL CLUBS – THURSDAY 27TH NOVEMBER

Please remember as it is parents evening tonight (Thursday 27th November) there will be no after school clubs taking place.

STREET DANCE PERFORMANCE

If your child has been attending the Street Dance club after school please note there will be a performance during the last week of clubs next Friday 5th December. The performance will start at 3.45pm. Please come and see what your child has been doing. Please make sure you arrive for **3.40pm at the office** ready for the performances at **3.45pm** as we will not be able to allow anyone in who is late in.

CHILDREN'S UNIVERSITY WIZARD OF OZ ACTIVITY

Please note this is taking place THIS Sunday. If you have signed your child up please check your confirmation email for all the details, no further reminders will be sent. If you have any questions please contact Sara Burton on 07805929965 (please leave a message if there is no answer).

CHRISTMAS CRAFT PACKS

Please look out for an email soon about a Christmas Craft pack you can order for your child.

BLACKBURN UNITED FOOTBALL CLUB – NEW CHILDREN'S UNIVERSITY LEARNING DESTINATION!

Blackburn United are now registered as a learning destination for Blackburn Children's University. This means if your child is a member of Blackburn CU and they attend any of their football sessions they can collect stamps in their CU passport. Please speak to the club about having their passport stamped.

If you would like your child to join Blackburn United have football sessions for children aged 5 and above, including a girls only session. These all take place on a Saturday morning. For further details please contact Iqbal Bhai on 07970216334 or email on Iqbal.bhai@blackburnunitedfc.co.uk.

WAKE UP WEDNESDAY

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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