



Autumn term CARE values:

Every term we focused on 4 of our CARE values across school. I mention these in assemblies and the children and staff try to use these values throughout the term.

Our new CARE values are;

COMMUNITY, AMBITION, RESPECT AND ENJOYMENT

KEY DATES

24th September NSPCC Workshops

8th October - Harvest Festival KS2 – am or pm show

9th October – Harvest Festival KS1

Week of 13th October – parents meetings

Week of 20th October – healthy week

20th October – Wellbeing Day

22nd October – Young leaders training

24th October – School nursing team workshops

HALF TERM – break up 24th October return 3rd November

3rd November – Glow in the dark disco

Week of 24th November – Book fair

3rd December – Festive Run AM

8th December – Christmas Fair

10th December – EYFS Christmas Show

11th December – Upper KS2 Christmas Show 2PM

12th December – Lower KS2 Christmas Show 9AM

12th December – KS1 Christmas Show 2PM

15th December – Upper KS2 Christmas Party

16th December – Lower KS2 Christmas Party

17th December – EYFS Christmas Party

18th December – Christmas Dinner and Jumpers

19th December – PJs and singalong



It has been another busy week in school, all classes have completed welcome meetings for parents and carers. With KS1 meetings being held last term and KS2 meetings over the last 3 weeks. Thank you for displaying your support and interest in your child's new class. We look forward to a great year ahead.

Assemblies

Over the past 2 weeks in assemblies, I have been reviewing what community means to us at Westlea. We have discussed the term **community** and the term **diversity** and shared our experiences of how we are different but also the same.

Next week, there will be additional assemblies linked to NSPCC guidance on how to keep safe. Additional information has been provided for parents to read via see-saw account and letters.

School Council Elections and Pupil voice groups

Pupils from Y2 -Y6 this week have been having the opportunity to vote for a School Council Class representative. There are 2 pupils from each class. Well done to all the pupils who were nominated. Class teachers commented that their speeches to class mates were excellent. The voting for school council is pupil choice, just like in a normal election.

The new school council as well as our other 3 pupil voice groups were announced in Friday's assembly. Other pupil voice groups that will be announced in assemblies are Rights Respecting Groups, Eco-Group and Digital Leaders group.

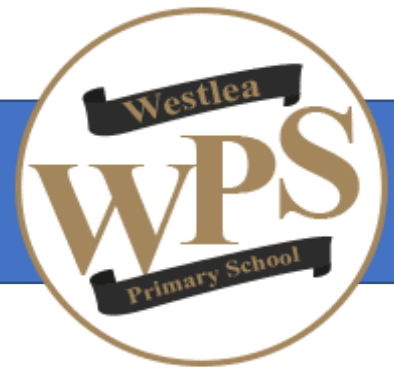
European Day of Language

What language did you learn at school? On Friday 26th September we will celebrate European Day of language. As a school we will be finding out about different countries in Europe and learning about these languages. Each class has selected a different European country to learn more about. Please find more information within this week's newsletter. Photos to follow next week!

Zones of regulation

Within the newsletter this week we are sharing some of the tools we use to help support our pupils with emotions and feelings. Please take a moment to read about how explaining emotions to children in this way can help them navigate feelings.

THIS WEEK'S ATTENDANCE



	WE 19.09.25
Class 1	99.3%
Class 2	89.2%
Class 3	98.5%
Class 4	94.6%
Class 5	96.7%
Class 6	94%
Class 7	94.7%
Class 8/9	95%

Attendance Update

We will continue to use our Attendopoly board with the classes to encourage great class attendance. Your child's class rolls the dice if they collectively have an attendance over 96% (which is our school target).

The pupils really enjoy participating with the game and finding out what space they will land on and what extra treat that might be for the class!

This week 3 classes reached 96% or above.

Keep up the great work!

Our whole school attendance for WE 19.09.25 is 95.6%

Our attendance for the year to date is 95.6%

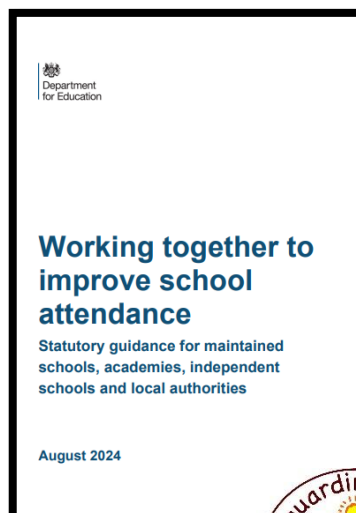
Our target for this half term is **96%** we are currently at 95.6%



Ever wondered where school gets guidance for supporting families with attendance?

We use statutory guidance.

As a school we are also supported by the Local Authority and this week we met with a member of the Attendance Improvement Team to discuss the schools' attendance.



SAFE GUARDING AND ATTENDANCE TEAM:

Mrs Scothern is our Designated Safe Guarding Lead with Mrs Davey and Mrs Simmons as Deputy Designated Safeguarding Leads. Please get in touch with any queries or concerns.

ATTENDOPOLY OUTCOMES THIS WEEK

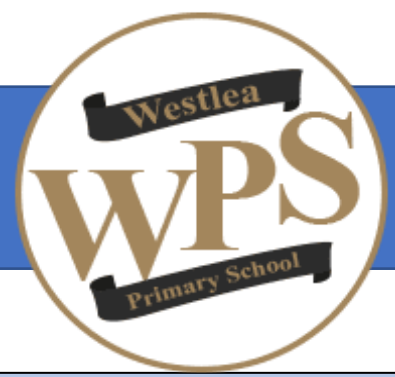
Classes who rolled the dice this week won;

Class 1 – Fruit platter

Class 3 – Ice lollies

Class 5 – Extra PE session

THIS WEEK'S AWARDS



Head Teacher's Award

Isla C (Y6) for descriptive writing filled with emotions and action.
Charlotte D (Y4) for having a great attitude when trying a new club.
Charlie C (Y3) for map and research work linked of European countries



INDIVIDUAL CLASS STAR OF THE WEEK AWARDS

	WE 19.09.25
Class 1	DJ
Class 2	Archie
Class 3	Rayne
Class 4	Ezra
Class 5	Frankie
Class 6	Olivia
Class 7	Ivery
Class 8 and 9	Dylan and Lewis

RIGHTS RESPECTING AWARDS

	WE 19.09.25
Class 1	Otis
Class 2	Tyson
Class 3	Ayla
Class 4	Ella
Class 5	Grace
Class 6	Rueben
Class 7	Cleo
Class 8 and 9	Nirvana and Oscar

Next week's Right of the week- Article 36

You have the right to be protected from things that harm you

Character values: CARE		
Autumn Term	Spring Term	Summer Term
Community	Compassion	Cooperation
Ambition	Actions	Achievement
Respect	Responsibility	Resilience
Enjoyment	Endeavor	Empowerment



Pupil discussions: Our first pupil discussion group of the year focused on the positives of change. We talked about our new classes and what we were enjoying. We also spoke about future plans for the school and the pupils had some great ideas for outside spaces.

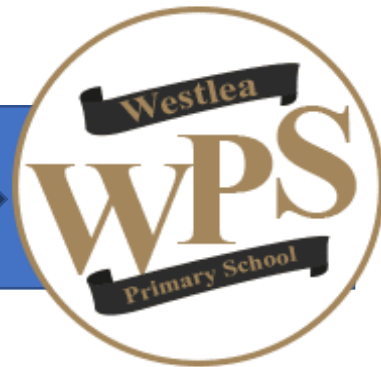


Head teachers awards: Our CARE values this term are...Community, Ambition, Respect and Enjoyment

These are given to pupils in school who have shone outside of the classroom. It maybe they have shown excellent manners and held a door for a visitor or a friend or have shown our WESTLEA CARE values in some way. Perhaps they have cooperated with each other to play a game or complete a group activity or shown resilience to keep going when a task or a learning activity has been a challenge. Visitors and other members of staff can nominate these students so it is very special if you are recognised for your efforts or for just being you!

In other news...

European day of languages



On Friday 26th of September we will be celebrating European day of languages in school. It encourages people of all ages to discover and learn new languages, highlighting how multilingualism fosters cultural understanding, stronger relationships, and broader communication and cooperation. Each class has chosen a country to focus on – pupils are welcome to come to school dressed in the colours of their flag. Please do not buy anything new especially for the day – anything at home you have with some of the colours of the flag would be perfect.

Nursery – Switzerland



Class 1 – Portugal



Class 2 – Spain



Class 3 – Germany



Class 4 – France



Class 5 – Italy



Class 6 – Poland



Class 7 – Denmark

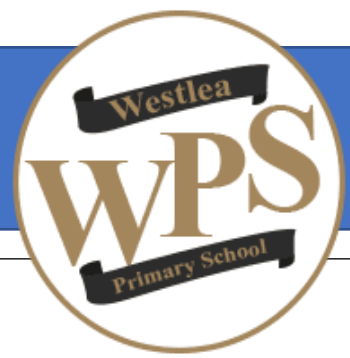


Class 8 and 9 – Netherlands



Pupil voice groups

2025-2026



School council: Staff lead: Mrs Davey **Our Purpose 'Having a Positive impact'**

- We are the voice of all students
- We aim to get things done to make our school better.
- To find ways to improve our school.
- To give every pupil a voice and to make all decision-making fair.

Membership and Elections

Any pupil of Westlea Primary School can put themselves forward to be elected democratically. Every student, is encouraged to stand for election stating their reasons before the class. Each candidate thinks of a speech to present to their class which explains why they think they would be the best person to represent the views of their class. Then the classes voted for the person who they feel would get the job done the best by writing down the name of the person they decide on.

School council 2025/26



Rights respecting Staff leads: Mrs Morrow and Miss Baker

We are a UNICEF Rights Respecting, Bronze award school and would love to move towards silver in our accreditation. These pupils this year, will continue their weekly work in helping all of us understand the rights of all. The pupils speak weekly in assemblies.

| Rights Respecting 2025/26



Eco Group Staff lead: Mrs James

Inspire Others!

The Eco-Warriors at Westlea is a pupil-led group, they learn about impactful environmental actions how to improve our school environment as well as educate their peers on how to be Eco-friendly. This group meet after school and as well as being part of projects within school. They also help to maintain our school allotment area.

|Eco Group 2025/26



Digital leaders Staff lead: Mrs Robson

These KS2 pupils have been nominated by their teachers.

What is a Digital Leader?

Digital technology is a significant part of our everyday lives. We use technology throughout the day for all jobs and purposes. Therefore, ensuring that all our pupils grow into responsible digital citizens who are able to use technology purposefully and safely is of upmost importance to us.

Our Digital Leaders are responsible for ensuring pupils in all classes recognise ways to keep safe when online. Digital Leaders work together to help educate their peers about online dangers, types of cyberbullying and ways to tackle unkind behaviour when using social media.

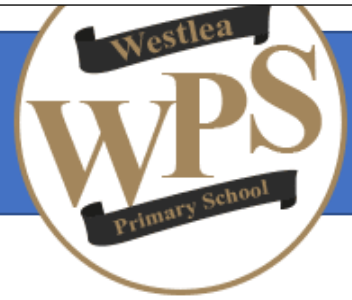
|Digital Leaders 2025/26



In other news...

ZONES of regulation

At Westlea we teach about emotions and feelings through the Zones of Regulation.

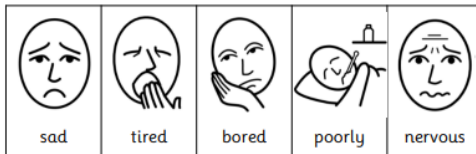


Why Teach Self-Regulation?

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.

I am feeling blue.

I am feeling

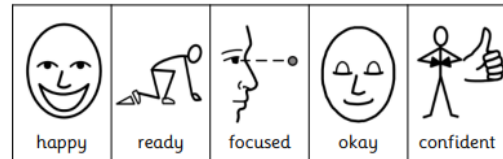


How do I know?

- I might be moving slowly.
- My heartbeat might be a little slower.
- My brain is slow and I can't think clearly.
- My body is droopy and tired
- I want to rest.

I am feeling green.

I am feeling

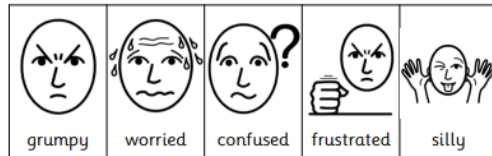


How do I know?

- I am calm.
- My body is comfortable.
- My brain can focus.
- My muscles are relaxed.

I am feeling yellow.

I am feeling

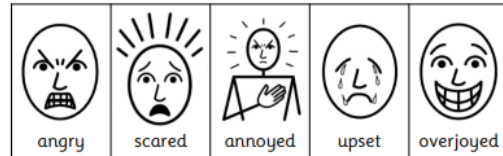


How do I know?

- I am a little wiggly.
- My body is warming up.
- My brain is thinking faster.
- My tummy is feeling a little bit funny.

I am feeling red.

I am feeling



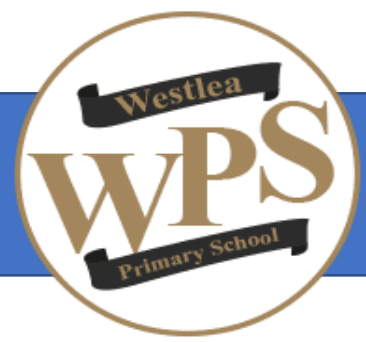
How do I know?

- I am hot/sweating.
- My breathing will be fast.
- My heart is beating fast.
- My body will be stiff.
- I will have big feelings

Sorting Our Emotions into Four Zones Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique with in our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organises our feelings, state of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them. We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well- being.

In other news...

Library time year 2



How we instil a love of reading?

Pupils from Year 2 were visiting our school library. Every week they will be exploring through the shelves and reading books they discover. At the end of the session the children get comfortable and have a story read aloud.

"We found lots of books by Julia Donaldson"

"I enjoyed looking at the books" Heidi

"It was perfect I loved everything!"
Sidney

In other news...

Digital guidance



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.

What Parents & Educators Need to Know about

NETFLIX

WHAT ARE THE RISKS?

Netflix is a subscription-based streaming service that lets users watch TV shows and movies on any internet-enabled device that supports the software. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse catalogue caters to all age groups – so it's important to recognise the potential risks of children using the service.

INAPPROPRIATE CONTENT

Netflix produces and curates an extensive range of content that can provide hours of entertainment. If children share their account with an adult, this can potentially lead to them accidentally viewing inappropriate content, including nudity, profanity, and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING

Netflix allows users to view shows and movies quickly and easily, making excessive screen time a concern. Binge-watching has become more common in the wake of the pandemic, due to Netflix's regularly updated content, along with algorithms that recommend material similar to what's previously been enjoyed on your account. Marathon viewing sessions can lead to children staying up too late, thereby affecting their mood and concentration the next day.

SCREEN ADDICTION

From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it even more difficult to manage children's screen time. The service is now adding games to its mobile app, tempting users to spend even more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising and can impact their health by reducing time spent exercising and sleeping.

HACKING ATTEMPTS

With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell personal data to other cybercriminals. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS

Netflix's Teleparty feature became popular during the lockdown, as it allows users from different households to watch the same show or movie simultaneously. It requires an access link to be sent to the people you wish to invite; the link, however, can also be distributed to people you don't know. A text chat feature enables interaction with the other users in real-time; this presents the potential risk of strangers gaining access.

Advice for Parents & Educators

KEEP ACCOUNTS SECURE

Netflix doesn't use two-factor authentication, so a strong password is vital. A child's Netflix password should be different from any others they use, made up of a minimum of eight characters with a mix of letters, numbers, and symbols. Ensure children know not to share their login details with anyone and remind them to always log out after using the app – so their account remains inaccessible, even if their device is lost or stolen.

SET UP PROFILE PINS

Netflix account holders can lock profiles behind a four-digit PIN. Doing this can prevent children from accessing the wrong account and viewing content that isn't suitable for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as dates of birth. Remember not to share these PINs with anyone.

CREATE A KIDS' PROFILE

Setting up a Netflix Kids profile means a child can only access content deemed suitable for children aged up to 12 years (i.e. rated U or PG). All other content is automatically blocked. This rating can be further restricted to only show U-rated content via the child's profile settings. This can help to prevent children from viewing age-inappropriate content.

CHECK MATURITY RATING

Netflix warns about content that includes violence, sex, profanity, and nudity. These warnings form part of the show or movie's 'maturity rating': U, PG, 12, 15 and 18. Users can restrict the content an account can see to a maximum age rating to avoid children viewing inappropriate content. On their profile, open the Parental Control settings and choose the maturity level for the shows and movies you want to allow.

SWITCH OFF AUTO-PLAY

When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks the viewer would also enjoy and asks if you'd like to watch any of them next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of children being shown something inappropriate and provides a natural break to help prevent them sitting in front of Netflix for hours on end.

CHECK VIEWING HABITS

Netflix has tools which enable parents a carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed and when. This can be used to make sure a child is watching age-appropriate content and can open avenues for discussing their favourite shows and movies.

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.



The National College

Sources: www.help.netflix.com | www.about.netflix.com | www.ofcom.org.uk



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Release date: 10.11.2021 Last reviewed: 31.05.2024