

FRIDAY 13 FEBRUARY 2026

We will be using the Arbor App to replace Scholar Pack.
We will send out details of how you can access a
Parent Portal and the new app imminently.
Please be patient with this new system!

Available on the
App Store

GET IT ON
Google Play



Woodrow First-School (Facebook)
www.woodrowfirstschool.co.uk
@WoodrowSchool (Twitter)

Don't forget Parents Evening.



Letters will be sent out
on when we return
after half term

Thursday 5 March – 4.30pm-6.30pm
Monday 9 March – 3.30pm-5.30pm



This week Year 4
looked at the
difference between
fact and opinion –
especially in AI.

This was part of our work on
Safer Internet Day.
Please make yourselves aware of
the websites and games children
are using.

TRAINING DAY – Wednesday 11 March

Thank you to all the parents (and children)
who came to our phonics
session with Mrs Paxton.
It is so important to show
you how our children learn.



ATTENDANCE
THIS WEEK

91.8%



♥ good luck ♥
we will miss you

**After half term
Mrs Hall be moving
to pastures new.**

**She has been an incredible Business
Manager making such a difference to the
school behind the scenes.
We wish her well and will miss her know
how, wisdom and incredible knowledge.**

Woodrow First School had
a mention on radio
Hereford & Worcester
this week.

Thank you to
David Allen
for showing
how brilliant
we are at
using Mantle!!



Children's Mental Health Week

9th – 15th February 2026

'THIS IS MY PLACE'



This is My Place means feeling like you belong.

You might feel you belong:

- At home
- At school
- With friends
- In a team

When you feel like you belong, you feel:

- Happy
- Safe
- Ready to learn and play

Belonging helps your mind grow strong

Did You Know?
 Thinking about a happy place can help your brain relax

When you feel you belong, you can:

- ★ **Be yourself**
 - ★ **Make friends**
 - ★ **Feel brave and confident**
 - ★ **Feel less worried or lonely**
 - ★ **Believe in yourself**
 - ★ **Be kind and help others**
- The Five Ways to Wellbeing**
- Be Active
 - Take Notice
 - Keep Learning
 - Give
 - Connect
- Looking After Your Feelings**
 You don't have to do all of these – just try one!
- ★ **Calm breathing:** in for 4, out for 6
 - ★ **Listen to music** that makes you feel good
 - ★ **Draw or write** your feelings
 - ★ **Take a screen break**
 - ★ **Notice nature:** what can you see or hear?
 - ★ **Keep a routine:** knowing what's next helps
 - ★ **Move your body:** run, dance, stretch, or play
 - ★ **Talk to someone** when something feels wrong

Connect – spend time with people you care about

Be Active – move your body

Take Notice – look around and notice your feelings

Keep Learning – try something new

Give – help others and be kind

You Are Not Alone
 If big worries don't go away, talk to:

- A teacher
- A parent or carer
- A trusted grown-up

Asking for help is a strong thing to do



LUNCHTIME

PRIMARY TRADITIONAL

MENU after Half Term

MAIN EVENT

MEAT-FREE MAGIC
 Veggie Dish

RAINBOW ALLEY
 Vegetables and Salads

BIG TOPPING
 Filled Jackets

DESSERT TROLLEY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN EVENT	Cheese and Tomato Pizza Slice with Wedges	Creamy Chicken & Sweetcorn Pasta	Roast Gammon, Skin on Roasties and Gravy	Mild Chilli Con Carne with Rice	Golden Fish Fingers and Chips
MEAT-FREE MAGIC	Green Veg & Butter Bean Pie with Wedges	Veggie Whole Grain Pasta Bolognese	Cheddar & Broccoli Crustless Quiche	Vegetable Bean Chilli with Rice	BBQ Veggie Wrap with Chips
RAINBOW ALLEY	Sweetcorn	Broccoli	Carrots and Peas	Mixed Greens	Baked Beans
BIG TOPPING	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
DESSERT TROLLEY	Shortbread	Orange and Peach Jelly	Apple Cake	Iced Vanilla Sponge Cake	Carrot Cake

Dates for your diary!



Mon 16 Feb–Fri 20 Feb
Monday 23 February
 Thursday 5 March
 Monday 9 March

WEDNESDAY 11 MARCH
Mon 30 March–Fri 10 April
 Monday 13 April
 Wednesday 22 April
Monday 4 May
Tuesday 5 May

HALF TERM
 School open to children
 Parents Evening: 4.30-6.30pm (more details to follow)
 Parents Evening: 3.30-5.30pm (more details to follow)
NEW!!! TEACHING TRAINING DAY
EASTER HOLIDAY
 School open to children
 Yr4 Trip to Bell Heath
SCHOOL CLOSED – MAY DAY (Public Holiday)
 School open to children.