

FRIDAY 9 OCTOBER 2026

A Spooky Story Night

Thursday 22 October from 4.15pm – 5.15pm

We will be sending home a letter next week with more information about our Spooky Story Night.

There will be a charge of £3 per child payable via ParentPay.

PLEASE DO NOT SEND CASH INTO SCHOOL!

Children can dress up in their spookiest outfit but **PLEASE NO MASKS!**



@WoodrowSchool (Twitter)

www.woodrowfirstschool.co.uk

Woodrow First-School (Facebook)

Thank you to all those who attended the Parent/Carer SEN meeting this week. We are especially grateful to Simon Preston and Miss Davies for the work they put into this group.

ATTENDANCE LAST WEEK

91.44%

Please ensure children are in school – every day!



Year 4 spent today at the Black Country Living Museum in role as Needlemakers.

We are so proud of our Children and their ability to be so enthusiastic and versatile.

Thank you to our Year 4 teaching team for the time and effort that went into this.

Next week Year 4 are going on a walk around Woodrow. This is part of their work on the local community.

phonics

Fun with Phonics Parent workshop
Monday 12 October
9.00am - 10.00am in Studio

OPEN

If you know of anybody who may need a school space in September 2027, please ask them to contact our office.

We would love to show what we have to offer on our Open Days

Wednesday 14 October:

9.30-11.30am/1.30-2.30pm/4.00-5.00pm

Saturday 17 October: 9.30-11.30am

COMING SOON



The Woodrow Pumpkin Trail

Get Messy @ Woodrow First School

Join us for



Messy Harvest

on Saturday 10th October

10.30 a.m. - 12.00

Families of all ages are welcome for a time of Bible stories, games and fun activities both indoors and outside

Light lunch and drinks provided.

Entry via the Pedmore Close gate please

For more information see

Messy Church at Woodrow First School on Facebook

or contact Barry

via email stjohns@lpsley.org

or text 07540 548439

Lpsley Parish



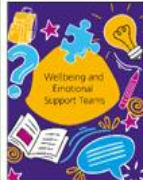
KS2
Don't forget TT
Rock Stars every
day! **8x6=**
 9x5=
 4x7=

WEEK 1				
LUNCH MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Macaroni Cheese Vegetable stir Fry with Chicken Style Pieces and Noodles Cauliflower & Broccoli Salad Bar	Homemade Meat & Potato Pie with Mash Vegetarian Bolognese Peas & Carrots Salad Bar	Roast Beef with Yorkshire Pudding, roast Potatoes & Gravy Vegetarian Toad in the Hole Roast Potato & Gravy Green Beans & Cabbage Salad Bar	Chicken Korma With Homemade Naan Bread Sweet Potato, Cheese & Onion Pie with New Potatoes Sweetcorn & Broccoli Salad Bar	Fish Fingers or Salmon Fingers with Chunky Chips Vegetarian Burger with Chunky Chips Peas & Baked Beans Salad Bar
Jacket Potato or Sandwich Selection Fruit Crumble & Custard	Jacket Potato or Sandwich Selection Cheese & Crackers with Grapes	Jacket Potato or Sandwich Selection Oaty Flapjack	Jacket Potato or Sandwich Selection Marble Sponge & Custard	Jacket Potato or Sandwich Selection Fruit in Jelly

Available at: Fresh fruit / Yoghurt / Home

Menu for next week!

PRIMARY MENU SUMMER 2026



World Mental Health Day
 10th October
 Your mind matters!

World Mental Health Day is a day to think about our feelings, thoughts and wellbeing.

Just like we look after our bodies by eating, sleeping and exercising, we can also look after our minds.

Sometimes we might feel happy, worried, cross, sad, tired, excited...

All feelings are okay. Feelings come and go, and we don't have to deal with them on our own.

Little things that can help

My Wellbeing Toolkit

- Talk to someone**
Tell a trusted adult how you're feeling.
- Do something you enjoy**
Play, draw, read, listen to music or spend time outside.
- Be kind**
A smile, kind word or helping hand can make a difference.
- Look after your body**
Rest, drink water, eat regularly and get some fresh air.
- Remember your strengths**
Think of something you are good at or something you are proud of.

5, 4, 3, 2, 1

TAKE 5 BIG BREATHS & NAME...

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN FEEL
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THINGS YOU CAN TASTE

DID YOU KNOW?

Trees don't just look lovely – spending time around nature can help us feel calmer!

What's your favourite place outdoors?



HOT CHOCOLATE BREATHING

- 1 IMAGINE A WARM MUG
Hold it gently in your hands.
- 2 SMELL THE CHOCOLATE
Breathe in slowly through your nose.
- 3 COOL THE CHOCOLATE
Breathe out slowly through your mouth.

Repeat a few times, gently and slowly.

A-Z CHALLENGE

- 1 PICK A CATEGORY
Try animals, food or things at school.
- 2 START AT A
Apple, banana, carrot...
- 3 KEEP GOING
Think of one for each letter.

Stuck? Skip a letter or ask someone to join in!

Diary Dates!

Monday 12 October	Fun with Phonics Parent workshop 9-10.00am in Studio
Monday 12 October	Yr4 Environment walk around Woodrow
Wednesday 14 October	Open Day – 9.30-11.30am/1.30-2.30pm/4.00-5.00pm
Saturday 17 October	Open Day - 9.30-11.30am
Thursday 22 October	Spooky Story Night (details to follow)
Mon 26 Oct - Fri 30 Oct	School closed for half term
Saturday 31 October	4 th Payment Yr4 Bell Heath Residential Trip
Monday 2 November	School open for children
Wednesday 4 November	Parent/Carer Forum in The Studio 9.00am-11.00am
Tuesday 10 November	Flu vaccinations for Reception, Yr1,2,3,4 (details to follow)
Thursday 12 November	Parents Evening 3.30pm-5.30pm (details to follow)
Thursday 19 November	Parents Evening 4.30pm-6.30pm (details to follow)
Thursday 19 November	Individual/sibling photographs taking place (details to follow)
Friday 18 December	School closes at 3pm for Christmas holidays