

Weekly Newsletter

28/11/25



This Week in school

Dear Parents and Carers,

A busy week at Wynstream.

Keeping Ourselves Healthy

On Monday, in our assembly, we explored how to look after our bodies and minds. We linked this to the United Nations' goals for health and wellbeing. Here are the key points we discussed:

✅ **Sleep** – Getting enough rest helps our bodies grow and our brains work well.

NHS guidance about [Sleep](#) here

✅ **Diet** – Eating a balanced diet gives us energy and keeps us strong.

NHS guidance about healthy eating here [The Eatwell Guide - NHS](#)

✅ **Teeth Brushing** – Brushing twice a day protects our smiles!

NHS guidance about teeth here [Children's teeth - NHS](#)

✅ **Play and Exercise** – Moving our bodies and playing with friends for 30 minutes every day keeps us fit and happy.

NHS guidance about exercise here [Physical activity guidelines | NHS inform](#)

'10 a day' choices towards balancing our mental health



✅ **10-a-Day for Mental Health** – Simple daily habits like talking to someone, being active, and noticing nature help us feel good inside. See above ideas.

On Wednesday some Year 6 children helped present an assembly about the British Values. Thanks to Hannah, Leighton C-F, Noah, Rain and Zaim, you were fantastic.

Democracy

Everyone has a voice! We listen to each other and make decisions together, like voting for school council or for the return of jacket potatoes! *UNCRC Article 12*: Children have the right to share their views and be listened to when decisions are made.

Rule of Law

Rules keep us safe and happy. We follow them in school and in the community because they are fair for everyone. *UNCRC Article 19*: Children have the right to be protected by laws that keep them safe from harm.

Individual Liberty

You have the freedom to make choices—like what games to play or what clubs to join—while respecting others. *UNCRC Article 13*: Children have the right to express their thoughts and choose activities that interest them.

Mutual Respect

We treat everyone kindly, even if they are different from us. Respect means listening and caring.

UNCRC Article 2: Every child has the right to be treated fairly, no matter who they are.

Tolerance of Different Faiths and Beliefs

People believe different things and celebrate in different ways. We learn about and respect all cultures and religions.

UNCRC Article 14: Children have the right to think and believe what they choose, and to respect others' beliefs.

On Thursday, the Woodpeckers Class enjoyed a fantastic drama workshop led by the visiting theatre company Troubadour. The session invited the children to think deeply about nature, the environment, and our relationship with the world around us.

Through drama, movement and discussion, pupils explored big questions such as “Who is the environment for?” and “What is nature?” The workshop encouraged them to consider how humans, animals, plants and habitats are all connected.

The children then took a creative journey through the landscapes of Britain, learning about different wild British animals and the habitats they live in. Working in groups, they

imagined how characters from nature might meet, interact or depend on one another, using these connections to build their own imaginative stories.

On Thursday, we also welcomed the student leaders from Isca who came to speak with our Year 5 and Year 6 pupils in Mulberry class. The children from Isca, including, a number of Wynstream alumni, were informative and answered the many questions from Wynstream children. They will visit again and speak to the other classes.

This is part of the beginning of transition with secondary schools. Mrs Tickle added:

Yesterday we were visited by the school council of Isca, they asked the children how the community of Wonford could be improved, including what clubs etc they would like after school/weekends.

These questions were asked on behalf of the Wonford Community.

A really great session and wonderful to see some ex-pupils who have continued their journey in being young leaders.



Eat with your family!

Next Week, Eat with your family!

We're inviting Year 1 parents/carers to join us for lunch Week commencing 2nd December. Lunch will begin around 11:50 pm (some classes may be slightly later).

- Cost: £3.50 per meal (payable via the school office or ParentPay)
- Places: Limited to 10 guests, first come, first served
- Sign-up: [Eat with your Year 1 child- Dec 25 Tuesday 2nd- Friday 5th Dec – Fill in form](#)

Additional information

We would like to give a very special thank you in our newsletter this week to Sherry Willdigg and her kind generosity in donating Christmas trees and decorations to the Otters and Hedgehog classes. They will bring so much joy and festive spirit to our classrooms. We're so grateful for your kindness!

We would also like to say another thank you to our local one stop who have provided tea, coffee and biscuits to our parent/toddler group starting next week.

Have a lovely weekend and see you next week on Tuesday as we have a non-pupil day on Monday due to a staff training day.

Best regards,
Elise Redman