

23rd January, 2026



Wicklewood Weekly

Dear Families,

On Monday, we launched our Big Schools' Birdwatch with a whole-school assembly. The children enjoyed learning about the different birds that can be spotted around our school grounds and beyond. Over the coming days, pupils will be keeping a close eye out and recording their sightings. All of our findings will be collated and submitted to support this important nationwide survey – a fantastic way for our children to contribute to real scientific research.

In Year 5, pupils have been diving into the world of programming using Crumbles. They've been developing their coding skills, experimenting with commands, and learning how technology can be used to solve problems in creative ways. The classroom has been buzzing with curiosity and concentration!

Meanwhile, Year 4 welcomed parents into school for our first Maths Café of 2026. The focus was on times tables, with children proudly showing off their knowledge and strategies. It was wonderful to see families learning together and sharing in the fun of maths.

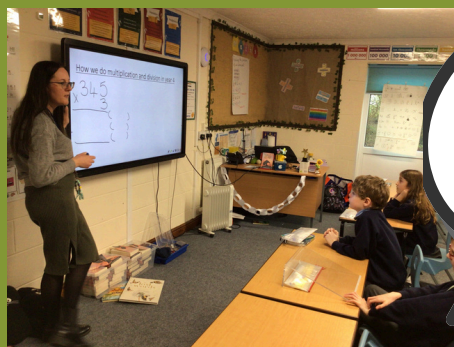
Thank you for your patience with the car park surface. Norfolk County Council are due to fill in the potholes soon.

Every Day Matters



It is a statutory requirement for children to attend school every day.

This week's winners are...
Jay Class with 100%!



The café was so much fun – we got to do art, times tables and fractions!

Oscar





Maths Cafés



Year 6

Tuesday 12th February, 2:40pm

Year 5

Thursday 29th January, 2:45

Year 4

Friday 23rd January, 2:30pm

Year 3

Tuesday 10th February, 2:30pm

These Maths Cafés are a great opportunity for parents and carers to learn more about how children are taught maths in school and to pick up practical ideas for supporting learning at home.

Who to contact if you have concerns about a child:

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

If a child is in immediate danger, call the Police on 999.

Meet the Safeguarding Team at Wicklewood Primary School and Nursery:



Dates:

- 28 Jan-Year 2 Norwich Castle trip
- 4 Feb-11 Feb-Scholastic Book Fair, after school in the Hall
- 13 Feb-Half-term begins
- 24 & 25 Feb-Spring term parents evenings
- 27 Feb-Year 3 Banham Zoo trip
- 5 Mar-Year 6 Cambridge Zoology Museum trip
- 5 Mar-World Book Day (dress up as a book character)
- 11 Mar-Year 5 Norwich Cathedral trip
- 17 Mar-Year R Gressenhall trip
- 25-27 Mar-Year 4 Bawdsey Residential
- 27 Mar-End of term
- 13 Apr-INSET Day
- 14 Apr-Summer Term begins



Reading & reading records

Children who read at home, share books with a family member or carer, listen to other readers or are heard reading are much more likely to develop into confident readers, have a large vocabulary and wider general knowledge. Reading more enables children to develop better schema to improve their retention of new concepts and ideas. We want pupils to read and be heard reading at least 5 times per week and record this in their reading record. Any help you can give is greatly appreciated!

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College