

13th March, 2026



Wicklewood Weekly



It's been a wonderfully busy week at Wicklewood, filled with hands-on learning and exciting enrichment opportunities for our pupils.

Year 5 at Norwich Cathedral

Year 5 enjoyed a fantastic visit to Norwich Cathedral, where they took part in a workshop exploring the properties of light and sound. Pupils investigated how these forces influenced the materials used to build the cathedral, its orientation, and the design of the stained-glass windows. The visit also inspired the design for the class decorated egg for this year's trail.

Friends of Wicklewood Cinema Evening

A huge thank you to the Friends of Wicklewood for hosting their first cinema night. It was a lovely community event and we're grateful for all the support that helps make these opportunities possible.

Looking Ahead to Next Week

- Year 5 will be visiting Wymondham High to watch their production of The Sound of Music.
- Drama Kids will be running drama workshops in school, giving pupils the chance to experience performing arts.
- Our drumming band and choir will be performing at the Norwich Music Festival

Thank you, as always, for your continued support. We look forward to sharing more of the children's achievements next week.



Pastoral

We are often asked advice about how to manage anxiety in children. Please click the link to read more about anxiety in children and how to help.

[What Causes Children's Anxiety? | Anita Cleare](#)



Dates:

16-Mar and 18-Mar- Performances at the Norwich Music Festival
17 Mar-Year R Gressenhall trip
17 Mar-Whole School Drama Workshops
25-27 Mar-Year 4 Bawdsey Residential
27 Mar-End of term
13 Apr-INSET Day
14 Apr-Summer Term begins

Every Day Matters



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

**This week's winners are...
Kingfisher and Jay Class with 98%!**

First Aid

We want to keep you fully informed about how we manage first aid incidents during the school day. Our aim is always to ensure pupils are safe, supported, and that parents receive timely, appropriate communication.

How we will contact you:

For general first aid incidents, such as minor cuts, grazes, or bumps, we will send you an email outlining what happened and the care your child received.

For any bump to the head, no matter how minor it may appear, we will call you directly. This ensures you have the information you need straight away and can monitor your child at home if required.

Thank you for your continued support in helping us maintain a safe and well-communicated environment for all pupils. If you ever have questions about our procedures, please feel free to get in touch.

SEND

Mindfulness is a way of focusing on what is happening right now and taking a 'break' from stresses and worries. It is a skill that everyone can learn and benefit from.

The Just One Norfolk has some great techniques that use no technology. It is a great way to calm after a busy day at school or just before bed.

[Just One Norfolk](#)

10 Top Tips for Parents and Educators

ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

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