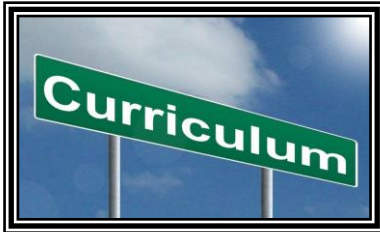


William Penn Newsletter January 10th 2023

Curriculum Update – Curriculum Webs and Week by Week



Overview Sheets

The latest webs and overviews are available on the school website. Please remember that they are working documents and subject to change. We have a new 'Curriculum' section under development at the moment, some pages of which are already 'live'. In

time, it is likely that aspects of the Teaching and Learning section will become part of 'Curriculum'.

Please find the link below for the topic webs and overviews:

http://www.william penn.co.uk/website/spring_2023/636692

Open Day January 17th 2023

January 17th is our next Open Day in school. Following the success of last term, we have decided to retain the format for this term. During the day, we will show round prospective parents, new to the school, so that they are able to get a flavour of the school in action on a normal working day.

The pupils would love to share their work with our existing parents later in the afternoon. If you are available to attend school between 2pm and 3.15pm, your child(ren) will be happy to spend time talking through their learning whilst showing you their books. Please sign in at the school office on arrival and sign out on leaving. You are welcome to take your child home afterwards in order to carry on the discussion. Please note that you do not need to arrive at 2pm sharp. In fact, it would be easier to spread attendance throughout the time available. We look forward to seeing you.

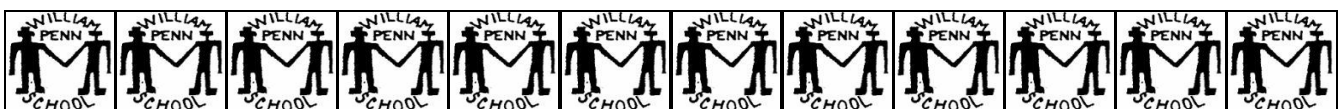
Communications

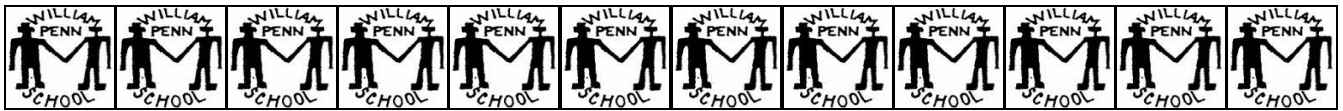
Please be reminded that **all** emails to the school need to be copied to the office email address, office@william penn.co.uk

If your email is addressed to the class teacher and is focused on the curriculum, the teacher will get back to you at their earliest convenience. If your email is to do with logistics, a reply will be sent from the school office email address. This helps us to support you and your child at the earliest opportunity, and to deal with more urgent issues or those that cannot wait for the teacher to be present in school.

Unclaimed School Uniform

We have quite a collection of unclaimed school uniform in school. Please can you check that all the clothing worn by your child is named. Should it then go missing, we will return it to you. If you have previously named clothing with pen, please check that the writing is still clearly visible. Thank you





Safeguarding/Health and Safety/Wellbeing Update

Update from West Sussex County Council



Welcome to a brand new year in West Sussex!

In this special edition eNewsletter, we've gathered practical ways to help you get a healthy kick start to 2023.

With all the ongoing pressures around us, it's never been more important to look after our physical and mental health. Check out our five steps to new year physical and mental wellness - there are lots of free resources and local support available to help you, so please share with friends and family to help us look after each other.

Look after yourself

If you'd like to make positive changes to your physical health this year, check out [West Sussex Wellbeing](#) for help and information on a range of topics and to find out what support is available near you including:

- Book a health MOT: If you're aged 40 – 74 you could be eligible for a free [NHS Health Check](#).
- Want to cut down on your drinking? There are lots of tips and support on [West Sussex Wellbeing](#). It's also not too late to sign up to [Dry January](#) to give yourself an extra incentive.
- Visit your [local Stop Smoking services](#) page to get free help and support to quit from trained advisors.
- Need to lose some weight? Find out about our free face-to-face and online [weight management support](#).
- For tips on healthy eating check out our [Healthy Eating](#) ideas.
- You can boost your immunity this winter by getting vaccinated with the Covid-19 booster and flu vaccine. To find out if you're eligible and how to book, [visit Sussex Health & Care Covid-19 and flu vaccination information](#).

Let's get physical!

Keeping physically active is important for our physical and mental wellbeing. It decreases the risk of getting heart disease, some types of cancer, depression, anxiety, dementia, and helps people to sleep and manage stress better and maintain a healthy weight.

Many of us lead busy lives, but just setting aside a small amount of time each week can make a difference.

And regardless of your age or ability, there is a type of physical activity to suit. For suggestions and local physical activity options, visit the West Sussex Wellbeing [Getting More Active](#) page.

Check out local things to do and local places to visit at [Experience West Sussex](#). There are also ideas about how to have a [digital detox in West Sussex](#) by immersing yourself in nature.

Try something new

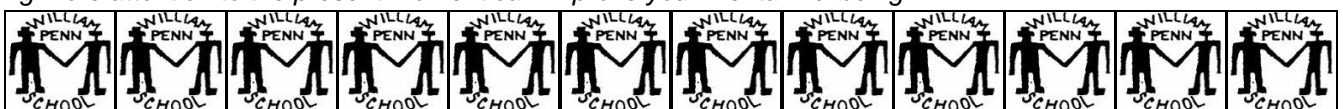
Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer.

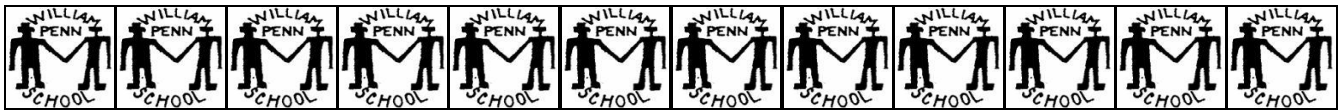
It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. You can find more about volunteering opportunities [on our website](#).

Why not take up a new hobby or class of something you enjoy or try something new such as joining a book club, sports team, walking group or choir. Find out more on our [Find Your Nearest club or society webpage](#).

Take time out for you

Paying more attention to the present moment can improve your mental wellbeing.





This includes your thoughts and feelings, your body, and the world around you. Some people call this awareness 'mindfulness'.

Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges. Practice [mindfulness](#) and relaxation techniques.

Other things you can do for yourself include:

- Set aside time for yourself each day to do something you enjoy
- Make a list of all the things that make you happy in everyday life to improve your mood and wellbeing
- Try journaling to write down any worries or anxious thoughts and feelings
- Consider taking a break from social media.

Reach out

If you are struggling with your mental health, there are a range of support services and organisations that can help. Visit [West Sussex Wellbeing](#) or [Every Mind Matters](#) to find out more.

There is [local help, advice, and practical support with the cost of living available on our website](#).

The West Sussex Health & Wellbeing Board is working to improve the health and wellbeing of residents.

You are welcome to attend their [meetings](#) or watch them later online. The next meeting takes place on Thursday 26 January at 10.30am.

The agenda includes a public forum where residents of West Sussex can submit their questions to the Board prior to the meeting and be there to hear the response from members.

Those who are unable to attend, or who don't wish to, can still submit questions to the Board and receive a response at a later date.

Questions for the Board can be submitted in advance by calling Democratic Services Officer Erica Keegan on 0330 222 6050 or by emailing erica.keegan@westsussex.gov.uk

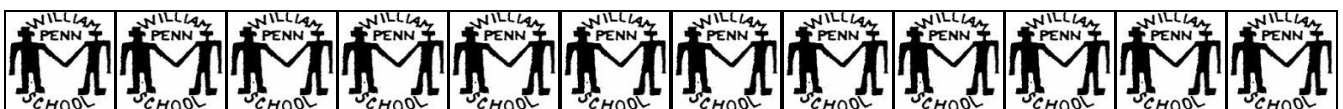
If you need to get in touch with us about any of the services we provide for you – we are here for you 24/7.

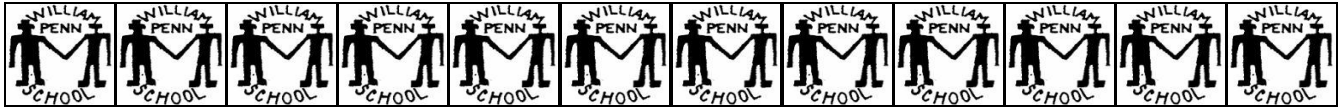
- [Contact West Sussex County Council](#)
- [Visit our newsroom](#)
- [Have your say on local issues](#).

Pupil Achievements Outside of School

Congratulations to Indie L who was awarded 'Most improved' player at football. Dylan and Finn F have both passed a Kung Fu grading with Dylan also going up a class to become part of the leadership team. Well done. If you have any pupil achievements that you would like mentioned in the newsletter, please e-mail the office:

office@williampenn.co.uk





Friday Golden Assembly Awards 06.01.2022

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Golden	<p>Ava For having, a great start to the new year, contributing really well in class and especially in our maths lessons. Great job, well done Ava!</p>	<p>Glen For being so inquisitive with your learning, striving to develop your knowledge and understanding. You always seek to go the extra mile. Well done Glen!</p>	<p>Finn For showing such a positive attitude to all of your learning. Your growth mindset means you are always willing to stretch yourself. Well done Finn!</p>	<p>Jenson You are always keen to learn. You enjoy your lessons and this shows in the work you produce. It is a pleasure to see how much you like school – and particularly our maths challenges. Well done Jenson!</p>	<p>Violet For always being focused during lessons. You are always keen to participate to class discussions and really engage with all your lessons. Well done Violet!</p>	<p>Kacey-Rose For always being ready to learn. She is engaged and prepared to take risks with any task that is set. She has a fantastic mindset.</p>	<p>Shannessa For embodying our Quaker values. She makes a fantastic friend who is always ready to support others. She treats all staff and pupils with respect - real asset to JBB.</p>
Star Writer	<p>Lola-Rose For having such a fantastic week with all things to do with writing! You have done a brilliant job in your word writing during our phonics lessons; during our morning writing opportunity and being able to write your full name all by yourself with perfect letter formations.</p>	<p>Violet For thinking of fantastic reasons why littering is bad for the environment. You have made a note of them, ready to use in your upcoming letter to the School Council. Well done Violet!</p>	<p>Mason For really thinking about your presentation, particularly your handwriting which has improved greatly! You should be very proud of yourself, so keep it up!</p>	<p>Zack You have started the new term by trying really hard to improve on your presentation - particularly in maths! Keep up the good work! Well done Zack!</p>	<p>Jeremy For starting the new term with a good attitude towards your presentation. You have worked hard to keep your presentation neat as well as focusing on the content of your work too. Well done Jeremy!</p>	<p>Reggie For his enthusiasm when writing his poem about the witches in Macbeth. He had so many imaginative ideas to contribute.</p>	<p>Jaiden and Ruben For contributing some fantastic ideas during a discussion about Lady Macbeth and then producing a super written argument. Jaiden really listened to the feedback he was given and used it to improve his work and Reuben worked completely independently! Well done!</p>

