

Tune in on Tuesday

Wheelwright Lane Primary School Newsletter

Issue 34: 25th May 2021

www.wheelwrightlane.warwickshire.sch.uk

Diary Dates

Diary dates for the Summer Term are shown below and will be included and updated on every newsletter.

28.05.21	Children finish for half term
07.06.21 (Monday)	Children return to school
21.06.2021	Government road map date for possibly relaxing restrictions.
22.06.2021	New Reception parents' meeting (possibly face-to-face) 6 o'clock start
23.06.2021	New Nursery parents' meeting (possibly face-to-face) 6 o'clock start
29.06.21 change of date - we hope to have parents in the building for this session.	Transition workshop for Yr 6 children and parents -letter sent to parents/carers
07.07.2021	Warwickshire/Coventry Induction Day for Year 6 children - more details to follow
09.07.2021	Wheelwright Lane whole school induction day - more details to follow
09.07.2021	School reports out today
21.07.2021	School finishes for summer - 2.15 close.

Teacher Training Days - Thursday 2nd September 2021

Friday 3rd September 2021

Extra-curricular activities

Activities start the week Monday 19th April

Monday	Keyboard 2.30		1.00 -
Tuesday	Football Skills	Yr3 & Yr4	12.30-1.00
	Basketball	Y5 & Y6	3.15-4.15
	Reading Booster	Y6	3.20 - 4.30
Wednesday	Football Skills	Y5 & Y6	12.30 - 1.00
	Tennis	Y3 & Y4	3.15-4.15
	Maths Booster	Y6	3.20 - 4.30
Thursday	Maths Booster	Y5	3.20 - 4.30
	Writing Booster	Y6	3.20 - 4.30
Friday	Guitar		1.15 - 2.45

NOTE: Yr 6 booster classes will finish at the end of this half term.

Updates from Public Health England

We are still required to continue with our social distancing and face covering practices in school. Our children and staff continue to keep to their bubbles too. We are in a good place in the battle against the coronavirus but we are not there yet. Please continue to stick to the school practices so that we make sure that education for our children is not disrupted over this next term. Thank you for your continuing effort to minimise the spread of the virus - you have done a tremendous job so far. Just keep going!

Support for Year 6 children and parents/carers for transition

I am pleased to announce that our highly successful Transition Programme delivered by the Educational Psychology Service for Year 6 children and their parents/carers will be running again this year. Please note that I have changed the date to Tuesday 29th June (after the 21st June Covid update - fingers crossed) in the hope that parents/carers will be able to come in to school to meet face-to-face with our two Education Psychologists. There will be an opportunity to hear what the E.Ps have to say and to discuss any individual concerns you may have. Parents/carers

session is from 2.15 to 3.15. Please return the reply slip on the letter sent out today.

Yr 5 – Press conference



Year 5 have been reading Kensuke's Kingdom by Michael Morpurgo (an excellent read). Michael has gone missing: presumably fallen overboard during a storm. The children held a press conference where they took on the roles of parents, Michael's best friend, the Police, the Coastguard and extended family. It was great to watch them perform in their roles - I thoroughly enjoyed the drama. Well done Year 5.

School Council Meeting

Our School Councillors met (over TEAMS of course) with Mrs Harris last week to talk about how they feel House Points should be used. They came up with some great ideas and we will begin to put these into practice after the half term. Mrs Harris reported that they conducted themselves extremely well, listening to each other and speaking clearly. Well done to our School Councillors.



Looking after our environment

Children in Year 6 and Reception have completed a survey of the school environment and would like to improve several areas by planting more flowers and bushes. A big thanks to Tesco for donating compost and flowers to the school.

If anyone has spare flowers, unused flower pots etc. that you would like to donate then please pop them in at the office - we would be very grateful.

Relationships, Sex education and Health Policy (RSHE)

The government have made it a statutory requirement that all Primary and Secondary age children receive a comprehensive Relationship, Sex Education and Health Education curriculum. In Primary schools the sex education curriculum is not statutory but the DfE advise that some aspects are taught in some year groups.

We welcome any comments on our draft RSHE Policy. (please email admin2021@welearn365.com with any suggestions/queries).

In order to deliver this curriculum the school has purchased the Jigsaw PSHE programme which covers all of the Relationships and Health education content. For the remainder of this academic year we will be delivering the

Healthy Me section of the programme which does not contain any of the sex education programme. If you would like to know more then please take a look at the website www.jigsawpshe.com

Parents leaflet and content available on the school website.

Wraparound

We are able to offer wraparound service up to the end of this summer term (Wed 21st July). Thank you to the parents that are regularly using this service and fitting in with our payment system. Please let Mrs Turner in the office know if you would like places after half term.

Again emergency places continue to be available as we want to support parents as best we can.

Thank you to staff who are supporting the wraparound service.

Reporting Suspicious Activity

Thank you to the parent that reported the adult (not a parent/carer) taking photographs outside school last week. We were able to alert parents/carers and other schools in the area of this suspicious activity.

Please report any suspicious activity straight away to the office and if possible get a description (photograph if safe to do so). It may be innocent but we want to be sure.

Safeguarding is all of our responsibility.

Bedwetting Information

Please read the attached leaflet regarding bedwetting.

Family activity at St Giles

Please see the attached flyer for details of their Panda's Prayer Trail during the half term week.

Coventry Rocks

Please see the attached flyer for details of family activities in the Coventry area.



Prayer Trail

Come for a wander around the
St Giles churchyard between
Saturday 29th May and Sunday 6th
June and join in with our Cheeky
Pandas Prayer Trail.

See if you can find all 11 panda
stations and spend some time
thinking about the questions on
each one.

World Bedwetting Day: 25th May 2021

Information for parents/carers

World Bedwetting Day raises awareness of a common, usually treatable condition that can cause stress, embarrassment and a negative impact on family life. The campaign aims to remove the stigma around the topic and help families feel more comfortable discussing bedwetting with their healthcare professional, enabling them to get the help their child needs.



About Bedwetting

- Bedwetting, also known as nocturnal enuresis, is an uncontrollable leakage of urine while asleep in children aged 5 years or over.
- Bedwetting is a common childhood condition, with approximately **5–10% of 7-year-olds** regularly wetting the bed. The problem may persist into teenage and adulthood.
- In most cases, bedwetting is caused by over-production of urine at night or reduced capacity of the bladder. Inability to wake up can be another cause.
- Bedwetting can impact on a child's self-esteem, emotional wellbeing and daytime functioning, including school performance. It's also a source of family stress.

Causes

- Fluids: not drinking enough and/or drinking bladder stimulant fluids, such as caffeine.
- Genetic: if one parent wet the bed, this increases the likelihood the child will by 43%. If both did, it increases by 77%.
- Overactive bladder. Some children may reduce fluid intake to compensate, but this can actually make things worse - see daytime toileting habits.
- Lack of the hormone **vasopressin** which causes decreased urination at night, and other underlying physical conditions.
- Constipation causing pressure on the bladder.
- Urinary tract infection
- Environmental factors, such as darkness, sleeping in bunk beds or the toilet being on another floor.
- Emotions: anxiety/stress/excitement, which could be linked to exams, moving home, new friends, new siblings etc.
- Sleep disorders causing inability to wake.
- Lifestyle changes, such as staying up late to study or increasing fluid late at night when taking part in sports after school.
- Daytime toileting habits e.g. going to the toilet more often than needed, not emptying fully, or reducing fluid intake to prevent urination. The bladder is a muscle which needs to be stretched to increase its capacity.

Bedwetting myths and FAQ

Q. Is my child lazy and choosing to wet the bed?

A. A child will not choose to wet the bed.

Q. Am I to blame for my child bedwetting?

A. Parenting choices are rarely to blame for a child wetting the bed.

Q. Is bedwetting a serious condition?

A. Bedwetting is common and most children will naturally grow out of it. There are many causes for bedwetting, which may be emotional or medical. If bedwetting carries on past 5 years old, medical help and support is available and should be accessed.

Q. Should I stop my child having a drink after 4pm?

A. Reducing drinks can lead to dehydration and reduce the bladder's capacity. This can make bedwetting worse.

Q. Should I wake my child up to use the toilet?

A. Your child needs to recognise when the bladder is signalling to the brain, and learn to respond to this signal. Waking your child up and taking them to the toilet can inhibit this process. Most children receive this signal once they reach a certain age, although some may be older than others when this happens.

Q. Will reassuring my child help to stop the bedwetting?

Getting angry increases your child's embarrassment and often makes the situation worse. Stay calm and be supportive. Reassure your child that you can work through this and find a way to help.

Broken sleep, changing beds and dealing with your child's embarrassment and shame can be very stressful and tiring for the whole family. It's important that your child is reassured that bedwetting is not their fault. Remind them that they are asleep so don't realise what's happening to them.

[Learn more about bedwetting myths](#)

So, what can be done to help with bedwetting?

- Make sure your child is drinking the **right amount of fluid for their age** - throughout the day, not all after school. Most their drinks should be water, with some milk/milk alternative and a small glass of juice per day. Avoid dark fluids and don't give them caffeine. They should have their last drink of the day an hour before bed.
- Teach children to be responsible through positive encouragement. Use a **reward chart/reward system** for all good behaviour (not just dry beds).
- Talk to your GP to rule out constipation and your child holding stools. **This chart** can also help you understand what normal poo looks like and identify constipation.
- Encourage a good sleep pattern by having a consistent, relaxing bed-time routine with no media device before bed.
- Make it easy for them to get to the toilet, for example by providing a nightlight, putting a potty in the room if the toilet is far away, and giving them the bottom bunk.

Activities for children

[Download the 'super' wee and poo colouring sheet.](#)

[Discover why some children have wee worries at bedtime.](#)



Further information and resources

[Bladder and Bowel UK](#)

Information and advice for children and young people with bladder and bowel issues and their parents/carers.

[ERIC, the Children's Bowel & Bladder Charity](#)

Includes a helpline for families, downloadable guides and online information on bowel problems, daytime bladder problems and bedwetting, as well as information specifically for children and young people to help them understand what's happening and what can be done and ease their worries and anxieties. There are also parent/carer workshops.

Support from your Warwickshire School Health & Wellbeing Service

We're here to support you with your child's bedwetting. You can text a nurse via ParentLine on **07520 619 376** or call us on **03300 245 204**. Our office hours are 9-5 Monday to Friday - if you text outside these hours, we'll get back to you once we're back in.



MAY 2021



THINGS TO DO IN COVENTRY

THE ULTIMATE WHAT'S ON GUIDE FOR FAMILIES TO FIND
THINGS TO DO IN THE LOCAL AREA

www.coventryrocks.co.uk

**FIND
YOUR FUN
AT THE
TOUCH
OF A
BUTTON!**



HUNDREDS OF IDEAS FOR FAMILIES

Coventry Rocks is a website made especially for families to find things to do in the local area. Local events, places to visit, day trip ideas, children's classes, kids parties, holiday clubs, and outdoor spaces - it's a one stop shop for things to do in the local area!

Visit the website and see for yourself!



FIND AWESOME FAMILY DAYS OUT

Now restrictions are easing, we have been adding lots of new and different **Places to Visit** onto the website! From children's farms and zoos, to water parks, museums, soft play, and so much more! We are adding to the website every day, so it's worth checking out if you're planning family days out!

Browse the collection here.

FOLLOW US AND JOIN THE COMMUNITY!

There are thousands of local parents following us Social Media, and we'd love for you to join in! Just search Coventry Rocks and like our page!

www.coventryrocks.co.uk



LET'S GET THIS PARTY STARTED!

If there's a birthday coming up in your family, then check out our **Kids Party Directory!** It's a one stop shop of everything you need to plan the perfect party at home - all supplied by local businesses. From balloons and cakes, to bouncy castles, party packages, and more!

Browse the directory here.



GIFT IDEAS FOR KIDS

Supporting local businesses is so important right now, and at Coventry Rocks we love to shop local! Our latest article features a collection of lovely local businesses, all selling unique gifts for children. From clothes and cuddlies to jewellery, toys and more!

Read our article here.



HOLIDAY CLUBS

With Half Term fast approaching, you may be thinking about activities to keep your kids entertained whilst you're at work. We have gathered up some brilliant holiday clubs in Coventry which offer fun and educational activities for children, whatever the weather!

Read our article here.



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