



# News from the Nest

9<sup>th</sup> January 2024

Dear Parents and Carers, Children and Families,

I hope you all enjoyed the Christmas holiday and have had a good start to 2024 and I hope too that you all had many joyful moments and made some special memories that can be cherished with families and friends.



As you are aware, each year, all the staff and children at school make a "Wren's Nest New Year's resolution." We build on this resolution during the course of the year through assemblies and in lessons. This year our resolution will help our children to deepen their knowledge within their education about the world in which they live and the difference people can make in their own lives and community through creating healthy habits, as well as having respect and care for their environment. This starts within the local community and can have a big impact on the wider world. This year, we would like Wren's Nest Primary School and its community to be noticed for doing positive, healthy things that not only help us to live healthier lives in lots of ways but to support others in making healthier choices, in turn making our world a better place - starting right here in Dudley - our local community. Our New Year's resolution for 2024 is to: **"To be healthy Habit Heroes."**

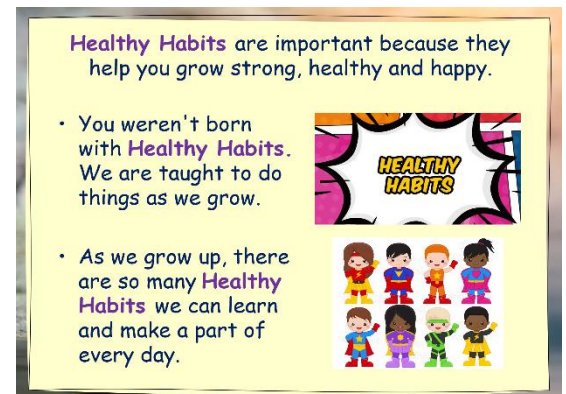


Yesterday in our assembly, I talked to the children about 'Being Healthy Habit Heroes' - what it meant, and the importance of it for us here at Wren's Nest. We discussed what a **Habit** is, what having a **Healthy Habit** means and what it looks like in action. We also discussed the importance of Healthy Habits in helping you grow strong, healthy and happy. Making **Healthy Habits** part of everyday life might feel strange and unfamiliar at first, however, we talked about the more you do something, the more it

will feel like a normal part of your everyday life and our daily routine - a little bit like riding a bike - it takes practise and dedication to learn how to do it, but once you can, it becomes part of what you do.

We looked at examples of this, including caring for ourselves, remembering the importance of treating others the way you wish to be treated, despite the differences we may have, as well as maintaining respect for others, animals, our environment as well as protecting the future world from harm - all through creating new, Healthy Habits in 2024.

This then promoted conversation about wanting to make Healthy Habits and became advocates of them as 'Healthy Habit Heroes', making a difference in the world by doing good things - starting locally.



We then looked at what we could do as a school, as well as in the home, to become Healthy Habit Heroes, however small our action. We discussed ideas such as creating Healthy Habits for our health. This included suggestions like eating well and at the right times, drinking lots of water - the important impact this has on the body. We looked at other key health benefits such as exercise, reducing worry through getting the right amount of sleep, reducing screen time, spending time with family and friends, especially outdoors in addition to smiling and hugging which we found out can help to reduce worry and stress. These are all Healthy Habits that can be created in our lives to make them a little healthier as well as even happier.

We then explored creating Healthy Habits for our spending and saving of money. This supports our teaching of money and economics in our current world at Wren's Nest through 'Money Mondays' - looking at the importance of each aspect. We discussed what money is, what it is used for as well as sharing some 'Top Tips' in managing our money - Saving, Spending and Sharing - all important in creating Healthy Habits.

Looking after our local Environment is also a pledge we have committed to as a part of being Healthy Habit Heroes this year - the importance of looking after our local environment by always recycling food packaging and waste, reducing litter in our community as well as looking at ways we can reduce the amount of electricity and heat we use in school, including the importance of not being wasteful. This went on to look at how, through Healthy Habits, we can help our future world - what it meant and what we can do to demonstrate this to others. Examples of this included growing our own vegetables, turning off power that isn't needed as well as trying to use alternative sources of energy such as solar power in homes and in school.

ALL of our discussion highlighted the simple things we can do to become **Healthy Habit Heroes** and make a difference, starting in Dudley first.



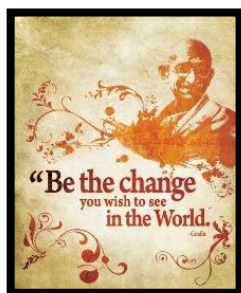
By creating Healthy Habits for our health, managing our money, looking after our local environment, and protecting our future world, we are trying to make a difference in our own lives as well as the lives of others.

Sometimes we may feel like there isn't any point in doing anything different by creating new, Healthy Habits, and we may want to give up. It's important to remember that no one is perfect - and sometimes our habits won't be as healthy



as we would like them to be. What is important to do is not to worry, but simply start again tomorrow - maintaining our positive attitude to Healthy Habits in our lives. Everyone doing their little bit to make a big impact in the world - for us, this year, starting with Dudley - our hometown - is a very important part of the Wren's Nest New Year's Resolution.

To find out more, you can revisit and talk about this assembly with your child by visiting the school website and looking for this icon.



Already, from conversations following the assembly, I have been very impressed with the children's knowledge of this subject and their enthusiasm and willingness to make small changes to create healthy habits, in order to help themselves, the local community and our wider world.

Over the coming year we will help the children, through lessons, assemblies and our pledge to become Healthy Habit Heroes, to develop a deeper understanding of what

we can do, however small, to be the change we want to see in the local community environment and across the world for our future generations.

Our Pupil Parliament will continue to debate and discuss ideas shared by children across the school, and they will then share these ideas and thoughts with you as the families of the wider school community.

We would love you to help us achieve our New Year's resolution. Look out for regular updates on how you can help your child/ren in the home, as well as in school to 'Be Healthy Habit Heroes.'

Here's to creating good, Healthy Habits in 2024!

As always, take care,

Mrs Sarah Parkes - Headteacher

#### Useful Contacts:

School Website:

[www.wrens-nest.dudley.sch.uk](http://www.wrens-nest.dudley.sch.uk)

School Email:

[info@wrens-nest.dudley.sch.uk](mailto:info@wrens-nest.dudley.sch.uk)

School Mobile numbers:

School Mobile 1: 07858 986604

School Mobile 2: 07856 674181





## Holiday Dates



### Half Term:

Monday 12<sup>th</sup> February to Friday 16<sup>th</sup> February.  
Children return to school after Half Term on Monday 19<sup>th</sup> February 2024.

### Easter Holidays:

Break up from school on Friday 22<sup>nd</sup> March 2024.

**Teacher Training Day:** School will be closed to children on Monday 29<sup>th</sup> January 2024.

## Parents' Evening:

### Advance notice:

Parents' Evening will continue to be held over two evenings with an appointment system being operated on the following dates:

**Tuesday 5<sup>th</sup> March** - Y1, 2, 3, Rainbow Room and Sunflowers.

**Wednesday 6<sup>th</sup> March** - Y4, 5, 6, Pumas, Shooting Stars and The Pod.

Your class teacher will provide you with an appointment slip.

Early Years - staff will talk to you about your appointment times.

## Had a new phone for Christmas?

If you do have a new mobile phone number, please remember to let the school office have your new contact number. Thank you.



## New adult training courses starting this term!



Look out for a letter that Mrs Cadman will be sending informing parents of a range of courses that are starting at Wren's Nest. We are extremely proud of the high quality training and opportunities that we offer to our parents and members of the local community. Come and join us!

### Advance Notice!

#### May Day Bank Holiday:

Monday 6<sup>th</sup> May 2024

#### Key Stage 2 SATs week:

Monday 13<sup>th</sup> May - Friday 17<sup>th</sup> May 2024

#### Year 4 Multiplication tests:

Week beginning 3<sup>rd</sup> June 2024  
(3 week period)

#### Year 1 Phonics Screening Check week:

Week beginning 10<sup>th</sup> June 2024

### Christmas Grand Draw and Christmas Market!

Thank you so much for all of your support with this. We, as a school community, raised **£4675!** How amazing! This money will be spent on curriculum resources to support the love of learning across the curriculum here at Wren's Nest.

## Snow!



Hopefully, we have had our share of cold, icy weather this Winter! However, January and February are the two months when statistically we are most likely to get snow. At Wren's Nest, we always do our best to ensure school can stay open, providing we can do it safely for our children, families and staff.

If we ever have to close due to heavy snow (and we do try to stay open if it is safe to do so) we will post a notice on the front page of our school website:

[www.wrens-nest.dudley.sch.uk](http://www.wrens-nest.dudley.sch.uk)

and



We will also post on our Twitter Page:

<https://twitter.com/wrensneatschool>

Any closure would also be announced as part of the local radio snow-line school closure news.

heart



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**Y6 SAT National tests**  
**Monday 13<sup>th</sup> - Friday 17<sup>th</sup> May 2024**

**All Y6 MUST be in school during this week - please do not book holidays during this time.**

**Thank you.**



*Join us for a Frozen lunch  
on Thursday 18<sup>th</sup> January*

*See our exciting menu  
for school and reception  
below.*



Wren's Nest Primary School

# Frozen Day Reception Menu

Thursday 18th January 2024

**FROZEN PICKIN' CHICKEN**

**SNOWBALL COD BITES (V)**

**MOUNTAINS OF ICY MASH POTATO**

**SVEN'S CARROTS**

**ICY BLUE AND WHITE CUPCAKES**



Wren's Nest Primary School

# Frozen Day Lunch Menu

Thursday 18th January 2024

**SWEDISH MEATBALLS ON MOUNTAINS OF ICY MASHED  
POTATO**

**QUORN MEATBALLS ON A MOUNTAIN OF ICY MASHED  
POTATO (V)**

**FROZEN PICKIN' CHICKEN BALLS WITH SEASONED SNOWY  
WAFFLE FRIES**

**SVEN'S FAVOURITE CARROTS AND PEAS**

**FROZEN VANILLA ICE CREAM TUBS**

**BLUE AND WHITE 'ICE COLD' ICED SPONGE CAKE AND ICY  
BLUE & WHITE CUPCAKES**

