

Newsletter – Spring Term



Wistaston Academy
Primary and Nursery School
Together We Learn • Together We Achieve

This Week's Events

Date	Event
Monday 15 th March	
Tuesday 16 th March	Visit from Chip Kendall for Year 4 and 6.
Wednesday 17 th March	
Thursday 18 th March	
Friday 19 th March	
Advanced Notice:	
Polite Notice:	Please note the school office opens at 8.30am each morning and is manned until 4.30pm. Before and after these times, there will be no access to the Main Reception area.

Return to School

What a lovely week it has been seeing the return of all the children. School hasn't been the same without everyone here and now the buildings and playgrounds are filled with fun and laughter once more. Thank you everyone for your support in enabling smooth transitions back to school. Can we please respectfully remind everyone that we recognise the weather is getting warmer, however we are still in a pandemic and we ask that face coverings be worn on school premises and social distancing is maintained (including not congregating at the entry and exit gates and keeping children with you at all times) in order to help to keep everyone safe. As we have entered the first stage of the lockdown easing, we should all be reminded that following rules within the home and community will keep the virus at bay and help to keep schools open.

A Polite Reminder

Please keep to the paths on school grounds and encourage your children to do the same. The grass is still wet and we want to avoid children trampling mud into the carpets and them coming home to you with dirty shoes.

There have been instances of children running around on the playground during dropping off and collection times. Whilst waiting, please can you ensure your child/children are kept with you at all times to prevent any accidents occurring.

Thanks for your support with this.

Wistaston Academy Website Updates

Click on the Parents tab: Keeping Children Safe Online to find lots of user-friendly Parent Guides to download. These cover a wide range of issues to keep your children safe online.



We now have direct links to our social media sites on our homepage under the Ofsted tab, look out for them.



We wish everyone a very Happy Mother's Day on Sunday.

We are Brilliant Winners

The 'We are Brilliant' prize winners this week are:

KS1: Dominik, Harper, Jiaxin, Maisie

KS2: Holly, Darcey, Courtney, Jaycob-John, Rhys



It is great to see so many children attending our Before and After School Club. Can we remind parents/carers that sessions need to be booked through Arbor by 12 noon the week before.

British Values

8th March 2021

UN Rights of a Child

Children have the right to research what life would be like on Mars from the Internet, the media, books and other sources. This research should be available for children to read in their own languages.

An icon for UN Right 17, 'Access to Information', showing a satellite, a person with headphones, and an open book.

17
ACCESS TO INFORMATION

British Values

8th – 14th March 2021

Democracy

If the rover Perseverance discovers that life existed on Mars long ago and that living on other planets may be possible, we can talk about whether we think this would be a good thing to do in the distant future.

The logo for 'Picture News', featuring a stylized face and the text 'Picture News'.

Science Week 5th – 14th March

Children have been having fun for Science week. The teachers organised lots of practical activities for children to enjoy to develop their love for Science. There is a poster competition taking place which your child has been told about in school. The posters need to be completed by 19th April with the theme 'innovating for the future'. Good luck!

Nursery

This week in nursery we have been scientists. We have seen how germs can spread from child to child using the 'glitter as germs' experiment and practiced our hand washing to remove all of the glitter germs. We have also been experimenting with magnets and magnifiers in our science lab!



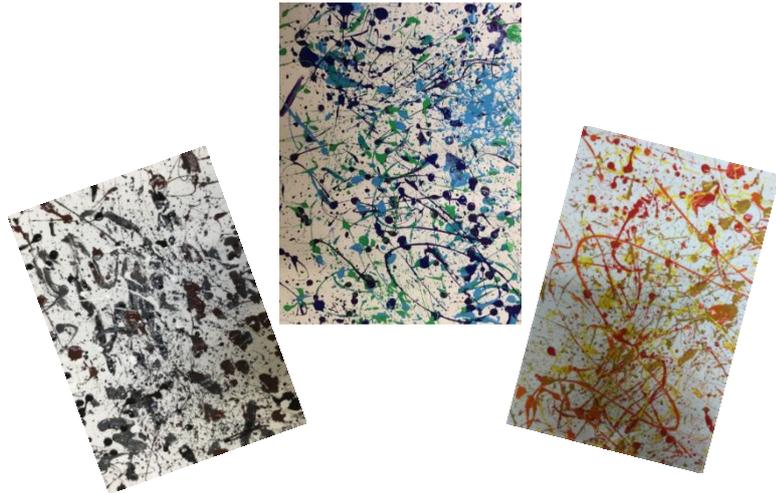
Reception

We have had a great week in Reception. We have done some 'eggperiments' for Science week which the children really enjoyed. We placed eggs in bags containing different materials and predicted whether we thought they would crack or not. The children made some great predictions! I'm sure they would like to carry out this experiment again at home.



Year 1

As part of our new topic 'Wonderful Weather,' Year 1 have explored hot and cold colours through art. They then used the style of the famous artist, Jackson Pollock to create a hot, cold and neutral painting. We used Jackson's technique of dripping and splat painting on the floor.



Year 2

This week, Year 2 celebrated Science Week. On Monday, we looked at the problem of food waste. We did our own scientific test to see if the appearance of food affected the taste. After that, we learnt about food chains and how food is a basic need of all animals.



Year 3

In Year 3, we celebrated Science week with lots of fun experiments! We watched a class demonstration of the reaction of mixing Mentos and diet cola. We also mixed together bicarbonate of soda and vinegar and watched the gas that was created inflate a balloon. After that, we had fun exploring 'Magic Milk' and creating our own lava lamps!



Year 4

In Year 4, we learnt about Greta Thunberg in guided reading and found out more about other young inventors. We had fun making our own digestive systems and making slime.



Year 5

Science week

As part of Science week, Year 5 have spent time investigating the effects of air resistance. To do this, we made parachutes. We carefully planned our investigation by only changing one variable. We worked co-operatively in small teams and came together at the end of the day to see our results. We discovered that the best parachutes were the ones that had the largest surface area: this is because the air has a greater space to act against gravity.



Year 6

In our first session for science week, we drew what we thought a scientist looked like; most of them wore lab coats and goggles and used chemicals. We used example of scientists such as Alan Turing and Marie Curie to challenge stereotypes about scientists. In our second session, we designed and crafted our very own Robobugs, linking features to challenges that it would have to overcome. Look out for photos in next week's newsletter.



Year 2 Dance Workshop

Today, Year 2 took part in a Chinese themed dance workshop. They had lots of fun being warriors and dragons!



Year 4 Literacy

In Literacy this week, we have been recapping our learning about instructional writing. On Wednesday, we made Mothers' Day or thank you cards so that we could think carefully about the steps needed to make a card.



Art News

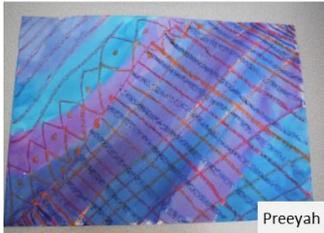
It has been fabulous seeing everyone back in school again! Here is a selection of our creativity in Key Stage 2 this week:

Year 3



We had fun beginning to draw our "Starry Night" outline, inspired by Vincent Van Gogh. We included impasto-like texture lines and we'll add colour as our lessons progress! Here are a few examples.

Year 4



Preeyah



Amelia



Amelia



Zayne



Alison



Nadia



Alison

We began to create coloured papers, using oil pastels and water colour inks, which we will use in our pictures next week. We listened to music and drew that patterns we “felt”. It was messy, but we enjoyed ourselves! These are just a few examples.

Year 5

This week we began observational drawings which will form the basis of our Fauvist paintings in coming weeks. Here are just a few:



Lawrence



Ashton-James



William



Damian



Rhianna



Maja

Alison

Year 6

It has been great to have everyone back in school, and great to get some of our work on display. Below are some of our Year 6's Banksy inspired self portrait prints and some of our lockdown artwork reflecting hate-crimes, prejudice and tolerance.



Performing Arts

This coming Tuesday, we are looking forward to a visit from our Arts Patron Chip Kendall, who will be teaching some of our RE curriculum, through dance and singing. If any children would like to check out the moves beforehand, they can do so through this YouTube link for his song:

“God’s Awesome Rescue Plan”.

<https://www.youtube.com/watch?v=sE89zkvw-NY>



We know we are going to have a great time with Chip!

“What flavour are YOU bringing to the party, to go with the Chips?”

World book Day

World Book Day at Wistaston Academy was a great success both at home and at school. The day was filled with lots of exciting book themed activities from a remote story telling from a local author, a virtual workshop with a well-known poet to sharing favourite texts with friends. It was a pleasure to see so many children dressed up as their favourite characters from their favourite books. A big thank you to parents/carers for the huge efforts in making the day extra special for them. In fact, there were many children in school who didn't want the day to end because they were having so much fun!





Autism Inclusive Newsletter – March 2021

WE ARE RE-OPENING!

Monday March 8th, we are set to open our doors once again, and fingers crossed NO MORE LOCKDOWNS!

We've used the time constructively and have been busy improving our setting and organising lots of events and workshops. We really hope you'll come and visit us. Our opening hours are attached, please make sure you book all visits via our website

www.autisminclusive.org.uk



If there's an event or a session that you'd like us to run, tell us! We're here to provide activities for you. Tell us your ideas; we've a suggestion box in our foyer or pop your request on an email, contact@autisminclusive.org.uk



Library funded by the Randal Charitable Foundation

The library space is really starting to come along, and items will be ready for you to borrow once we're open. A varied selection of reference books will be available with more on the way, covering all manner of topics; autism, ADHD, PDA, sensory processing, speech, anxiety... And we'll have a good selection of fictional novels to borrow too. We'd also like to officially welcome Claire to the AI team, as our new library manager.

We've got a new number!



01270 214 859

If we're not available when you call, please leave a message and we'll call you back as soon as we can.

Autism Awareness Campaign '21

This year to raise awareness and funds, Elly and Gem are completing a VIRTUAL bikeathon from Lands End to John O'Groats. Cycling a total of 875 miles between them throughout the month of March, they're hoping to raise £1,500 to fund a new immersive gaming area.

Donations can be made via our Go Fund Me link: <https://gofund.me/5cae9445>

Introducing... The Shop!

Last year we decided to start a Clothing Initiative; good quality donated items, sold for a £1 each, helping our community and to raise funds for Autism Inclusive. What began as a clothing rail outside of our office, it soon became apparent that thanks to the generosity of our supporters, we needed more space! Opening next week, The Shop has an amazing range of pre-loved clothing, baby items, shoes and accessories.



We are also incredibly pleased to announce that Autism Inclusive are now official stockists for Sensory Direct. The Shop will stock items such as ear defenders, body socks, visual aids and sensory toys. Being a stockist means that we can pass on great discounts to our customers.

The Shop will be open during day time groups and activities.



Family Ties CIC



Join the ladies (and babies) at their Family First Drop-In session every Monday morning during term-time. Please contact Family Ties to book your space 😊

Our Drop In is aimed at ALL parents/carers with little ones (birth to pre school). We all need a change of scenery, adult conversation, peer support, parenting advice and social opportunities! Especially during these challenging times.



Family First Drop In

Weekdays 9.30-11.30am @ Future Inn, Green, Appleton (near the school) and across campus, Green CW1 3DZ



Our sessions offer you a relaxed and welcoming space for you and a stimulating and fun space for your little ones ❤️

Masking is essential due to COVID restrictions. See photos from our Facebook at ETC 😊

SEND parent/carer group with RUBY'S FUND

After a few false starts due to Covid, our new Ruby's Fund begins in March! A group for local parents which SEND children aged 0-4, contact Steph at RF to book your place.

Crewe SEND parents/carers group

Thursday fortnightly at Autism Inclusive

First session begins Thursday 18th March, 12.30pm to 2.30pm

Join Steph, our Family Support Worker for a cuppa and a chat.

Sensory play available for children! To book your place email steph@rubysfund.co.uk



We're now on Instagram!
Follow us @autisminclusive

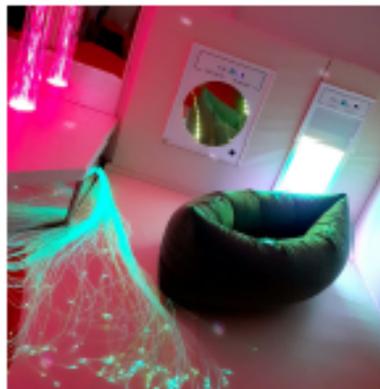
Adult Gaming Rewards

Adult Gaming returns Monday 8th March, and as a thank you to the regular gamers, we're introducing loyalty cards. Collect your card and remember to get Chris or Dom to stamp it at each session.

1 full card = 1 free gaming session!



Sensory Rooms available to hire again



Bookings are now being taken! We're offering a free first session of 45 mins, this includes the use of BOTH sensory spaces. Thereafter 90-minute sessions will be available for £15.00. Get in touch via email to enquire about available times and to book

contact@autisminclusive.org.uk

COMING UP IN MAY 2021

We've a variety of workshops beginning in May. Delivered by both Mick Rimmington and Andrew Whitehouse, workshops will cover; Understanding Autism, Challenging Behaviour, Managing Meltdowns and Pathological Demand Avoidance. Keep an eye on our social media pages for more information.

NEW!

Smart Bright Young Things

We're teaming up with Smart Bright to offer a youth club for 11-18's. The monthly group will be drop-off and a fun-filled couple of hours. We'll be getting creative with arts and crafts, enjoying drama and films and much more. The first session is Saturday 24th April, 1pm-3pm, and is available to book online now.

Did you know, we have both a Facebook page and a Facebook group? Both feature information about our groups and events as well as other local services.

Page: @Autisminclusivenews

Group: "Autism Inclusive (closed group)"

Garden Project

Work is set to begin outside in the next few weeks. A safe, enclosed space, with seating and play equipment will be coming very soon and we cannot wait 😊

Mick Rimmington joins the AI Team

Mick was already joining us to deliver workshops, hampered by Covid delays, but we're extremely pleased to announce that thanks to funding, Mick will be attending both our Evening Support Group AND a brand-new Adult-Specific Support Group. Mick has an abundance of knowledge of autism and SEND in general, and we know that our community will benefit massively with his input. The first Evening Group is Wednesday 24th March, and the first Adult Group is Monday 19th April. See our opening times attached and head online to book your space.



Funding has been provided by the Randal Charitable Foundation



Reminder, how to book onto a group or activity

2020/21 has been a strange time, and even without the challenges Covid has thrown at us, moving to a new setting has been a huge change. We've also changed the way our groups and activities are accessed. All sessions must be booked online through our website. We cannot thank you enough for sticking with us and embracing the "new normal".

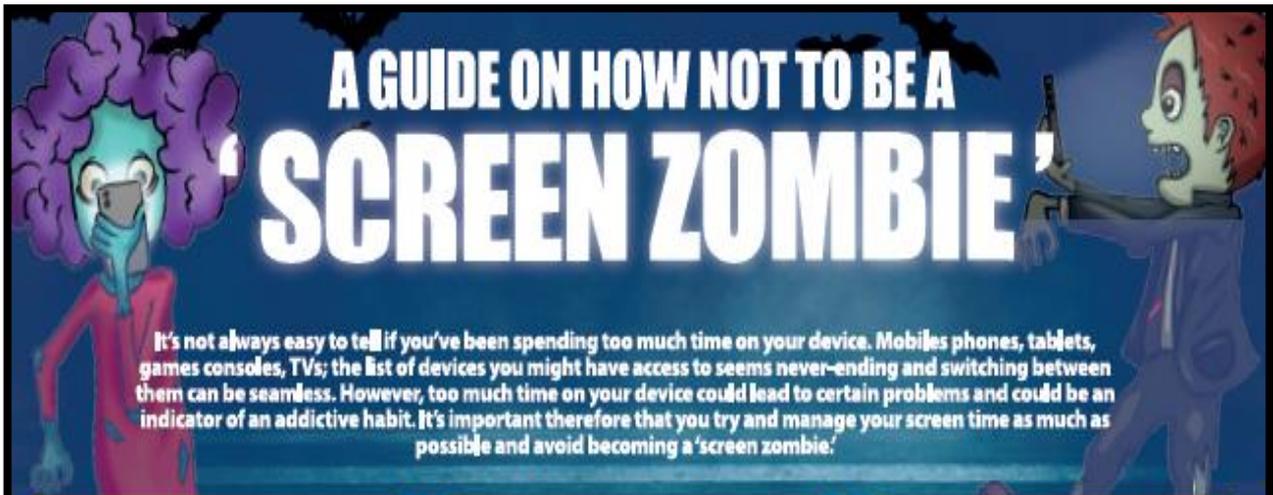
If you've not booked before, it couldn't be easier... just head to the 'Events' section of our website and scroll until you see the session you'd like to book onto 😊

www.autisminclusive.org.uk

Opening Hours

DAY	GROUP	RUN BY	TIME	WHEN
MON	Family First Drop-In	Family Ties	9.30am-11.30am	Weekly
	Adult-specific Support Group	Mick Rimmington	12.30-2.30pm	3 rd Mon of month
	Adult Gaming	Autism Inclusive	6.30pm-9pm	Weekly
TUES	<i>Sensory Room hire afterschool</i>			
WED	Morning Support Group	Autism Inclusive	9.30am-12pm	Weekly
	Evening Support Group	Autism Inclusive	6.30pm-9pm	2 nd Wed of month
	Evening Support Group with Mick Rimmington	Autism Inclusive	6.30pm-9pm	4 th Wed of month
THUR	Early Years SEND Parent/Carer Group	Ruby's Fund	12.30pm-2.30pm	Fortnightly
FRI	<i>Sensory Room hire during the day</i>			
SAT	Kids Gaming	Autism Inclusive	10.30am-12pm AND 12.30pm-2pm	1 st & 3 rd Sat of month
	<i>Sensory Room hire during the day</i>			2 nd Sat of month
	Smart Bright Young Things	Smart Bright	2pm-4pm	4 th Sat of month
SUN	CLOSED			

Please check our website and social media pages for seasonal events and activities not listed above.



A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie.'

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible—there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



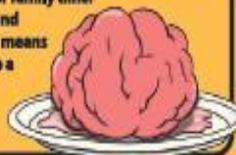
DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.

