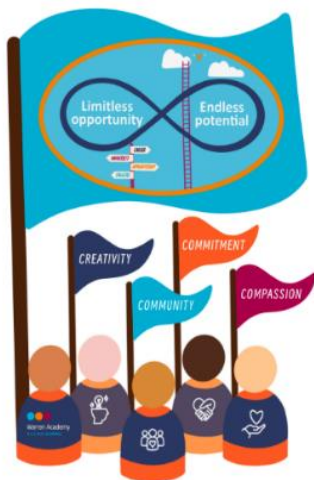


A message from our Head of School

When I Grow Up week

Here at Warren Academy, we pride ourselves on living out our school vision every day – **Limitless Opportunity, Endless Potential**.



In order to provide our pupils with opportunities to discover and find out their potential, we will be celebrating 'When I Grow Up' week across school. During the week, we have over 20 different visitors from different backgrounds, careers and jobs coming into school, to speak to different classes about what they do.

The children will have the opportunity to listen and ask questions to the visitors, to find out more about their jobs and inspire their curiosity. Our visitors include:

- A female pilot
- A festival organiser
- A TV chef
- An engineer
- A business owner
- A policeman
- People who work for the NHS

We also have an exciting visit from the Barclays Mobile Bank on Thursday!

We are very grateful to everyone who has volunteered their time to come into school, including parents and carers in our community too!



During 'When I Grow Up' week, we will also be celebrating World Book Day, which is on Thursday 7th March. During this day, children from F1-Y6 are invited to dress up as something they would like to be when they are older.

We want the children to be as creative as possible with their outfits and we can't wait to see what they decide to dress up as!

Throughout the course of the day, Miss Pithers will be leading a World Book Day assembly, where the book 'What Will I Be?' by Frances Stickley will be shared. You can also share this story at home with your child by scanning the QR code below:



The children will then be creating poetry based on their learning during the week, to share their hopes, dreams and aspirations for the future. We look forward to sharing these with you.

Start of Ramadan

The holy month of Ramadan will begin over the next 2 weeks (approx. 10th March). Ramadan is the ninth month in the Islamic calendar and it is a special time of year in Islam, where Muslims fast between the hours of sunrise and sunset, and spend time during the month to focus on their faith. We want to wish any families in our community who are observing this important month Ramadan Mubarak.

British Science Week



British Science Week is happening from 8th-17th March this year, focusing on a theme of 'Time'. Mrs Rankin has shared more information below about what we will be doing during the week in school. We are also hosting 'Science, Books and Breakfast' on Thursday 13th March at the start of the school day. We look forward to welcoming you and your child in the dining room for this event.

Easter

We have been learning about Lent in assembly over the last two weeks, with a special visit from Rev. Nikki this week too. Lent is a time for people of the Christian faith, who give up something for 40 days in the run up to Easter.

To celebrate Easter at school this year, we will be holding an Easter bonnet competition. The competition is to design a bonnet with your child and we will award a 1st and 2nd prize to the best bonnets!

Children in EYFS and KS1 will also be visiting Emmanuel Church on Thursday 28th March at 10am. Parents and carers are welcome to join the children for this Easter celebration, where we will be retelling the Easter story together.

Thank you for your continued support,
Mrs Salam





Attendance matters



Why is attending school important?

Attendance is a critical factor in determining your child's long term success and future career/job prospects. It is also your child's right to have an education. Parents and carers have a legal duty to ensure your child is able to access a full-time education. Time in school allows your children to be safe and provides access to opportunities they may not be able to access – such as enrichment opportunities and extra-curricular clubs. Please remember that we are here to help, so please speak to a member of the team if you feel you need any support with your child's attendance.

Weekly attendance target: 96%

This week's overall attendance:

Here is this week's attendance:

F1: 96%

F2: 95.8%

Y1: 96.5%

Y2: 90.3%

Y3: 96%

Y4: 96.1%

Y5: 91.4%

Y6: 97%



Attendance-opoly prizes for this week!

1st place – Year 6 with 97% and have won a non-uniform day next week

2nd place – Year 1 with 96.5% and have won an extra PE lesson next week

3rd place – Year 4 with 96.1% and have won a film afternoon with popcorn

The Warren Attendance Team

If you would like to discuss your child's attendance further, please speak to a member of our attendance team. We will provide support to families to ensure your child is able to attend school:

Mrs Neat – Attendance officer

Mrs Salam – Head of School

Mrs Ford – DSL and Inclusion Leader

Mrs Curtis – School Business Manager

Your child's class teacher will also be happy to discuss your child's attendance with you.

We are here to help you!

Whole school attendance this academic year: 93.24%

Overall whole school attendance Spring term:

F1: 93.2%

F2: 92%

Y1: 94.4%

Y2: 88.09%

Y3: 94.4%

Y4: 93.9%

Y5: 95.6%

Y6: 93%

The Burrow: 93.56%

Attendance incentives

Our attendance incentives will begin again for the Spring term. A reminder of what you or your child could win for their attendance:

A £200 shopping voucher for attendance over 96%

A £100 Smyths toy voucher for attendance over 96%

A £100 Smyths toy voucher for the most improved attendance over the term.

The class with the best attendance each half term will also receive a whole class prize!

Where to seek advice and support with your child's attendance

Nottinghamshire Early Help team (for county residents):

<https://shorturl.at/lrOY5>

Nottingham City Attendance team: <https://shorturl.at/ahnyH>

Government attendance hub:

<https://educationhub.blog.gov.uk/2024/01/03/improving-school-attendance/>



Attendance matters

Attendance processes if your child is absent from school

- All parents and carers are expected to notify school if your child is unable to attend and give reason as to why they are absent.

If your child's attendance is above 90%

- If we do not receive communication from you, a text message will be sent to find out why your child is absent.
- If your child is well enough to attend in the afternoon, we encourage you to bring your child in, as they will receive an attendance mark for the afternoon session.
- We expect for you to continue to communicate with school on a daily basis if your child continues to be absent from school.
- If we do not receive communication from you, a house visit will be completed.

If your child's attendance is below 90% - persistently absent

- If we do not receive communication from you, school will phone you by 9.30am to find out why your child is absent.
- Medical evidence, if your child is absent from school as they are unwell, will be requested from you.
- If medical evidence is not provided to school for your child's absence, we will complete a house visit to discuss your child's absence with you.
- If 3 home visits are made in a term, school will need to consider whether a referral to social services is required due to educational neglect.

Lateness and unauthorised absence

- There has been a significant increase in the number of children that are arriving late to school.
- All children should arrive at school by 8.50am.
- If your child arrives past 9.30am, their attendance for the morning session will be classed as unauthorised, and this will negatively impact their attendance.
- You can receive a fine from the local authority for continued lateness past 9.30am, as this is considered to be unauthorised absence from school.

"THIS MORNING, HE WAS WORRIED ABOUT SCHOOL... BUT LOOK AT HIM NOW!"

MOMENTS MATTER, ATTENDANCE COUNTS.

HM Government
Head to the Education Hub to find out more.

"THIS MORNING, HE HAD A RUNNY NOSE... BUT LOOK AT HIM NOW!"

MOMENTS MATTER, ATTENDANCE COUNTS.

HM Government
Head to the NHS website to find out more.



Attendance matters

Year 1 attendance reward

Year 1 celebrated two wins for their attendance this week. They won a camp afternoon with s'mores for landing on the final square for Attendance-opoly, as well as winning the prize for the best attendance last half term. They spent their camp afternoon watching a movie together.

A huge thank you to Chloe's mum who brought 10 brand new tents for school, which we were able to use as a part of this attendance celebration!





Other news this week...

Key dates



Spring 2	
Date	Event
4.3.24	When I Grow Up Careers Week in school
7.3.24	World Book Day – dress up as what your child would like to be when they are older
8.3.24	U11 Girls National Football Tournament at Derby County
11.3.24	Start of British Science Week
12.3.24	Y6 visit to University of Nottingham for America Civil Rights day
13.3.24	Y5/6 Netball Tournament at Nottingham Girls High School
13.3.24	Science Week themed 'Science, Books and Breakfast' in the dining room from 8.40am
14.3.24	Nottingham School Sports Event in School for Y4 and Y5. Y6 Sports Ambassadors also supporting with the event
15.3.24	Red Nose Day
28.3.24	Easter Bonnet Competition
28.3.24	EYFS and KS1 visit to Emmanuel Church – 10am
28.3.24	End of Spring term – finish at 2pm
29.3.24	Good Friday – Bank Holiday
15.4.24	Return to school for Summer term

Achievements this week!



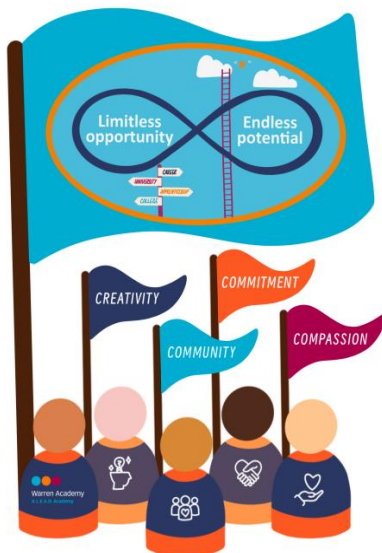
Well done to the following children who have been given a certificate in our celebration assembly today!

- F1:** Adam for following instructions on our Spring walk & Olaf for joining in at group time.
- F2:** Kye for being a kind friend & Kiannah for settling in really well.
- Y1:** Chloe & Alfie for some superb independent writing.
- Y2:** Aaron for applying his writing to his history learning & Mason for his amazing writing – he wrote a newspaper report about the Crimean War.
- Y3:** Caleb for confidence in reading – joining in and always being ready for learning & Heavenly for her calm, confident attitude to learning – well done!
- Y4:** Logan for showing respect and maturity – working hard in all lessons & Lewis for a fantastic attitude to learning in history – giving great contributions in discussions.
- Y5:** Junior for an excellent attitude to learning this week & Hajara for being a maths superstar!
- Y6:** Keira for incredible resilience with problem-solving in maths & Jessica for creativity and determination when writing a missing chapter.

The Best Seats in the House this week:



Mrs Salam chose Kaelan in Y6 and Lokuthula in Y4 for their politeness and commitment to being role models to others when around the school building.



Staffing news – maternity leave

Two members of the Warren team will be leaving us during the course of the Summer Term due to exciting news!

Mrs Walsh, who currently teaches in Y4/5/6 on Thursdays and Friday, and Mrs Bennett, our current SENDCO, will both be going on maternity leave. We would like to wish them a huge congratulations on behalf of everyone in the Warren community!





Curriculum news

Read about what we've been up to in our learning this week!



F1 have been looking at 'Animals' this half term and we have been busy making animal footprints in class!



F2 had their first PE session outdoors on the Ks1/2 playground. They displayed fantastic learning behaviour and represented our school value of community through working together as a team.



Year 1 have been learning all about the piano in music. Mr Stanton taught us where the notes are on a keyboard. We learned to find the note 'D' in between the two black notes and copied some rhythms. We will be performing on the keyboards in the summer concert.



Year 2 have been authors. The children have been writing their own creative stories based on a chimney sweep from the Victorian era. They are turning them into picture books to share with Year 5 at the end of the term during our topic celebration.



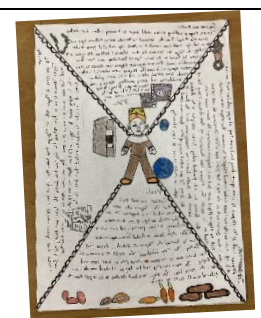
Year 3 have been working scientifically in Science lessons this week, to test the permeability and hardness of rocks like slate, sandstone, marble and chalk.



Year 4 have been learning about Ancient Greek myths in English. The children re-enacted the famous Theseus and the Minotaur myth by breaking it down into a story mountain structure.



Year 5 have become musicians this week. We have looked at how to play the 'C' chord on a glockenspiel, so that we will be able to play a piece of blues music by the end of the half term.



Year 6 have been writing their own chapters, full of suspense, for the book Oh Maya Gods by Maz Evan's. They have also been learning all about Mayan life and have created engaging posters.



Curriculum news

Learning in The Burrow this week

Over the past two weeks in The Burrow, we have begun our Castles topic. The children have loved playing in the castle role play area, as well as exploring books about knights and dragons.

We have also very kindly been given a Thomas and Friends set from a member of the community, which the children absolutely love!



Spotlight on... Computing



Update from Miss Miller, Computing Lead

Computing is an integral part of life at Warren. Our children are taught explicit computing sessions through the Purple Mash scheme alongside using technology across the curriculum for research, recording and presenting.

Children learn about the three main areas of computing:

- Computer science
- Information technology
- Digital literacy

Most of our Purple Mash lessons take place using a laptop, however some lessons use the iPad. Across the curriculum children have Showbie accounts where they can upload evidence of their learning. Learning can also be uploaded at home onto Showbie using your child's log in. You can download the app for free onto any electronic device.

Children at Warren are confident with the SMART rules and know the importance of keeping safe online and the steps to take if they do not feel safe. This is underpinned through their learning in computing and throughout different units they complete in Purple Mash.





What the children learn in Computing at Warren Academy

Key Stage One

Pupils are taught to:

- Understand what algorithms are; how they are implemented as programs on digital devices; and that programs execute by following precise and unambiguous instructions
- Create and debug simple programs
- Use logical reasoning to predict the behaviour of simple programs
- Use technology purposefully to create, organise, store, manipulate and retrieve digital content
- Recognise common uses of information technology beyond school
- Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.

Key Stage Two

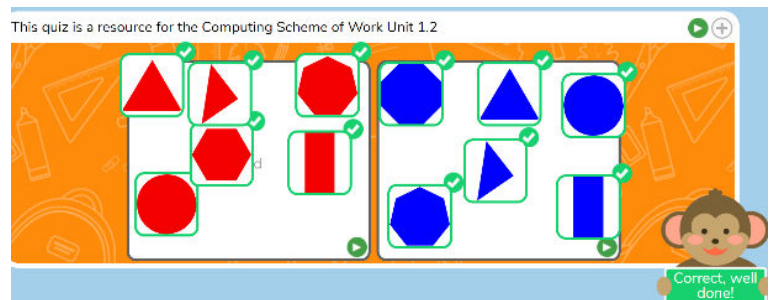
Pupils are taught to:

- Design, write and debug programs that accomplish specific goals, including controlling or simulating physical systems; solve problems by decomposing them into smaller parts
- Use sequence, selection, and repetition in programs; work with variables and various forms of input and output
- Use logical reasoning to explain how some simple algorithms work and to detect and correct errors in algorithms and programs
- Understand computer networks including the internet; how they can provide multiple services, such as the world wide web; and the opportunities they offer for communication and collaboration
- Use search technologies effectively, appreciate how results are selected and ranked, and be discerning in evaluating digital content
- Select, use and combine a variety of software (including internet services) on a range of digital devices to design and create a range of programs, systems and content that accomplish given goals, including collecting, analysing, evaluating and presenting data and information
- Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.

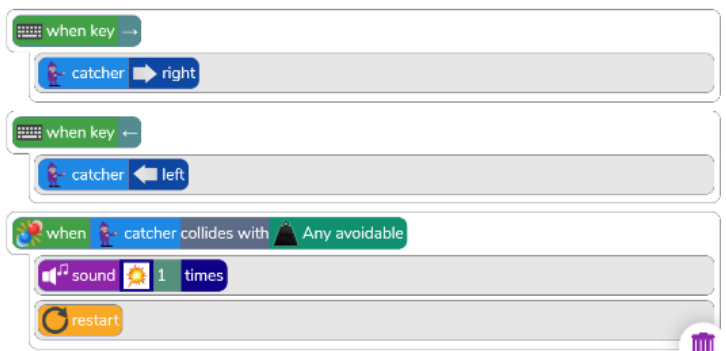
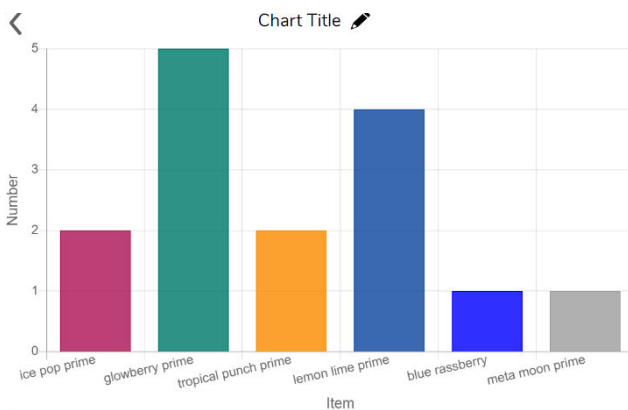
Here is what some children had to say about their Computing learning:

"I'm excited to finish the coding unit and create my own game!" Max, Year 5

"We've been learning to touch type, it's tricky but I keep practising." Evie, Year 3



Here are some examples of Computing learning from across school.





Spotlight on... Science






Update from Mrs Rankin, Science Leader

At Warren Academy, our Science curriculum aims to provide pupils with broad and ambitious lessons, rich in skills and knowledge. We also aim for Science at Warren to ignite curiosity and prepare them well for future learning or employment. We recognise that children are naturally curious and Science is a subject area which provides invaluable opportunities to explore this.

In Early Years Foundation Stage, the children learn about Science through 'Understanding the World'. This includes:




- Naming body parts and how we care for ourselves
- Dental care and using the toilet
- Changes in the weather and seasons
- Exploring animals and basic lifecycles, wildlife in the local area
- Growing and planting – what do plants need to survive?
- Understanding what planet we live on and what space is
- Sinking and floating, and the feeling of a 'force'.

In Key Stage 1 and 2, the children learn about different aspects of Science, including:

	<u>Key Stage 1</u>	<u>Key Stage 2</u>
Biology 	<ul style="list-style-type: none"> • Living things and their habitats – food chains and habitats • Plants –naming plants, trees and describing flowering plants, understanding how plants survive • Animals including humans – naming animals, basic needs of animals exercise and learning about offspring 	<ul style="list-style-type: none"> • Plants – lifecycles, transporting of water • Animals including humans – the human body, the digestive system, teeth, changes in humans, circulatory system • Living things and their habitats – grouping and classification, life cycles of different living things, reproduction in plants and animals • Evolution and inheritance – adapting to environments, producing offspring
Chemistry 	<ul style="list-style-type: none"> • Materials – identifying and comparing, changing shapes of materials 	<ul style="list-style-type: none"> • Rocks – types of rocks, fossils • States of matter – solids, liquids and gases, changing state, the Water Cycle, reversible changes,
Physics 	<ul style="list-style-type: none"> • Seasonal changes – observe and describe the changes and types of weather 	<ul style="list-style-type: none"> • Light – light and dark, shadows, light sources, investigating light travelling in straight lines • Forces – magnets, attracting and repelling, air resistance, water resistance, friction, • Electricity – electrical circuits, conductors and insulators, buzzers in circuits • Sound – how sound is made, pitch and vibrations • Earth and Space – understanding the planets, sun, Moon and rotation for day and night



Children learn best when they can explore science through practical observations and models to help understanding processes and use their prior knowledge to predict outcomes. Over the last term, there has been lots of practical activities happening within Science:

		
<p>In Year 4, children have made telephones to discover how sound travels through vibrations.</p>	<p>Children in The Burrow have explored floating and sinking by testing different objects in water.</p>	<p>Year 6 have carefully picked ingredients to represent the parts of blood.</p>



We will also be celebrating National Science Week from week beginning Monday 11th March. The theme this year is 'Time'. During this week, the children will be investigating the question "which biscuit is the best biscuit dunker?" Watch this space for more details!

Finally, we are hosting us for 'Science, books and breakfast' on Wednesday 13th March at 8.40am. We will have some simple science experiments out in the dining room, along with Science books and breakfast for parents, carers and children!

Spotlight on... Music

Update from Mr Dunnington, Music Leader

We have been working hard on developing a dedicated music space in school and now have a specialist music room. This room is being used for 1:1 music tuition lessons with Mr Dempsey, who works in school on Thursdays and Fridays.

If you are interested in your child having private music lessons, please speak to the office who can provide you with more information.

Choir has also started at lunchtimes this week for KS2. The children are rehearsing for a Choir Festival Competition at the High School in a few weeks' time!





Sporting news!

Children in Year 1 and Year 2 visited Harvey Hadden on Thursday morning to take part in a KS1 Cricket Festival with School Sport Nottingham! The children got to take part in different games and learn new cricket based skills, with other schools from across the city!



School Sport Nottingham also visited Warren on Monday, for children in Year 4 and Year 5 to take part in a series of different fitness activities called Me Vs Me. The children were supported in recording their outcomes in each activity by the Y6 Sports Ambassadors, and will have an opportunity on 14th March to complete the activities again and beat their scores.

Children in the Y4/5/6 Netball Club attended a training session with students from Nottingham Girls High School last week. The children are preparing to take part in a netball tournament in a few weeks' time at the school, against other primary schools in the city.



Some children in the KS2 Girls Football Team have been selected to play in the Premier League U11 National Football Tournament at Derby County next Friday. The children are very excited and can't wait to visit the ground, as well as compete in a national tournament! We are rooting for you girls!



Safeguarding news



An update from Mrs Ford, Designated Safeguarding Lead

March 1st – 2nd is the **Global Day of Unplugging**. Since 2009, Global Day of Unplugging has been celebrated annually in March. Whether it is 1 hour or for 24 hours, at some point during the first weekend of March, people all over the world, will step away from their screens and intentionally shift into an offline activity, an in-person interaction, a real-life gathering or simply a meaningful conversation about their relationship with technology.

With this in mind, this week's newsletter will focus on online gaming and conversations to have with your child on how to stay safe online.

Gaming Top Tips for Parents

Whatever gaming sites your children use, advice remains the same. It is important to have a conversation with your child about the sites they use and carry on having open discussions. This will encourage them to come to you with any concerns they have

1. Stay engaged and have regular conversations

Show an interest in the games your children are playing. This could be through having a conversation about what they like to play or could be through watching them play the game. You could even have a go at playing the games yourself! If children know you have an interest in the game, they may feel more comfortable talking to you about it or coming to you for help if they need it.

2. Help them understand the importance of personal information

Check that your child understands:

- the importance of keeping their personal information safe
- that they should speak to an adult straight away if the chat goes from being about the game to meeting up offline, personal information or sending images.

3. Set rules around spending money in games

Have a conversation with your child to make sure they realise that it is possible to spend real money on the game. Make promises that work for your family; perhaps your child will have to ask you for permission before they make an in-game purchase.

If you want more help to create these promises for your family's internet use,

4. Make use of the safety features available

Block and report:

Make sure your child knows how to find and use the report and block functions.

Safety settings:

Set up the parental controls that are right for your family. You can also disable chat, set up Parent PIN and use Account Restrictions depending on the game.

Settings for under 13s:

There are additional safety features for under-13s, so it's worth checking your child's account is registered with the correct age. Players under the age of 13 have a <13 symbol next to their username on the game at all times, however this is not displayed to other players.

5. Encourage them to tell you about concerns

Remind your child that they should come to you if they ever see something inappropriate, mean comments or if anything worries them within the



Safeguarding news



Talk with your child about responsible use of their games console

Discuss what is okay and not okay to use it for and look at the possible risks. Tell your child what they should do if something goes wrong while using it. This could be to turn off the screen and tell an adult.



Think about the location of the games console

Will it be in a shared family space or in a bedroom? Think about: setting time limits; reminding your child about the risks of communicating online with people that they do not know; and encouraging them to come to you with any worries.



Explore parental controls

Take a look at the controls available both on the games console itself and on your home Wi-Fi. Talk these through with your child too. Parental controls are a helpful tool, but an open conversation with your child is the most important thing.



CEOP Website

Law enforcement agency that keeps young people safe from harm on the Internet.

<https://www.ceop.police.uk/Safety-Centre/>



CBBC Stay Safe

This gives information on how to stay safe online.

<https://www.bbc.co.uk/cbbc/curations/stay-safe>

Who can help?

Every school has a 'Designated Safeguarding Lead,' whom you can speak to regarding any safeguarding concerns you may have.

At Warren Academy these are:

Mrs Ford

Mrs Salam

Mr Middleton

Useful phone numbers

City Social Care: 0115 8764800

County Social Care: 0300 500 8080

Nottingham Prevent Team: Call 101 ext. 8002963/ 2965 or ask to speak to the Prevent Team.

NSPCC Whistle Blowing Help Line: 0800 028 0285

FGM helpline: 0800 028 3550

Samaritans: 0115 941 1111



Safeguarding news

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. These emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity; it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Upscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: <https://www.ofcom.gov.uk/consult/condocs/childrens-media-use-and-attitudes-report-2022.pdf>



Lunch for the next two weeks

Week 3 lunch menu – week beginning 4.3.24

Day	Main	Vegetarian	Dessert	Jacket Potato	Combo option
Mon	Chicken Tikka Masala	Quorn Tikka	Chocolate Mousse	Baked Beans, Grated Cheese	Cheese Wrap
Tues	Big Bean Chilli		Mandarin Cheesecake	Coleslaw	Tomato & Basil Pasta
Weds	Chicken & Sweetcorn Pie	Quorn Pie	Jelly	Tuna Mayo	Ham Salad Sandwich
Thurs	World Book Day Themed Meal Meaty & Veggie Cauldrons Roasted Boulders Medley of Vegetables Wonkas Special Pudding				
Fri	Cheese Burger	Southern Style Quorn Burger	Tutti Fruity Sponge	Baked Beans	Tomato & Basil Pasta

Week 1 lunch menu – week beginning 11.3.24

Day	Main	Vegetarian	Dessert	Jacket Potato	Combo option
Mon	Beef Bolognese	Vegetarian Bolognese	Butterscotch Mousse	Baked Beans, Grated Cheese	Cheese Wrap
Tues	Singapore Noodles		Cornflake Tart	Coleslaw	Tomato & Basil Pasta
Weds	Toad in the Hole	Quorn Sausages	Vegetarian Fruit Jelly	Tuna Mayo	Ham Salad Sandwich
Thurs	Roast Chicken & Stuffing	Quorn Roast	Fruit Pancake & Toffee Sauce	Grated Cheese	Cheese Wrap
Fri	Fish Cake	Quorn Sausage	Marbled Sponge	Baked Beans	Tomato & Basil Pasta



Community news



TOTSTIME FOLLOWED BY STAY AND PLAY SOUTHGLADE LIBRARY

Every Wednesday 10am - 11am

Come along to our lively and interactive Totstime and play session. With stories, songs, instruments and toys it's great fun for little ones and their carers.

For under 5's



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Useful Telephone Numbers - Bestwood

Report it

Did you know you can report problems in your neighbourhood to us online? Including:

- 👉 fly tips
- 🐕 dog poo
- 🗑️ graffiti
- 🗑️ full bins
- 🌿 overgrown hedges obstructing pavements
- 🚗 abandoned vehicles

www.nottinghamcity.gov.uk/reportit



You report it - we'll sort it!

Service	Telephone Number
Families information Service (for families/children)	0800 458 4114
Childline (helpline for children 7.30am – 3.30am)	0800 1111
NSPCC (if you have concerns about a child)	0808 800 5000
Childline (helpline for children 7.30am – 3.30am)	0800 1111

COULD YOU BE A COMMUNITY CHAMPION?



Nottingham Community Champions

Find Out More Here:

• <https://bit.ly/30luhXo>

Apply Here:

• <https://bit.ly/3MqzYLO>

Or Scan the QR Code



Bestwood Partnership Working with you, Working for You to point you in the Best-Direction. Call: 0115 975 5758



Bestwood Park Church host the weekly Bestop Kitchen, Place of Welcome Café, community garden and other activities. Tel: 0115 840 8026; e: bestwoodparkchurch@gmail.com

The Peoples Church hold a number of weekly activities including Daytimers tea/coffee morning, after school club and youth group. For further info telephone 0115 920 4661

Arnold Road Evangelical Church hold weekly coffee morning and regular social gatherings as well as a toddlers group and youth clubs. For further information telephone 0115 920 1788

Councillors surgeries

For further information regarding your Councillor surgeries visit www.nottinghamcity.gov.uk

Working in the neighbourhoods of Bestwood Estate, Bestwood Park, Top Valley and Leen Valley



Your local Bestwood Councillors



Cllr Jay Hayes



Cllr Audra Wynter



Cllr Georgia Power

Tel: 07874792620 07704315024 07730685330

More information about services can be found online at:

www.asklion.co.uk

Useful Telephone Numbers

Bestwood

Useful contact information for support services and local organisations

Service	Telephone Number
Nottingham City Council	0115 915 5555
NCC Trading Standards (for advice on scams)	0808 223 1133
Southglade Library	0115 876 1055
Nottingham Age UK (advice line for older people)	0115 844 0011
Fire Service (fire safety advice, faulty smoke detectors etc)	0115 838 8100
Fire, Police, Ambulance - emergency	999
Police non-emergency	101
Crimestoppers (give information about crime anonymously)	0800 555 111
Victim Care (for victims of crime)	0800 304 7575
Bulky Waste Collection (NCC*)	0115 915 2000
Nottingham Jobs (for jobs advice, training etc)	0115 876 4508
Bestwood & Bulwell Foodbank	0115 975 1825
Sharewear (free clothing bedding, shoes by referral)	03300 577844
NCC Welfare Rights (for advice on benefits and debt)	0115 915 1355
Bestwood Advice Centre (for advice on benefits /debt)	0115 962 6519
Nottingham Energy Partnership (heating financial support)	0115 985 9057
The Mental Health Crisis Line Number (freephone 24hrs)	0808 196 3779
Samaritans (24 hour)	116 123
Nottingham Recovery Network (drug/alcohol services)	0800 066 5362
NCC adult abuse helpline (for concerns re a vulnerable adult)	0300 131 0300
Disability Support	0115 978 5095
Refugee Forum (for refugees and asylum seekers)	0115 960 1230
Nottingham City Homes	0115 746 9555
Housing Aid (for housing advice)	0115 876 3300
Domestic Abuse 24 hour helpline (for women and children)	0808 800 0340
Domestic Abuse helpline (for men)	0808 801 0327

*NCC = Nottingham City Council

Southglade Park Games Cafe



Looking for games old and new?

Then Dominos, Scrabble and Kerplunk could be for you.

Card games are the real test, bring friends and see who is the best.

Remember to have fun and have a blast!



- Children welcome but need to be accompanied by an adult
- Carers and support workers welcome.

Refreshments provided!

Monday,s 10:30am to 11:30am

Free and no need to book!

“GET YOUR GAME ON!”



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CRAFT CLUB SOUTHGLADE PARK LIBRARY

Every Saturday 10.30am - 12.30pm

Come along to our craft club!
With different arts and crafts every
week, and you can take your creations
home.

For all ages

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www.nottinghamcitylibraries.co.uk



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Southglade Park Library Knit and Natter

Our Knit and Natter group is a great way to meet new people, swap patterns and have a chat whilst working on your projects.

The group is open to anyone who would like to come along with whatever they are working on and share hints and tips over a cup of tea. Beginners are very welcome and if you need inspiration patterns are available too.

Chat to our staff to find out more.

Every Thursday, 12.30pm to 2.30pm.

www.nottinghamcitylibraries.co.uk



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