

Westdale Infant School

Headteacher - Mrs Rebecca Lewis

Digby Avenue, Mapperley, Nottingham, NG3 6ET

T: 0115 9531606 E: office@westdale-inf.notts.sch.uk

<https://www.westdaleinfants.com/>

Happy Holidays everybody! What a fabulous term full of fun and learning, well done to everyone for battling through the winter bugs, wild weather, dark mornings, and tiredness – you have all been superstars! We wish you a peaceful and safe holiday with your loved ones and look forward to seeing you all in the new year. Thank you so much for all your lovely cards, messages, and gifts. We all appreciate your generosity and support.

Thank you to those who made a Christmas Drawing order, we raised **£51** for the school!



Christmas at Westdale

We had our **Christmas Party Day** on Thursday 19th December which gave the whole school the opportunity to meet Santa, have a dance and a play, and eat some delicious snacks from home. Santa managed to find time in his busy schedule to visit each of our classes and deliver a book to every child, **thank you so much Santa!** We would also like to say thank you to Annabelle & Imogen from Studio 3 Mapperley for providing the dancing fun and to the Rhodes and Simpson families for helping with the sleigh.



Upcoming Events

20.12.24

Break Up for Christmas Holidays

06.01.25

School Starts

09.01.25

- Sept '25 Starters – School Tour
(9:30am)
- Y1 Dino Dig

Important Information

Please can we ask all parents and carers to ensure they have up-to-date contact details registered with the office.

School calendar:



[School Dinners](#) on the first week back will be **Week 1**. Please note that dinner orders are taken in advance.

PANTS Rule

This week we held a refresher assembly about the PANTS Rule and wanted to share this very important information with our families as well. Please find the details below and here is a [link to the song](#) we sing to help us remember!



WHAT ARE THE PANTS RULES?

You're ready to teach your child the five PANTS rules. We'll take you through each letter of PANTS so you know what to say about each one.

You can start off by having a simple chat with your child about keeping safe – and then go into more detail when you are both ready.

Now it's time to talk PANTS.

- P** RIVATES ARE PRIVATE
- A** LWAYS REMEMBER YOUR BODY BELONGS TO YOU
- N** O MEANS NO
- T**ALK ABOUT SECRETS THAT UPSET YOU
- S**PEAK UP, SOMEONE CAN HELP



P rivate parts are private

Be clear with your child that your underwear covers up your private parts and what 'private' means. It's good to use the correct names for their body parts if you're comfortable doing so.

Explain to them that no one should ask to see or touch their private parts, or ask them to look at or touch anyone else's.

Sometimes doctors, nurses or family members might have to. Explain that this is OK, but that those people should always explain why, and should ask them if it's OK first.

A lways remember your body belongs to you

Let your child know their body belongs to them, and doesn't belong to anybody else. No one has the right to make them do anything that makes them feel uncomfortable. If somebody does make them do something, it's never their fault, even if the person who has made them feel uncomfortable has told them it is their fault.

If someone asks to see or tries to touch them underneath their underwear they should try to say no and tell a safe adult who they trust. This might be a family member, teacher, support worker or a doctor.

N o means no

Make sure your child understands that they have the right to say 'No' to unwanted touch – even to a family member or someone they know or love.

They're in control of their body and no one should ever make them do things that make them feel uncomfortable.

Talk about secrets that upset you

Explain the differences between 'good' and 'bad' secrets. Bad secrets make you feel sad, worried or frightened, whereas good secrets can be things like surprise parties or presents for other people which make you feel excited. Any secret should always be shared in the end.

Explain to your child they should always talk about stuff that makes them worried, including secrets. And that sharing it shouldn't get them into trouble, even if somebody has told them it will. If something has happened that makes them feel uncomfortable, it's never their fault.

Explain very clearly to your child that children are never to blame for other people making them uncomfortable.

Speak up, someone can help

Tell your child it's always good to talk to a safe adult who they trust, about anything that makes them sad, anxious or frightened, so they can help. And it doesn't have to be a family member. It can be a teacher or a friend's parent, for example.

Reassure them that whatever has happened, it's not their fault and they will never get into trouble for speaking out.

They can also call Childline on 0800 1111 and a friendly person will help.



Staff Shout Out

We would like to say a huge sparkly thank you to our fantastic Wraparound Team! Mrs Burgin, Mrs Afzal, Miss Wheelhouse, Mrs Khan, Miss Thompson and Miss Burgin put in a lot of hard work and effort this week to make the Wraparound Christmas Party a huge success. The children had a great time with enjoyed the party food, games and activities.



Choir Christmas Performance

Our brilliant choir went over to see our neighbours at St Andrew's House on Tuesday 17th December to sing for the residents. The choir performed amazingly well, and the staff always comment on how much cheer they bring with them! Well done and thank you to Mrs Jenkins for putting it all together.



Local Elf Trails

Please see the link to a number of Elf Trails for families taking place in Gedling Town and Local Centre over the festive period:
[Gedling Events](#) | [Event](#).

Mini Movies – ITVX

We have been contacted by a TV production company called The Chancer Collective and they're looking to cast a number of fun, outgoing, movie-loving kids of primary school age to star in a brand-new second series of Mini Movies for ITVX. They have asked us to share the attached flyer with instructions explaining how families can register their interest in appearing on the show.

Harps Willow Tree

The next 'Free Clothing Giveaway Event' will be on Saturday 4th January. "Harps Willow Tree" provides to communities in need and reflects a deep appreciation for collective efforts aimed at fostering community welfare. Please see the poster attached for more information.

Have a wonderful holiday everybody!

