



Dear Parents and Carers,

Punctuality and Lateness

This week’s Newsletter looks at the importance of being on time for school.

Why being on time for school is important

Being on time is just as important as regularly attending school due to learning missed or being disrupted.

Being on time:

- Means children won’t fall behind with their learning.
- Provides social time to settle into the school day before learning starts.
- Creates good habits for current, future learning (e.g. college & university) and employment.

Being late adds up

This chart shows how being late each day adds up with minutes equalling learning days lost.

5 minutes late each day	3 days lost
10 minutes late each day	6.5 days lost
15 minutes late each day	10 days lost
20 minutes late each day	13 days lost
30 minutes late each day	19 days lost

Tips for being on time for school

Know your school’s start times and keep updated about any possible changes. **Gates open at 8.40am -> Classroom doors close at 8.50am**



Prepare school things (e.g. bag and uniform) the night before.



Ensure homework has been completed and packed ready.



Prepare lunches the night before.



Physical exercise and fresh air can help sleep.



Get sufficient sleep according to the recommended levels (see below).



Develop a bedtime routine and stick to it – regularity is key!



Avoid mobile and other electronic devices as they can keep us awake.	<input checked="" type="checkbox"/>
Set an alarm clock and keep it away from easy reach (to avoid it being switched off and causing lateness).	<input checked="" type="checkbox"/>
Include breakfast to give energy for the school day.	<input checked="" type="checkbox"/>
Make sure you have different travel plans just in case your usual route or method changes (e.g. due to road closures or bus cancellations).	<input checked="" type="checkbox"/>
Plan on leaving for school a few minutes earlier than you need to.	<input checked="" type="checkbox"/>

Sleep hygiene in children and young people

If children are frequently late to school, this could suggest their sleep pattern is being disrupted.

Things like playing video games, using social media, or using devices (e.g. phones or iPad's). Make sure these things don't disrupt sleep.

Some general tips

1. Don't drink caffeinated beverages after 3pm

Caffeine is a stimulant and can prevent getting a good night's sleep. Even some fizzy drinks have caffeine in them, be sure to check labels.

2. Avoid looking at screens for at least 30 minutes before you go to bed

The lights from screens signal to your body that it's not time to sleep, preventing you from getting off to sleep. If you use a phone or device as an alarm, try using a conventional alarm clock making sure to switch off phones.

3. Develop a routine so your body knows when it's time to wind down

A good bedtime routine can make it easier to fall asleep as our bodies get used to this pattern. Find out how much sleep you need (see information below) and work to this. Once done, introduce some relaxing activities before bed (e.g. taking a bath, reading, writing in a journal).

Children 3 to 5 years 10 to 13 hours including naps

Children 6 to 12 years 9 to 12 hours

Teenagers 13 to 18 years 8 to 10 hours

4. Keep your room at a comfortable temperature

The recommended temperature for sleep is between 16 – 19 C (60 – 67 F).

Links

<https://sleepcouncil.org.uk> <https://thesleepcharity.org.uk> <https://bedadvice.co.uk> <https://www.youngminds.org.uk>

Headteachers' Awards

Today, we celebrated: **Roman** and **Henry** (FS2); **Waide** and **Alfie B-S** (Y1); **Bradley** and **Lily** (Y2); **Henry-George** and **Casey** (Y3); **Nawa** and **Cody** (Y4); **Evie F** and **Ella-Rose** (Y5); **Joshua** and **Nikol** (Y6).
 This week the awards are for **Community** and producing **excellent work**. Huge congratulations to these children.
Respect, Resilience, Kindness and **Aspiration** form our other core values.



Free Tickets from Salisbury City Football Club

This is a reminder that **Salisbury City Football Club** have offered all students at Woodlands Primary complimentary tickets to an upcoming game (tomorrow), courtesy of their partners at Animal Friends Pet Insurance. Due to the predicted rain tomorrow, please check online that the match is still going ahead.

Match Details:

- **Fixture:** Salisbury FC vs. Ebbsfleet United
- **Date:** Saturday, 7th February
- **Kick-off:** 3:00 PM
- **Venue:** The Ray Mac Stadium - SP4 6PU

Today, **Yellow** won the trophy for achieving the most Team Points. They will have an extra 10 minute play-time as a reward. Very well done.

Team Points Cup				
Date: 06.02.26				
	Green	Yellow	Red	Blue
Y1	1	3	2	4
Y2	2	3	4	1
Y3	2	4	3	1
Y4	1	2	4	3
Y5	1	4	2	3
Y6	4	2	1	3
	11	18	16	15



Safeguarding – Online Safety

As part of our commitment to help you keep your child(ren) safe online please look under the Safeguarding tab in our Online Safety section - <https://woodlands.wilts.sch.uk/safeguarding/online-safety/>

Please click here for the latest **Online Safety Newsletter – February 2026** -> [Woodlands Primary School and Oak Tree Nursery](#). The January 2026 issue looks at how to stay safe when playing games online. It includes specific guidance on the following topics when playing games online:

- ➔ Using AI to alter images;
- ➔ CBeebies Parenting and Aps.

Class Attendance Cup – every week we have a competition that celebrates the class with the highest attendance. This week **Hazel Class** are the winners for the fourth week of the Spring Term.

The Attendance Cup – Wk 5

Week 5

1. Hazel 99.3%
2. Beech 97.9%
3. Willow 97.8%
4. Ash 96.2%
5. Cedar 92.7%
6. Acorn 90.8%
7. Maple

Term 3 - Week 5 - League Table		Pts
1	Willow	25
2	Hazel	24
3	Cedar	23
	Acorn	23
5	Maple	20
6	Ash	15
7	Beech	10

Attendance Matters



After-School Club

Sessions run from 3.00pm to 5.15pm (Mon-Thurs). Many thanks to Mrs Stokes, Mrs Collis and Mrs Swindlehurst for organising a range of exciting activities. **Please make sure you book in advance so that we can make sure all of the sessions are staffed.**

Breakfast Club

All sessions run from 7.15am to 8.40am. All the children who have attended have enjoyed a healthy breakfast and a variety of exciting activities. Spaces are still available for next week so please book as soon as possible to secure a place for your child(ren). Many thanks to Mrs Giles and Mrs Upshall for making sure the children have great fun!

As well as the normal activities on offer during Breakfast Club sessions Mrs Giles and Mrs Upshall have been planning some extra special activities that will take place during this term. ***It is important to note that some of the activities require us to buy ingredients and materials in advance so pre-booking is essential to ensure that your child will be able to take part.***

Special Activities in Breakfast Club sessions during Term 3

Date	Activity
Tuesday 10 th February	Switch Champions! Who will be crowned Mario Kart Champion? 
Thursday 12 th February	Biscuit Decorating 

Dates for the Diary

Free Tickets for Salisbury City Football Club	Saturday 7 th February	3.00pm Kick Off
Last Day of Term 3 2026	Friday 13 th February	Normal finish time
Spring Half-Term	Monday 16 th February – Friday 20 th February	School Closed to all pupils
First Day of Term 4	Monday 23 rd February	Normal start time
World Book Week – come into school dressed as a character from a book	Friday 6 th March	All day
Osmington Bay Residential for Year 6 (Maple Class)	Wednesday 25 th March	am Departure to Osmington Bay
Pupils return from Osmington Bay	Friday 27 th March	pm Pupils return to Woodlands
Last Day of Term 4 2026	Friday 27 th March	Normal finish time
Easter Holiday	Monday 30 th March – Friday 10 th April	School Closed to all pupils
First Day of Term 5	Monday 13 th April	Normal start time

Kind regards,

M Kitley

Matthew Kitley
Headteacher