



NEWSLETTER

January 2026

23.1.2026 | Issue 17

@mulberryaws  

A STRONG START FOR LETTERBOX CLUB



THIS ISSUE

Time to Talk and Connect

Students Supporting Students

You said, we did!

Mulberry
Academy Woodside

MULBERRY ACADEMY WOODSIDE
White Hart Lane, Wood Green
London, N22 5QJ

 020 8889 6761
 020 8365 8164

Ms Wallace's Announcements

LATEST UPDATES FROM THE HEADTEACHER

DEAR PARENTS AND CARERS,

Happy Friday to all our families. Thank you to those who joined us for Brew Monday. Alongside informal conversation, we discussed wellbeing and the range of support the school offers for our young people and families. I have attached the flyers shared on the day.

Year 8 students have begun their Science Museum visits, while Year 10 History students visited the Tower of London to support their GCSE studies.

This week, four of our governors, including Alice Crawley, Chair of Governors, and Jan Balon, were joined by our new parent governors, Paul Turner and Francis Harper. Parent governors play a vital role in supporting the work of the school and acting as a voice for families as key stakeholders. We visited lessons and discussed priorities.

Next week, we will welcome staff from Hastings and St Leonards, whose schools are joining the trust. They are keen to learn from our staff and students about the work we do at Mulberry Woodside.

We have several upcoming events celebrating the cultures of our school and are looking for students to help lead and shape these. Please speak to your child about this opportunity. Please also note advance notice of our iftar, to which all families are warmly invited.

Wishing you a restful weekend,

Ms. Wallace

UPCOMING KEY DATES



Mon 26 - Fri 30 January

Year 7 - 9 assessment
week

Friday 30 January

SEN Coffee Morning
9:00 - 10:00 am
Puzzle Day

Thursday 5 February

Year 10 Parents Evening

Thursday 5 March

Year 8 Parents Evening

Tuesday 10 March

Year 9 Options Evening

NEXT WEEK: WEEK 2



@mulberryaws

If you have any specific questions regarding the transfer of school to the Mulberry Schools Trust, please email

clerk@mulberryschoolstrust.org



A Strong Start for Letterbox Club

Some of our Year 8 students have been selected by the English team to take part in Letterbox Club, a programme designed to build confidence and enjoyment in reading. The club will run for six sessions across the next six months, with students receiving books to take home and keep.

Each session gives students time to read, talk about books and develop positive reading habits in a relaxed setting. This photograph captures their first session, which took place last Friday and set a calm, focused tone for the programme.

Letterbox Club offers students a chance to connect with reading in a way that feels personal and rewarding, supporting both literacy and confidence over time.



Time to Talk and Connect

Brew Monday was our lighter take on Blue Monday, offering a warm and welcoming space to pause, connect and talk.

Families joined us for informal conversation over a hot drink, creating a calm moment in the middle of a busy term.

Alongside relaxed chats, we shared information about wellbeing and the range of support available for our young people and families. These open conversations help keep support visible, practical and easy to access.

For anyone who could not attend, we have attached the flyers shared on the day in the next page.

NEXT WEEK IS PUZZLE DAY!

Friday, 30th Jan

Puzzle Day takes place on Friday 30th, and one part of it is already underway. In Ms Holden's room, students are already hard at work on a giant puzzle piece. What it reveals stays a secret for now, with the final piece set to appear in next week's newsletter.

On the day, students can head to the library to tackle Sudoku and crossword challenges with Mr K. Those who enjoy building and problem solving can visit the Literacy Room, while Ms Boakye's lunchtime board games club offers strategy, teamwork and friendly competition.

A fun day of thinking, teamwork and challenge awaits!

SEN Coffee Morning

Friday, 30th Jan



Drop in between
**9:00am to
10:00am** in **The
Hub** an informal
morning for
families of
students with SEN.

No booking required.

STUDENTS

SUPPORTING

STUDENTS

Our Year 9 Student Council has been busy behind the scenes, working hard to bring your ideas to life and make school even better for everyone! Got a great idea or something you'd love to see change? Come and share it with:

9E - Ferzende and Harris

9Q - Amira and Najma

9U - Sohaib and Nahomy

9A - Krystal and Hisham

9L - Ivan

9I - Yasmina and Ellie

9T - Shreya and Veronika

9Y - Claudiu and Diyar

**TOP 10 PRAISE
STUDENTS THIS
WEEK IN YEAR 9**

Patryk 9L

Emily 9I

Alan 9Y

Huseyican 9Y

Stephanie 9I

Sabera 9L

Husne 9T

Ethan 9L

Ivan 9L

Jakub 9T

House Heroes of Year 9

Quazi	Ash	9E
Anisha	Birch	9Q
Nadia	Cedar	9U
Micha	Willow	9A
Milan	Ash	9L
Victor	Birch	9I
Ira	Cedar	9T
Poly/ Diyar	Willow	9Y

You said, we did!

Following our last round of student voice, we have acted upon the following:

New improved toilets

More benches

More basketball hoops

Charities of your choice and charity events including Trainer days (8/9)

Reward trip - student choices

Changes to the school menu

More opportunities to share confidentiality- online portal, safeguarding student voice

Adding house events from student survey

Mental Health and Wellbeing

What do I need to know?

For some young people, their school years can be a very challenging. They face the challenges of peer relationships, friendships, academic study and the pressures of examinations; teenagers often experience emotional turmoil as their minds and bodies develop.

More than ever, young people report mental health problems such as depression, self-harm, eating disorders and anxiety.

There are a range of services available to help young people and their families through these challenges. Staff at school are here to offer guidance and support whenever it is needed. It can be a worrying time for parents and carers; you don't have to face things alone.

What promotes wellbeing?

Things that keep young people mentally well are:

- being in good physical health, eating a balanced diet and getting regular exercise;
- having time and freedom to play, indoors and outdoors away from screens and social media;
- being part of a family that gets along well most of the time;
- going to a school that looks after the wellbeing of all its students;
- taking part in local activities; and
- having a trusted adult to talk to.

Self-Harm

Self-harm is when someone hurts themselves on purpose as a way of trying to manage distressing or overwhelming feelings and experiences. Signs to look out for:

- unexplained cuts, burns, bite marks, bruises or bald patches;
- keeping themselves covered, for example wearing long sleeves or trousers even during hot weather, not wanting to change clothes around others or avoiding activities like swimming;
- seeming low or depressed, for example withdrawing from friends and family;
- blaming themselves for problems or expressing feelings of failure, uselessness or hopelessness; and
- outbursts of anger or argumentativeness.

Anxiety and Depression

A young person may feel anxious or depressed for a number of reasons. If left unchecked, children can become withdrawn and unable to take part in school life or spend time with their peers.

There may be physical signs of anxiety and depression such as panic attacks, feeling sick or feeling hot and sweaty. However there are also negative thoughts and feelings. Some young people may seem on edge or preoccupied with negative thoughts; they may feel overwhelmed; they may begin to have poor sleep.

The website YoungMinds suggests the following during an anxious moment:

- breathe slowly and deeply together;
- sit with them and offer calm, physical reassurance;
- reassure them that the anxiety will pass and that they will be okay;
- ask them to think of a safe and relaxing place or person in their mind; and
- encourage them to do something that helps them to feel calmer.

Grief and Bereavement

- Every child and young person will react to, feel and express loss differently, and this will change over time.

- There is no right or wrong way for a young person to grieve.

- Please share with your child's Head of Year if they have experienced loss so that we can offer them support in school.

- There are charities who specifically support young people with loss:
<https://www.griefencounter.org.uk/>

For more information

<https://papyrus-uk.org/>
<https://www.nspcc.org.uk>
<https://www.childrensociety.org.uk/>
<https://www.childline.org.uk/>
<https://youngminds.org.uk/>
<https://giveusashout.org/>

What can I do?

- If you have serious concerns that your child's safety is at risk, take them to Accident and Emergency. They will receive an emergency mental health assessment.

- Discuss with your child's Head of Year or a member of the safeguarding team. During term time, they can be reached by emailing:
safeguarding@woodsidehighschool.co.uk

- Take your child to the GP.

- If you are concerned about self-harm, ensure sharp objects are not available.

- The school SEMH team can also assess and refer your child to an appropriate support. We work closely with Opendoor and CAMHS.



open door
Better mental health
for young people

When you don't have all the answers.

Support for parents of teenagers and young adults.

"Our parent advisor gave us the space and time to think about our daughter's problems and with the expert advice offered we were able to resolve the crisis we faced."

How do I get an appointment?

Just call **020 8348 5947** or email us with your phone number at appointments@opendooronline.org, and we'll call you back to take some details about your situation and availability and you'll go on our waiting list.

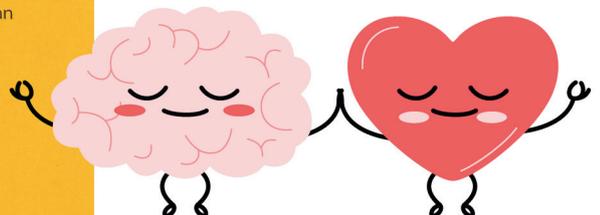
You will be invited to an initial telephone assessment with a therapist within four to six weeks to understand more about your situation and how we can help. There'll be a wait before regular appointments can begin, but we'll be available by phone should you need to discuss anything more urgently.

020 8348 5947

appointments@opendooronline.org
opendooronline.org

Open Door Young People's Consultation Service
12 Middle Lane, Crouch End, London N8 8PL
Registered Charity No: 299707 • Company limited by guarantee • Reg No: 2270443

TAKE CARE OF YOUR MIND





REGISTER YOUR INTEREST

ONLINE POSITIVE MASCULINITY
WORKSHOP FOR PARENTS



WORKSHOP DATE TBC

The Wellbeing team are delivering a **Positive Masculinity Programme** for our students at Mulberry Academy Woodside.

Firstly, we will be hosting an online workshop for parents to provide insight into the programme content, resources and key information that their child will be engaging in.

Please scan the QR code above to register your interest to join the online parent workshop.

After registering your interest you will receive an email with a link for the online workshop.

UPCOMING NATIONAL DAYS SPRING TERM

JAN 29

NATIONAL PUZZLE DAY

FEB 14

VALENTINE'S DAY

FEB 17

**INTERNATIONAL DAY
FOR WOMEN AND
GIRLS IN SCIENCE**

MAR 5

**WORLD BOOK
DAY**

MAR 8

**INTERNATIONAL
WOMEN'S DAY**

MAR 14

PI DAY

MAR 21

**WORLD
POETRY DAY**

CULTURAL EVENTS



SPRING TERM



2026

**FEB
17**

Date may vary

**CHINESE NEW
YEAR**

**FEB MAR
17 - 18**

Dates may vary

RAMADAN

**MAR
03**

**BULGARIAN
LIBERATION DAY**

**MAR
04**

HOLI

**MAR
17**

**ST.
PATRICKS DAY**

**MAR
24**

NEWROZ

**APR
05**

EASTER

**APR
05**

ORTHODOX EASTER



Safeguarding

Trust and trusted adults

Help children understand who they can turn to when something worries them. Talk together about trusted adults at home, at school and in the local community. This might include parents, carers, teachers, support staff, family members or club leaders. Encourage children to name these people and keep the list simple and clear. Reassure them that asking for help is always the right thing to do and that trusted adults listen, take concerns seriously and help keep them safe.

ATTENDANCE TOP TIP FOR PARENTS

TIME TO SHINE

Good sleep starts with a calm bedtime. Switch off phones, tablets, and TVs at least an hour before bed. Reading a story, listening to calm music, or talking about the day helps children relax and drift off more easily — making mornings much smoother.

ARE YOU WORRIED ABOUT SOMETHING?



A worry is a concern. People you can talk to:



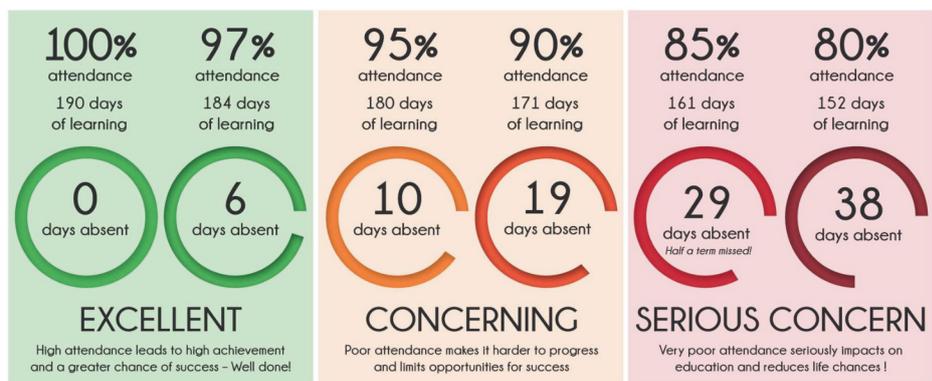
If you have any questions or concerns regarding SEN provision, please feel free to get in touch directly at jrees@mulberryschoolstrust.org

ATTENDANCE LADDER



ATTEND AND ACHIEVE

SCHOOL SUCCESS STARTS WITH SHOWING UP. EVERY SCHOOL DAY COUNTS.



The Attend and Achieve approach to education at Woodside is rooted in the fact that school attendance is a significant determining factor in attainment outcomes and GCSE grades. Students with no absence are 2.2 times more likely to achieve 5+ GCSEs A*-C or equivalent.

Excellent attendance means being in school at least 97% of the time or at least 184 days.

UPCOMING

HOUSE COMPETITIONS



JAN

5TH

TUTOR TIME

**HOUSE TUTOR
QUIZ**

JAN

15TH

LUNCH

**BASKETBALL
SHOOTOUT**

JAN

22ND

LUNCH

**TIMES TABLE
QUIZ**

FEB

2ND

LUNCH

**TIME LOOP
CHALLENGE**

FEB

9TH

TUTOR TIME

**TEAM BUILDING
CHALLENGE**



Mulberry
Academy Woodside

CAREERS FAIR

4th March, 2026

9:10 am - 12:50 pm

We Need Your Help

We are running a Careers Fair for Year 9 students that aims to provide our students with various insights into the employment industry.

We would be honoured if you or your company could participate in this year's event scheduled for Wednesday 4th March 2026, from 9:10pm to 12:50 pm.

Our attendees for this event are keen to explore and engage with representatives from distinguished companies or professions like yours.

If you are interested in attending or if you have any questions about the event please do not hesitate to contact sozcan@mulberryschoolstrust.org



NEXT WEEK'S VALUES IN ACTION

FACING CHALLENGES WITH DETERMINATION

THIS VALUE HELPS CHILDREN DEVELOP RESILIENCE, CONFIDENCE AND THE BELIEF THAT THEY CAN KEEP GOING, EVEN WHEN LEARNING FEELS DIFFICULT. YOU CAN SUPPORT THIS AT HOME IN SIMPLE, EVERYDAY WAYS.

PRAISE EFFORT, NOT JUST RESULTS

NOTICE AND ACKNOWLEDGE THE EFFORT YOUR CHILD PUTS IN, WHETHER THEY GET THE OUTCOME THEY HOPED FOR OR NOT. COMMENTS LIKE 'I CAN SEE HOW HARD YOU WORKED ON THAT' HELP CHILDREN UNDERSTAND THAT PROGRESS COMES FROM PERSISTENCE, NOT PERFECTION.

NORMALISE MISTAKES AND SETBACKS

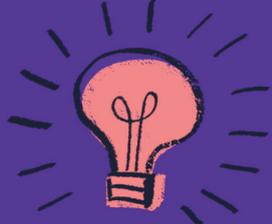
LET YOUR CHILD KNOW THAT MISTAKES ARE PART OF LEARNING, NOT SOMETHING TO AVOID. SHARING TIMES WHEN YOU FOUND SOMETHING DIFFICULT, OR DID NOT SUCCEED STRAIGHT AWAY, HELPS CHILDREN SEE THAT CHALLENGES ARE NORMAL AND MANAGEABLE.

ENCOURAGE PROBLEM-SOLVING

WHEN YOUR CHILD FACES A DIFFICULTY, TRY GUIDING THEM RATHER THAN FIXING IT FOR THEM. ASKING QUESTIONS SUCH AS 'WHAT COULD YOU TRY NEXT?' OR 'WHAT HAS WORKED BEFORE?' BUILDS INDEPENDENCE AND HELPS THEM TRUST THEIR OWN THINKING.

MODEL DETERMINATION YOURSELF

LARGE TASKS CAN FEEL OVERWHELMING. BREAKING THEM INTO SMALLER STEPS HELPS CHILDREN SEE PROGRESS AND STAY MOTIVATED. EACH SMALL SUCCESS BUILDS CONFIDENCE TO TACKLE THE NEXT CHALLENGE.



PRAISE POLITE BEHAVIOUR

CHILDREN LEARN A GREAT DEAL FROM WATCHING ADULTS. SHOWING CALM PERSISTENCE WHEN THINGS GO WRONG, AND TALKING THROUGH HOW YOU STAY FOCUSED OR TRY AGAIN, SENDS A POWERFUL MESSAGE ABOUT RESILIENCE AND DETERMINATION.



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Webinars for parents and carers



delivered by

Haringey Educational Psychology Service

SEND and Support in Schools

- For parents/carers of children of all ages
- Monday, 2 February 2026 from 12pm to 1pm

This webinar will focus on supporting parents to understand the types of strategies, approaches and interventions that can be implemented in schools through high quality teaching and will empower them to communicate with school staff around what may work for their child.

Navigating Screen Time with Children and Adolescents

- For parents/carers of children of all ages
- Tuesday, 10 March 2026 from 1pm to 2pm

This webinar will focus on supporting parents with managing screen time and boundaries around technology use at home. It will explore research into the impact of screen time on children's development and will provide practical strategies parents can use at home.

Future webinars

These will be held in the summer term on topics such as Emotion Coaching and managing behaviour.

Sign up



Scan the code to register or visit
[Eventbrite.co.uk/o/markfield-31140926185](https://www.eventbrite.co.uk/o/markfield-31140926185)

sendiass@markfield.org.uk



Free consultation with a Haringey Educational Psychologist



For parents/carers concerned about their child's development, learning, emotional well-being or behaviour

Educational psychologists support schools, early years settings, families and children around issues including development, learning, literacy, emotional well-being, behaviour and mental health



Book a free 40-minute session to:

- Discuss your concerns
- Get expert guidance
- Create a plan of support



Register at <https://shorturl.at/OBWNx> or scan the QR code below:



Scan me



Spring Term 2025: Autism project workshops

Use of Visual Aids
Friday 30th January 10am-2pm - in person at Markfield

This workshop is an introduction to using visual aids, looking at how to use visual aids to support communication and the impact using visual aids can have on increasing independence. Light lunch provided.

New to autism?
Tuesday 24th February 12-1pm - Online

Navigating services and support whilst on the waiting list or newly diagnosed. This one-hour online session provides information on how to access services and support across education, health, and social care. This session is for parents and carers of children living in Haringey who are on the autism assessment waiting list or recently diagnosed.

Positive Behaviour Support
2 day workshop on Friday 6th and 13th March 10am-2pm
in person at Markfield

A 2 day workshop exploring the importance of understanding behaviour, strategies for promoting positive behaviour and managing behaviour that challenges. Light lunch provided.

FREE for parents/carers of children living in Haringey who are on the waiting list for an Autism assessment or recently diagnosed.

Light lunch served, please state any dietary requirements when booking. There is **no creche** and we are unable to accommodate children at these sessions.

To book a place please visit our Eventbrite page
www.eventbrite.co.uk/o/markfield-31140926185



Contact the SENDIASS team: sendiass@markfield.org.uk or call 020 8802 2611

Visit our website for more information about SENDIASS www.markfield.org.uk/sendias



Spring Term 2026: SENDIASS information sessions for parents and carers

How to review an EHC Plan

Online Tuesday 3rd February 1pm to 2pm

Guidance on how to review the different sections of an Education Health and Care Plan (EHCP) to check that your child's needs are accurately described, and the provision in the Plan is clear, specific and quantified.

Annual reviews of EHC plans

Online Tuesday 17th March 12pm to 1pm

This session will explain how to prepare for and participate in the annual review of your child's EHC plan.

New to autism? Navigating services and support

Online Tuesday 24th February 12-1pm

This one-hour online session provides information on how to access services and support across education, health, and social care. This session is for parents and carers of children living in Haringey who are on the autism assessment waiting list or recently diagnosed.

The information sessions are **FREE** for parents/carers of children and young people with additional needs living in Haringey

Contact the SENDIASS team:
sendiass@markfield.org.uk
020 8802 2611

To book your place

www.eventbrite.co.uk/o/markfield-31140926185

Sessions are delivered **online via zoom**



SCAN ME