

# PAGET NEWS

18<sup>TH</sup> NOVEMBER 2020



**#Team Paget**  
**#Stronger Together**

## How to Contact Us...

### Concerned About A Child's Safety?

Contact Birmingham CASS on 0121 303 1888. If you feel a child is at risk of immediate, significant harm then call 999 OR contact a DSL in school: *Miss Nussey, Mrs. Thomas, Miss Spiers, Miss Green, Mrs. Ali-Gobern, Mrs. Ewbank or Mr. Merriman.*

Email:  
[enquiry@paget.bham.sch.uk](mailto:enquiry@paget.bham.sch.uk)

Telephone:  
0121 464 3902 or  
07493838732

Twitter: @PagetPrimary



# HEAD TEACHER'S WELCOME

I thought I would start this newsletter with information non-Covid related. It is really easy, in these times, to lose sight of other things that are happening in school and so I thought I would run through some of my highlights so far this half term. As I wander the corridors of school each day, I am really impressed with how well the children have adjusted to life back in school with all of the changes. They are behaving brilliantly and showing really positive attitude to learning which is fantastic to see.

Last week each class took part in work around Remembrance Day, learning all about the reasons we remember this day and creating a variety of spectacular pieces of writing and artwork. It was amazing to see the patience of the Nursery and Reception children as they took part in a remembrance service.



Miss Spiers, Mr. Cobbs and Miss Green are running an after schools Dodgeball/Multi-Skills event for each class before Christmas. So far Years 5 and 6 have played Dodgeball, Years 1 and 2 have had multi-skills with Year 4 Dodgeball being tomorrow. I was lucky enough to join in with the Year One session, where we all had great fun and it was topped off with my team winning!

We have also had dress down day for Children in Need Day and I would like to thank you all for joining in so generously. Together we raised £587.54 – well done everyone!

Take care and stay safe everyone

Vicky Nussey

## FSM VOUCHERS

This week we have finally received the half term food vouchers from Birmingham for those pupils who are entitled to free school meals. Look out for instructions and voucher codes either later this week or early next week. Please note these are for pupils eligible for FSM not Universal Infant Free School Meals.

## AFTER SCHOOL SPORTING COMPETITIONS

### ***Paget Primary Inter-house Competitions.....***

***Tuesday 3rd Nov - Year 6- 3.20-5pm  
Thursday 5th Nov - Year 1 - 3.05- 4.30  
Thursday 12th Nov- Year 5- 3.20-5pm  
Tuesday 17th Nov-Year 2- 2.50-4.30  
Thursday 19th Nov-Year 4- 3.05-4.30  
Wednesday 25th Nov- Panthers-3.00-4.00  
Wednesday 2nd Dec-Year 3- 2.50-4.30  
Tuesday 8th Dec-Year 6-3.20-5.00pm***



### **Child Line**

Children if you need to talk to anyone please ring or email [www.childline.co.uk](http://www.childline.co.uk)



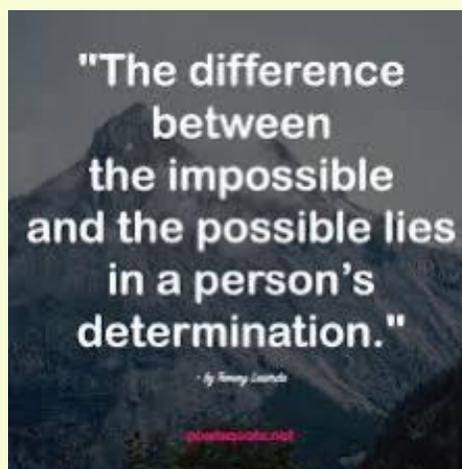
# SPOTLIGHT ON VALUES: DETERMINATION

**Determination means** – not giving up when things get difficult. Determination is being able to do or achieve something. It is about making your mind up about something and driving on to achieve a goal.

## You can show determination by:

- Never giving up
- Setting goals and working towards them
  - Asking for help
- Not being afraid to make a mistake
- Being prepared to struggle on when things go wrong
- Being prepared to make mistakes and persevere to get things right and learn from the mistake.

Determination is key to our success in making the changes we are wishing for. For our children, we encourage them constantly to try their best, to not give up when they find things difficult and to welcome challenges. We teach them strategies to help them when they get stuck and to persevere when things get tough! In the world of education, the focus on independent learning, developing resilience and 'grit' is growing rapidly. In a world full of challenges both in school and out of school, the value of Determination is one which will enable our children to take the opportunities presented to them – and to make the best of them!



# Health for Life- Healthy Eating

This **free** course raises awareness of healthy eating and developing healthy lifestyles. Parents are provided with factual information and strategies to enable them to make informed choices around healthy eating. There will be a range of practical activities throughout the course, focusing on different mealtimes. We want to inspire families to make positive changes in their lifestyle.

## What will Parents/carers learn?

The key aims for this family learning course:

1. Improve parents' motivation and ability to help their children to make healthy food choices both at home and at school
2. Identify the different food groups and explore how to put together a well-balanced diet.
2. Identify opportunities for progression to 'next steps' e.g. work as a volunteer at school to support Health for Life project. (HfL only)

## Times and dates

This will be a 5-6-week programme delivered over 2 hours a week.

## What could this course lead to?

This could lead to a next steps course in Cookery. At the end of the course we will give you information about other learning opportunities and courses for adults to join in the local area.

## Course Requirements:

You need to have an email address or access to one. You also need a computer, smart phone, laptop or tablet.

To find out more about this course please contact Miss [Spiers](#)



## Looking after our children's wellbeing at Paget...

### Top tips during this second 'winter' lockdown

During this second lockdown, children will continue to spend a significant amount of time at home and will not be able to see their extended family, relatives and friends. Some may be feeling anxious as they still come to school each day. We have created some tips to help

#### Top tips countdown...

1. Encourage your child to acknowledge their feelings and provide a safe space for them to talk about those feelings with you. With your support, unpicking their feelings will help them to reframe how they are thinking. If they don't want to talk straight away, don't force them. Instead, use phrases like "I notice you are quiet today".

2. Try not to over-analyse your child's emotions too much. We understand that this is easier said than done but children are more robust than you think. A strong routine and a calm, supportive attitude will reassure and support your child's anxieties in more ways than you realise. Stay calm, supportive and practical.

3. Use relaxation activities to help your child unwind. Particularly if they are having trouble getting off to sleep such as quiet reading together or listening to relaxing music

4. Praise and reward small (and big) successes when a child faces their fears. It can help them if you remain positive and encouraging, without forcing them anything.



### The Benefits and importance of Physical Activity for all

Doing physical activity can help raise our self-esteem and positively change our mood. We know that doing exercise releases chemicals in our brain that help with mood, stress relief, and is a way to keep us focused when it feels like our mind is racing around. Physical activity can also give us a sense of achievement. For example, if you start using a skipping rope, with time and practice you might be able to do special tricks. Think of some new activities you can try out to make your time of physical activity more fun, and maybe write down the name of a person or some people you can do these things with e.g. you could try riding your scooter with one of your parents, learn a new skipping trick etc.

Try and learn new skipping skills e.g. side straddle by watching videos by Dan the Skipping man:  
<https://www.youtube.com/user/dantheskippingman/feed>

Don't forget you can go on short or long walks with your household, you can walk like Captain Tom Moore, add a tweet to our twitter page and use the [#walkwithtom](#)

Please share any of ideas you have of your children looking after their mental health on our twitter @pagetprimary and use the hashtag #pagetwellbeing

## Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things we can do to help further and support you.

Keep safe and well

Mrs. Ewbank

SEMH and Wellbeing Lead

*Stay Safe  
and  
Healthy*

# Creative Families

This **FREE** course provides an opportunity for adults and children to work together to learn new creative techniques and skills that can be replicated at home.

### What Will Parents/Carers Learn?

The course offers a variety of topics. The Arts and craft activities can be paper, craft, jewelry making, clay work, floristry and more.

### How Long is the Course?

It is a 6-week course delivered over 2 hours a week.

### What could this course lead to?

This could lead to further courses in Creative Crafts including accredited qualifications. At the end of the course we will give you information about other learning opportunities and courses for adults to join in the local area.

### Course Requirements:

You need to have an email address or access to one. You also need a computer, smart phone, laptop or tablet.

To find out more about this course please contact **Miss Spiers.**

*As you are aware the Christmas Fayre will not go ahead this year and sadly this will mean a loss of funding. So we are thinking of what we can do... so Miss Spiers and Miss Green would like to know if our families would be interested in a virtual Santa experience.*

*Please contact Miss Spiers or Miss Green ASAP*



PIC•COLLAGE

## Dates for Your Diary

**Wednesday 2<sup>nd</sup> December – School Nurse in to administer flu nasal spray**

**Friday 18<sup>th</sup> December – Last day of term - Children break up for Christmas holiday**

**Monday 4<sup>th</sup> January – Teacher training day – school closed to children**

**Tuesday 5<sup>th</sup> January – term begins – children return to school**

**Friday 12<sup>th</sup> February – Last day of term – children break up for half term**

**Monday 22<sup>nd</sup> February – term begins – children return to school**

**Thursday 1<sup>st</sup> April – Last Day of term – Children break up for Easter**

**Monday 19<sup>th</sup> April - term begins – children return to school**

**W/c 10<sup>th</sup> May – KS2 Sats week**

**Friday 28<sup>th</sup> May – Last day of term – children break up for half term**

**Monday 7<sup>th</sup> June - term begins – children return to school**

**W/c 7<sup>th</sup> June – Y1 Phonics Screening Check**

**Tuesday 20<sup>th</sup> July – Children break up for the summer**

**Wednesday 21<sup>st</sup> July – Teacher training day – school closed to children**

*Please note there is one remaining teacher-training day where the date is to be confirmed.*