



PAGET NEWS

16TH DECEMBER 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

Telephone:
0121 464 3902 or
07493838732

Twitter: @PagetPrimary



HEAD TEACHER'S WELCOME

It is that time of the year we have lots of festive activities going on in school. Although this year things have been done a little differently, we have still managed to keep some of the Paget Christmas traditions alive such as Christmas Dinner and Enterprise Week. Don't forget that on Friday this week it is Christmas Jumper Day for the children in Reception to Year Six.

I would like to thank you all for your support at the virtual Christmas Fayre events that have been happening each day this week and last week, your generosity in these times never ceases to amaze me.

This week you should be able to access, via the school website, our Christmas Concert that the children and staff have put together for you to watch and enjoy. There is also a Paget staff version of the Christmas classic, 12 Days of Christmas for you to enjoy too.

As I look back over this term, which has been probably one of the busiest I have had as a Head Teacher, I do so with great pride in how well we have all pulled together as Team Paget to get through this time of Covid in the way that we have. Our school attendance is higher than that in Birmingham and indeed nationally, we have had limited bubble closures as a result of positive Covid cases (she says quietly and with crossed fingers) and the procedures we have put in place to minimize the risk of Covid have worked well with everyone's hard work and support. My huge appreciation goes out to the staff, parents and children for all pulling together so well, we truly are Stronger Together.

Please continue to stick to the Covid rules and guidance over the Christmas holidays, so that when we return in January we can continue to do so safely.

I know Christmas for all of us will be very different, but I do wish you all a merry, yet safe Christmas and all the very best for the New Year.

Take care and stay safe everyone

Vicky Nussey



TEACHER DAY NOTICE

Please note that the 12th February will now be a Teacher Training Day. Children will break up for half term on Thursday 11th February.

FAMILY SUPPORT WORKER

From 4th January, Mr Merriman, our family support worker, will no longer be in school on a Monday. His day at Paget will now fall on a Tuesday of each week. If you would like help or support from him, please see a member of school staff and they can arrange this.

National School Flu Vaccination Programme Update

Birmingham Community Healthcare NHS Foundation Trust have been advised by commissioners that they can now approach parents to request expressions of interest with regards to an offer of inactivated influenza vaccine (IIV) to children whose parents refuse live attenuated influenza vaccine (LAIV) due to the porcine gelatine content.

The offer of this vaccination will be delivered in a clinic setting. This offer will be dependent on both vaccine availability and the capacity within the Immunisation Team to deliver this offer at short request.

Any parents interested in the alternative vaccination should contact the Immunisation Team on:

Tel: 0121 466 3440

This information will also be available on Immunisation Team flu website:
<https://www.bhamcommunity.nhs.uk/patients-public/children-and-young-people/services-parent-portal/immunisation-services/flu/>



Child Line

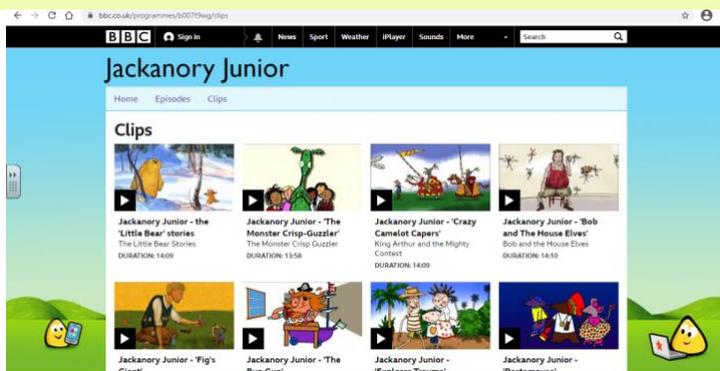
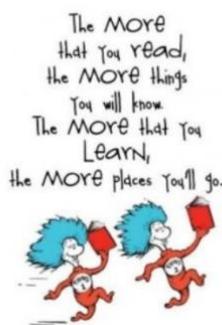
Children if you need to talk to anyone please ring or email www.childline.co.uk



Story Time

We love books and reading and want to encourage all children at Paget to also have a passion for reading #getpagetreading.

If you are stuck for a book for story time, then check out this great resource (Jackanory Junior) and have a celebrity come into your house and read a story to your child. Choose to access these through the CBeebies web page or via YouTube. Let us know what stories you heard and if you enjoyed them by tweeting to @pagetprimary. Happy story time.



Dates for Your Diary

Friday 18th December – Last day of term - Children break up for Christmas holiday

Monday 4th January – Teacher training day – school closed to children

Tuesday 5th January – term begins – children return to school

Thursday 11th February – Last day of term – children break up for half term (Change to before)

Friday 12th February – Teacher Training Day – school Closed to Children (new date added)

Monday 22nd February – term begins – children return to school

Thursday 1st April – Last Day of term – Children break up for Easter

Monday 19th April - term begins – children return to school

Thursday 6th May – School Closed – Election Day (new date added)

W/c 10th May – KS2 Sats week

Friday 28th May – Last day of term – children break up for half term

Monday 7th June - term begins – children return to school

W/c 7th June – Y1 Phonics Screening Check

Tuesday 20th July – Children break up for the summer

Wednesday 21st July – Teacher training day – school closed to children

SPOTLIGHT ON VALUES: PASSION

The word "passion" is defined as "any powerful or compelling emotion or feeling, as in love or hate." It's that tugging at the soul, that longing for something so deeply that you can't escape it. To some, passion can be equated with life's purpose. And once you've discovered what your passion is, you can pursue it wholeheartedly and bring infinite joy to your life.

The same goes for your children. They are especially prone to the uncertainties of what life is all about. As they learn and grow, their interests and talents may change, but their passion will remain whether they realize it or not. And as their parent, you can help them figure out what it is.

Here are several ways to assist your child on his or her journey to discovering their passion:

Foster their natural talents: You might not know until he or she is older, but once you start to see your child's natural talents develop, it's important to nurture them. The innate gifts that each child is born with should be celebrated and supported.

Even if your child doesn't become passionate about his or her natural abilities, you'll be able to see how they connect to other interests and talents. This will ultimately lead them to the path of their passions.

Challenge them: Once you've discovered what your child is naturally good at, encourage him or her to explore the things they're not as skilled in. Even if your child isn't good at something, they can still enjoy it. And at the end of the day, that's what being passionate is all about.

Sign them up for something: It doesn't matter whether he or she chooses a sport, drama, dancing or playing an instrument if they are interested sign them up.

For children, participating in sports has many benefits, and this might help realize an interest in or natural talent for a specific sport. They'll also gain new friends and a support system that can encourage them to follow their dreams and figure out what's important to them.

Experts will tell you that there are plenty of reasons for your child to learn how to play a musical instrument. Among them, the chance that they'll realize their passion is of an artistic nature.

Keep the conversation going: It's really sad that so many parents are buried in their mobile phones and computers these days. Admittedly, most of us have been guilty of this on more than one occasion. But kids need face-to-face, personal interaction with their parents. Having a regular conversation about your child's interests and the challenges he or she is facing will keep them engaged in a relationship with you, but also with themselves.

An open dialogue is crucial regardless of whether or not you're helping your child find his or her passion. In fact, their passion just might be connecting with others and having meaningful conversations.



Letter from the Chair of Governors

Dear Parents/Carers,

We have almost arrived at the end of what has been a strange, ever-changing year for us all. The recent government announcements regarding the impending vaccination does give us some hope that we one day return to some sort of 'normal'-fingers crossed!

As governors, we have, like the staff and students, been getting to grips with the new norm regarding virtual meetings. We are missing greatly coming into school to see the children and all of the wonderful work that they produce. Fortunately, we are kept up to date regularly by Miss Nussey and the staff at Paget. I thank them for their incredibly hard work this year.

In January, we are hoping we may be able to visit school and work with our 'Governor Improvement Groups' which focus on Quality of Education, Removing Barriers for Learning and monitoring the Finance and Premises of Paget. These groups meet with key leaders in school so that we have a clear understanding on the direction that the school is moving, and how the school is working towards improving our Ofsted Judgement in preparation for our next inspection.

On behalf of the governing body, I wish you all a wonderful Christmas with your families- stay safe and well.

Miss Hayley Macilwraith
Chair of Governors



ALL THINGS COVID

Important advice from the Government:

We recommend all schools ensure staff, parents and carers are aware of the following information and relevant arrangements regarding positive cases in the holidays:

- Where a pupil or staff member tests positive for coronavirus (COVID-19), having developed symptoms more than 48 hours since being in school, the school should not be contacted. Parents and carers should follow contact tracing instructions provided by NHS Test and Trace.
- For the first 6 days after teaching ends, if a pupil or staff member tests positive for coronavirus (COVID-19), having developed symptoms within 48 hours of being in school, the school is asked to assist in identifying close contacts and advising self-isolation, as the individual may have been infectious whilst in school. Therefore, if any child tests positive within 48 hours of finishing school on Friday 18th December please inform school via the following temporary email:
covid@paget.bham.sch.uk

Stay safe in your Christmas bubble

1 Sanitiser Stations
No one likes uninvited house guests.
Stop coronavirus at the door by keeping hand sanitiser in your porch or hallway.

2 Staggering Mealtimes
COVID-19 can turn up unannounced at any family table.
Staggering mealtimes is a great way to reduce the risk of the virus spreading across members of your household.

3 Shared Spaces
COVID-19 spreads more easily in shared spaces – even at home.
Going for a walk while Nan watches the soaps will reduce her risk of catching the virus.

Healthy Brum

Taking Care this Christmas – SHOP safely

With all shops now open, and with the prospect of seeing loved ones again, there is the temptation to relax our hold on the virus. It is therefore important to remind ourselves and others of the good practice which has managed to suppress it so far – and perhaps to learn some new tips. With that in mind, you can access a link below with a guide to how to SHOP safely this Christmas

[A Shop Safely webpage](#)

Covid Symptoms

Please remember that if your child or anyone in your household is displaying Covid symptoms then you should all isolate, and the symptomatic member of the household get a test. If test results are negative, then isolation can then end.



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

Top tips for over Christmas

'Just because it's Christmas, it doesn't mean caring for your own and your child's mental health has to be put on hold'...

Top tips countdown...

1. Take time out

It's so important to take time out every day, not just in the festive period. If you feel yourself or your child is getting a bit overwhelmed, or upset, take five to ten minutes away from everyone on Christmas Day to just have a bit of time to yourself. Christmas Day can be quite an overwhelming day, so by taking time out you can allow yourself or your child time to recharge.

2. Sleep

A good night's sleep is so important when it comes to looking after your mental health. It's said that teenagers need an average of nine-and-a-half hours' sleep each night. When it comes to the festive period, ensuring you and your child get enough sleep can become difficult due to things like late nights at home. To make sure you get back into your normal sleeping routine easily, try going to bed at normal times as the festive period draws to a close. This'll make getting up for school a lot easier and, in turn, will help your mental health a lot.

3. Exercise

Physical activity releases a chemical called endorphins, which makes you feel good, so if you're feeling a bit overwhelmed or low at Christmas, why not go outside? Take the whole family for a breath of fresh air. You could run, play games, go for a bike ride or even just a walk enjoying the winter season.

4. Try to relax

It's easy to say, "Christmas is fun - just relax", but the reality is that relaxing can be tricky. You and your child both need to relax from the busy days you will have both had. Try doing things like yoga, breathing exercises or meditation to help you calm down if you're feeling a bit stressed over the festive period.

5. Try to eat healthily

While it's normal to overindulge a bit over Christmas, try to keep your own and your child's diet as balanced as possible with lots of fruit and vegetables. This will help you to avoid energy lows that can have an effect on your own or your child's mood.

Mental health and physical health are as equally important, if you fell over and grazed your knee on Christmas Day, you'd put a plaster on it. So, if your mental health needs a plaster, you're allowed to do something about it. (Taken from the Young Minds Website)

December is a time for giving...



You might be wondering what 'Giving' has to do with mental wellbeing. It has a lot to do with it! The NHS say it can help with positive feelings. By doing something nice for others, it can give us a sense of achievement or reward. It also can help by giving us a sense of purpose – that we can accomplish things in life, and it helps connect us to other people. These are all really important when it comes to thinking about our mental wellbeing.

Overall, it is a way of spreading joy and positivity and can really help put a smile on someone else's face, as well as your own. When we talk about giving being a good thing, we might feel like we have to give our belongings or our money. We are talking about a bit more than those things.

There are many things we can give, and most of these will not cost a penny:

Time	Words	Kindness
We can give our time by offering to help people. This could be helping the adults in our home with washing up, etc. There are lots of ways we can give our time! How can you help someone in your family?	More specifically - good words! By speaking positive and encouraging words to people, we can help them feel better and spread joy into their world.	Random acts of kindness are great ways of giving. This could be something like leaving kind post-it notes around your home or sharing some chocolate with a sibling or anything like that! It will definitely put a smile on someone's face.

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 over Christmas

Mrs. Embank
SEMH and Wellbeing Lead

*Stay Safe
and
Healthy*

