

# PAGET NEWS

28<sup>TH</sup> JANUARY 2021



**#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

### Child Line

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



# HEAD TEACHER'S WELCOME

I would like to begin with an apology for the slight delay in publishing this newsletter. We have been involved in an Ofsted monitoring inspection this week which has, unfortunately, taken all my time.

The inspection has focused upon whether we have taken effective steps to ensure children can access education at this current time. Thank you to those parents/carers that took the time to complete the online survey and also those who have sent in via email or Twitter those really positive messages about what we are providing currently. It is really heartwarming for staff to know that their efforts are appreciated and valued. The outcome of the inspection will be communicated as a letter rather than a formal report and once I receive this, I will of course, share it with you.

Since closing to most pupils on 4<sup>th</sup> January we have started our remote learning programme through Teams. Teachers are doing this alongside teaching those children of critical workers and vulnerable pupils that we have in school. I would like to thank all of you that have engaged so well with this, we have very few pupils who are not engaging in any of the online learning which is great to see. I appreciate that for many parents achieving this is a challenge for a range of reasons that will vary for each of you and I know that it is not always easy, but as I said in the last newsletter just do what you can. We have tried to schedule live sessions for different year groups at different times to help those of you with larger families.

If you are still struggling for any reason with any of the online learning, or indeed anything at home that you need support with then please do not hesitate to get in touch with your child's class teacher, or indeed anyone at school you feel comfortable with, we are all here to help. The usual lines of support to our families remains in place through this period of closure to most pupils – the children may not be in, but the staff very much are.

Just to bring to your attention, in case you haven't seen the news, yesterday the DFE announced that schools are not expected to open for any pupils over half term and so in line with this Paget will not be open for critical worker or vulnerable pupils during that week.

The government, also announced yesterday that schools will not open for more pupils until at least the 8<sup>th</sup> March, please do not shoot the messenger! I have been told that schools will get two weeks' notice of any arrangements for re-opening and so please rest assured as soon as I know what these arrangements are, I will share them with you.

I hope that you are all keeping safe and well and I look forward to the day when Team Paget can all be re-united together again.

Take care and stay safe everyone

Vicky Nussey

# #GET PAGET READING



## Recommended Reads:

Our recommended reads this time come from the Book Trust's 100 Best Books for Children List

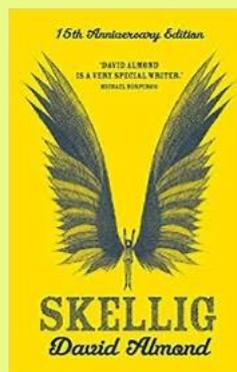
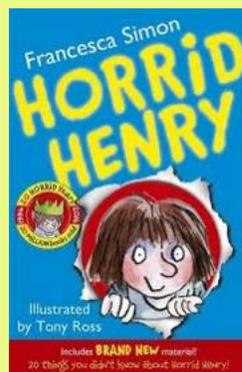
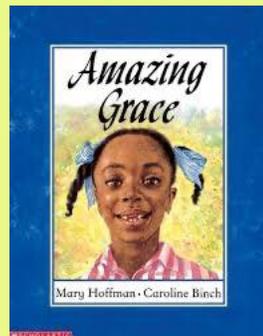
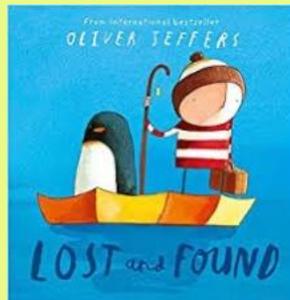
**Nur & Rec:** Lost and Found by Oliver Jeffers

**Y1-2:** Amazing Grace by Mary Hoffman

**Y3-4:** Horrid Henry by Francesca Simon

**Y5-6:** Skellig by David Almond

Let Miss Nussey know your thoughts about the books if you read them and don't forget to put them on Twitter with #getpagetreading



# Information and Reminders

During lockdown, look out for simple and fun daily challenges set by Team Paget staff on Twitter. It has been great to see so many of you join in so far, let's see if we can get more and more of Team Paget involved. Remember you can follow us on Twitter @PagetPrimary

## BCC SEND LOCAL OFFER

BCC has updated its local offer website. It can be accessed at

<https://www.localofferbirmingham.co.uk>

## Parent Contact Numbers and Emails

During these times our preferred method of contact with you is emails. Please ensure that the school office have your most up to date email address and telephone contact number should yours change. Many thanks for your co-operation in this matter.

## FSM VOUCHERS

Families entitled to free school meals should now have had opportunity to collect two food parcels and received 4 weeks' worth of vouchers, if you are having difficulty accessing or using these then please contact Mrs Wallace in the school office. There are no government vouchers for half term currently, we will update you if this changes.

You will receive an email regarding the next lot of vouchers when they are released. Any families needing help or support with food then please contact Miss Green or Miss Spiers on 07493 838732 and they may be able to help you.

## SCHOOL DINNERS

If your child is in school currently, please remember we need a week's notice still if they wish to change from dinners to sandwiches or vice versa.

# SPOTLIGHT ON VALUES: Responsibility

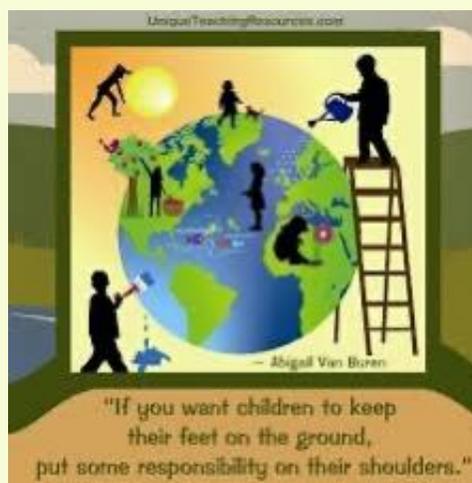
## Great Reminders for Children:

Responsibility is ...

- accepting the consequences that come from your chosen actions
  - doing the things, you say you will do
- stepping up to do something when nobody else will do it
  - being fair to your fellow classmates or family members
- telling the truth, even when you are tempted to tell an untruth
  - cleaning your room without being told
  - standing up for what is right even if nobody else is
  - knowing the difference between right and wrong

## What Can We Do at Home to promote Responsibility?

- Create a family chore chart. Assign a chore or two that needs to be done each day by each member of the family. Have on-going conversations about taking responsibility for chores around your home. Make sure to give positive feedback especially when a child does something extra without being asked.
- Make your expectations clear to your child. Expect children to take responsibility. Remember that it is difficult for children to take responsibility if parents or carers do not give it to them. If they know that someone is going to continue to remind them to do something, they are likely to leave the responsibility to that person. They may wait until you either do it yourself or you get angry. Instead try stating your expectations clearly and providing an appropriate consequence after asking the first time.
- For one week, have your child keep a daily record of all his/her responsibilities. Include social commitments, homework, chores, etc. At the end of the week have your child grade himself/herself on how well he/she carried out his/her responsibilities.
- Be on the lookout for opportunities to reinforce responsible behaviour in daily situations and praise the children for doing this.



# Dates for Your Diary

1<sup>st</sup> - 7<sup>th</sup> February – Children's Mental Health Week

Friday 5<sup>th</sup> February – Dress Up Day – Express Yourself (mental health week)

Friday 12<sup>th</sup> February – Break Up for half Term

Monday 22<sup>nd</sup> February – New term begins

Thursday 4<sup>th</sup> March – World Book Day (more details to follow)

Thursday 1<sup>st</sup> April – Children break up for Easter

Monday 19<sup>th</sup> April – Summer term begins

Monday 3<sup>rd</sup> May – School Closed Bank holiday

Thursday 6<sup>th</sup> May – School closed – Election Day

Friday 28<sup>th</sup> May – Last day of term

Monday 7<sup>th</sup> June – Term begins

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

## RECEPTION PLACES SEPTEMBER 2021

A Reminder from BCC, that the closing date for applications to Reception class, September 2021 was Friday 15<sup>th</sup> January. If you have not completed this application, please contact Mrs Brown in the main school office and she will guide you through the late application process.

# ALL THINGS COVID

## NATIONAL LOCKDOWN STAY AT HOME



### SOCIAL CONTACT

No household mixing, aside from support bubbles, childcare bubbles, to provide care for vulnerable people, to provide emergency assistance, to attend a support group, or for respite care.



### EDUCATION

**Early year settings are open.** All other schools and colleges will learn remotely. Schools will remain open for vulnerable children and the children of critical workers.



### SHOPPING & RETAIL

**Essential shops can open.** Non-essential retail must close and can only open for click-and-collect (not alcohol) and delivery.



### WORK

You can only leave home for work purposes where it is unreasonable for you to do your job from home.



### ENTERTAINMENT

**Closed.**



### INDOOR

**Closed.**



### HOTEL & ACCOMMODATION

**Closed** (with limited exceptions).



### PERSONAL CARE

**Closed.**



### OVERNIGHT STAYS

**You must not stay overnight away from home.** Limited exceptions apply.



### RESIDENTIAL CARE

Visits to care homes can take place, but **close-contact indoor visits are not allowed.** No visits will be permitted in the event of an outbreak.



### BARs, PUBS AND RESTAURANTS

**Hospitality closed.** Takeaways can open, but no alcohol can be served.



### WORSHIP

**Open for private prayer and communal worship,** but cannot interact with anyone outside household or support bubble.



### TRAVEL & TRANSPORT

**You must stay at home and only travel for work or other legally permitted reasons.** If you have to, you should stay local and reduce the number of journeys you make. Do not travel abroad unless an exemption applies.



### EXERCISE & OUTDOOR LESIURE

You can leave your home to exercise by yourself, with your household or support bubble, or with one person from another household - once a day only. Organised outdoor sport is closed unless for the disabled.



### WEDDINGS & FUNERALS

Funerals of up to 30 people permitted. Wakes and other linked ceremonial events can continue in a group of up to six. Weddings of up to six can continue in exceptional circumstances.



### CLINICALLY EXTREMELY VULNERABLE

**If you receive a shielding letter you must shield.** Those who are clinically extremely vulnerable should not leave home unless it is for a medical appointments, exercise or if it is essential.



For more information and detailed guidance visit: [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

HM Government

NHS

**WASH COVER MAKE**

**HANDS FACE SPACE**





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

Hi there,

Strange times yet again! Another lockdown and remote learning for many of our Paget children. Looking after your own and your child's mental health and wellbeing is more important than ever. Please read on for some more thoughtful ideas of what you can do to help your wellbeing and have a positive approach to mental health during this winter lockdown.

### 5 a day for wellbeing

Drawing a rainbow or finding a rainbow template online is a good reminder of the things you need to do to help your wellbeing. These things need doing daily.

- **Connect with others** - Obviously difficult at the moment due to the virus, lockdown and social distancing but children can still connect over phones, video messaging with friends and other family members. Of course, they can also connect with their family that they are living with.
- **Learn something new** - It is amazing how good it feels to learn something new. It can be the tiniest thing such as how to tie shoelaces or tie a bow. It might be mastering a handstand or cartwheel. It might be learning how to form letters correctly or counting up to 20. Encourage your child to learn something new every single day.
- **Take notice** - this is about being in the present moment (mindfulness) and noticing things around you. Take 5 minutes to really look, listen, smell, feel, or taste something. Forget the future, forget the past and just be in the present moment. Really take notice of the taste of something on your tongue or really listen to the birds singing or the raindrops landing on the windows.
- **Be active** - Exercise EVERY day. Try and get at least 30 minutes of exercise a day. We are allowed to go out walking, running, cycling so get your children out doing something. Of course, you can encourage more at home too. Lots of YouTube videos with exercise routines online or get the children to make up their own.
- **Give or Help others** - How amazing is it when you help someone else? It feels GREAT. It also feels GREAT to give to others too. Encourage your children to help you in the house and really show them how much you appreciate that. Get them to help or give to others by sending a card or making something crafty for a family member who needs cheering up.

[www.elsa-support.co.uk](http://www.elsa-support.co.uk)



## Children's Mental Health Week-

1 - 7 February 2021

In school and through remote learning, the children at Paget will be completing activities to promote positive mental health during the week beginning 1<sup>st</sup> February. Mental health awareness has never been more important. Children's Mental Health Week is an opportunity to shine a spotlight on the importance of children and young people's mental health.

This year's theme for the week is 'Express yourself' leading to **Dress to Express yourself day on Friday 5<sup>th</sup> February** - when on this day we would love those children who are at school to dress up in any which way they want and the children who are at home to dress up online too. Your child can use colour to express themselves, they could wear their favourite colour or a range of colours that express how they're feeling or even fancy dress.

### -Final note-

#### Wellbeing referrals

Should you feel that you or your child requires any additional support, your child's class teacher should be your first contact point. If this is not possible please feel free to contact the school Pastoral team, Miss Spiers or Miss Green, or our Paget Mental Health and Wellbeing lead, Mrs. Ewbank for support. We are always here to listen. There will be things we can do to help further and support you.

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

Stay safe in both body and mind.

Mrs. Ewbank  
SEMH and Wellbeing Lead

Stay Safe  
and  
Healthy