

PAGET NEWS

3RD MARCH 2021



#Team Paget
#Stronger Together

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.*

How to Contact Us...

Email:
enquiry@paget.bham.sch.uk

Telephone:
0121 464 3902 or
07493838732

Twitter: @PagetPrimary



No problem



Child Line

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

HEAD TEACHER'S WELCOME

It won't be long now until your time managing your children's learning at home will be over. Next week, we see all of the children returning to school on Monday 8th March.

The steps I have taken to ensure as safe as possible a return are very similar to those we had in place when we returned to school in September. We will continue to work in year group bubbles, have staggered start and finish times, utilise the range of entrances on to school site that we have and of course continue with a regular routine of handwashing. You should have received a letter earlier this week outlining the arrangements for returning. Please note that there is a slight change to the times at the start and end of the school day.

We will, for now, continue with limiting the number of people on school site and so unfortunately meetings with school staff will only take place where prior appointments have been made. This also means that, apart from Nursery, Reception and Panthers, parents should say goodbye to their children before entering the school gates in a morning.

With regards to Breakfast Club, this will not be running initially as I do not have sufficient staffing to keep bubbles separately. I will keep this under review and as soon as I feel it is safe to do so I will re-open this provision.

After School Club will also not be available from the 8th March. When this does get up and running again, please note it will be under a different provider from before. Little Folks will no longer run Paget's after school club. I have commissioned a new provider and am currently working with them to determine when it will be safe for them to open.

I will continue to review our procedures as time goes by in line with the changing government and Department for Education (DFE) guidelines.

I would like to thank all of you that have, despite challenging circumstances of managing your own working from home, looking after younger siblings or older relatives etc, managed to ensure your children have engaged in all of the online learning that we have provided during this last period of lockdown. I appreciate that at times it has been really stressful for many of you and you should all be proud of what you have achieved.

Finally, I want to say a huge thank you to the PTFA members and their children for the wonderful welcome back posters you pinned to the fence at the start of this half term. It meant a lot and was truly appreciated by myself and my team.

I look forward to seeing you all on the 8th March.

Take care and stay safe everyone

Vicky Nussey

#GET PAGET READING



Recommended Reads:

This time I have chosen books from the Book Trusts new Children's Books We Love list from February.

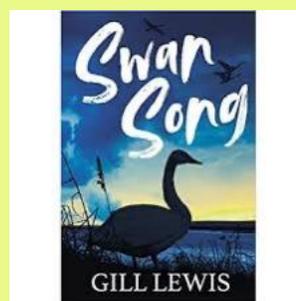
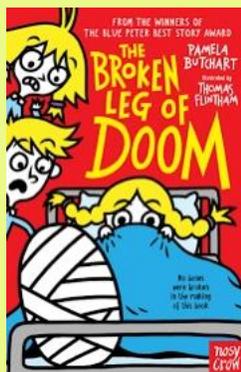
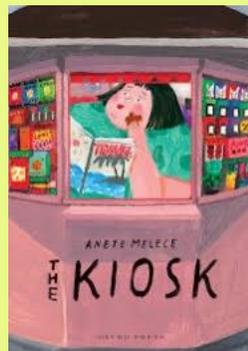
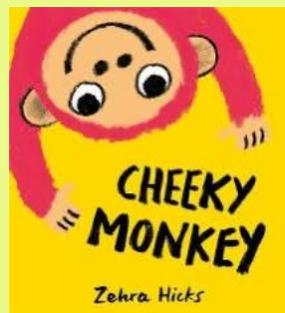
Nur & Rec: Cheeky Monkey by Zehra Hicks

Y1-2: The Kiosk by Aneta Melece

Y3-4: The Broken Leg of Doom by Pamela Butchart

Y5-6: Swan Song by Gill Lewis

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

Following on from World Book Day we are launching a Twitter Takeover for Reading. The usual physical and wellbeing challenges will continue but we will mix these in with regular reading challenges. Don't forget to use the hashtags #getpagetreading, #teampaget, #strongertogether

Teacher Training Day

Monday 19th April, school will be closed to pupils as it is a Teacher Training Day.

Secondary School Offer Day

You should have by now received an email or letter with details of the school your child has been allocated for Year Seven.

If you have not received notification of where your child will be attending then either you submitted a late application, in which case you will be notified at a later time or you have not applied at all.

If you have not yet applied for a secondary school place please see Mrs Brown in the office and she will be able to talk you through the late application process.

World Book Day - 4th March

A reminder that 4th March is World Book Day. Children, staff and parents can dress up as a favourite book character if you wish. The main focus of the day is to promote the love of reading and books. Look out for the menu of activities for the day from your class teacher.

Children and Young People – Mental Health Service Survey

The Youth City Board is currently working with Birmingham Children's Partnership to survey the effectiveness of Mental Health Services for Children and Young People in Birmingham. Some key questions include; do Mental Health Services offer Children and Young People what they need, do they offer the right service, are they marketed in the right way, do we need to invest in anything more or differently? Getting this right has been highlighted recently and urgently in the Board's Survey on Education during COVID-19, which highlighted the struggles that Children and Young People are facing, often feeling alone during these challenging times.

Should you wish to take part in this survey the link is below. The findings will be shared with policy makers and senior managers in the Birmingham Children's Partnership.

<https://www.surveymonkey.co.uk/r/XSTPWMG>

SPOTLIGHT ON VALUES: Team Work

We talk a lot about Team Paget in all that we do in school. As the children return after another long period of time at home many of them will not have been mixing with other people beyond their immediate family. It is really important that as we all come back together, we remember to work together as a team , listen to and understand each other. For each of us our lockdown experiences will have been different, now more than ever we need to gel together, support each other to re-build Team Paget so that is stronger than ever.

Teamwork requires commitment, determination and vision. To successfully be part of a team, we need to know what the team is aiming for, how everyone in the team agrees to behave, and how everyone agrees to contribute. We are all involved in teams in a variety of ways in our lives; school houses (mercury, Saturn, Jupiter and Venus), sports teams, class teams etc. In everyone it is important to remember the following acronym:

T ogether
E veryone
A chieves
M ore



Dates for Your Diary

Thursday 4th March – World Book Day

Thursday 1st April – Children break up for Easter

Monday 19th April – Teacher Training Day – school closed to children

Tuesday 20th April – Summer term begins

Monday 3rd May – School Closed Bank holiday

Thursday 6th May – School closed – Election Day

Friday 28th May – Last day of term

Monday 7th June – Term begins

Tuesday 20th July – Children break up for the summer

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



ALL THINGS COVID

STEP 1 8 March 29 March	STEP 2 No earlier than 12 April At least 5 weeks after Step 1	STEP 3 No earlier than 17 May At least 5 weeks after Step 2	STEP 4 No earlier than 21 June At least 5 weeks after Step 3 All subject to review
EDUCATION 8 MARCH <ul style="list-style-type: none"> Schools and colleges open for all students Practical Higher Education courses 	EDUCATION <ul style="list-style-type: none"> As previous step 	EDUCATION <ul style="list-style-type: none"> As previous step 	EDUCATION <ul style="list-style-type: none"> As previous step
SOCIAL CONTACT 8 MARCH <ul style="list-style-type: none"> Exercise and recreation outdoors with household or one other person Household only indoors 	SOCIAL CONTACT <ul style="list-style-type: none"> Rule of 6 or two households outdoors Household only indoors 	SOCIAL CONTACT <ul style="list-style-type: none"> Maximum 30 people outdoors Rule of 6 or two households indoors (subject to review) 	SOCIAL CONTACT <ul style="list-style-type: none"> No legal limit
BUSINESS & ACTIVITIES 8 MARCH <ul style="list-style-type: none"> Wraparound care, including sport, for all children 	BUSINESS & ACTIVITIES <ul style="list-style-type: none"> All retail Personal care Libraries & community centres Most outdoor attractions Indoor leisure inc. gyms (individual use only) Self-contained accommodation All children's activities Outdoor hospitality Indoor parent & child groups (max 15 people, excluding under 5s) 	BUSINESS & ACTIVITIES <ul style="list-style-type: none"> Indoor hospitality Indoor entertainment and attractions Organised indoor sport (adult) Remaining accommodation Remaining outdoor entertainment (including performances) 	BUSINESS & ACTIVITIES <ul style="list-style-type: none"> Remaining businesses, including nightclubs
TRAVEL 8 MARCH <ul style="list-style-type: none"> Stay at home No holidays 	TRAVEL <ul style="list-style-type: none"> Domestic overnight stays (household only) No international holidays 	TRAVEL <ul style="list-style-type: none"> Domestic overnight stays International travel (subject to review) 	TRAVEL <ul style="list-style-type: none"> Domestic overnight stays International travel
EVENTS <ul style="list-style-type: none"> Funerals (30) Weddings and wakes (6) 	EVENTS <ul style="list-style-type: none"> Funerals (30) Weddings, wakes, receptions (15) Event pilots 	EVENTS <ul style="list-style-type: none"> Most significant life events (30) Indoor events: 1,000 or 50% Outdoor seated events: 10,000 or 25% Outdoor other events: 4,000 or 50% 	EVENTS <ul style="list-style-type: none"> No legal limit on life events Larger events

Don't forget if your child develops symptoms of Coronavirus, they should not attend school. You should inform school of the reason for absence and then arrange for a test, followed by a period of self-isolation until either a negative test result or for the set period of time if positive.





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

-Newsletter 6 -

Hi there,

- Back to school very soon! -

We can't wait for all of the children to return back to school for face-to-face teaching. We know it's been another tough lockdown, trying to juggle working from home and home schooling. We really do appreciate the hard work both you and your children have put in. Although, things will slowly return back to normal - fingers crossed, it is still important to look after the mental health and wellbeing of our children.

On the children's return, we will be settling them back into the school routine and Paget's expectations. We will work on the children's behaviour to adjust to being back in school and ensuring they of course, feel safe and secure.

-A focus on behaviour -

Managing Conflict

Being stuck in together can be a very trying time and it may be that conflicts and tensions can escalate. It is important to encourage time out and space for everyone so they can unwind and have some time alone. Share the chores where you can so everyone is working together. Your children may display challenging behaviour during this time as they are feeling cabin fever and unable to get out of the house. Try to work out a set of boundaries with the children so they understand your expectations and you can grasp theirs too. Build in family time in the day so the children feel supported. Ensure they have structure through their day to minimise conflict.

How can I talk to my child about their behaviour?

Your child's behaviour is a communication about how they're feeling. When your child is acting out, it can be useful to think of an iceberg. The difficult behaviour is the tip, but there are likely to be a range of emotions hidden under the surface. By opening up a conversation with your child, you can find out more about how they're feeling and what's going on for them.

1. Find a suitable time and place to talk.

Your child might find it easier to talk if you start the conversation while doing an activity.



2. **Make it clear that the behaviour is the problem, and not them.**

Let them know that it's okay to feel however they feel, whether that's sad, angry, worried or something else, and that you can work together to find new ways of managing these feelings.

3. **Explain why the behaviour is not okay so they understand.**

For example, you might say that while it's normal to feel angry, it hurts other people when they hit.

4. **Be curious, empathetic and non-judgmental.** Focus on listening and trying to understand things from their perspective.

5. **Use simple phrases** such as 'I notice there is a lot of shouting happening', 'I think something might be upsetting you', 'I feel worried you're not happy', and 'I need you to know you can talk to me about what's going on'.

6. **Reassure them that you love them and want to help them feel happier and enjoy things again.** If you are concerned about your child's behaviour or wellbeing then please contact the school, as we are here to help and support.



-Places to go to for support and advice online and local resources-

every mind
matters

This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/oneyou/every-mindmatters/>

NSPCC ●

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-childrenfamilies-parents>

YOUNGMINDS

Young Minds - <https://youngminds.org.uk/>

The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means: <https://www.bbc.co.uk/newsround/51204456>



Mental Health Resources Local to Birmingham

It's okay...

... not to feel okay. If you're worried, anxious, or just a little down, you can talk to us.

Call our helpline, open 24/7:
0121 262 355

Talk to us online via Live Chat (10am-9pm):
birminghammind.org

Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -

Pause.

ForwardThinking
Birmingham 

Need someone to talk to?
Struggling to cope with feelings?
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed. Register for support via our website: www.forwardthinkingbirmingham.org.uk/services/13-pause

Or call **0207 841 4470** and we will arrange for one of our friendly staff to call you back.

Who can use us?

You can use us if you have a Birmingham GP and are:

- Under 25 years old (if you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

How can we help?

We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

Our Opening Hours:

Monday to Friday: 10am-6pm, Saturdays: 10am-5pm.
We are closed on Sundays and Bank Holidays.



The Children's Society

-Final note-

Wellbeing referral

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