

PAGET NEWS

14TH JULY 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.*

Child Line

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

No problem



How to Contact Us...

Email:
enquiry@paget.bham.sch.uk

Telephone:
0121 464 3902 or
07493838732

Twitter: @PagetPrimary



HEAD TEACHER'S WELCOME

I cannot believe that I am sitting here writing the final newsletter of this academic year. Looking back, it has been an incredibly strange year given all that we have been dealing with in terms of the Coronavirus pandemic that we are all living through. I would like to thank you all for your ongoing understanding and support as I have tried to navigate us through ever changing government guidance

There is no doubt that at times it has been challenging to lead and manage the school through such difficult times but I can also look back on a year with many successes such as the Year Two Sleepover, Years Three and Four winning the athletics competition, the success of remote learning during lockdown and managing to give so many of our families a laptop to use, two Ofsted monitoring visits, attendance levels above national average, plus minimal bubble closures.

As you know, from the 19th of July the government is set to remove the coronavirus restrictions around the wearing of face coverings, social distancing and numbers mixing indoors. Unless this changes between now and then we will no longer require parents to wear face coverings when coming on to the playground. We will, however, continue with our 'bubble' arrangements and existing start and finish times until the end of this academic year.

We will revise the arrangements from September, in line with guidance, as and when it changes but there are some changes that we have made this year that we will keep in the new academic year. We will continue to ask that the children come to school in their P.E. kit on the days they have P.E. in school, and we will also continue to let children in and out of school at the start and end of the day from both sides of the building (Paget Road and Westmead Crescent), seeing most year groups entering and leaving through their classroom door. We will extend the amount of time that the children have to come into school to ensure enough time for those of you that have children in different year groups. This week, you will receive a letter outlining all of the arrangements for September and telling you which class your child will be in for September. As I mentioned in a previous newsletter, we have taken the decision that this year and moving forwards we will mix each of the classes so that during their time at Paget the children will have mixed with a whole range of different children which can only be a good thing for their personal and social development.

I would like to take this opportunity to say goodbye and good luck to our Year Six pupils. You have all been an absolute delight to work with over the last 7 years and you will be missed next year. I am only sorry that you did not get to have the full Paget Year Six experience, but I hope that you will look back on your time here fondly and I wish you all the very best for secondary school.

In staffing news, Mrs Eley will leave us temporarily at the end of this term as she begins her maternity leave. I wish her all the very best for the future with her new bundle of joy. We also say goodbye to Mrs Dawes (cleaner and Lunchtime supervisor) as she is retiring. Miss Sadia (Lunchtime supervisor) is also leaving us at the end of this term. We also say goodbye to Mrs Roydes (reception) who will take up a new teaching post elsewhere. Finally, after 5 wonderful years of working at Paget, Miss Green has decided it is time to retire and go off and see the world in her campervan. I know that she will be greatly missed by children, staff, and parents. I would like you all to join me in wishing all of the staff leaving us for pastures new all the very best for their future beyond Paget.

All that remains is for me to wish you all a happy and safe summer holiday and I will see you all in September.

Take care and stay safe everyone

Vicky Nussey

#GET PAGET READING



The recommended reads for this newsletter are all based around the theme of summer holidays

Recommended Reads:

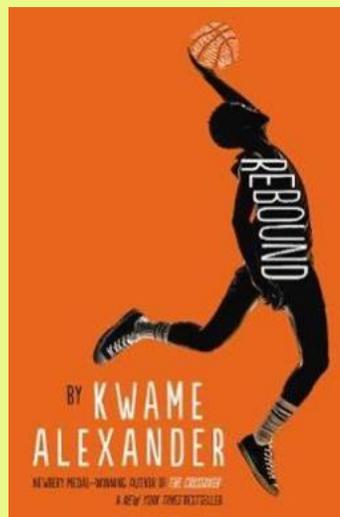
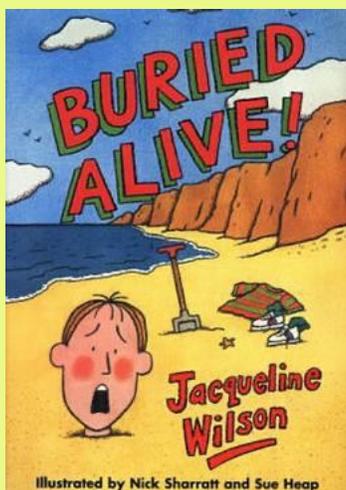
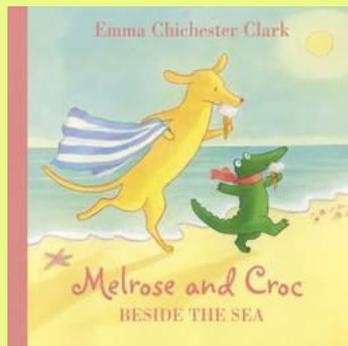
Nur & Rec: Melrose and Croc Beside the Sea by Emma Chichester Clark

Y1-2: Rules of Summer by Shaun Tan

Y3-4: Buried Alive by Jacqueline Wilson

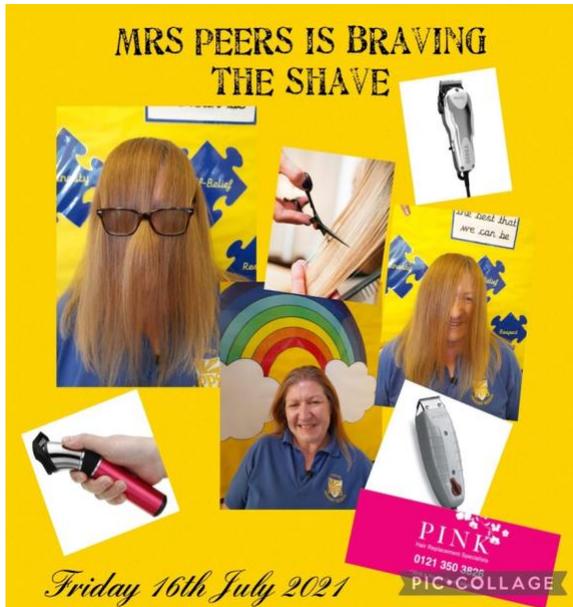
Y5-6: Rebound by Kwame Alexander

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



PTFA FUND RAISING FOR PAGET

On Friday 16th July, Mrs Sally Peers (lunchtime supervisor) is having her head shaved off to raise money for school. The following day, there is a group of staff and governors who are taking part in the Colour Obstacle Run in Wolverhampton. Staff have paid for their own entrance fee into the event and all money raised will go towards the PTFA fund for the school minibuses. Thank you to all of you that have either donated money through the go fund me page or given cash to a member of staff. Look out for photos on Twitter.



Information and Reminders

P.E. KIT

Over recent months there has been a decline in the wearing of Paget P.E. kit. We have not enforced this due to covid. However, from September we ask that all pupils wear the correct uniform for P.E. lessons in school.

A reminder that correct kit is a white T-shirt and black shorts, black leggings, or black tracksuit bottoms.

Thank you for your co-operation in this matter.

BREAKFAST CLUB AND AFTER SCHOOL CLUB

As long as restrictions remain lifted breakfast club will re-open in September. It will run from 8.00 a.m. If you require a place, please ask for a registration form from the school office.

After School club will run from September and the provider will be High Achievers, again application forms can be collected from the main school office.

END OF YEAR GIFTS

Several parents have asked whether end of term gifts need quarantining prior to being brought in to school. Providing Covid restrictions are lifted on the 19th of July, those of you who are kind enough to buy gifts for staff will not have to bring them in early to quarantine them.

SCHOOL LAPTOPS

A reminder please to return loaned laptops to school before the end of term.



PARKING

Yet again, we have had a number of complaints recently about inconsiderate parking. Please do not park illegally, on the pavement or blocking driveways. Better still, if possible, cycle or walk to drop off and pick up.

SCHOOL MEALS

For current year 2 going to year 3 from September: Your children are no longer eligible for the government Universal Free School Meals as they move out of KS1. If you would like them to continue with having a school meal, which you will have to pay for, please contact the school office.

SPOTLIGHT ON VALUES: RESPONSIBILITY

Definition

- Having a role or duty to fulfil
- The obligation to behave correctly
- The opportunity or ability to act independently and take decisions
- Responsibility is doing the job we have been given, and also spotting jobs that we can do without being asked.

Behaviours that demonstrate 'Responsibility'

At school and at home:

- Making good decisions in our own behaviour
- Taking responsibility for our learning
- Asking when we need help
- Being independent
- Ensuring we bring the necessary belongings to school e.g., book bags, reading diaries, homework
- Taking care to work hard
- Proactive – not stepping over litter, coats, seeing a need – stepping in
- Caring for others
- Demonstrating altruism
- Being involved in School Council- seeing this responsibility as important – willingness to work hard at it
- Taking responsibility for our own health – physical, mental, and emotional wellbeing
- Care for pets / family

In the community:

- Volunteering – in school
- Volunteering in community
- Being involved in outside clubs – being committed – e.g., cubs/scouts/brownies/guides/sports
- Proactive – not stepping over litter

At a national/ international level:

- Citizenship
- Global responsibility to learn from others
- Responsibility for the environment e.g., rainforest, animals, global warming
- Responsibility for the poor
- To know our rights and responsibilities (human rights, the rights of the child).

**Every privilege comes
with a responsibility. If
you don't take the
responsibility, you will
lose the privilege**

Sadhyaku



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

-Newsletter 13-

Hi there,

I'm sure everyone is looking forward to the Summer break, the chance to spend quality time with our little ones and loved ones. For many of us, the holidays means a welcome break from the daily grind of getting up and ready for school.

But for many others, the time away can give way to worry.

- Summer holiday help!-

When the school year takes a pause, underlying issues in kids can progress. And without regular check-ins from adults, these issues can go unnoticed.

So how can parents check up on their children's mental health during summer break?

Summer presents an opportunity to reconnect with your child and learn more about what is going on in his or her life.

Here are five tips for checking up on a child's mental well-being:

1. **Find an activity you could do together.** Even if it's something small, like a walk after dinner, these can be great opportunities for your child to open up to you.
2. **Maintain routine or structure.** While summer may be a nice time away from academic expectations and it is natural to spend more time relaxing, it is helpful to still maintain some structure throughout the days and weeks as well as to engage in a variety of activities.
3. **Monitor overall patterns of behaviour.** Many kids enjoy sleeping in during the holidays. If that doesn't interfere with getting to activities on time or engaging with friends and hobbies, it's likely not an issue. However, if your child sleeps for much of the day, avoids engaging with others, and also appears to be down or irritable much of the time, this is more cause for concern.
4. **Watch for avoidance of or anxiety in certain types of activities or situations.** When someone is struggling, they often avoid or disengage from things they used to do. While you may see decreases in some activities, there are often increases in other more solitary and sedentary activities, such as sleep, playing video games, watching TV, or reading.
5. **Signs of distress.** "This can include tearfulness, irritability, restlessness, and comments indicating a negative view of themselves, hopelessness, or excessive worry about negative outcomes in the future.



Be Proactive! What can you do to preserve your child's mental health?

Create a routine. Children behave best with general structure and order. Consider establishing wake and sleep times, meal times, and expected activities for your child. Routines create regularity and stability, thus children tend to function better when they know what to expect and what is expected of them. To help with organization, consider creating visual cues to remind your child what to expect throughout the day.

Keep your child active. During the school year, children participate in physical education, recess, and extracurricular activities. These activities provide children with important social interaction and physical exercise that is critical for healthy development. Consider taking your child to the park, riding a bike, or playing a game of catch. An active lifestyle helps relieve stress and can improve your child's mental health.

Encourage and support your child's interests. When your child finds something that appeals to her or him, it is important to nurture and support it. Parental support and encouragement could promote lifelong hobbies and cultivate natural talents. This will also give you something special to bond over with your child.

Talk to your child. Ask your child how he or she is feeling. Creating a family culture of open dialogue will help develop and strengthen your child's communication skills. There may be unspoken anxieties about meeting new children at summer camp, an upcoming flight on an airplane, or any number of future events. It is important that your child knows he or she can talk to you about his or her state of mind. This will also teach your child how to recognize his or her own feelings and mental health needs as they mature.

Practice self-care. It's important for you as a parent to monitor your own mental health. Your child deserves the best version of you, so take care of yourself. If you find yourself feeling anxious, try to find healthy ways to reduce stress and focus on positivity. Consider going for a walk, taking a bubble bath, or meditating. Finding a positive stress reliever will not only help you but also set a good example for your child.

-A reminder of places to go to for support and advice online and local resources for summer support-



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/>



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>



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>



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 -

NHS LivingWell

Pause.

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 0202 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.

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 further support you.

Please share any 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

Dates for Your Diary

Tuesday 20th July – Children break up for the summer

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

Thursday 2nd and Friday 3rd September – School closed to children – Teacher Training Days

Monday 6th September – Children return to school

Thursday 21st October – children break up for half term

Friday 22nd October – Teacher Training Day – school closed to children

Monday 1st October – Term begins – children return to school

Friday 17th December – Break up for Christmas

Tuesday 4th January – Teacher Day – school closed to children

Wednesday 5th January – Children return to school

Friday 18th February – Break Up for half term

Monday 28th February – Term begins

Friday 8th April – Break up for Easter

Monday 25th April – Term begins

Friday 27th May – Break up for half term

Monday 6th June – Term begins

Thursday 21st July – Children break up for the summer

Friday 22nd July – Teacher Day -school closed to children

ALL THINGS COVID

Although restrictions are set to lift from the 19th of July it is still important that anyone either showing symptoms of Covid 19, awaiting a test result, or having received a positive test result do not attend school.

From 16 August, the legal requirement to self-isolate for contacts of a positive case will end for everyone aged under 18, and for adults who have been fully vaccinated. This means that from the autumn term, only those who test positive will need to self-isolate. From Step 4, NHS test and trace will carry out contact tracing in all education settings rather than being run by the school or college. Those identified as close contacts will be advised to take a PCR test, and only need to isolate if they test positive. Children must self-isolate if they have symptoms of Covid or a positive test result.

Testing for close contacts under 18 will be split into two categories. All Primary, Secondary and College age children should take a single PCR test. Early Years children should only take a PCR test if a member of their household tests positive.

Protective measures will remain in place for the autumn term in all education settings including practicing good hygiene, ventilation, and regular testing until the end of September to strike a balance between relaxing restrictions and minimising further disruption to children's education.

Education settings will continue to have an outbreak management plan and work with local health teams, as is standard practice. Local Directors of Public Health may advise a setting to temporarily reintroduce some control measures in the event of an outbreak e.g., re-introducing bubbles.

All school trips, drama, music, and sporting activity will be able to resume in line with the relaxation of restrictions across society from Step 4.

In line with measures for wider society, the Government will be recommending that face coverings will no longer be necessary in any education setting and social distancing will no longer be necessary.

Please note the above is subject to change should government guidance change.