

# PAGET NEWS

7<sup>th</sup> JANUARY 2022



**#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, 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](http://www.childline.co.uk)

## How to Contact Us...



**Email:**

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



**Telephone:**

0121 464 3902 or 07493838732



**Twitter:** @PagetPrimary

**No problem**



# HEAD TEACHER'S WELCOME

Welcome back and Happy New Year everyone, I hope that you all had a restful and enjoyable Christmas break and managed to spend some quality family time together with loved ones.

As we return to school, we are still dealing with the impact of Covid 19 and the new Omicron variant. With ever changing guidance from the government, it can be difficult to keep track of what we should and should not be doing with regards to testing, therefore further on in this newsletter there is a section to help us navigate our way through this which I hope you will find useful.

Despite all of this we hopefully have a lot to look forward to this term including the Year Two residential visit to Woodlands (one of my favourite times of the year), sports competitions, Y1 visit to Cadbury World, as well as Children's Mental Health Week. Often in this first half term of the spring term we find ourselves surrounded by snow. Should this be the case and it is deemed severe enough for school to be closed you will receive a text message informing you of this. Please be assured that should this happen; it will be a last resort and not a decision that I take lightly.

Take care and stay safe  
Vicky Nussey

## LEARNERS OF THE WEEK

RECEPTION: Matilda, Ryan, Thea & Nate

YEAR ONE: Truly, Esther, Danny & Suzie

YEAR TWO: Ahana, Alfie, Jasmine & Alfie

YEAR THREE: Logan S, Ava, Connor & Mia

YEAR FOUR: Aaron, Theo, Logan & Wiem

YEAR FIVE: Hayden B, Mason C, Trevor &

Reegan

YEAR SIX: Giovanni, Mollie-May, Hakam &

Sharday

PANTHERS: James

## HOUSEPOINTS

### THIS WEEK'S TOTALS:

As we have only been in school for three days this week House Captains have not collected the scores in. Look out next week to see which class and which house start off the new term in the lead.



## BEST ATTENDANCE

Class 3FN with 99.6%



## Focus on Reading: Library

I would like to wish you all a Happy New Year and I hope you have all had a peaceful Christmas. As you are aware, COVID is still with us and causing many problems. In light of this, Paget library will be closed to parents and carers up to half term.

However, Erdington library is still open, and I have attached details of opening times and directions.

- **Monday:** 9:30am to 1pm, and 2pm to 5pm
- **Tuesday:** 9:30am to 1pm, and 2pm to 5pm
- **Wednesday:** Closed
- **Thursday:** 10:30am to 1pm, and 2pm to 6pm
- **Friday:** 9:30am to 1pm, and 2pm to 5pm
- **Saturday:** 9:30am to 1pm, and 2pm to 5pm
- **Sunday:** Closed



Thank you for your continued support.

Mrs. Connaughton – Library Lead

# Information and Reminders

## EXTRA-CURRICULAR SCHOOL CLUBS

All before school, lunchtime and after school clubs will re-start on Monday 10<sup>th</sup> January. We look forward to getting involved in all these activities again.



**SEND BRIEFING PARENT WEBINAR**  
January 2022

Birmingham City Council



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

### Occupational Therapy Stability Ability

**Speakers**  
Occupational Therapists  
Gordon Heath & Sarah Gallagher

This Family Webinar will help you to identify if your child is having difficulties with their core stability. You will learn strategies that you can build into your Child's daily routine to strengthen their core tummy muscles thus supporting them with sitting, balance, walking, dressing, handwriting and much more.

**Wednesday 12<sup>th</sup> January 2022 - 9.30am – 10.30am**  
Stability Ability with Occupational Therapy

<https://www.localofferbirmingham.co.uk/product/stability-ability-with-occupational-health-12th-january-2022-930am/>

**Thursday 13<sup>th</sup> January 2022 - 1.30pm – 2.30pm**  
Stability Ability with Occupational Therapy

<https://www.localofferbirmingham.co.uk/product/stability-ability-with-occupational-health-13th-january-2022-130pm/>

All who book a ticket will be sent a copy of the presentation and the recording of the webinar.



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### Birmingham Early Help Offer Awareness

**Speaker:**

**Amina Mushtaq - From Barnardo's**

Join the session to learn what Early Help Offer is and how it can help children and families in Birmingham. The session will provide insight into the kind of help available for parents and children and quick self-referral process.

**Wednesday 26<sup>th</sup> January 10:00 - 11:00am**

<https://www.localofferbirmingham.co.uk/product/birmingham-early-help-offer-awareness-26th-january-2022-1000am/>

All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the Webinar.



## RECEPTION ADMISSIONS SEPTEMBER 2022

If you have a child born between 1 September 2017 and 31 August 2018, online applications should be made for a place in next year's Reception classes- this includes children currently in our Nursery. The deadline for applications is the 15<sup>th</sup> January 2022.

It is important that you apply on time as any applications received after the 15 January 2022 will be classed as late applications and will be processed after the national offer day of 19 April 2022 and late applicants are less likely to be offered a place at any of their preferred schools.

Applications should be made at [www.birmingham.gov.uk/admissions](http://www.birmingham.gov.uk/admissions)

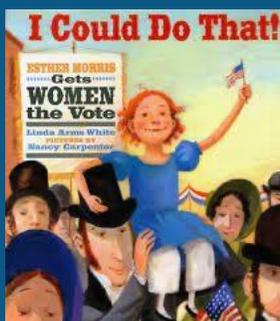
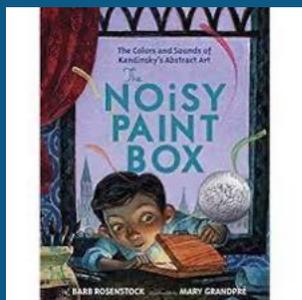
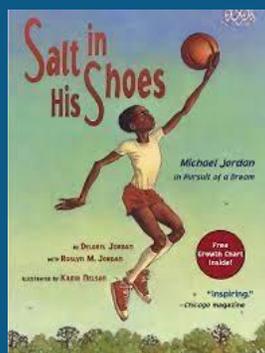
## SPOTLIGHT ON VALUES: Determination

Being determined to stick with something to reach a desired goal or destination is such an essential skill for success in life. Given the times we are living in we need this value now more than ever.

What if Nelson Mandela had stopped resisting his government's apartheid after 27 years? Or Einstein had stopped studying after his teachers said he was mentally handicapped due to not speaking until he was 4 or reading until 7? And then there is Vincent Van Gogh who easily could have assumed his artwork was worthless given the criticism he received during his lifetime.

Being determined and able to persevere through difficulty and rise above, is a key to progressing in life. And while life experience teaches the most valuable lessons hearing stories of others who have demonstrated determination can encourage us all when facing challenges.

Below is a selection of books that tell similar stories to those above that you may wish to read and discuss at home.



## SPOTLIGHT ON CURRICULUM: PSHE

This week the spotlight is on PSHE (Personal, Social and Health Education). At Paget we are passionate about our pupils' personal and social development and believe that good personal and social skills and robust mental and physical health are the foundations for the rest of the curriculum.

*A growing body of research shows that pupils who are emotionally healthy do better at school. PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships. (PSHE Association)*

Over the last few years, PSHE has become an increasingly important part of our National Curriculum and includes areas of study such as: managing and maintaining positive relationships; keeping mentally and physically healthy; keeping safe (online as well as offline); respecting differences and diversity; and managing those life changes that children inevitably encounter, including puberty. Much of this learning takes place during our weekly PSHE lessons.

However, we are very aware that a child's personal, social and health development begins from the moment they open their eyes in the morning until they close them at night (and perhaps it doesn't even stop then!) During the school day and beyond, we are determined to ensure that our pupils, are given the appropriate environment, opportunities, and role models to allow this to successfully happen.

On a final note, PSHE is a little bit different to other subjects: although many aspects of the Curriculum are statutory (legally required) – for example, the changes that boys and girls experience during puberty- schools are also encouraged to develop their curriculum in consultation with parents and pupils so that it suits the needs of its pupils and community. Some of you may remember this was done with you through questionnaires during the summer of 2020- the results of that –our Paget PSHE policy and Curriculum - can be seen on the school website. Our PSHE Policy and Curriculum is regularly reviewed so in the future you will again have an opportunity to help shape the PSHE teaching and learning that your child will experience while in school.

# SPOTLIGHT ON SAFEGUARDING: Mental Health



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

-Newsletter 5 January 2022-

Hi there,

### Welcome-

Welcome to the fifth 'Wellbeing and Mental Health' newsletter. Happy New Year to you all and may it be a relaxing and prosperous one.

### -Looking after your mental health in the New Year! -

I thought it would be nice to share with you a few activity ideas of what you can do at home to help your child's well-being as we begin back at school and start the year off. During these dark winter nights, it is a great idea to have a few ideas which you can use with the children.



#### Fun & Games!

M and M's Tell Us: This is a fun game to play to generate new conversations with the people you are living with! All you need are some M&Ms. One person picks one at a time and then has to respond to whichever colour they choose: RED: Say something about yesterday ORANGE: Something you do well. BLUE: Something you learned last week. BROWN: Something you can't live without. GREEN: Something you appreciate today YELLOW: Something that you can remember from your childhood. Rainbow Bubble Clouds Have fun creating a rainbow bubble cloud! These are simple to make and the colours can really help to brighten everyone's day!



#### Science!

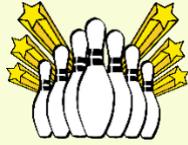
Sleep is vital to our health & mental wellbeing- particularly our brains! Getting a good amount of sleep can be difficult, not only because it is an uncertain and anxious time for children and adults, but because sleep routines can be adversely affected.

Sleep Resources & Videos ⇒ Try completing this Crossword on [Snooze Clues. Sleep for Kids - Teaching Kids the Importance of Sleep](#) on the importance of sleep!

⇒ SciShow Kids Videos- [Why Do We Need Sleep? - YouTube](#), [Why Do We Dream? - YouTube](#)

## Active!

Exercise is amazing for mental health as it releases chemical endorphins in the brain which are known to improve our mood.



Make your own Bowling Alley! Arrange filled water bottles like pins at a bowling alley (4 at the back, then 3, 2 and 1 at the front) and use a ball to bowl! You could also decorate each bottle! You can challenge yourself and others to Improve your score each time. Make it more difficult by blindfolding players or kicking the ball instead!

Home Workout Videos ⇒ [Kids Beginners Workout | The Body Coach - YouTube](#)

⇒ [Home Exercises for Kids - YouTube](#)

## Origami!

This is a great activity that can be done with minimal equipment - the art of paper folding! There are so many different things that can be made, with YouTube having lots of instructional videos to create origami from Dinosaurs & Butterflies to Mice Bookmarks! You can also click here for simple origami projects for children and beginners. [7 Origami Projects for Kids \(thesprucecrafts.com\)](#)

## Yoga Pose of the month!

Improves balance and posture whilst calming your mind! Sit on the floor/cushion. Bring the soles of your feet together & try to sit up as straight as you can. Hold onto your feet with both hands and gently move your knees up and down as if your legs are butterfly wings. [58 Fun and Easy Yoga Poses for Kids \(Printable Posters\) \(kidsyogastories.com\)](#)



Here is a reminder of places to go to for support and advice online and local resources for support-

**YOUNGMINDS**

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

[This is a fantastic site to help your child as they start the new school year.](#)

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** **Mind**  
UK Birmingham

**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](http://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 our Paget Mental Health and Wellbeing lead, Mrs. Ewbank for support or our school Pastoral Manager, Miss Spiers. 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

# ALL THINGS COVID

## Symptoms:

When an individual develops COVID-19 symptoms or has a positive test pupils, staff and other adults should follow public health advice on when to self-isolate and what to do. They should not come into school if they have symptoms, have had a positive test result or other reasons requiring them to stay at home due to the risk of them passing on COVID-19 (for example, they are required to quarantine).

If your child is going to be absent from school for any reason please contact us and let us know.

## On the 2nd January, headteachers received an email which stated:

- the 10 day self-isolation period for people who record a positive PCR test result for COVID-19 has been reduced to 7 days in most circumstances;
- individuals may now take LFD tests on day 6 and day 7 of their self-isolation period. Those who receive two negative test results are no longer required to complete 10 full days of self-isolation.
- the first test must be taken no earlier than day 6 of the self-isolation period and tests must be taken 24 hours apart.
- if both these test results are negative, and you do not have a high temperature, you may end your self-isolation after the second negative test result and return to your education setting
- Anyone who is unable to take LFD tests will need to complete the full 10-day period of self-isolation.
- People who are fully vaccinated, or children and young people aged between 5 and 18 years and 6 months, identified as a close contact of someone with COVID-19, should take an LFD test every day for seven days and continue to attend their setting as normal, unless they have a positive test result or develop symptoms at any time in which case they should stay at home and isolate.
- From 11<sup>th</sup> January 2022 Confirmatory PCR tests following a positive lateral flow device (LFD) test result are to be temporarily suspended. This will mean that anyone who receives a positive LFD test result will be required to self-isolate immediately and will not be required to take a confirmatory PCR test.

If you have symptoms/ feel unwell or have taken a lateral flow and it is positive =  
Obtain a PCR test

Day of Isolation	How to use LFT tests to end isolation before 10 days			
Day 0	<b>Self-isolation starts</b> <i>This is the day your symptoms start OR when you have taken a lateral flow and it is positive but you have no symptoms – obtain a PCR test</i>			
Day 1	<b>Self-isolation</b>			
Day 2	↓			
Day 3				
Day 4				
Day 5				
Day 6	<b>Take Lateral Flow Test</b>			
	<b>Negative</b>	<b>Positive</b>		
	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours later		
Day 7	<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>	
	<b>Negative</b>	<b>Negative</b>	<b>Positive</b>	
	Your self-isolation has ended. You can return to work/school	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours later	
Day 8		<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>
		<b>Negative</b>	<b>Negative</b>	<b>Positive</b>
		Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate and take another lateral flow test 24 hours
Day 9		<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>	<b>Take Lateral Flow Test</b>
		<b>Negative</b>	<b>Negative</b>	<b>Positive</b>
		Your self-isolation has ended. You can return to work/school (unless you have a high temperature)	Continue to isolate and take another lateral flow test 24 hours later	Continue to isolate until 23.59pm when your isolation period ends
Day 10				<b>Take Lateral Flow Test</b>
				<b>Negative</b>
				Your self-isolation has ended. You can return to work/school (unless you have a high temperature)

# Dates for Your Diary

Monday 10<sup>th</sup> January – Children in Nursery return to school

**Monday 10<sup>th</sup> January – Extra-curricular clubs re-start \***

**7<sup>th</sup> – 11<sup>th</sup> February – children's mental health week \***

Friday 18<sup>th</sup> February – Break Up for half term

Monday 28<sup>th</sup> February – Term begins

**Tuesday 15<sup>th</sup> March and Thursday 17<sup>th</sup> March – Parents Evening \***

Friday 8<sup>th</sup> April – Break up for Easter

Monday 25<sup>th</sup> April – Term begins

Monday 2<sup>nd</sup> May – School closed for May Day – Bank Holiday

Thursday 5<sup>th</sup> May – School Closed for local elections

Friday 27<sup>th</sup> May – Break up for half term

Monday 6<sup>th</sup> June – Term begins

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

Thursday 21<sup>st</sup> July – School Closed Teacher Training Day

Friday 22<sup>nd</sup> July – School Closed – Bank Holiday Queens Jubilee in lieu of day in May half term

***This section will be regularly updated once new dates are known and confirmed.***

***\*Indicates newly added or changed items***