

PAGET NEWS

5TH MAY 2023



**#Team Paget
#Stronger Together**

TO BE THE BEST THAT WE CAN BE

How to Contact Us...



Email:

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

No problem



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: Mrs. Nussey, Mrs. Thomas, Mrs. Spiers, Mrs. Ewbank or Mr. Merriman.



HEAD TEACHER'S WELCOME

Next week is SATS week for Year Six. This is their chance to shine and showcase all they have learned during their time at Paget. Parents, please ensure your children in Year Six are in school, on time, from Tuesday to Friday and ensure they have early nights and good nights' sleep so that they can be as focused as possible. Good Luck Year Six, I am sure you will all be brilliant - Just remember to be the best that you can be, that is all we ask of you!

Next week, we say goodbye to another lunchtime and breakfast club supervisor. Mrs. Ricketts will leave us to take up a new post in a local Nursery. I would like to thank her for her contribution to Team Paget and wish her all the best for the future.

Last weekend there were wedding bells for a member of Team Paget as Mrs Styles and her partner got married. She now becomes Mrs Waring. I am sure that you will all join me in wishing her and her new husband all the very best for a very happy future together.

Don't forget there is no school on Monday as we have an extra bank holiday for the King's Coronation - enjoy the celebrations.

Have a good, longer weekend and stay safe.

Vicky Nussey

LEARNERS OF THE WEEK

NURSERY: Emmie & Lorena

RECEPTION: Oreouwa, Oliver, Maryam & Cameron

YEAR ONE: Cyrus, Lee, Amelia-Lily & Gabe

YEAR TWO: Renad, Kaiah, Mya & Jordan

YEAR THREE: Chloe, Cairo, Iradat & Alfie B

YEAR FOUR: Ameera, Mohammad, Logan & Rhia

YEAR FIVE: Elysia, Freddie, Isma & Jasiel

YEAR SIX: Cameron, Tayah, Joshua & Jacob

PANTHERS: Ibrahim A & Sebastian

HOUSEPOINTS

THIS WEEK'S TOTALS:
THIS WEEK'S WINNING CLASS:

EY & KS1: 25

KS2: 6R

THIS WEEK'S WINNING HOUSE:

EY & KS1: Mercury

KS2: Mercury

BEST ATTENDANCE

Class 4H with 99.3 %

Focus on Reading for Pleasure

Dear parents and carers,
Here is my latest newsletter update. When reading at home, use the following tips to make it fun and more importantly, enjoyable.

Top 10 Tips for Reading for Pleasure at Home

1. Try to have a selection of books at home. You could create your own family bookshelf together. Start by signing up to [Twinkl Book Club](#) to receive a printed story every half term.



2. We know how busy family life can be but try to make time to read together. Reading is everywhere! You could incorporate reading into a trip to the shops, reading road signs when you're in the car, playing a game, reading instructions when baking together, reading song lyrics or popping on the subtitles while children are watching their favourite film. Take a look at the [24 Hour Reading Challenge](#) and discover the wide variety of things that you read in 24 hours together.

3. Let your children see you as a reader. Talk about the book you're reading to your children - talk about what the character is doing, where it's set and the plot.



4. Read aloud to children and let them read aloud to each other. You could work together and enjoy [journaling](#) what you are reading or take on a reading challenge together.

5. Let children take ownership of what they read and try to give them choices. You could create a storytime [book voting station](#). Discuss with children their likes and dislikes - it's OK for children not to want to finish a story because they aren't enjoying it. Let them move on and choose another.

6. Try to talk about stories, settings, characters, the plot and all aspects of reading. Ask them about what they have been reading at school. Are there any other books by the same author that they could get from the school library? Build intrigue and excitement.



7. Build a reading den, jump in with your children and enjoy a good story.

8. Join your local library.



9. Try to give books as presents and put a spotlight on how wonderful they are.



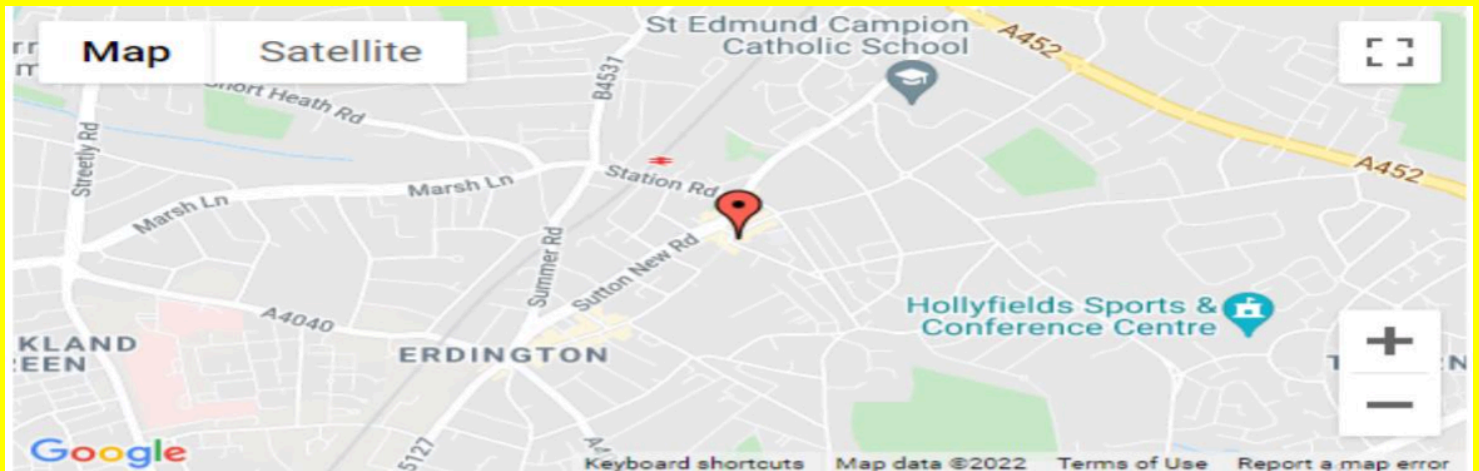
10. Most importantly, have FUN!

Focus on Reading for Pleasure (Continued)

For those of you who prefer, visit our local library and take advantage of the different activities it has to offer.

Attached are 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.



SPOTLIGHT ON CURRICULUM: HISTORY

Here at Paget our ambitious history curriculum helps children gain the knowledge and cultural capital they need to succeed in life. Alongside an understanding of Britain's past and that of the wider world.

In Key Stage One, the children develop knowledge of the past, through learning four key objectives:

- Changes within living memory
- Events beyond living memory
- The lives of significant people
- Significant historical events.

When the children reach Key Stage Two, topics are taught in chronological order. This starts with the Stone Age in Year Three and ends in Year Six with a topic based on Discrimination within the 18th century and beyond.

| Subject | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------------|--------------------------------------|-------------------------------|------------------------------------|----------|--|--|
| Y1 | Me, Myself and I | | Local History – Birmingham Cadbury | | | Great Fire of London |
| Y2 | People who changed the World – Women | Remembrance | | | People who changed the World - Technology | |
| Y3 | | Stone Age to Iron Age | Stone Age to Iron Age | | Roman Britain | Roman Britain |
| Y4 | | Anglo-Saxons, Scots & Vikings | Anglo-Saxons & Vikings | | | Local History Canals |
| Y5 | | Ancient Greece | | | Non-European study – study of Baghdad AD 900 | Non-European study – study of Baghdad AD 900 |
| Y6 | The Shang Dynasty | | | | Discrimination | Discrimination |
| Panthers | | | | | | |

Every year group covers either two or three units throughout the year. Our curriculum overview can be seen above.

This weekend the children have an exciting and unique opportunity to experience King Charles III's coronation. In school, this week the children have been introduced to the upcoming event during assembly. On Friday, each year group were taught in more detail about the importance of the coronation, as well as learning key historical details.



SPORTS REPORT: FOOTBALL

Thriller at Holly Lane as Football Season Resumes

As the season started again and a few results going Paget's way meant it was a huge fixture in La Liga on Thursday 27th with second-placed Paget facing third-placed Abbey - and what a match it was!

Paget made the brighter start and went 1-0 up within the opening minutes. Abbey though responded and when presented with a one-on-one opportunity, their striker didn't pass it up.

The game swung from end to end, and Paget re-took the lead thanks to an Abbey own goal from a corner.

The second half saw more end-to-end stuff and with five minutes to go, Paget switched off at an Abbey corner and the game was level again. And in the final minute, there was one last and decisive twist. Paget's captain launched a goal kick which put the Abbey keeper under pressure and though he pushed it up and away, an on-running Paget defender was in the right place to tap it home and seal an incredible 3-2 win for Paget.

It is a result that takes Paget closer to securing a play-off spot and the La Liga title.

With 3 games to go can the La Liga trophy come back to Paget for a second year running.



INFORMATION AND REMINDERS

SCHOOL CLOSURE

Remember there is no school on Monday 8th May, due to the extra bank holiday for the King's coronation.



Shelter

Shelter Housing support and Advice drop in sessions at your local Children's Centre
Free homeless, housing, temporary accommodation support

Bookable 10 minutes drop in session are as follows



Featherstone Childrens Centre

29 Highcroft Road, Erdington,
Birmingham, B23 6AU
0121 752-1870



Lakeside Children's Centre

Lakes Road Erdington, Birmingham,
B23-7LY
0121 752-1970

9/05/23 9.00-12.00 Tuesday only
12/06/23 9.00-12.00 Monday
10/07/23 9.00-12.00 Monday
14/08/23 9.00-12.00 Monday
11/09/23 9.00-12.00 Monday
9/10/23 9.00-12.00 Monday
13/11/23 9.00-12.00 Monday
11/12/23 9.00-12.00 Monday

26/05/23 9.00-12.00 Friday
23/06/23 9.00-12.00 Friday
28/07/23 9.00-12.00 Friday
25/08/23 9.00-12.00 Friday
22/09/23 9.00-12.00 Friday
27/10/23 9.00-12.00 Friday
24/11/23 9.00-12.00 Friday
22/12/23 9.00-12.00 Friday



LED BY ADULTS WITH ADHD

New free online groups for parents
for 6 weeks

Tuesdays 7-8 pm
starting May 2nd

Register here:

<https://www.eventbrite.com/e/619052963077>



Wednesdays 9.30-10.30 am
starting May 3rd

Register here:

<https://www.eventbrite.com/e/619098910507>



Contact us for details:

Phone: 0731 116 7485

Birmingham Resilience Education



Y6 SATs WEEK

Remember, 9th-12th
May is SATS week
for Year Six. Good
luck to everyone in
Year Six.

SPOTLIGHT ON MENTAL HEALTH & WELL-BEING



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

-Newsletter 10 - May 2023-

Hi there,

- Mental Health Awareness Week/Month -

Over this half term, we celebrate 'Mental Health Awareness Week' with the theme being 'Anxiety'. This special week begins on Monday 15th May. Although we celebrate Children's Mental Health week, I just wanted to make you aware about this special week for adults mainly, but anxiety does affect some children but mainly in the form of being worried.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

It's important to support young people in recognising when they are feeling worried and have feelings of anxiety, understanding their thoughts and feelings, and identifying the supportive connections they have. Here are 10 top tips to help your own and our children's mental health.

-10 top tips to support your own and your children's mental health -

1. Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

2. Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy and is also a significant benefit towards improving your mental health.

SPOTLIGHT ON MENTAL HEALTH & WELL-BEING

3. Eat well

Your brain needs a mix of nutrients to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

4. Drink water and plenty of it

We often drink but are we drinking the right types of drink. Try not to drink too many hot drinks full of caffeine or fizzy drinks that are full of sugar.

5. Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

6. Ask for help

We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.

7. Take a break

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

8. Do something you're good at

What do you love doing? What activities can you lose yourself in? Enjoying yourself can help. Doing an activity, you enjoy probably means you're good at it, and achieving something boosts your self-esteem

9. Accept who you are

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends.

10. Care for others

'Friends are really important. We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.

SPOTLIGHT ON MENTAL HEALTH & WELL-BEING

-Remember, its ok to seek support and help! -

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/>

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 522 9333
- Try to speak to the Child (Voice) First Birmingham helpline
- Email us anytime via help@youngminds.org

Get in touch today

- We're here to help you -

NHS LivingWell Mind Birmingham

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 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.



-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.

Mrs Ewbank

SEMH and Wellbeing Lead

SPOTLIGHT ON VALUES: RESPONSIBILITY

What is a responsibility?

A responsibility is something you are expected to do.

A responsibility might be a task you are expected to do. For example, your parents expect you to brush your teeth. Brushing your teeth is “a responsibility” and it is your responsibility to brush your teeth every day. Another example is that your teacher expects you to finish your homework on time and to do your best job. So it’s your responsibility to do your homework and to do it to the best of your abilities.

A responsibility might be a way you are expected to act. For example, your parents expect that if you go to play at the park, you will play in a way that won’t seriously hurt yourself or someone else. It’s your responsibility to have fun in a safe and courteous way.

What is a consequence?

A consequence is the result or outcome of our actions. Consequences can be positive (good) or negative (not good). For example, if you are supposed to do your chores by Sunday at 5:00 and you get them done, the consequence of your actions is that you get paid, and your parents are happy with you. In another example, if you leave your bike behind your dad’s car and he doesn’t see it and runs over it, the consequence of your action is that your bike is ruined.

Responsibility Example 1: Feeding the Dog

Responsibility: Each morning you are expected to feed the dog.

Consequence if you are responsible: First, the dog has a full belly and is healthy. Second, your parents know they can trust you to do what you say you will do and will be more likely to give you space and freedom to manage your own time.

Consequence if you are irresponsible (not responsible): First, the dog is hungry and long-term you could harm the dog’s health. Second, your parents are disappointed and feel they have to check up on you and control your behaviour more.

Responsibility Example 2: Being Home on Time

Responsibility: You meet your friends at the park to play and are expected to be home by 5:30.

Consequence if you are responsible: You set an alarm on your watch and make sure you leave the park with enough time to get home by 5:30. Your mom is confident you are safe and well and she trusts you to go to the park and hang with your friends next time.

Consequence if you are irresponsible: You lose track of time and don’t get home until 6:00. Your mom has had 30 minutes to worry about where you are and now, she’s upset. She says next time you can only go to the park if your big brother can go with you and supervise. You lost freedom and independence.

DATES FOR YOUR DIARY

Monday 8th May – School Closed – Bank Holiday for King’s Coronation
W/C 8th May – Year Six Sats Week – (Y6 SATS will now begin run Tuesday to Friday due to extra Bank Holiday)
16th-19th May - Book Fair
Friday 26th May - last day of term – Children break up for half term
Monday 5th June – Term begins
Tuesday 6th June - Y3 Trip to Wroxeter
Friday 9th June - Y5 trip to the Space Centre
W/C Monday 5th June – Y4 times tables checks
W/C 12th June – Y1 Phonics Screening Check
28th-30th June – Year Six Residential to Edale
7th - 14th July - Sports Week
Tuesday 25th July – End of term -Children break up for the summer

Please note that there is 1 more teacher day to be confirmed for this academic year, we will inform you of these dates as soon as possible.

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

**Indicates newly added or changed items*

YEAR SIX SATS TIMETABLE *

| Date | Test |
|--------------------------------|---------------------------------------|
| Tuesday 9 th May | Spelling Grammar |
| Wednesday 10 th May | Reading |
| Thursday 11 th May | Arithmetic Maths Reasoning Paper 1 |
| Friday 12 th May | Maths Reasoning Paper 2 |