

PAGET NEWS

8TH MARCH 2024



#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

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.

Child Line

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

Or ring

0800 1111

HEAD TEACHER'S WELCOME

This week we celebrated World Book Day, and it was great to see so many children and staff dressed as favourite characters and wonderful words. There were some amazing costumes, both shop-bought, and home made from characters like Matilda, Mary Poppins, Gerald the Giraffe and Gangsta Granny to words such as sunflower, colours, fragile, and creativity. If you haven't had chance yet, have a look at Twitter (X) at the costumes we had on display. Thank you to everyone for joining in.

Year Five have had a busy couple of weeks, last week taking part in Bikeability and this week carrying out their Geography fieldwork at the Carding Mill Valley. The behaviour throughout was fantastic and they were a credit to Paget.

Don't forget next week is Parents Evening and provided you have returned the letter your child should have now brought home a slip informing of you of your allotted appointment time. If you have not yet received this, please ask your child's class teacher. For those of you that have not returned the letter, your child will bring home a slip with a time that you have been allocated. Please try to attend this appointment as it is in the best interest of your child and their learning journey whilst at Paget.

Have a lovely weekend everyone, see you all on Monday morning.

Vicky Nussey

LEARNERS OF THE WEEK

NURSERY: Momina & Zunaira

RECEPTION: Skylar, Sultan, Simona & Aynoora

YEAR ONE: Maryam, Eleni, Mya & Liyanur

YEAR TWO: Akenia, Thea, Sebastian & Ama

YEAR THREE: Adyan, Asima, Kaiah & David

YEAR FOUR: Avery, Layton, Keira & Alfie B

YEAR FIVE: Wilson, Billy, Sofiyah & Bella

YEAR SIX: Bailey, Subhan, Kara & Jackson

PANTHERS & PUMAS: James & Ibrahim A

HOUSEPOINTS

THIS WEEK'S TOTALS:

THIS WEEK'S WINNING CLASS:

KS1: 1W

KS2: 3S

THIS WEEK'S WINNING HOUSE:

KS1: Venus

KS2: Venus

BEST ATTENDANCE

Class: 4H with 99.3%

INFORMATION AND REMINDERS



Approved Food is an online supermarket which sells high-quality products either short dated or past their 'best before' date, that have been discontinued or had their packaging redesigned, at reduced prices. To help customers fight the effects of rising food prices, Approved Food stocks family favourites

- from Cadbury, Coca-Cola, and Haribo to Belvita, Pringles and Tilda - at up to 70% off. Customers can also shop household items and products through the Approved Food website, such as kitchen roll, laundry detergent, pet food, and even high-end cosmetics and toiletries like Olaplex.

Click here for more information: <https://www.approvedfood.co.uk/>

*Be in for a chance to win
some great prizes!*

*Write your joke down, give
it to your teacher and we will
choose the best one!*

*Needs to be in by
Wednesday 13th
March.*

The logo for Red Nose Day features the words "RED NOSE DAY" in a bold, black, sans-serif font. The word "NOSE" is written in a larger font size than "RED" and "DAY". A red nose is depicted as a red circle with a white dot in the center, positioned between the words "NOSE" and "DAY".

PARENTS EVENING

Tuesday 12th
March 3.50-
6.20 p.m.

Spotlight on Mental Health & Well-Being



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

- Newsletter 8 March 2024 -

Hi there,

-Welcome-

Welcome to the eighth 'Wellbeing and Mental Health' newsletter.

- Sport and wellbeing-



Sport is such an important part of Paget. Personally, I love sport and I know many of our staff and pupils do. I have seen our sports clubs running this week, have attended girls' football last term and I'm looking forward to taking the children to a dance competition next week. All this has made me think about how important it is as part of a young person's wellbeing that they have the opportunity to exercise and take part in team games, sports and activities.

Physical Health

Playing sports can make you stronger and healthier, as well as contributing to lower obesity rates. Currently, one in three UK children leaves primary school obese or overweight.

Athletes tend to have lower body mass indexes, but non-athlete participants will still benefit from developing muscles and burning calories. Long-term, active people tend to have lower rates of diabetes and high blood pressure. Exercising regularly through sports programs could also contribute to better heart and lung function.

Learning to play sports as a child might carry over into being a more active adult; some sports tend to have a more lasting impact from childhood into adulthood, for example, football and hockey.

As well as increasing stamina and strength, regular exercise can make children more energetic, and therefore more able to concentrate in the classroom.

Mental Health

According to the Faculty of Sport and Exercise Medicine UK: 'Physical activity can increase self-esteem and reduce depression and anxiety in children. We also know that physical activity performed in an outdoor space can improve cognitive performance, self-esteem and reduce anxiety and symptoms related to Attention Deficit Disorder.'

Sport England agrees; 'The benefits of sport and physical



Spotlight on Mental Health & Well-Being

activity on our mental health are endless: improved mood, decreased chance of depression and anxiety, and a better and more balanced lifestyle ... Any kind of physical activity can boost mental wellbeing - from swimming to walking and yoga to dance.'

This means that even pupils who aren't competitive and don't enjoy traditional school sports, can get involved and take part in physical activity, leading to potential improvements in physical and mental wellbeing.

The children are so lucky to be offered so many physical clubs at Paget, as well as the competitions and tournaments.

A rich and exciting physical education is essential for children, not only for those most vulnerable to suffering from mental health problems, but for all young people. Through PE, children express themselves physically, challenge themselves and others, cooperate, compete and take risks. Physical Education helps to develop resilience, empathy, confidence and social skills - all vital for good mental health. Physical activity also releases energy, enabling young people to 'let off steam' which helps to lower anxiety levels. The sense of the achievement that is often experienced by students can also make a significant contribution to positive mental health.

Sport and physical activity affect the chemistry of the brain, improving mood both in the short and longer term. A positive PE experience at school can have a lasting impact on the mental health of young people for the rest of their lives.



-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, Mrs 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 Reading: EY & KS1

Hello,

KS1 & EYFS English Focus - We love books!!!!!! #getpagetreading – World Book Day



WOW – Paget World Book Day did not disappoint!

It has been brilliant to see all the fantastic costumes and to see the fun the children and staff have had. **Thank you to those children taking up the challenge to come as a word as well as enjoying the chance to swap a book.** Check out some of the amazing photos for KS1 and EYFS below but if you want to see more check out our Twitter @PagetPrimary



But do you know why World Book Day exists?

Well, World Book Day is a charity in the UK and Ireland. More than 500,000 children in the UK don't own a book and for some reason, the book they "buy" with their World Book Day token is often the first book of their own. Many children do not have books at home to read. World Book Day is not a random day but is to raise awareness and to make sure that **every** child in the UK has a book they can call their own.

Schools in **100 countries all over the world** take part in the day. Essentially, World Book Day was created to encourage a love of stories and books and celebrate the wonder of reading.

Did you know World Book Day, first took place in the UK and Ireland in 1997 and it has been inspiring children to read ever since. Reading for pleasure improves children's life chances across a range of social, educational and well-being measures, according to the National Literacy Trust.

Although dressing up is fun, the goal of the event is to encourage kids to pick up a book and start indulging in tales for fun.

All children under the age of 18 will be given a £1 book token to mark World Book Day 2024.



The £1 book tokens, from National Book Tokens Ltd, can be exchanged for a range of limited-edition books written for the day, or used towards the cost of a full-price book.

The redemption period for 2024 began on Thursday February 15th and will end on Sunday March 31st.

Spotlight on Reading: EY & KS1 (Continued)



You can use the tokens at the following participating retailers:

- Your local independent bookseller
- Asda
- Blackwell's (selected stores only)
- Sainsburys
- Tesco
- The Works
- Waterstones
- WHSmith

But what books can we buy? See below for a full list....



World Book Day 2024 books

Beginner

- **Elmer and the Patchwork Story** by David McKee
- **Greg the Sausage Roll: Lunchbox Superhero** by Mark and Roxanne Hoyle (aka **LadBaby**)
- **Charlie McGrew & The Horse That He Drew** by Rob Biddulph

Early

- **Dinosaur Club: On the Trail of a T. rex** by Rex Stone (Jane Clarke)
- **InvestiGators: Hi-Rise Hijinks** by John Patrick Green, with Christopher Hastings and Pat Lewis
- **Marv and the Ultimate Superpower** by Alex Falase-Koya

Fluent

- **Can You Get Jellyfish in Space?** By Dr Sheila Kanani
- **Loki: Tales of a Bad God** by Louie Stowell
- **Onyeka and the Secret Superhero** by Tola Okogwu
- **The Amazing Edie Eckhart: The Friend Mission** by Rosie Jones

Independent

- **Dread Wood: Creepy Creations** by Jennifer Killick
- **The Doomsday Date** by Faridah Àbíké-Íyímídé

We hope your child enjoys spending their Voucher – let us know which one they choose.

Thank you for your continued support.

#TeamPaget #StrongerTogether

Mrs Waring

KS1 RWI and English Leader

SPOTLIGHT ON CURRICULUM: GEOGRAPHY



This term at Paget, children have been learning all about many brilliant topics to excite them. Earlier this term, Year 2 were learning about our world, the continents and the oceans. The mountains of the world were explored in Year 6. Prior to this, they were looking at the many natural disasters that occur all across the globe. This half term, Year 5 have been enjoying their topic about different rivers. In Year 3, they have started using maps to explore different countries and landmarks across Europe, and can look forward to learning about Italy.

Things to do with your families

With the Easter holidays coming up, why don't you try some of these fun map based activities with your families?

Orienteering at Kingsbury Water Park



Geocaching, which is like going on a fun treasure hunt



A canal/river walk




Year 5's school trip to Carding Mill Valley

Our lucky Geographers in Year 5 had the opportunity this week to go on a school trip to Carding Mill Valley in Shropshire. They had a brilliant time.

Jasmine on the journey back wrote 'It was so fun! We saw lots of meandering rivers and N-shaped valleys and at the end of the hike there was a great waterfall'.

After the day of hiking Riah spoke about a 'beautiful waterfall' the children got to see. She also said 'we all got to go in the water (it was freezing cold) and saw some sheep. We did an experiment and saw that the outside of the river was quicker because of erosion.

Year 5 learnt loads on their trip and had a wonderful day.



SPORTS REPORTS: GYMNASTICS

(Mrs Spiers asked the Y4s to write a report - she was given 2 (brilliant!!)).

Ok, something incredible happened on the fifth March 2024.

Some schools had the chance to go to Broadway and show their talent of gymnastics.

However, Paget Primary School came. Everybody was going to share their gymnastics routine but first they had to practise, there were mats for them to practise.

Afterwards, they all had to do a warmup before performing in front of everyone. Everyone in that place, except the teachers had to perform and warm up. The warmup was led by a professional gymnast. After that, people started performing.

People performed as a group and some other people performed alone (scary right!). Some people managed to still perform even though they were scared of what people would think or if they would laugh.

After that, every child got their badge, two people got a rare water bottle based on their performance or if they tried their best or were on their best behaviour.

After that everyone got on their school bus and went back to school.

Paget is the best!

By Kehara - Year 4.

GYMNASTICS NEWSPAPER

TODAY AT PAgET, THE GYM NASTICS TEAM WENT OUT OF SCHOOL TO SHOWCASE THEIR PASSION FOR GYM NASTICS IN A GYM NASTICS COM PETITION. THEY WENT TO BROADWAY ACADEM Y TO PERFORM THEIR GYM NASTICS SEQUENCE THEY PRACTICED. FIRSTLY, THEY DID A WARM UP WITH AN EXCELLENT GYM NAST WHO STARTED THE WARM UP. THE GYM NASTIC TEAM HAD TO DO THIS WARM UP SO THAT THEY COULD MAKE SURE

THEIR MUSCLES ARE ALL STRETCHED TO BE READY TO



SHOWCASE THEIR TALENT OF GYM NASTICS. AFTER THAT THE GYM NASTIC TEAM SAW SOME IMPRESSIVE SEQUENCES THAT WERE VERY GOOD. WHEN THE PERFORMANCES WERE FINISHED THE GYM NASTICS, TEAM CAME BACK TO PAgET AND GOT READY TO GO HOME. SO THAT WAS THE GYM NASTS COM PETITION DAY.



Written by Jasmine G - Y4

EASTER PLANS...

Easter at Paget



Dear Parents,

We would like to invite all the children of Paget to join in this year's Easter celebrations.

For the children in Nursery, Reception, Years 1 and 2 we will be holding **an Easter competition**. We would like the children to **create their own Easter bonnet** for our competition on **Wednesday 20th March**. We thought it would be fun for the parents to get involved in this with your child at home and therefore the children can choose whichever design they like. Collage items for decorating a bonnet can be found at 'The Works', 'Home Bargains' or 'The Pound Shop' and super ideas can be found on the internet. The more original though, the better! We look forward to seeing your brilliant designs and there will, of course, be prizes for the winners and everyone who takes part! The children must bring in their finished bonnet on the morning of **Wednesday 20th March 2024**.

For the children in Years 3, 4, 5 and 6 we will be holding **an Easter competition**. We would like the children to **decorate an egg/egg scene**. Again, items can be purchased from pound shops or similar to help you decorate your egg or wooden spoon. Please bring in your named eggs on the morning of **Thursday 21st March 2024** and leave them in the Entrance Hall where they will be placed in a central display. In order to support you we thought we would include some different designs to get you started.



Unfortunately, on this occasion we are unable to invite parents to see these events as there is not enough room. However, please look out for lots of pictures on Twitter and our school website after the event. We really hope you will be able to take part and we look forward to seeing all your brilliant designs.

Thank you for your support

Mrs. Ewbank
Assistant Head

DATES FOR YOUR DIARY

Spring Term 2024

Tuesday 12th March - Parents Evening

Friday 15th March - Red Nose Day

Wednesday 20th March - Nursery, Reception, Y1 & Y2 - Easter Bonnet Competition *

Thursday 22nd March Years 3-6 - Decorated egg competition *

Friday 22 March 2024- Last day of term - Break up for Easter holidays

Summer Term 2024

Monday 8 April 2024 - School Closed to children - Staff training Day

Tuesday 9th April - Children return to school

Thursday 18th-Friday 19th April - Year Two Residential

Thursday 2nd May - School closed to children - Elections

Monday 6th May - School closed - May Day Bank Holiday

Week commencing Monday 13th May - Year Six SATS Week

Friday 24th May - Last day of term - Break up for half term

· Half Term: Monday 27 May 2024 to Friday 31 May 2024

Monday 3rd June - Term starts

Week commencing Monday 3rd June - Year Four - Multiplication Check Week

Week commencing 10th June - Year One - Phonics Screening Check week

Week commencing Monday 1st July - Sports Week

· Friday 19th July - Last day of term

(Please note there is one more teacher day for this academic year yet to be agreed with ATLP - these will be shared when finalised)

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

**Indicates newly added or changed items*

