



# Colmers Farm Primary School WEEKLY NEWSLETTER

Celebrating another special week at our  
nurturing school



Happy New Year to all of our parents, children and  
families!



Friday 6<sup>th</sup> January 2023

Dear Parents/Carers,

Happy new year to you all! I hope that you all enjoyed your festive celebrations over the last two weeks and that you and your children are ready for another packed term at Colmers Farm. It was wonderful to see everybody back in school on Tuesday.

Congratulations to all those children who won their bronze attendance badges before the holidays for 97%+ attendance. Before the holidays, our school attendance unfortunately took a bit of a dent, due to various illnesses going around, so it was great to see so many children achieving these awards despite this. **Good attendance is vital to your child's educational success.** Please do all you can to help your child to reach their full potential by ensuring that they are in school as often as possible. Remember that our attendance reward system has been 'reset' for this term. Therefore, every child can now achieve this term's attendance badge for good attendance. Let us see how many children can gain one of these awards this term.

On Wednesday, our Year 6s began a new project, which we are excited to be one of the first schools in Birmingham to trial. The project is called Resilience 2 Resolve and it is run by the Birmingham Youth Service. This project involves 1 hour lessons over 12 weeks led by the Birmingham Youth Service and focuses on exploring issues such as peer pressure, identity, unhealthy relationships, mental health, gangs, online safety and social media. It aims to develop our pupils' ability to make the right choices and will build their resilience, self-esteem and confidence as they transition from primary to secondary school.

I would like to remind parents about our expectations regarding uniform particularly regarding PE kits. Children should come into school wearing their PE kits on their PE days (unless they are going swimming). At this time of the year, this should consist of plain black/navy blue tracksuit bottoms/leggings, a red t-shirt/polo shirt and a normal school jumper/cardigan to wear over the top. Thank you for your support with this.

As you will be aware, your children have started their new topics this week.

Year 1 – Africa	Year 2 – The stone age
Year 3 – Ancient Egyptians	Year 4 – Extreme Earth/Antarctica
Year 5 – Ancient Greece	Year 6 – China

These topics link with the children's learning in history, geography, art, design and technology, reading and writing during this term. Before the holidays, you should have received your child's knowledge organiser for their new topic. If you did not receive this, please speak to your child's class teacher who can happily provide you with one of these. These are also available within the curriculum section of our school's website. When used, knowledge organisers are wonderful for giving your child background knowledge about topics before they start them. As always, these contain lots of homework ideas for you to complete with your children. Please remember to send into school any work produced. We love to see what has been created and to display them in school.

## DIARY DATES

**Monday 9<sup>th</sup> January**  
Music School Assembly at  
2:30pm

**Wednesday 11<sup>th</sup> January**  
Professor McGinty – Year 5

**Friday 17<sup>th</sup> February**  
Last day at school

**Thursday 19<sup>th</sup> January**  
School Brunch Menu

**Monday 6<sup>th</sup> February**  
Y6 Trip to Symphony Hall

**Monday 27<sup>th</sup> February**  
School Closed – Inset Day

**Tuesday 28<sup>th</sup> February**  
Children return to school

**Do you have a safeguarding  
concern about a child?**

Contact:

[safeguarding@colmersfarm.  
excelsiormat.org](mailto:safeguarding@colmersfarm.excelsiormat.org)

**Alternatively contact  
Birmingham City Council  
Children's Trust on 0121 303  
1888**

**Emergency out-of-hours  
number: 0121 675 4806**

**What's new on our website?**



**School Clubs list for Spring Term  
(Extra-curriculum activities)**

On Friday Year 6 had their topic "Wow Day". During this day our Year 6 children came in to school dressed in red and gold. They then produced some fantastic Chinese inspired artwork. The willow pattern artwork produced, which is a distinctive blue and white design used on ceramics, was particularly stunning. Well done Year 6!

I hope you have a lovely weekend. Thank you for your continued support.

Mr Williams

### PE Uniform - Earrings

As part of the school PE uniform, we ask that earrings are removed at home for the day your child is scheduled to do PE or attend a sport based after school club – thank you for your support with this.



### School Brunch – Thursday 19<sup>th</sup> January




On Thursday 19<sup>th</sup> January the school canteen will be putting on a special brunch menu for the children. Letters will be coming home with the children. Please return the slips if your child would like a meal and payment of £2.35 will need to be made via Arbor. Those children that qualify for free school meals will automatically be given this meal.

### e-safety – Staying safe online

## S

### Stay Safe

Don't give out your personal information to people / places you don't know.



## M


### Don't Meet Up

Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.

## A

### Accepting Files


Accepting emails, files, pictures or texts from people you don't know can cause problems.



## R

### Reliable?

Check information before you believe it. Is the person or website telling the truth?



## T

### Tell Someone

Tell an adult if someone or something makes you feel worried or uncomfortable.

Follow these SMART tips to keep yourself safe online!

### Pupil e-safety challenge



Cyber harassment is the use of email, social media and websites to bully or harass an individual or a group. What should you do if this happens to you?

- Nothing/Ignore it – They will get bored eventually.
- Block them, but don't tell anybody about it.
- Block them and tell a trusted adult.

This week's answer = C. Cyber harassment and bullying can happen 24/7 and can happen in your home. It is important that you tell an adult about this if it ever happens to you. They will be able to help make it stop and stop you worrying about it.

### Happy Birthday Messages

For next week, we would like to wish a very happy birthday to:

Kaya-Rose      RG  
Noah              3J



### Please follow us on Twitter!

Our Twitter feed is where we celebrate the wonderful learning we see from our pupils everyday!

@Colmers\_FarmPS





The start of the new term gives children the opportunity to reset their attendance and begin working towards their new attendance badge. For some children this will be their bronze and for some their silver. There are of course, genuine reasons (such as illness), which can make attendance at school difficult. We urge parents to bring children at every opportunity if they are well enough, to help us maximise their learning opportunities.

Our whole school attendance target remains at **96%** and this year we are determined to reach it!

Our whole school attendance for the **Autumn term was 92.6%** - let's get this up to **96%** this term!

How has your child's class done this week?



RG	90%
RL	96.83%
RT	97.3%
1K	95.06%
1W	96.91%
2B	96.24%
2P	96.77%
3F	95.24%
3J	91.95%
4G	95.56%
4L	92.86%
5M	88.89%
5T	92.22%
6D	89.29%
6G	88.69%





## Help your child become a better **READER**

Questions to ask your child while reading fiction text.

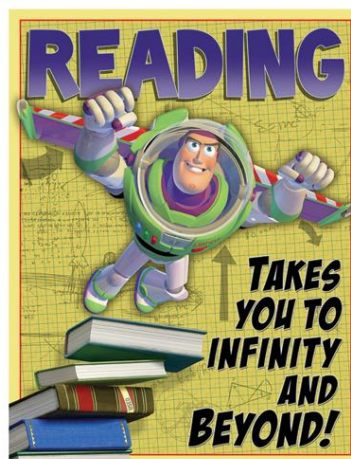
- Who is the main character?
- What is the setting in the story? Does the setting change?
- What was the problem in the story and how was it solved?
- Did the character change during the story? How?
- How are you like the main character? How are you different?
- What do you predict will happen next in the story?
- Why do you think the author chose this title for the story?
- Do you like the title of the story? Why or why not?
- Can you think of a different title for the story?
- Which character from the story would you choose to be your friend? Why?
- Which part of the story was the most exciting? Why?
- Did you like the end of the story? Why or why not?
- Which parts in the story could really happen? Which parts could not really happen?

fun-in-first.blogspot.com

### READ, READ, READ!

Reading is a key skill which is so important to any child's development at any age. Please try to listen to your child read at least once a day (for 10-15 mins ideally). It's also great for children to listen to you reading aloud as well.

As you know, our children in Years 1-6 have access to thousands of books online via myON. If you need help accessing this, please contact your child's class teacher or the school office.



## Help your child become a better **READER**

Questions to ask your child while reading nonfiction text.

- What is the main idea of the text?
- Can you tell me something you already know about this topic?
- What did you learn from reading the text?
- Are there any words that you do not know what they mean?
- What are some new words that you learned?
- Do you have any questions after reading this?
- Were there any features (diagrams, charts, pictures) that were important?
- Where could you find out more information about this topic?
- What questions would you ask the author about this topic?
- What would be a good title for this text?
- Can you think of another book that you have read about this topic? How was it similar? How was it different?
- Did you like the text? Why or why not?

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**Questions to ask your child when listening to them reading.**



**Accelerated™**  
Reader

	Class Name	Number of Points
1 <sup>st</sup>	6G	249,609
2 <sup>nd</sup>	5T	42,338
3 <sup>rd</sup>	6D	12,924
4 <sup>th</sup>	4G	12,075
5 <sup>th</sup>	3J	10,912
6 <sup>th</sup>	4L	6,382
7 <sup>th</sup>	5M	5,735
8 <sup>th</sup>	3F	0

Last week's top scorers	
1 <sup>st</sup>	Poppie (6G) 82,514
2 <sup>nd</sup>	Rocco (6G) 63,750
3 <sup>rd</sup>	Phoebe (6G) 62,728
Highest score this year	
Timothy (4G) 228,313	

## Spelling Shed

	Class Name	Number of Points
1 <sup>st</sup>	5T	123,433,458
2 <sup>nd</sup>	6G	99,326,044
3 <sup>rd</sup>	4L	19,426,588
4 <sup>th</sup>	5M	17,986,444
5 <sup>th</sup>	4G	11,368,108
6 <sup>th</sup>	3F	2,753,222
7 <sup>th</sup>	6D	1,305,498
8 <sup>th</sup>	1K	793,136
9 <sup>th</sup>	2B	154,364
10 <sup>th</sup>	1W	150,666
11 <sup>th</sup>	3J	67,338
12 <sup>th</sup>	2P	0

Last week's top scorers	
1 <sup>st</sup>	Ryan (5T) 64,876,630
2 <sup>nd</sup>	Riley (6G) 30,420,172
3 <sup>rd</sup>	Poppie (6G) 29,670,272
Highest score this year	
Chloe S (6G) 73,208,208	



## Mathletics

	Class Name	Number of Points
1 <sup>st</sup>	6G	10,599
2 <sup>nd</sup>	3F	7,400
3 <sup>rd</sup>	4G	6,107
4 <sup>th</sup>	5T	5,660
5 <sup>th</sup>	5M	4,121
6 <sup>th</sup>	3J	2,790
7 <sup>th</sup>	2B	2,449
8 <sup>th</sup>	2P	1,850
9 <sup>th</sup>	6D	1,260
10 <sup>th</sup>	4L	690

Last week's top scorers	
1 <sup>st</sup>	Stefania (6G) 5,189
2 <sup>nd</sup>	Danielle (3F) 4,880
3 <sup>rd</sup>	Kayleigh (4G) 3,817
Highest score this year	
Khaleesi (3J) 10,100	





# SOCIAL MEDIA & Mental Health

## What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

## Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

## 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

## 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

## 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

## 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

## 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

### HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

### OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

**NOS National Online Safety®**  
#WakeUpWednesday

**Meet our expert**  
This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

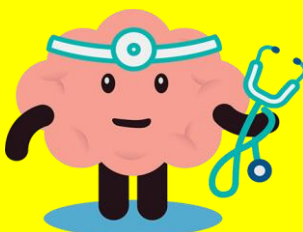
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.05.2019

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.cmh.gov.uk/people-and-communities/young-people/articles/social-media-and-mental-health/2015-10-20>, <https://www.rph.org.uk/uploads/assets/uploaded/6286570e-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/2015/05/5-warning-signs-mental-health-risk>

## What should I do if I have any concerns about my child's mental health?

Please speak to your child's class teacher or a member of our school's pastoral team (Mrs Taylor, Miss Evans or Miss Storer).



# This Week's Hot Chocolate Winners

Congratulations to all of our hot chocolate winners this week. They are:

Paige	RG
Darcie	1K
Martin	2P
Havana	3J
Timothy	4G
Omnya	5M
Charlie	6G



## This week's congratulations assembly recipients

Well done to:

Kaya-Rose	RG	Meadow	RL	Ryan	RT
Isla-Rose	1K	Wissam	1W	Godpower	2B
Theo	2P	Louie	3F	Scarlett	3J
Jake	4G	Lucas	4L	Alexander	5M
Piper	5T	Kennedy	6D	Lilian	6G



You have all demonstrated the key quality of resilience this week.

## School Uniform

At Colmers Farm Primary School, we place a high priority on our children wearing the correct school uniform. Please note that our children are not allowed to wear trainers in school unless this is short term with prior agreement.

For details about our school uniform requirements, please see the uniform section on our school website.

Thank you for your support with this.

## Help with School Uniform



Rubery Community Swop Shop is a fabulous organisation which helps families by providing pre-loved school uniform, PE kit and footwear to them FOR FREE. Please visit [www.ruberyswopshop.co.uk](http://www.ruberyswopshop.co.uk) or [ruberyswopshop@outlook.com](mailto:ruberyswopshop@outlook.com) for more information.



# Help for all families in Birmingham



Food  
& Energy



Youth  
Support



Domestic  
Abuse



Emergency  
Funding



Money &  
Debt Advice



Data & IT



Under 5's  
Support



School Uniforms  
& Clothing



Parenting



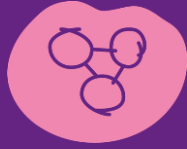
Special Needs  
& Disabilities



Bereavement



Housing



Sexual  
Health



Mental  
Health



Play

**Birmingham**  
Children's Partnership



**Birmingham**  
Children's Partnership



## Edgbaston

EarlyHelpEdgbaston@gatewayfs.org  
0121 456 7821

## Erdington

ErdingtonFamilies@compass-support.org.uk  
0121 748 8199

## Hall Green

Hallgreen.families@greensquareaccord.co.uk  
07570 953519 (9:30am to 4:30pm)

## Hodge Hill

EarlyHelp-Hodgehill@family-action.org.uk  
07976 199894

## Ladywood

childrenandfamilies@bsettlement.org.uk  
07764 977636

## Northfield

NorthfieldFamilies@northfieldcommunity.org  
07516 918 133

## Perry Barr

PerrybarrEHnetwork@spurgeons.org  
0121 752 1900

## Selly Oak

EarlyHelp.Billesley@gmail.com  
0121 441 4556

## Sutton Coldfield

SuttonEHnetwork@spurgeons.org  
0121 752 1860

## Yardley

EarlyHelpYardley@barnardos.org.uk  
0121 289 4875

