



# Colmers Farm Primary School

## WEEKLY NEWSLETTER

Celebrating another special week at our nurturing school



Friday 20<sup>th</sup> January 2023

Dear Parents/Carers

I hope that you have had a good week.

As you will have seen in the news this week, one of the teaching unions (the National Education Union) has voted to strike on four dates:

Wednesday 1<sup>st</sup> February

Wednesday 1<sup>st</sup> March

Wednesday 15<sup>th</sup> March

Thursday 16<sup>th</sup> March

We are waiting to receive additional guidance and information about how this will affect us as a school and we will provide you with more information when we have it.

On Monday, Miss McCarron and Miss Rudge took 20 Year 5 and 6 pupils over to Colmers Secondary school to take part in a School Games Competition against other local schools. The focus of this competition was athletics and although they did not win, the attitudes our pupils demonstrated throughout such as their resilience, sense of fair play, communication and teamwork were all worthy of commendation. Well done everybody who took part. You did a great job of representing our school. Thank you to Miss McCarron and Miss Rudge who enabled this visit to happen.



On Wednesday morning our Year 6 class sizes grew in number as we invited our Year 6 parents/carers into their children's reading, maths and writing lessons. During this Open Morning, Year 6's parents/carers were able to experience these lessons with their children, see and support their children's learning and they were able to talk with their child's teachers regarding the targets they would like their child to focus upon to progress. This is something new that we are trialling this year. We were delighted to have had so many parents/carers take part in this and the verbal feedback we received was very positive. Thank you to everybody who came and to the Year 6 staff for facilitating this morning so well. We look forward to our next Year 6 Open Morning which will take place just before the Easter holidays.

We have recently had to deal with a few incidents between children who have been using social media platforms, such as WhatsApp, inappropriately. WhatsApp does have a user age limit of 16, which means that technically none of our children should be using this. If you do permit your child to use social media apps, please can you remind them to instantly block anybody who may be sending offensive messages and not to continue to engage them in further conversation. Please see <https://www.colmersfarm.excelsiormat.org/assets/Documents/Esafety/Whats-App.pdf> for more information regarding the use of Whatsapp. Thank you for your support.

Next Tuesday at 3:30pm, we will be having the second meeting of our parent/carer forum. This will take place in the lower hall. This meeting will involve beginning to plan the summer fair, Year 6 leavers hoodies and Year 6 disco. We hope to see as many of you as possible at this. Thank you for your continued support.

A note to finish on... Saturday is National Hugging Day. I'd never heard of it before either, but who doesn't like a hug? The idea of National Hugging Day is to encourage everyone to hug family and friends more often. Hopefully you get and give lots of hugs tomorrow. Happy weekend!

Mr Williams  
Headteacher

## DIARY DATES

**Tuesday 24<sup>th</sup> January**  
**Parent/Carer Forum Meeting**

**Friday 3<sup>rd</sup> February**  
**NSPCC Number Day**

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

**Wednesday 8<sup>th</sup> February**  
**Year 1 Maths Workshop**

**Thursday 9<sup>th</sup> February**  
**Year 2 SATs workshop**

**Friday 10<sup>th</sup> February**  
**Reception Maths workshop**

**Wednesday 15<sup>th</sup> and Thursday 16<sup>th</sup> February**  
**Parents' Evening**

**Friday 17<sup>th</sup> February**  
**Last Day of Term**

**Monday 27<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?**



Unfortunately, there is nothing new this week

## New Contact Details?

If you have a new phone number, email address or home address or you would like to update the information belonging to any of your other contacts', please let the school office know as soon as possible. Thank you.



## NSPCC Number Day

As part of this day, children can come to school in their own clothes or clothes with a number on, on Friday 3<sup>rd</sup> February. We are asking for a donation of tinned or packaged food for the local food bank.



## 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.

## Pupil e-safety challenge



You get sent a text message on your mobile: "Cool ringtones! Just text YES to download."

Do you -

- Text "YES". Cool ring tones are always good.
- Delete the message. If I type "YES" I could run up a large phone bill.
- Text back and ask, "How much will I be charged?"

This week's answer = B. Always delete and ignore messages you get from unknown numbers. You never know who is really messaging you and it could be a scam or a virus.

## Happy Birthday Messages

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

Kyrie	RT	5	Rosie	1K	6
Isaiah	3F	8	Leila	3J	8
Kamaal	5T	10	Oliver	5T	10
Ruwan	5T	10	Keira	6D	11



## Please follow us on Twitter!

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

@Colmers\_FarmPS



## How is your child's class attendance so far this year?

RG – 88.3%	1K – 93.8%	3F – 93.1%	5M – 95.5%
RL – 92.5%	1W – 91.2%	3J – 95.6%	5T – 93.5%
RT – 91.4%	2B – 93.3%	4G – 93%	6D – 91.8%
	2P – 93.1%	4L – 93.4%	6G – 92%

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

Our current school attendance to date is **92.9%** - let's get this up to **96%**!

The Colmers Farm attendance league table, WEEK 14.

### CLASS AWARDS:

The class with the highest attendance in EYFS and KS1 and the winner of the Colmers Cat this week is:



**1K – 94.6%**

The class with the highest attendance in KS2 and the winner of the Colmers Camel this week is:



**3F – 97.1%**

Position	Class	Games Played	Points
1	3J	14	39
2	5M	14	33
3	4L	14	30
4	2B	14	25
5	RL	14	24
=	1K	14	24
7	5T	14	21
=	1W	14	21
=	4G	14	21
=	3F	14	21
11	RT	14	18
=	6G	14	18
13	2P	14	15
14	6D	14	12
15	RG	14	7



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

Questions to ask your child while reading fiction text.

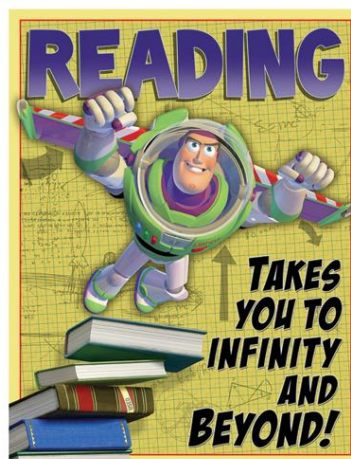
- Who is the main character?
- What is the setting in the story? Does the setting change?
- What was the problem in the story and how was it solved?
- Did the character change during the story? How?
- How are you like the main character? How are you different?
- What do you predict will happen next in 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>	4G	194,272
2 <sup>nd</sup>	6D	115,440
3 <sup>rd</sup>	4L	107,534
4 <sup>th</sup>	6B	95,775
5 <sup>th</sup>	5M	91,864
6 <sup>th</sup>	5T	67,295
7 <sup>th</sup>	3F	66,725
8 <sup>th</sup>	3J	39,123

Last week's top scorers	
1 <sup>st</sup>	Timothy (4G) 140,909
2 <sup>nd</sup>	Thomas H (5T) 44,693
3 <sup>rd</sup>	Hao Lin (5M) 41,965
Highest score this year	
Timothy (4G) 228,313	

## Spelling Shed

	Class Name	Number of Points
1 <sup>st</sup>	6G	171,765,467
2 <sup>nd</sup>	5T	167,800,184
3 <sup>rd</sup>	3J	100,461,194
4 <sup>th</sup>	4G	28,534,236
5 <sup>th</sup>	5M	27,408,504
6 <sup>th</sup>	4L	15,563,634
7 <sup>th</sup>	6D	9,993,264
8 <sup>th</sup>	3F	5,124,158
9 <sup>th</sup>	1K	4,395,602
10 <sup>th</sup>	2B	2,372,914
11 <sup>th</sup>	1W	1,332,442
12 <sup>th</sup>	2P	745,705

Last week's top scorers	
1 <sup>st</sup>	Robyn (3J) 100,235,408
2 <sup>nd</sup>	Ryan (5T) 61,003,542
3 <sup>rd</sup>	Poppie (6G) 60,547,698
Highest score this year	
Robyn (3J) 100,235,408	

## Mathletics

	Class Name	Number of Points
1 <sup>st</sup>	5T	13,480
2 <sup>nd</sup>	3F	4,950
3 <sup>rd</sup>	6G	6,060
4 <sup>th</sup>	6D	5,020
5 <sup>th</sup>	4G	4,331
6 <sup>th</sup>	5M	3,822
7 <sup>th</sup>	2B	3,232
8 <sup>th</sup>	4L	2,560
9 <sup>th</sup>	2P	1,610
10 <sup>th</sup>	3J	1,410

Last week's top scorers	
1 <sup>st</sup>	Ryan (5T) 6,410
2 <sup>nd</sup>	Danielle (3F) 3820
3 <sup>rd</sup>	Poppie (6G) 2,80
Highest score this year	
Khaleesi (3J) 10,100	





# Top tips for good wellbeing

**Having good wellbeing is important because it helps you cope with things that worry you. Good wellbeing helps you to be happy and confident in your life.**

## GET ACTIVE

Exercising makes us feel good, so getting active is really important for wellbeing. It makes your heart pump your blood faster, making sure you feel fresh and energetic!

## EAT WELL

A balanced diet gives your body the energy it needs to work properly. When your body lacks certain nutrients, it can lead to feeling grumpy or unwell.

## GET ENOUGH SLEEP

Sleep is so important! When you are asleep your body and brain does more than when you are awake! Getting a good night's sleep ensures your body can heal and repair.

## GO OUTSIDE

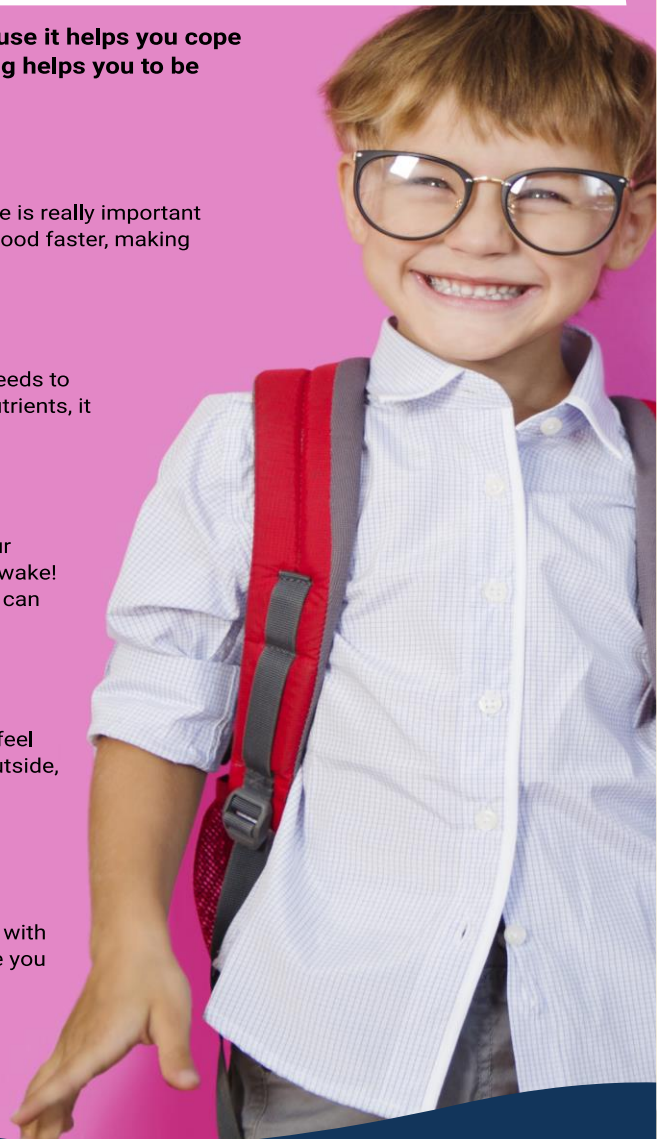
Being outside in the sunlight makes your body feel good, and that makes you feel happy. So get outside, go exploring and connect with nature to make yourself feel better!

## ASK FOR HELP

If you're worried or stressed, don't try and cope with things alone. Talk things through with someone you trust. It will make you feel so much better!

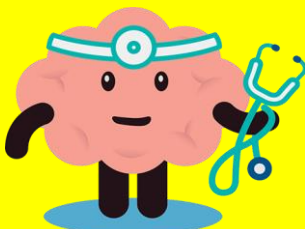


Find out how the **Pupil Wellbeing Award** can help bring these benefits to your school, email [contact@schoolimpactawards.co.uk](mailto:contact@schoolimpactawards.co.uk)



## 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:

Meadow	RL
Ryan	1W
Macie	2P
Arash	3G
Hayden	4L
Lonnie	5M
Arian	6G



## This week's congratulations assembly recipients

Well done to:

Icy	RG	Zacharias	RL	Sarano	RT
Rosie	1K	Lincoln	1W	Aylah	2B
James	2P	Harley	3F	Betty	3J
Isabelle	4G	Poppy	4L	Emilie	5M
Khloe	5T	Alfie	6G	Maddie-Leigh	6D



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

## This week's house point results

364	434	381	382
Farah	Thompson	Daley	Ennis-Hill



## 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.

# A customers guide to Controlling condensation and mould



grows on the surface. Moisture from kitchens and bathrooms is a major cause and affects other colder parts of the property. Common causes include too much moisture being produced in your home, not enough ventilation and the temperature in your home not being kept on to an even level temperature.

**Condensation can be reduced by increasing ventilation and reducing the amount of moisture in the air.**

## What is condensation?

### When it occurs and common causes.

Condensation forms when warm, moist air comes into contact with cold surfaces such as windows, floors or walls. Condensation occurs mostly during periods of cold weather and can damage decorations, floor covering, clothes and bedding. Given time, the affected damp areas then attract black mould that

### Did you know...?

- Cooking and use of the kettle produces 3 litres of moisture per day.
- Having a bath or shower produces 1 litre of moisture.
- Washing and drying clothes indoors produces 5.5 litres of moisture per day.

**You can reduce the build up of condensation in your home and lessen its affects by following these simple tips:**

- Do not dry washing on radiators.
- Dry laundry outside, if that's not possible, use the bathroom with the window open.
- Properly vent tumble dryers.
- Cover pans and switch off kettles as soon as they have boiled to minimise steam.
- Close kitchen and bathroom doors to prevent moisture escaping when cooking or bathing.
- Maintain low-level heating such as turning radiators to a frost setting in rooms likely to be unoccupied for prolonged periods of time. Do not use portable gas heaters as they produce very high levels of condensation and are contrary to your Conditions of Tenancy.
- Do not block air vents.
- Use extractor fans, where provided, when cooking and bathing.
- Wipe condensation from windows on a daily basis.
- Run cold water first then add the hot water when having a bath, this reduces condensation by up to 90%.
- Ventilate rooms daily for at least 30 minutes or use your window vents for long periods.
- Keep furniture from direct contact with external walls to prevent dampness occurring.





To remove mould, wipe down or spray affected surfaces with a fungicidal wash that has a Health & Safety Executive (HSE) approval number and ensure that you follow the instructions for its safe use. Fungicidal washes are available in most supermarkets or D.I.Y. stores.



Dry clean mildewed clothes and shampoo carpets. Do not try to remove mould by using a brush or vacuum as this may help mould growth spread.



After treating mould, redecorate using a good quality fungicidal paint and a fungicidal wall paper paste to help prevent mould recurring.



The effect of fungicidal or anti-condensation paint is destroyed if covered with ordinary paint or wallpaper.

**The only lasting cure for severe mould is to cure the moisture.**



REPAIR WORK DUE TO DAMPNESS CREATED BY YOUR OWN ACTIONS MAY BE CHARGED AS HIGHLIGHTED IN SECTION 7 OF YOUR CONDITIONS OF TENANCY.

**NON-URGENT REPAIRS SHOULD BE REPORTED ON LINE AT  
[WWW.BIRMINGHAM.GOV.UK/REPAIRS](http://WWW.BIRMINGHAM.GOV.UK/REPAIRS)**



HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH BIRMINGHAM CITY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

### WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW GROUPS STARTING NEAR YOU IN JANUARY. CLICK BELOW TO SIGN UP FOR YOUR FAMILY'S FREE PLACE!\*

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



Monday	<b>HODGENHILL</b> Welcome Change Community Centre 4:30 - 6:30pm	<b>BORDESLEY GREEN</b> Sittley Wellbeing Centre 4:30 - 6:30pm
Tuesday	<b>HANDSWORTH</b> Handsworth Leisure Centre 5:00 - 7:00pm	
Wednesday	<b>KING'S NORTON</b> St Joseph's & St Helen's Church Hall 5:00 - 7:00pm	<b>SPARKBROOK</b> The Concord Centre 4:00 - 5:30pm
Thursday	<b>ERDINGTON</b> St Edmund Community 5:30 - 7:30pm	<b>SMALL HEATH</b> Bethel United Church 5:00 - 7:00pm

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Birmingham and include one child who is above their ideal healthy weight.

## HAPPY VEGAN-UARY!

The New Year is a great time to switch it up and try something different. Why not give these Crispy Cauliflower Nuggets a go as a healthy alternative to traditional chicken nuggets or turkey dinosaurs- oh, and did we mention they're vegan?!



### CRISPY CAULIFLOWER NUGGETS

#### Ingredients:

- 450g cauliflower florets (one medium head)
- 4 tablespoons vegan mayonnaise (or regular/light mayo- it just won't be vegan then!)
- 60g breadcrumbs
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground paprika
- Salt & pepper to taste
- 2 tablespoon ketchup
- 2 tablespoon vegan mayonnaise
- 1 tablespoon sriracha (optional)

#### What to do:

1. Preheat oven to 200°C. Line baking sheet with parchment paper or foil and set aside.
2. In a large bowl, toss the cauliflower florets with the mayonnaise until completely coated and set aside.
3. In a small bowl, combine breadcrumbs, onion powder, garlic powder, paprika and mix well.
4. Coat the cauliflower florets in the breadcrumb mixture and place on a baking sheet.
5. Bake for 30 minutes, turning halfway.
6. For the dipping sauce, combine ketchup, mayonnaise and sriracha in a small bowl.
7. Serve with a side of your favourite veggies and enjoy!

#### TOP TIP

Feel free to swap out the spices for whatever you already have in the cupboard or a different combo you might like!



[beezeebodies.com](http://beezeebodies.com)

BeeZee Families

03300 106300



## Dietitians' top tips to eat well on a budget



Plan meals in advance



More veggie meals



Shop with a food list



Use frozen or tinned fruits and vegetables



Look at own brands



End-of-the-day discounts



Reduce waste



Cook smarter



# 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



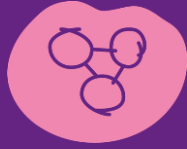
Special Needs  
& Disabilities



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

