



The CEOP button is in the useful links section of our school website. This is for children to report online concerns they may have. It also contains useful e-safety resources for parents to access. Please make sure that your child knows about this link.



Friday 11<sup>th</sup> February 2022

Dear Parents/Carers

I have now thankfully ended my Covid isolation period and have thoroughly enjoyed my first few days back in school. Once again, I would like to thank Miss Kelly and everybody else at Colmers Farm for working extra hard to cover my enforced absence. They have done a fabulous job.

Thank you to everybody that has returned their 'Safer Internet Day Competition' entries into school so far. I have been really impressed with the quality of the entries that I've seen so far. Please remember that Monday 14<sup>th</sup> February is the final day for children to return their entries to enter this competition.

We have recently had a few children bringing into school items from home to play with during play and dinnertime. Please can I remind you that children are not allowed to do this as this can lead to upset and arguments, particularly if these items are lost or damaged. Thank you for your support with this.

Ties are an important part of our uniform policy in Years 5 and 6. I have noticed though that we do have a few children who seem to be forgetting to wear these consistently. Please can you remind your child regarding this. Replacement ties are available from the school office for £3.50.

Unfortunately, as you are aware, we are unable to run our Inspire sessions in school currently for parents. What we will however do over this term is to put videos which will deliver the content of these session onto our school website. This week, the Year 1 team have posted their phonics inspire workshop for Year 1 parents (and any other interested parents) to watch. This will video give you more information about phonics and how you can use this approach to support your child with their reading at home. We hope that you find this useful.

I hope that you all have a lovely weekend.

Mr Williams Headteacher

## DIARY DATES

**14/02/22**  
**Safer Internet Day**  
**Competition Ends**

**14/02/22**  
**Big Arts Week**

**18/02/22**  
**Final Day before**  
**half term**

**28/02/22**  
**Staff Training Day**

**01/03/22**  
**Children Return to School**

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

**Contact:**

[safeguarding@colmersfarm.exelsiormat.org](mailto:safeguarding@colmersfarm.exelsiormat.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 this week?



**Year 1 Phonics inspire video  
(Year 1)**

## Admissions policy for 2022/2023 (admissions)

[www.colmersfarm.excelsiormat.org](http://www.colmersfarm.excelsiormat.org)

## Please follow us on Twitter!

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

@Colmers\_FarmPS



## Happy Birthday Messages

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

Amy M-H	Age 10	5T
Olivia-Rose L-S	Age 9	4G
Tiegan K	Age 8	3T
Riley W	Age 6	1F
Luckie C	Age 5	RC
Summer-Rai M	Age 5	RC
Callum B	Age 5	RF

Rennzo M-R	Age 9	4J
Callum B	Age 8	3T
Duaa A	Age 6	1K
Ethan M	Age 6	1K



## e-safety – Keeping your children safe online. Does your child know these rules?

<h3>S</h3> <h4>Stay Safe</h4> <p>Don't give out your personal information to people / places you don't know.</p>	<h3>M</h3> <h4>Don't Meet Up</h4> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p>	<h3>A</h3> <h4>Accepting Files</h4> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p>	<h3>R</h3> <h4>Reliable?</h4> <p>Check information before you believe it. Is the person or website telling the truth?</p>	<h3>T</h3> <h4>Tell Someone</h4> <p>Tell an adult if someone or something makes you feel worried or uncomfortable.</p> <p>Follow these SMART tips to keep yourself safe online!</p>
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## Pupil e-safety challenge



You might see this image on the case of a computer game. What does it mean?



- (A) You can only buy this game with a credit card.
- (B) This game contains gambling.
- (C) This game contains in game purchases to access additional content.
- (D) There are puzzles in this game that you will need to solve.

This week's answer = C. Sometimes in games, you will be offered the opportunity to purchase special equipment or tokens using real money! These often help you to move through the game faster. Please ask your parents' permission before making any online purchases.



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

Questions to ask your child while reading  
nonfiction text.

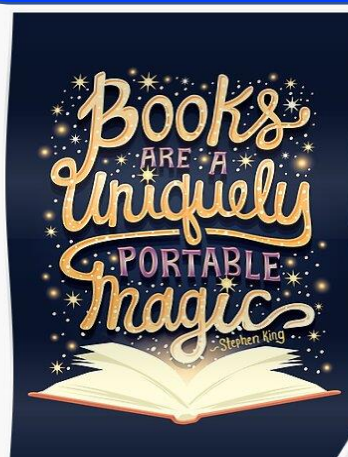
- What is the main idea of the text?
- Can you tell me something you already know about this topic?
- What did you learn from reading the text?
- Are there any words that you do not know what they mean?
- What are some new words that you learned?
- Do you have any questions after reading this?
- Were 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?

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



# 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

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



**Accelerated™**  
Reader

	Class Name	Number of words read last week
1 <sup>st</sup>	6D	876,815
2 <sup>nd</sup>	6B	772,266
3 <sup>rd</sup>	5A	99,813
4 <sup>th</sup>	3T	73,668
5 <sup>th</sup>	5T	62,143
6 <sup>th</sup>	4J	56,296
7 <sup>th</sup>	4G	38,829
8 <sup>th</sup>	3H	33,106



**Spelling Shed** 

	Class name	Score
1 <sup>st</sup>	6B	72,912,922
2 <sup>nd</sup>	6D	52,184,320
3 <sup>rd</sup>	4G	46,719,068
4 <sup>th</sup>	5A	42,049,836
5 <sup>th</sup>	3H	25,284,879
6 <sup>th</sup>	3T	22,646,714
7 <sup>th</sup>	2B	2,529,100
8 <sup>th</sup>	1W	2,320,964
9 <sup>th</sup>	4J	1,848,742
10 <sup>th</sup>	5T	1,193,164
11 <sup>th</sup>	2H	743,798
12 <sup>th</sup>	1K	320,825
13 <sup>th</sup>	1F	120,596

**Mathletics**

	Class Name	Number of points last week
1 <sup>st</sup>	6B	17,020
2 <sup>nd</sup>	4G	16,623
3 <sup>rd</sup>	6D	8,947
4 <sup>th</sup>	3H	7,297
5 <sup>th</sup>	3T	7,270
6 <sup>th</sup>	5T	5,230
7 <sup>th</sup>	2H	4,640
8 <sup>th</sup>	2B	3,263
9 <sup>th</sup>	5A	1,490
10 <sup>th</sup>	4J	1,360

Top 3 pupils last week	
1 <sup>st</sup>	Harvey (6B) 658,841
2 <sup>nd</sup>	Laila (6D) 531,820
3 <sup>rd</sup>	Violet (6D) 126,068
<b>Record Score</b>	
Harvey (6B) 658,841 words	

Top 3 pupils last week	
1 <sup>st</sup>	Darcie (5A) 42,094,106
2 <sup>nd</sup>	Ryan (4J) 30,038,896
3 <sup>rd</sup>	Bianca-Maria (6B) 16,220,082
<b>Record Score</b>	
Harvey (6B) 50,053,308	

Top 3 pupils last week	
1 <sup>st</sup>	Carol (6B) 3,980
2 <sup>nd</sup>	Stefania (5T) 3,940
3 <sup>rd</sup>	Kane C (6B) 2,790
<b>Record Score</b>	
Ryan (4G) 10,110	





# ATTENDANCE



1W



6B

This week's best attendance prize winners! Well done!

Colmers Farm League Table to date.  
How is your class doing?

Pos	Class	Games played	Points
1	2B	14	37
2	1K	14	30
3	3T	14	27
=	6B	14	27
5	3H	14	26
6	4G	14	24
=	1W	14	24
8	1F	14	23
9	4J	14	21
=	2H	14	21
11	RC	14	19
12	RF	14	18
13	5A	14	15
14	6D	14	13
15	5T	14	6

This week's winners:

6D	vs	RC
3H	vs	5T
4J	vs	1W
5A	vs	3T
2H	vs	1K
6B	vs	RF
4G	vs	1F
2B	AUTOMATIC 3 POINTS	

**ATTENDANCE MATTERS**  
every student, every day



# This Week's Hot Chocolate Winners

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

Logan W RF  
Martin E 1K  
Arlo-Jai F 2B  
Cayleigh M 3T

Tyler S 4J  
Shajeena S 5T  
Lucy W 6B



# This week's congratulations assembly recipients

Well done to:

Lincoln M-G RC  
Elijah P 1F  
Paige D 4G  
Kamran F 6B

Reggie M RF  
Riley M 2B  
Rennzo M-R 4J  
Jake D 6D

Emily C 1W  
Sophie-Mae G 2H  
Tilly M 5A

Michael I 1K Zayn K 1F  
Max O' 3T Aliyah A 3H  
Jonah F 5T



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

# This week's house point results



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.

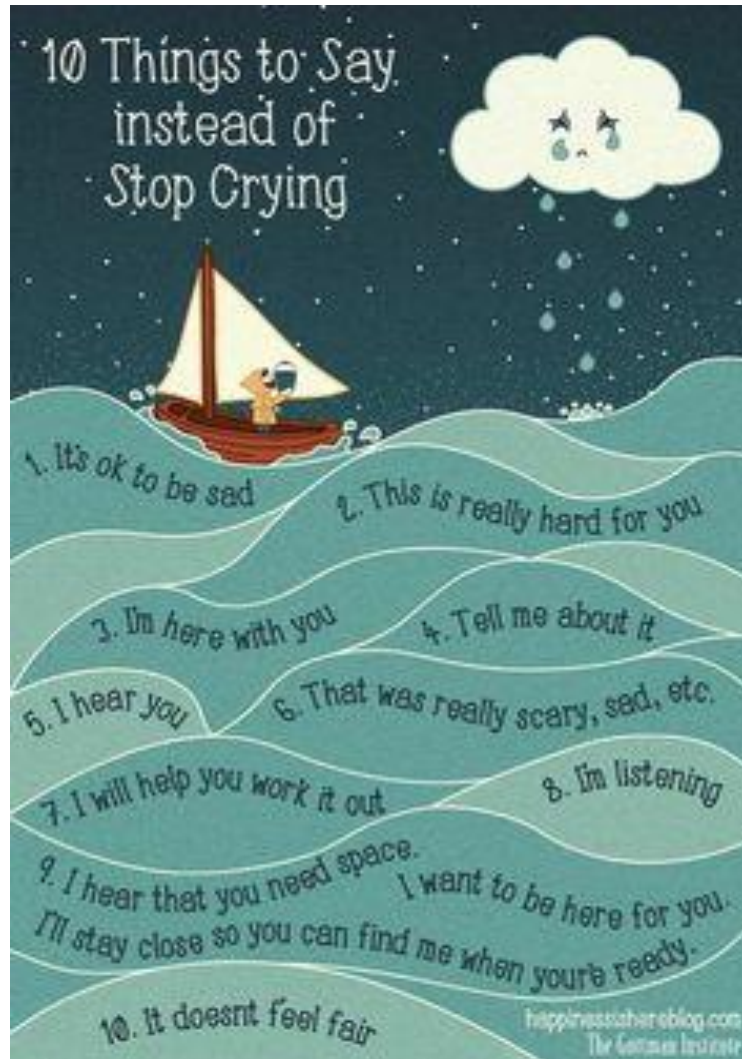
Thank you for your support with this.

# 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.

# Pupil Mental Health and Well-Being Tips



## 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 (Miss Kelly, Mrs Talyor,  
Miss Evans or Miss Storer)





# MENTAL HEALTH SUPPORT TEAM

TERMLY NEWSLETTER TO PROMOTE MENTAL HEALTH AND POSITIVE  
WELLBEING

WINTER TERM - ISSUE 2- JANUARY 2022

## Beating The Winter Blues

Welcome to the MHST's second newsletter. We would like to start off by saying well done for making it through the first term! We hope your children are starting to feel more settled and you have had a chance to say hi to us. The MHST have even more things planned to continue supporting your children with their mental wellbeing this term and we can't wait to start them!

Winter can be tough for you and your children. It gets darker earlier and the colder, icier weather can leave you stuck indoors feeling bored, miserable and unstimulated with little exciting to do. This doesn't have to be the case. Here are some tips to help your family beat the winter blues:

Spend at least 30 minutes outdoors as a family every day

Keep the inside of your home as bright as possible

Have a regular sleep routine with your child aiming for 8-10 hours of sleep every night

Be creative with your time indoors and play games or do some crafts as a family

## The 5 Ways To Wellbeing: Be Active

Wintertime makes it harder for everyone to stay motivated and move as much as you do in the spring and summer. The cold temperatures and a reduction in daylight can leave you and your children feeling fed up and with nothing exciting to do. Being active can help our body's release 'feel good' hormones which improves mood and keeps you fit at the same time. This is why it is important to encourage your children to still be active in the winter.

Connect

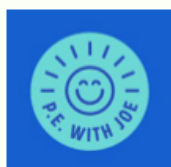
Be  
Active

Take  
Notice

Keep  
Learning

Be  
Creative  
/Play

Things you can do with your children to increase their activity over winter are:



PE with Joe Wicks  
home workout



Playing in the park  
while wrapped up



Indoor soft play centres



Taking the dog for a  
walk (if you have one)



Play hide and seek

# Mascot Competition



Children in Year 4, 5 and 6 have an exciting opportunity to take part in the Birmingham and Solihull (BSOL) MHST mascot competition this half-term! The winning design will be used by both BSOL MHSTs and will be on all our presentations, newsletters and posters moving forward.

We would like the mascot to be a creative, colourful, caring and brave friend that represents the MHST.

To enter all your child has to do is:

- Design a fantastic mascot on A4 paper
- Hand the design to their teacher to be given to your school's mental health lead and passed onto the MHST

You can also email your child's digital designs to [bwc.mhst@nhs.net](mailto:bwc.mhst@nhs.net) (make sure you title the email 'Mascot Competition')

-Deadline: **Monday 28th February 2022**

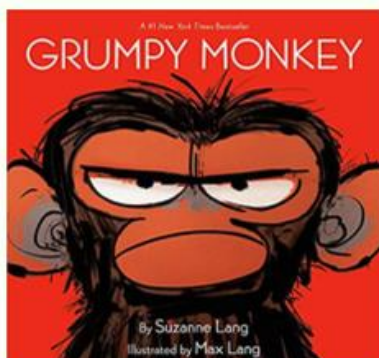
We can't wait to see all the designs that are created!



## Recommended Resource

### **Grumpy Monkey by Suzanne Lang**

Grumpy Monkey teaches an important lesson about feeling all of our feelings. It's a great example of why we shouldn't just 'put on a happy face' and that it's ok to feel sad and grumpy as long as we are careful to not hurt others in the process



Click here to watch the video.

<https://www.youtube.com/watch?v=wylzbbSL668>

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## Additional Support

**Talk to your child's teacher if you would like them to have some support from the MHST.**

### **Pause:**

Forward Thinking Birmingham's drop in wellbeing service for young people up to 25. You can register your child for their groups and workshops online.

### **YoungMinds:**

Charity supporting children and young people with their mental health. This charity also has a parent and carer helpline to help you support your child's wellbeing.

### **#You'vebeenmissed**

Mental resources for parents and children  
This terms recommended resource is Creating a Thought Detective.

**Creating a Thought Detective:**  
Investigating unhelpful thoughts  
Guidance for parents and carers (primary)

#YOU'VE  
BEEN  
MISSED

Children can learn to recognise automatic negative thoughts and practice challenging them. By being a 'thought detective' children can be encouraged to examine their thoughts instead of just acting on how they make them feel.

Steps on how to encourage your child to be a 'thought detective':

First explain that our brains are amazing. Our brains take in millions of pieces of information every minute but that is way too much for us to pay attention to, so our brains create shortcuts.

The problem is sometimes these shortcuts go wrong.....



This is what the resource looks like





# Find healthier swaps for the whole family



## Just scan, swipe, swap

Now it's your turn to try!



**Better  
Health**

Let's  
do this

Download the FREE  
**NHS Food Scanner App**



# Out of School Club Provision

for children from Rubery Nursery  
School and Colmers Primary School\*

\*up to the age of 8 years old



**Rubery**  
nursery school



Breakfast Club is open from **7.30am - 9.am**  
and After School **3.00pm - 5.30pm**

Our Out of School Club offers children from 2 – 8 years old a safe and friendly environment with qualified and experienced members from our staff team. Children can choose from a range of activities relevant to their age and ability.

We offer snack to the children during the session. They can choose between cereal or toast for breakfast if they arrive before 8.30am and will receive a biscuit and a drink before 4.15pm. A light tea is offered for children staying after 4.15pm. For more information, please request a prospectus or phone us on the number below.

For more information and prices please contact our Reception on  
**0121 464 2158** or visit us at:

**Leybrook Road, Rubery, Birmingham B45 9PB**

[www.ruberyn.bham.sch.uk](http://www.ruberyn.bham.sch.uk)



@RuberyNursery

Inspiring Independence, Confidence and Curiosity

# 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



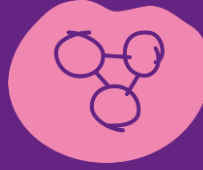
Special Needs  
& Disabilities



Bereavement



Housing



Sexual  
Health



Mental  
Health



Play



## Birmingham Children's Partnership



### 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

