



# Colmers Farm Primary School WEEKLY NEWSLETTER

Celebrating another special week at our  
nurturing school



## Being on time for school is important

Being on time is so important as this gives pupils a relaxed start to the morning, they do not miss any learning, they do not feel anxious walking into a classroom late and it sets a good habit for future life and employment.



**Friday 15<sup>th</sup> October 2021**

Dear Parents/Carers

I hope you've all had a good week.

This week, Miss Kelly and I spent quite a lot of Tuesday and Wednesday popping in and out of our Reception, Year 1 and Year 3 classes. We were really impressed with the teaching and learning we saw and the behaviour of our children which was excellent. Well done Reception, Year 1 and Year 3!

Over the last few weeks, I've been giving out quite a few SAGE awards to our KS2 children. This is one of those Headteacher tasks that I just love doing. It's been great to see what tasks our children have been doing both inside and outside of school to earn these awards. Well done everybody I've seen so far this year. Ideally, by the end of the year, we would love every child in KS2 to have earned at least their bronze award. Please visit the SAGE award section of our school website to find out more about this award.

Since we returned in September, I've been really pleased with the way that our children are wearing their correct school uniforms. They really do look smart. Please can I remind you all though that trainers should not be worn to school and that all children should wear black school shoes. Please see our uniform policy for more information. Thank you for your support with this.



On Friday, our school took part in the Human Rights Day Global Run Challenge and had an assembly about why Human Rights are so important. This involved our children running set distances. This was a great way of giving our pupils some additional exercise, as well raising awareness of this right.

This week we introduced our 'Head Pupil' position to our Year 6 children. Only two children out of the whole of Year 6 will be chosen for this prestigious position. Our children can only apply for this responsibility if they

## DIARY DATES

**18/10/21**  
Year 5 Bikeability

**19/10/21**  
Perspective Reception  
2022 cohort open day

**20/10/21**  
Year 5 Pupil First Aid  
Training

**23/10/21**  
Half Term Holiday  
begins

**WB 01/11/21**  
School Training Day.  
Children return on  
02/11/21

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

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

Alternatively contact B'ham  
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 3 Zoolab and First Aid  
Photos (News)

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

are already a prefect, school councillor or a rights respecting change maker. Interested children must write me a shorter letter (by Monday) explaining why they think that they would be perfect for this role. We will then shortlist the applicants. The remaining applicants will then be entered into a school wide election for our children to choose our winners. Good luck everybody!

I hope that you have a lovely and restful weekend with your family.  
Mr Williams (Headteacher)

**Please follow us  
on Twitter!**

Our feed is where we  
celebrate the wonderful  
learning opportunities we  
provide for all of our pupils  
everyday!

**@Colmers\_FarmPS**



## Happy Birthday Messages

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

Alex J 4J	16 <sup>th</sup> October	Age 9
Amelia L 3H	18 <sup>th</sup> October	Age 8
Joshua J RF	21 <sup>st</sup> October	Age 5
Lilliemai D RC	20 <sup>th</sup> October	Age 5
Pippa B 6D	19 <sup>th</sup> October	Age 11



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

<h3>S</h3> <p><b>Stay Safe</b></p> <p>Don't give out your personal information to people / places you don't know.</p>	<h3>M</h3> <p><b>Don't Meet Up</b></p> <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> <p><b>Accepting Files</b></p> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p>	<h3>R</h3> <p><b>Reliable?</b></p> <p>Check information before you believe it. Is the person or website telling the truth?</p>	<h3>T</h3> <p><b>Tell Someone</b></p> <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**

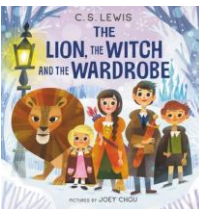
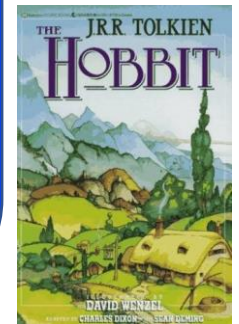
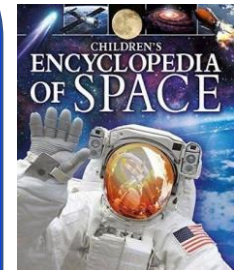
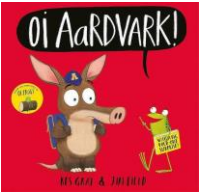
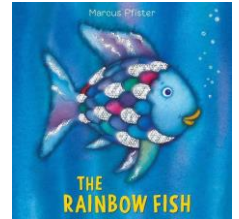
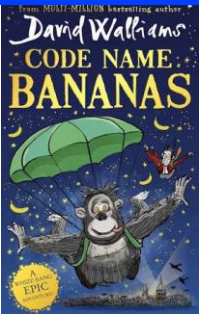
What would your child do if this happened to them?

You've uploaded a picture of yourself onto your Facebook site and now some other pupils have downloaded it, made changes to it and started sending it to other pupils in our school. What should you do?

1. Ignore it. They will soon get bored.
2. Download one of their pictures, make changes to it and send it around your friends.
3. Tell an adult straight away and get them to contact school.

**Please remember you are not allowed to be on Facebook until you are 13.**

**This week's answer = 3**



### READ, READ, READ!

Reading is a key skill which is so important to your child's development at all ages. 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.

10 ways to become a better reader...

1. Read
2. READ
3. Read
4. read
5. READ
6. Read
7. Read
8. read
9. Read
10. READ



## Accelerated Reader



### Champions League Table

	Class Name	Number of words read this week	Movement from last week
1 <sup>st</sup>	6B	606152	↑
2 <sup>nd</sup>	6D	593536	↓
3 <sup>rd</sup>	3H	298979	↓
4 <sup>th</sup>	5A	148456	↔
5 <sup>th</sup>	4G	125229	↑
6 <sup>th</sup>	4J	123748	↓
7 <sup>th</sup>	5T	110710	↓
8 <sup>th</sup>	3T	57179	↔



**Well done  
6D!**

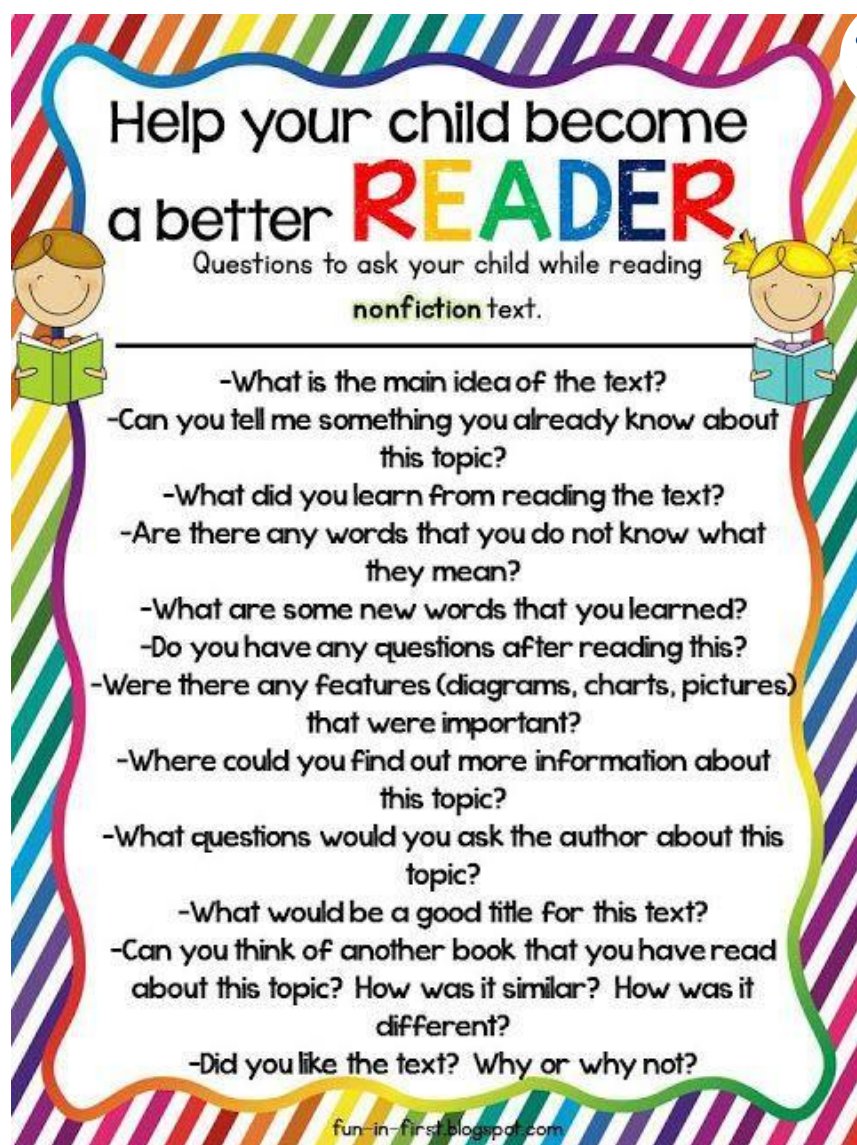
90% of your class completed an Accelerated Reader test this week. This was the highest percentage in our school! 6B were second with 86%

**Well done to 6B!**

School record holders are 6B – 977007 words in one week (01/10/21)





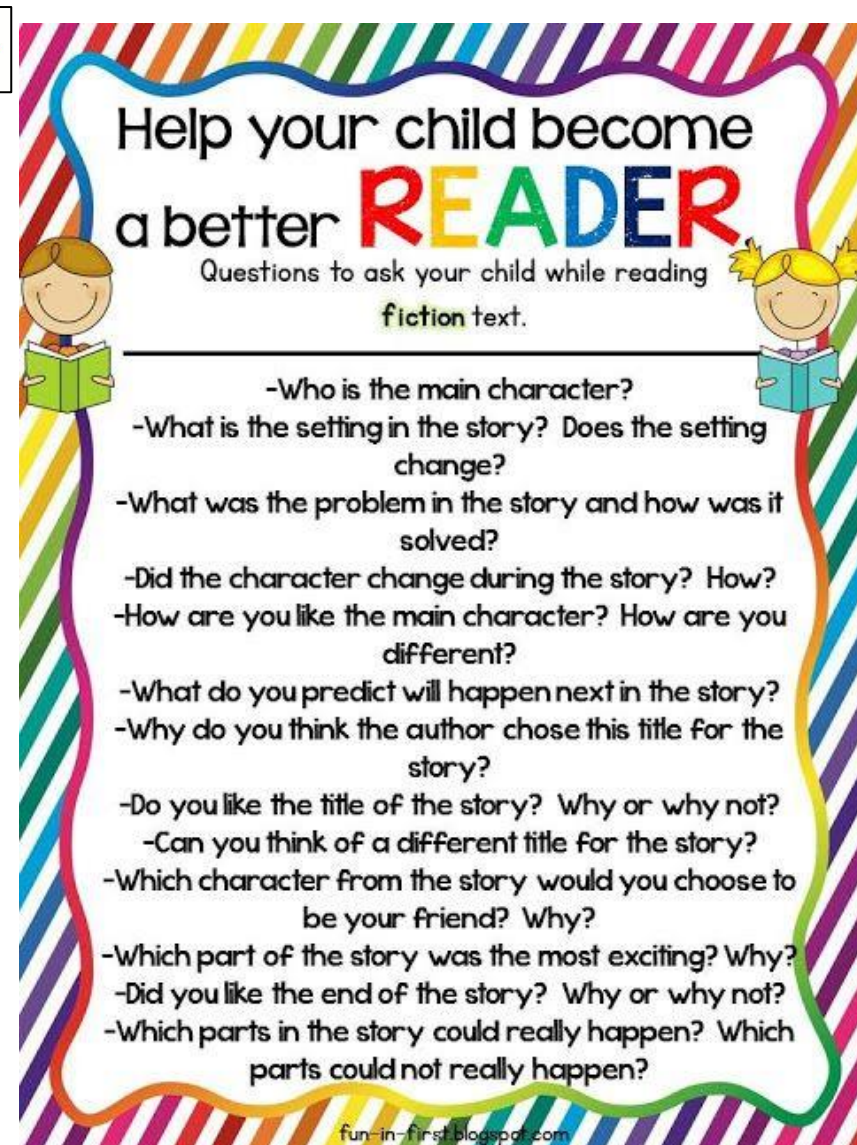


## Help your child become a better **READER**

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



## 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**





# BIKE SAFETY



**WEAR YOUR HELMET EVERY TIME  
YOU GET ON ANYTHING WITH WHEELS**



**WEAR LIGHT OR BRIGHT COLOURED  
CLOTHING AND SHOES THAT COVER YOUR TOES**



**LISTEN FOR VEHICLES AND OTHERS ON THE ROAD  
--LEAVE YOUR HEADPHONES AT HOME**



**CHECK YOUR TYRES FOR AIR BEFORE EACH RIDE  
AND MAKE SURE YOUR BRAKES WORK PROPERLY**



Find us on  
**Facebook**

Led by St. John's Hospital  
[www.safekidsspringfield.org](http://www.safekidsspringfield.org) - 417-820-6671





# CHOOSING YOUR CHILD'S RECEPTION SCHOOL PLACE?

## ***CHOOSE...***



W: [COLMERSFARM.EXCELSIORMAT.ORG](http://COLMERSFARM.EXCELSIORMAT.ORG)

T: 0121 716 0444

**OPEN DAY**

**Tuesday 19th October  
9:30-10:30 or 5-6**

# 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	4	12
2	RC	4	10
=	1K	4	9
=	2H	4	9
=	3T	4	9
=	4G	4	9
7	3H	4	6
8	RF	4	6
=	1W	4	6
=	6B	4	6
=	6D	4	4
12	4J	4	3
=	1F	4	3
14	5A	4	3
=	5T	4	0

This week's winners:

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



**Wow!**  
163 children have  
had 100%  
attendance this  
year so far!  
**Well done!**

# This Week's Hot Chocolate Winners

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

Isla Rose RC      Nate H 1K      Kataleya 2H

Jax S 3T      Tyler H 4J      Carla L 6B



## This week's congratulations assembly recipients

Well done to:

DarcieLeigh M RC   Logan W RF   Kade E 1W   Evie S 1F  
Duaa A 1K   Zoe B 2B   Emily B 2H   Jax S 3T   Effy X 3H  
Chase D.L. 4J   Khloe G 4G   Kennedy F 5A   Holly L 5T   Oliver C 5T  
Riley P 6B   Isabelle D 6D



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

## This week's house point results

547 

Farah

494

Thompson

464

Daley

495

Ennis-Hill

## School Uniform

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

For details on 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 Swap 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.ruberyswapshop.co.uk](http://www.ruberyswapshop.co.uk) or [ruberyswapshop@outlook.com](mailto:ruberyswapshop@outlook.com) for more information.



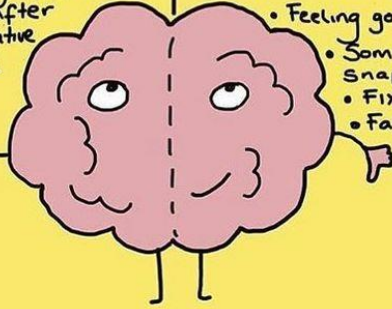
# MENTAL HEALTH

## IS...

- Important
- Something everyone has
- Intrinsically linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

## ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



## Pupil Mental Health and Well-Being Tips



## 10 WAYS TO SUPPORT YOUR CHILD'S MENTAL HEALTH

1

Show them you love them and give them a hug if they will let you. If they don't like hugs, you could always give them a high five or make up a special handshake.

2

Try to create a home environment where they know they are safe to be themselves. Accept them as they are and don't try to force them to be something they are not.

3

Take a genuine interest in the activities and things they love. If they love dinosaurs, learn about it so you can chat to them about their interest – get them to teach you.

4

Tell them that you recognise their strengths and show them you notice when they do the right thing. Praising a child will show them that positive actions lead to positive results.

5

Make time and space for your child and give them your full attention. A little bit of undivided attention and active listening every day is great. Turn off your phone and really listen to them.

6

Show them that everyone is human and makes mistakes. By doing so you can model effective ways to deal with difficult situations. They will learn from you that it's okay to make mistakes and healthy ways to deal with it.

7

Make sure your child knows the family boundaries and what the consequences are if they cross the line. It's not the severity of the consequences that is necessarily important, but the fact they know there are clear boundaries and you will follow through.

8

Encourage your child to talk about emotions and mental health. Simply encouraging them to share their day and how things make them feel is a great way to support them.

9

Help your children to set and achieve goals. You can help them to do it and show them how to break their goal down into manageable sections. This is a really helpful life skill and very good for wellbeing.

10

Show children it's important to take care of your physical and mental health. Model good habits to them and explain to them why it's equally important to look after your mind as well as your body.



# 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



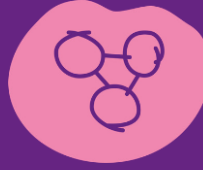
Special Needs  
& Disabilities



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





# SEND BRIEFING PARENT WEBINAR

October 2021



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## The Welfare Benefits System

### SEND Welfare Benefits Update

**Speaker: Alison Taylor**

- ☐ To provide a brief overview of the welfare benefits system
- ☐ To help identify benefits applicable to your clients
- ☐ An overview of Universal Credit and issues you may face
- ☐ The Appeal Process
- ☐ Case Studies

**Monday 18th October 10:30 - 11:30am**

<https://www.localofferbirmingham.co.uk/product/send-welfare-benefits-update-18th-october-1030am/>

**Monday 18th October 2 - 3pm**

<https://www.localofferbirmingham.co.uk/product/send-welfare-benefits-update-18th-october-2pm/>

All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the Webinar.

# SEND BRIEFING PARENT WEBINAR

*November 2021*



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## Supporting Autistic Children with Mental Health Issues

**Speaker**  
**Aaron Yorke**  
**(Communication & Autism Team)**

Aaron Yorke is a specialist teacher, and a proud parent of two autistic children. In this webinar Aaron will discuss autism and mental health issues, and how you can support children and young people using acceptance based approaches.

**Monday 8<sup>th</sup> November 2021 - 1.00pm – 2.30pm**  
**Supporting Autistic Children with Mental Health Issues**

<https://www.localofferbirmingham.co.uk/product/cat-supporting-autistic-children-with-mental-health-issues-8th-november-1pm/>

**Thursday 11<sup>th</sup> November 2021 - 10.00am – 11.30am**  
**Supporting Autistic Children with Mental Health Issues**

<https://www.localofferbirmingham.co.uk/product/cat-supporting-autistic-children-with-mental-health-issues-11th-november-10am/>

All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.



BIRMINGHAM  
CHILDREN'S TRUST





# SEND BRIEFING PARENT WEBINAR

November 2021



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## Sensory Smart

### Speakers

**Ellie Steer & Sarah Gallagher**  
(SEND Occupational Therapists)

This family webinar will look at understanding sensory processing and the 8 sensory systems. We will discuss strategies you can try at home to support your child to build positive sensory experiences.

**Wednesday 10<sup>th</sup> November 2021 - 9.30am – 10.30am**

**Sensory Smart for Primary age Children**

<https://www.localofferbirmingham.co.uk/product/sensory-smart-for-primary-age-children-10th-november-9-30am/>

**Thursday 11<sup>th</sup> November 2021 - 1.30pm – 2.30pm**

**Sensory Smart for Secondary age Children**

<https://www.localofferbirmingham.co.uk/product/sensory-smart-for-secondary-age-children-11th-november-130pm/>

All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.



BIRMINGHAM  
CHILDREN'S TRUST



# SEND BRIEFING PARENT WEBINAR

*November 2021*



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## Talking about Women and Girls on the Autistic Spectrum

**Speaker**  
**Anne Seymour**  
**Communication & Autism Team**

A short presentation to include information about some of the challenges faced by women and girls who are on the autistic spectrum and some of the strengths that they have. There will be an opportunity to ask some questions.

**Tuesday 23rd November 2021 - 10.00am – 11.00am**  
**Talking about Women and Girls on the Autistic Spectrum**

<https://www.localofferbirmingham.co.uk/product/talking-about-women-and-girls-on-the-autistic-spectrum-23rd-november-10am/>

**Thursday 25<sup>th</sup> November 2021 - 1.30pm – 2.30pm**  
**Talking about Women and Girls on the Autistic Spectrum**

<https://www.localofferbirmingham.co.uk/product/talking-about-women-and-girls-on-the-autistic-spectrum-25th-november-130pm/>

All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.