

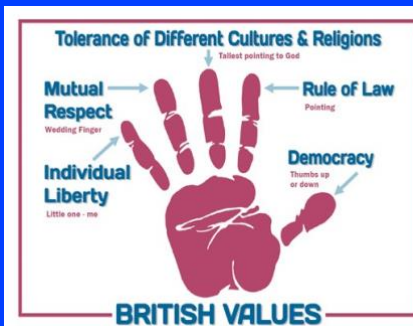


Colmers Farm Primary School WEEKLY NEWSLETTER

Celebrating another special week at our nurturing school



We actively promote British values at our school. These underpin everything we do and link perfectly with No Outsiders and our Rights Respecting School articles. How many of the British Values can your child name? Can they explain the meaning of these?



Friday 18th February 2022

Dear Parents/Carers

Wow, half term is already upon us. This half term seems to have flown by.

This week has been our big arts week at Colmers Farm. Rather than looking at the work of a specific artist this year, each year group has been producing artwork which reflects a different continent:

Reception – North America	Year 3 – South America	Year 6 – Oceania
Year 1 – Africa	Year 4 – Antarctica	
Year 2 – Europe	Year 5 – Asia	

The children have really enjoyed this week and they have produced some magnificent work. Look out for a video of our exhibition which we will publish on our school website in the next few weeks.

If you still have Christmas food vouchers which you have not spent, you have until the 7th March to do this. Unfortunately, after this time you will be unable to spend these.

As you will be aware, over the last 18 months Miss Kelly has been working hard to complete the Wellbeing Award for Schools. The final evaluation day is straight after half term, and she would be very grateful if parents could complete the parents' questionnaire accessed through the following link:

<https://app.awardplace.co.uk/stakeholder-evaluations/user-survey/620f9e212d20d>

We have recently had a few children arriving at school alone very early in the mornings or being left unattended before the school doors open. As a school, we can only supervise children, who are not in breakfast club, once they enter the school building from 8:35. Please can you be mindful of the potential dangers of children being unsupervised before this time, particularly as the car park gates are open at this time. Thank you.

Unfortunately, today is Mrs Ayres' last day at our school. She has been at Colmers Farm for over 10 years, and we thank her for her hard work during this period. She will be missed. We also wish her the greatest of success in her new job. Mrs Boston will be joining us from Green Meadows on a temporary basis until we are able to

DIARY DATES

28/02/22
Staff Training Day

01/03/22
Children Return to School

02/03/22 and 03/03/22
Parents evenings

08/04/22
Last school day before Easter holidays

25/04/22
Children return to school

Do you have a safeguarding concern about a child?

Contact:

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 this week?



New list of links to support wellbeing (Wellbeing page)

Updated Safeguarding Page

www.colmersfarm.excelsiormat.org

recruit a new permanent office manager. I am sure that everybody will make her feel welcome at our school.

I hope that you all have a lovely half term with your families. We will welcome everybody back to school, safe and well, on Tuesday 1st March.

Mr Williams Headteacher

**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:

Calum M 6D Age 11
Sophie B 5A Age 10
Tyler S 4J Age 9
Bobby J 4G Age 9
Cayleigh M 3T Age 8
Tilly P 3T Age 8
Riley M 2B Age 7
Sophia B 2H Age 7
Neveah R 2B Age 7
Oscar B 1W Age 6
Jenson P-S 1F Age 6
Hazel F RF Age 5

Mahz H RC Age 5
Isla-Rose P RC Age 5



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

<h1>S</h1> <p>Stay Safe</p> <p>Don't give out your personal information to people / places you don't know.</p> 	<h1>M</h1> <p>Don't Meet Up</p> <p>Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.</p> 	<h1>A</h1> <p>Accepting Files</p> <p>Accepting emails, files, pictures or texts from people you don't know can cause problems.</p> 	<h1>R</h1> <p>Reliable?</p> <p>Check information before you believe it. Is the person or website telling the truth?</p> 	<h1>T</h1> <p>Tell Someone</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

The internet is a fantastic resource for finding out information. Is all the information that you read online always true?

- (A) Yes
(B) No



This week's answer = B. Unfortunately, sometimes information online is misleading or not true. You should always check the accuracy of information by visiting different webpages.

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 st	6B	700,139
2 nd	6D	436,769
3 rd	5T	124,032
4 th	4G	114,133
5 th	5A	99,536
6 th	4J	69,416
7 th	3H	47,316
8 th	3T	29,516



Spelling Shed

	Class name	Score
1 st	6B	65,282,583
2 nd	3T	51,457,826
3 rd	4G	42,647,776
4 th	6D	28,589,674
5 th	5T	12,242,063
6 th	3H	9,810,184
7 th	1W	9,011,785
8 th	2B	8,862,688
9 th	5A	5,397,684
10 th	1K	5,267,640
11 th	4J	3,549,790
12 th	2H	3,428,127
13 th	1F	369,893

Mathletics

	Class Name	Number of points last week
1 st	4G	10,994
2 nd	3T	10,628
3 rd	5T	6,518
4 th	2H	5,273
5 th	6D	5,272
6 th	6B	3,770
7 th	2B	2,820
8 th	4J	1,912
9 th	5A	1,280
10 th	3H	600



Top 3 pupils last week	
1 st	Rubenn (6B) 418,053
2 nd	Laila (6D) 143,826
3 rd	Taliah (6B) 128,527
Record Score	
Harvey (6B) 658,841 words	

Top 3 pupils last week	
1 st	Ryan (4G) 35,288,606
2 nd	Jake (3T) 14,879,078
3 rd	Zahara (3T) 11,221,906
Record Score	
Harvey (6B) 50,053,308	

Top 3 pupils last week	
1 st	Stefania (5T) 3,240
2 nd	Ma'Laysia (3T) 2,970
3 rd	Hao Xuan (6B) 2,590
Record Score	
Ryan (4G) 10,110	



ATTENDANCE



1K



4J

This year's best attendance so far! Well done!

We are now halfway through the academic year. The table below shows the current attendance percentage to date for each class.

Remember: our school target is 96% or above!

Our whole school attendance to date is: **91.2%**

Class	% attendance to date	Number of lates to date
RC	88.7%	93
RF	90.2%	69
1F	90.1%	135
1K	93.9%	68
1W	93.2%	47
2B	92.8%	70
2H	91.5%	116
3H	91.6%	137
3T	91.5%	133
4G	92.2%	40
4J	92.9%	86
5A	89.2%	168
5T	88.2%	115
6B	92.0%	109
6D	90.5%	67

This Week's Hot Chocolate Winners

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

Sophia L RC
Louise H 1W
Kataleya J-H 2H
Tilly P 3T
Aliza K 4G
Charlie B 5A
Max W 6B



This week's congratulations assembly recipients

Well done to:

Sophie X RF	William O-O RC	Owen D 1W	Godpower L 1K
Lali-Bella J-H 1F	Reignn M-R 2B	Louie S 2H	Wanny M 3T
Jax S 3T	Ellis K 3H	Tyler H 4J	Theo G-R 4G
Charlie B 5A	Layah T 5T	Max W 6B	Jeffrey F-I 6D



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

This week's house point results

473

Farah

564



Thompson

484

Daley

371

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 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 or ruberyswapshop@outlook.com for more information.

Pupil Mental Health and Well-Being Tips

Mindfulness & Wellbeing

Your brain is like any other body part or bone,
it needs to stay healthy to be resilient.



Take a break
& do one thing at a time



Eat Well
& keep active



Focus
on what you are doing



Sleep well
to be alert & rested



Be curious
set realistic goals



Be able
to laugh at yourself



Do something
creative



Asking
for help

Relaxing Breath

4 - 7 - 8



Rest your tongue
behind your front teeth



Close your mouth
Breathe in through your nose
Count to 4



Keep your mouth closed
Hold your breath
Count to 7



Open your mouth
Breathe out in a WHOOSH
Count to 8

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 (make sure you title the email 'Mascot Competition')

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

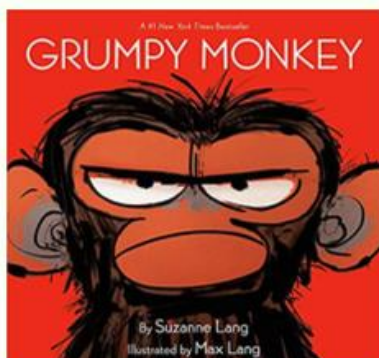
We can't wait to see all the designs that are created!



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



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.



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

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



@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



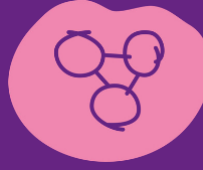
Special Needs
& Disabilities



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

