



Colmers Farm Primary School WEEKLY NEWSLETTER

Celebrating another special week at our
nurturing school



Safer
Internet
Day 2022 | Tuesday
8 February

ALL FUN AND GAMES

Exploring respect and
relationships online



Friday 4th February 2022

Dear Parents/Carers

I hope that you have had a good week. From a personal point of view, I have found this week incredibly frustrating. This is due to me unfortunately having to isolate as a result of Covid. Although my symptoms are thankfully relatively minor, I would much rather be in school, and I cannot wait to return. A huge thank you to Mrs Kelly and the rest of the leadership team who have done an amazing job running the school in my absence. I really appreciate all their hard work.

On Thursday this week, our Year 5 and 6 football team took part in a 'friendly' game against Turves Green Primary School (one of our other MAT schools and therefore, one of our 'arch rivals'). Although we lost the game 3-1, I know that the whole team tried their best, enjoyed taking part in the game and that they all demonstrated excellent sportsmanship. Well done for representing the school so well. I am proud of you all. We will beat them next time!



Next Tuesday is Safer Internet Day. The theme for this day is **respect and relationships online**. To mark Safer Internet Day, we will be holding a competition, that will run for all next week, which all our pupils will be able to enter. You should have received some information about this today. The closing date for this is Monday 14th February. Please encourage your children to take their time with their entries so they produce their best work. I very much look forward to seeing all the entries and to publishing the winners in a future newsletter.

I hope that you all have a lovely weekend.

Mr Williams Headteacher

DIARY DATES

08/02/22
Safer Internet Day

14/02/22
Safer Internet Day
Competition Ends

14/02/22
Big Arts Week

18/02/22
Final Day before
half term

28/02/21
Staff Training Day

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
this week?



There is unfortunately nothing
new this week. Do not forget to
check out the online safety section
of our website for advice about
keeping your child safe online.

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:

Carla L	6B	Age	11
Kennedy F	5A	Age	10
Miracle L	5T	Age	10
Charlie C	4G	Age	9
Kaiden W	3T	Age	8
Jake S	3T	Age	8
Wanny M	3T	Age	8
Jack A	RF	Age	5



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

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

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



- (A) This game contains images of spiders.
- (B) You will need to connect to the world wide web (the internet) to play this game.
- (C) This game contains scary images.
- (D) Spiderman appears in this game.

This week's answer is C. Take care not to play computer games which are not suitable for your age. If you do, you may be exposed to inappropriate language or images which could scare you.

Help your child become a better **READER**

Questions to ask your child while reading
nonfiction text.

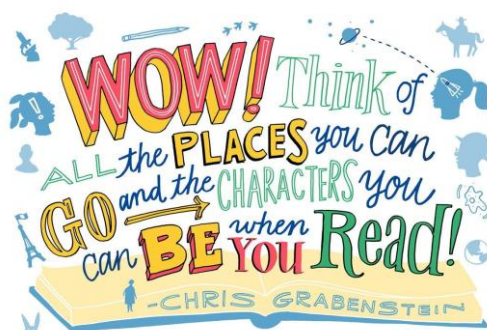
- What is the main idea of the text?
- Can you tell me something you already know about this topic?
- What did you learn from reading the text?
- Are there any words that you do not know what they mean?
- What are some new words that you learned?
- Do you have any questions after reading this?
- Were 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	6G	578,189
2 nd	6B	224,450
3 rd	3T	101,322
4 th	4J	88,800
5 th	4G	73,025
6 th	5T	63,530
7 th	5A	49,083
8 th	3H	39,322



Spelling Shed 

	Class name	Score
1 st	6B	84,243,336
2 nd	4G	42,913,105
3 rd	6D	34,739,626
4 th	3T	31,230,036
5 th	3H	15,986,899
6 th	4J	6,336,440
7 th	2B	5,372,752
8 th	1F	1,704,772
9 th	2H	1,472,597
10 th	1K	1,235,646
11 th	5T	806,506
12 th	5A	291,732
13 th	1W	0

Mathletics

	Class Name	Number of points last week
1 st	3T	17,640
2 nd	2B	13,768
3 rd	4G	13,364
4 th	6B	11,980
5 th	2H	6,880
6 th	4J	6,790
7 th	6D	6,001
8 th	5T	5,970
9 th	3H	4,990
10 th	5A	1,010

Top 3 pupils last week	
1 st	Laila (6D) 218,565
2 nd	Rubenn (6B) 141,912
3 rd	Violet (6D) 99,984
Record Score	
Laila (6D) 218,565 words	

Top 3 pupils last week	
1 st	Ryan G. (4G) 35,039,488
2 nd	Kamran (6D) 16,385,546
3 rd	Callie-Ann DB (6D) 13,601,550
Record Score	
Harvey (6B) 50,053,308	

Top 3 pupils last week	
1 st	Sujaan (4J) 5,880
2 nd	Stefania (5T) 5,050
3 rd	Paige (2H) 3,970
Record Score	
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:

Star C RC
Myah M 1W
Noah H 2B
Logan W 5T
Josie B 6D



This week's congratulations assembly recipients

Well done to:

Jude S RC Laurie M RF Szymon S 1W Summer S 1K Nonso A 1F
William T 2H Scarlett K-O 2B Michael W 3T Archie L 3H
Oliver A 4J Aliza K 4G Lexie W 5T Elissa R 5A
Sara R 6B Pippa B 6D



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

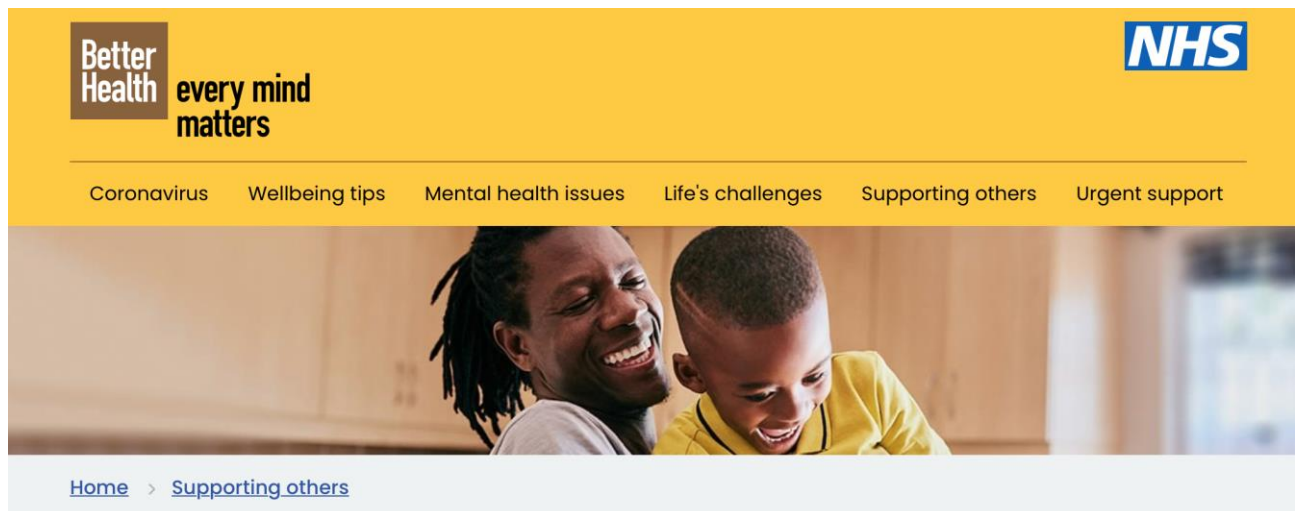


Rubery Community Swap Shop is a fabulous organisation which helps families by providing pre-loved school uniform, PE kit and footwear to them **FOR FREE**. Please visit www.ruberyswapshop.co.uk or ruberyswapshop@outlook.com for more information.

Pupil Mental Health and Well-Being Tips

We all know that children's mental health is important. Please visit this NHS website (by clicking the link below) for some great tips and advice about how you can support your children with this.

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>



Looking after a child or young person's mental health

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy.



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**

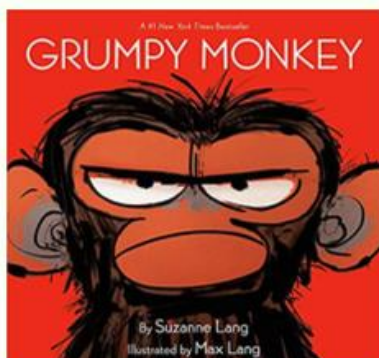
We can't wait to see all the designs that are created!



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

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Funding



Money &
Debt Advice



Data & IT



Under 5's
Support



School Uniforms
& Clothing



Parenting



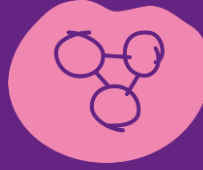
Special Needs
& Disabilities



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

