



# PAGET NEWS

3RD MAY 2024



**#Team Paget**  
**#Stronger Together**

**TO BE THE BEST THAT WE CAN BE**

## How to Contact Us...



**Email:**

[enquiry@paget.bham.sch.uk](mailto:enquiry@paget.bham.sch.uk)



**Telephone:**

0121 464 3902 or 07493838732



**Twitter:** @PagetPrimary

### Concerned About a Child's Safety?

Contact Birmingham CASS on 0121 303 1888. If you feel a child is at risk of immediate, significant harm then call 999 OR contact a DSL in school: Mrs. Nussey, Mrs. Thomas, Mrs. Spiers, Mrs. Ewbank or Mr. Merriman.

### Child Line

**Children if you need to talk  
to anyone, please email  
[www.childline.co.uk](http://www.childline.co.uk)**

**Or ring**

**0800 1111**

# HEAD TEACHER'S WELCOME

I will start this week's newsletter with some good news about our boys' football team. This week they played their final league game against Hillstone Primary School, and they came away with a narrow 1-0 win, thanks to a goal from Khalil. This win secured them the position of league runners up and a play-off place at the Champions Night against The Abbey next week. Look out for next week's sports report to see how they got on.

It is not long now until SATS week for Year Six. These tests will take place throughout the week commencing Monday 13th May. It is important that all Year Six children are in school, on time every day that week. Please ensure they do all they can to be prepared for their tests by having early nights and a good breakfast before they leave for school.

Good luck Year Six, you can do this!

Can I politely remind parents/carers that children should be in school ready to start learning at 8.55. We are seeing an increase of children coming in the gates at 8.55 or later. Lessons start promptly at 8.55 so please help ensure your child does not miss out on the start of learning sessions.

Finally, a quick reminder that school is closed to staff and pupils on Monday 6th May as it is the May Day Bank Holiday. I will see you all on Tuesday 7th May.

Have a good weekend everyone,

Vicky Nussey

## LEARNERS OF THE WEEK

**NURSERY:** Momina & Arslan

**RECEPTION:** Harrison, Eshaal, Simona & Khaleel

**YEAR ONE:** Serena, Leah, Eleni & Charlotte

**YEAR TWO:** Amelia, Kaius, Alesha & Akenia

**YEAR THREE:** Emilia, Isabella, Jasper & Alayna

**YEAR FOUR:** Michelle, Avery, Jake & Yasir

**YEAR FIVE:** Musa, Ivy, Zaiviar & Kaish

**YEAR SIX:** Kara, Elyssia, Tito & Barry

**PANTHERS & PUMAS:** Anelin & Mohammed

## HOUSEPOINTS

**THIS WEEK'S TOTALS:**

**THIS WEEK'S WINNING CLASS:**

KS1: 2W

KS2: 5B

**THIS WEEK'S WINNING  
HOUSE:**

KS1: Saturn

KS2: Jupiter



## BEST ATTENDANCE

**Class: Leopards with 100%**

# INFORMATION AND REMINDERS



- *Primary Blossom (school years 4-6)*  
Mondays 4.30pm-5.45pm | Chester Road Baptist Church B73 5HG  
Wednesdays 6.15pm-7.30pm | St. Peters Church B72 1JJ
- *Primary Blossom Tamworth (school years 4-6)*  
Tuesday 5.30-7pm | Landau Forte Academy Amington. Woodland Road. Amington. B77 4FF
- *Secondary Blossom (school years 7-8)*  
Monday 6pm-7.15pm | Sutton Baptist Church, Trinity Hill, Sutton Coldfield, B72 1TA.
- *Blossom Bloomers (school year 9+)*  
Tuesdays 6.30pm-8pm | Sutton Baptist Church, Trinity Hill, Sutton Coldfield, B72 1TA.



## Kind & Craft Club!

Our Blossom Kind and Craft Club sessions are for girls in school Yrs 1-3, every Saturday morning! These are a safe space filled with craft, kindness, friendships and fun!

We explore topics relating to kindness and what makes us shine!

Saturday Mornings  
(10am-11.30am)

PENNS PRIMARY SCHOOL.  
BERWOOD ROAD,  
SUTTON COLDFIELD,  
B72 1BS

IF YOU WOULD BE INTERESTED IN LEADING OUR  
KIND & CRAFT SESSIONS PLEASE LET US KNOW  
BY EMAILING - [BLOSSOM@CHERISHEDUK.ORG](mailto:blossom@cherisheduk.org)

## MAY DAY: SCHOOL CLOSED

Remember school is closed on  
Monday 6th May due to the  
May Day bank holiday. See  
you all back on Tuesday 7th  
May 2024.

# Spotlight on Mental Health & Well-Being



## Looking after our children's wellbeing at Paget...

-Newsletter 10 May 2024-

Hi there,

### - Mental Health Awareness Week -

Over this half term, we celebrate 'Mental Health Awareness Week' with the theme being 'Movement'. This special week begins on Monday 13<sup>th</sup> May. Although we celebrate Children's Mental Health week, I just wanted to make you aware about this special week for adults and children.

Movement can have a positive effect on our mental health by reducing stress and anxiety, improving mood and enhancing our sleep quality and brain function. Moving more has many benefits for our mental health and wellbeing including:

- Less tension, stress and mental fatigue
- Feeling less angry and frustrated
- A natural energy boost
- A healthy appetite
- Having fun
- A sense of achievement
- More focus and motivation

### -10 top tips to support your own and your children's mental health -

**1. Talk about your feelings** Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

**2. Keep active** Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy and is also a significant benefit towards improving your mental health.

**3. Eat well** Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

**4. Drink water and plenty of it** We often drink but are we drinking the right types of drink. Try not to drink too many hot drinks full of caffeine or fizzy drinks that are full of sugar.



# Spotlight on Mental Health & Well-Being

**5. Keep in touch** There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

**6. Ask for help** We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.

**7. Take a break** A change of scene or a change of pace is good for your mental health. It could be a five-minute pause. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

**8. Do something you're good at** What do you love doing? What activities can you lose yourself in? Enjoying yourself can help. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

**9. Accept who you are** We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends.

**10. Care for others** Friends are really important... We help each other whenever we can, so it's a two-way street, and supporting them uplifts me. |

**-Remember, it's ok to seek support and help! -**

**YOUNGmINDS**

young minds - <https://youngminds.org.uk/>

**It's okay...**

... not to feel okay. If you're worried, anxious, or just a little down, you can talk to us.

Call our helpline open 24/7:  
0121 202 9999

Talk to our online chat (10am-5pm)  
birmingham@youngminds.org

Email us anything we help@birminghamyoungminds.org

**Get in touch today**

- We're here to help you -

**NHS LivingWell** 

Mrs Ewbank

SEMH Lead

**Pause.**

Forward Thinking  
Listening

Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed. Register for support via our website: [www.forwardthinkingbirmingham.org.uk/services/13-pause](http://www.forwardthinkingbirmingham.org.uk/services/13-pause)

Or call 0202 841 4470 and we will arrange for one of our friendly staff to call you back.

**Who can use us?**

- You can use us if you have a Birmingham GP and are:
  - Under 25 years old (if you are under 14 you will need to have a parent / carer with you when we call to give consent).
  - Or if you are a parent / carer looking for support for their child who is under 25 years old.

**How can we help?**

- We can offer:
- Self-help strategies, skills for managing difficult situations and feelings.
  - A non-judgemental listening ear.
  - Details for other organisations that might also be able to help you.
  - Each call lasts around 20-30 minutes which focuses on ways forward.

**Our Opening Hours:**  
Monday to Friday: 10am-6pm, Saturdays: 10am-5pm.  
We are closed on Sundays and Bank Holidays.

The Children's Society

# Spotlight on Reading: EYFS & KS1

Hello,

KS1 & EYFS English Focus - We love books!!!! #getpagetreading

- ◊ We are always looking at new ways to support you and your children at home and I am pleased to advise that there are now new Set 2 speed sound animated videos as well as the virtual classroom videos for Set 1 and Set 3.

Please note that we will send home the relevant sounds for the level your child is at with their phonics.

However, as a taster see below, and we hope your children will enjoy meeting Maya, Zain, Joshua and Nell and Mathew.



What do you need to do?

Open the camera app, scan the QR code and press the link which will automatically take you to the video. Our suggestion would be to do one sound a day, for 10 - 15 mins to keep it fun for your child - let them be the teacher!

In addition, we will be sending sheets which will allow your child to read and write the words relating to a sound.

Year 1 Parents - Date for Diary

Phonic Screening Check will be week commencing 10<sup>th</sup> June 2024.

- ◊ Thank you for your continued support and have a lovely half term.  
#TeamPaget #StrongerTogether

Mrs Waring  
KS1 RWI and English Leader

# SPOTLIGHT ON CURRICULUM: HISTORY

Year 4 students embarked on an exciting trip to Tamworth Castle, immersing themselves in history and culture. The medieval fortress stood tall, captivating young minds with tales of knights and royalty. Guided tours led them through the ancient halls, showcasing Armor and weaponry from centuries past. The visit left a lasting impression on the students, sparking a newfound interest in the past.





# SPOTLIGHT ON CURRICULUM: HISTORY

## (Continued)



In English Year 5, students have been exploring the hidden figures who have made significant impacts on the world. From scientists to activists, these individuals have shaped history and inspired generations. By learning about their stories, students gain a deeper understanding of the power of perseverance and determination.



In Year 1, children have been immersing themselves in the rich history of Cadbury World. From the humble beginnings of the Cadbury family to the creation of iconic chocolate treats, students have been captivated by the story behind this beloved brand. Through interactive activities and engaging lessons, they have gained a newfound appreciation for the sweet legacy of Cadbury.



# DATES FOR YOUR DIARY

## Summer Term 2024

Monday 6th May - School closed - May Day Bank Holiday  
Week commencing Monday 13th May - Year Six SATS Week  
21st-24th May - Book Fayre  
Friday 24th May - Last day of term - Break up for half term  
· Half Term: Monday 27 May 2024 to Friday 31 May 2024

## Monday 3rd June - Term starts

Week commencing Monday 3rd June - Year Four - Multiplication Check Week  
Week commencing 10th June - Year One - Phonics Screening Check week  
Week commencing Monday 1st July - Sports Week  
· Friday 19th July - Last day of term

(Please note there is one more teacher day for this academic year yet to be agreed with ATLP - these will be shared when finalised)

*This section will be regularly updated once new dates are known and confirmed.*

*\*Indicates newly added or changed items*

