

PAGET NEWS

16TH MAY 2025



#Team Paget
#Stronger Together

TO BE THE BEST THAT WE CAN BE

How to Contact Us...



Email:

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**

Or ring

0800 1111

HEAD TEACHER'S WELCOME

I will begin this week's newsletter by saying a huge well done to all of our Year Six children as they have all worked incredibly hard this week on their Sats tests. They have all been incredibly focused and given each test their all, even the first reasoning Maths paper which was not a nice paper at all, but one with lots of wordy and tricky questions. They have all been the best they can be, and I am incredibly proud of them all.

Now a polite reminder for parents with regards to collecting children at the end of the school day. Early Years and KS1 finish at 3.25 with KS2 finishing at 3.30. We are seeing an increase of children being collected late. I would also like to remind you of which playground children should be collected from as we are seeing an increase of children going out of the wrong entrances. This makes it difficult for us to ensure we know every child is safe and where they should be. Early Years, KS1 and Year 5 are to exit on the Paget Road side with Years Three, Four and Six leaving through the Westmead Crescent side. We do not close the gates until 3.40 and so if you arrive on time, this gives plenty of time for those families that collect from both sides. Thank you all for your co-operation.

Finally, a reminder, we finish school next Friday, 23rd May, for the half term holiday. Children return on Monday 2nd June.

Have a lovely weekend,

Vicky Nussey

LEARNERS OF THE WEEK

NURSERY: Amber & Oluwatomidai

RECEPTION: Leo, Layla, Minahil & Logan

YEAR ONE: Eva, Yousuf, Matthias & Millie

YEAR TWO: Oliver, Nova-Rose, Sarah H & Ahmed

YEAR THREE: David, Hasna, La'sharn & Ollie

YEAR FOUR: Adyan, Vanessa, Danny & Adil

YEAR FIVE: Alfie M, Maisy, Hawa & Cassian

YEAR SIX: Cam'Ron, Natalia, Behzad & Jasmine

PANTHERS, LIONS & PUMAS: Ethan & Abdi

HOUSEPOINTS

THIS WEEK'S TOTALS:

THIS WEEK'S WINNING CLASS:

KS1: 1P

KS2: 3C

THIS WEEK'S WINNING HOUSE:

KS1: Saturn

KS2: Jupiter



BEST ATTENDANCE

Class: 3C, 5B & Panthers with 100%

INFORMATION AND REMINDERS

MEDICATION IN SCHOOL

Just a reminder that staff in school can administer medication in school to children if needed, both prescription and non-prescription. However, we can only do so if parents/carers have completed a consent form, and these have been signed by the Head Teacher. These forms are available from the school office. If you need us to administer medication (including creams) please do not just send it in your child's bag, please take the medication to the office and complete the form.

Medication sent in without the correct forms will not be administered.

Thank you for your co-operation.



family solutions group.

Put children first

Agree a parenting plan

Talk about separation

Manage conflict

Understand the law

Arrange contact

Family Solutions Drop - in
Free expert support for families facing separation

Scan QR code for more info

Every Monday 10-4pm

0121 752 1970

FSG@circlemediation.co.uk

Check website for venue information

Spurgeons

Spotlight on Reading EY & KS1

Parents hear all the time that it's important to read to children. But why exactly is that? The benefits of reading together go far beyond learning to read.

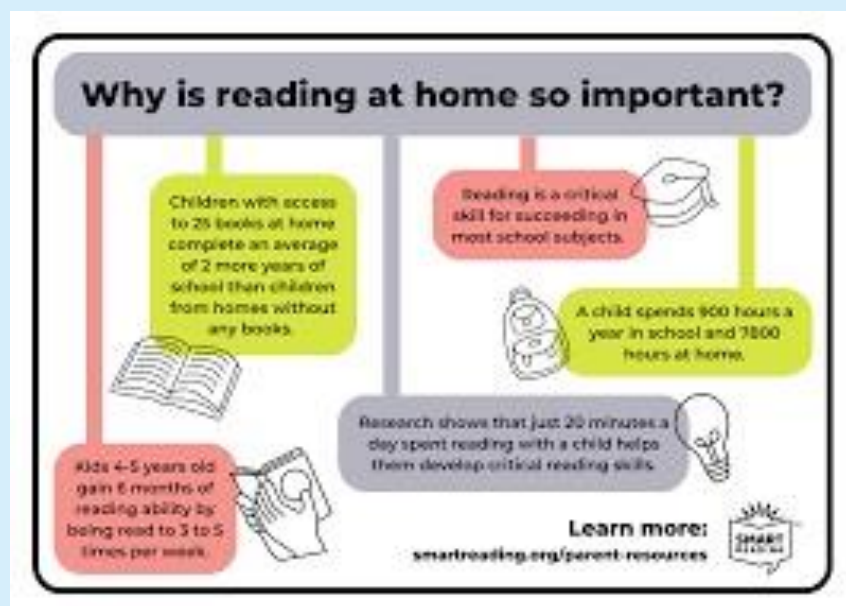
Reading to young children is an important way to help them build language skills. It exposes them to new words and ways of using language. It also helps them learn general information about the world, which makes it easier for them to learn about new subjects once they get to school.

Books also help children build empathy and learn how to handle challenging feelings. Parents can use reading time as a chance to talk about emotions and how to cope with them. For example, you might say: "Have you ever felt as angry as the girl in this book? What would you do if you did?"

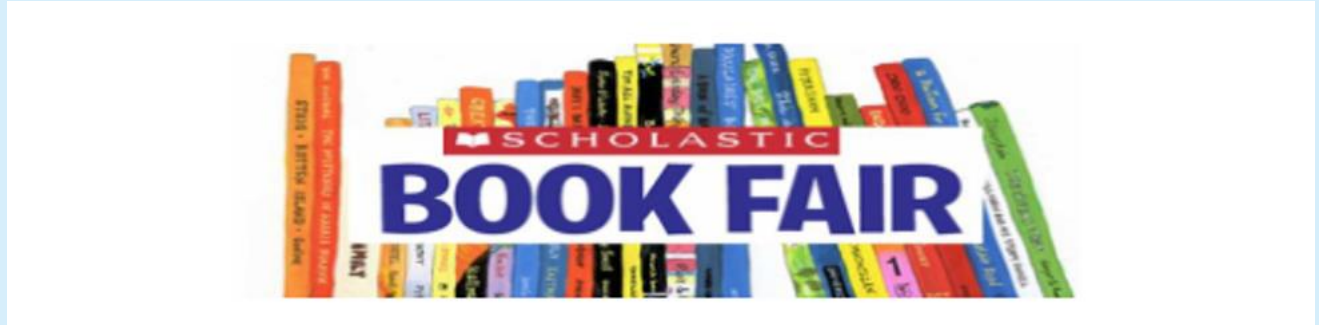
Even a few minutes of reading together gives you and your child a chance to slow down and connect with each other. And the sensory experience of sitting with you and hearing your voice also engages their brain in a way that makes learning easier.

There's no one right way to read to your child. You can read to them in any language, or multiple languages. You can do it at the same time every day or change up the routine. Your child doesn't even need to be sitting with you — just sitting nearby with a book while they play can be a way to connect.

The important thing is for your child to hear words and language and to have books be part of their daily life. Any steps you're able to take can make a big difference.



Spotlight on Reading EY & KS1 (Continued)



Don't forget we have our half price book fair next week. Running from the 19th to the 22nd of May, there are books to but for all ages and interests. The sale will be at the end of each school day and in each playground. There will also be a card machine for you to make card payments. Whatever money is made from the fair, the school gets a percentage in return for us to buy more books for our school library.

Happy book shopping!



Spotlight on Curriculum: P.E.

Exciting New Line Markings Installed!

We're thrilled to share that brand-new line markings have been installed in the Key Stage 2 playground and the M.U.G.A (Multi-Use Games Area)! These vibrant and clearly marked areas are already making a big difference during active break times, enhancing our PE lessons, and giving the children more structured, engaging spaces to play and learn.

From athletics tracks to long jump zones and ball court zones, these markings are designed to encourage movement, teamwork, and fun. We're especially excited to showcase them during this year's Sports Days – they'll provide the perfect setting for a day full of energy, excitement, and healthy competition!



♂ Sports Day – Provisional Dates ♀

We know how much the children (and parents!) look forward to Sports Day. Please find below the provisional dates for this year's events:

- 23-06-25- Year 5 (Morning), Year 4 (Afternoon)
- 24-06-25- Nursery and Reception (Morning), Year 3 (Afternoon)
- 25-06-25- Panthers, Pumas and Lions (Morning), Year 2 (Afternoon)
- 26-06-25- Year 1 (Morning), Year 6 (Afternoon)

These events will give every child the opportunity to participate, cheer on their friends, and celebrate all the physical skills they've been developing throughout the year. More detailed information, including times and what to bring, will be sent out closer to the dates.

Spotlight on Curriculum: P.E. (Continued)

National Sports Week at Paget – Week Commencing 16th June

We're excited to announce that the week starting **Monday 16th June**, Paget will be celebrating **National Sports Week**! This year's theme is **Fundamental Movements**, and our goal is to get every pupil moving, learning, and having fun through physical activity.

To make the most of this active week, **all extra-curricular clubs will be paused**, allowing us to offer inclusive, after-school opportunities for every child. More information and letters will be shared nearer the time, but here's a sneak peek at our **provisional timetable**:

Monday 16th June

- **Nursery:** Forest School session – getting active in the great outdoors!
- **Reception & Year 1: Open Evening** with multi-skills activities for children and parents to enjoy together.

Tuesday 17th June

- **All pupils** are invited to an exciting evening of physical activities. Every member of staff will be running a fun sport or game – from **football** to **cheerleading**, **tri-golf**, and more. Children can move freely between activities and try as many as they like!

Wednesday 18th June

- **Years 2, 3 & 4:** Inter-house sports competitions led by **Mr Cobbs**. A chance to show their skills, compete as a team, and cheer each other on!

Thursday 19th June

- **Years 5 & 6:** A sports-packed session with a wide variety of activities – perfect for developing skills, teamwork, and friendly competition.

Plus, every lunchtime will be packed with **extra activities**, including exciting sessions like **kickboxing**, to keep our pupils even more active and engaged throughout the day.

It promises to be a fantastic week of movement, motivation, and fun for everyone at Paget!

SPOTLIGHT ON SEND



Paget Primary School

SEND Newsletter

Issue 5 - May 2025

Welcome to our third SEND (Special Educational Needs and Disability) Newsletter which will appear in the school newsletter every month.

At our school, we are dedicated to ensuring every child thrives and reaches their full potential. Some children may need additional support and understanding. Special Educational Needs and Disabilities (SEND) can help us all work together for their success.



The world of SEND has so many acronyms and these can be confusing, this might help...

SEND:	Special Education Needs and Disabilities.
Cognition & Learning.	
PMLD:	Profound multiple learning difficulties.
SLD:	Severe learning difficulties.
MLD:	Moderate learning difficulties
SpLD:	Specific learning difficulties.
Sensory and Physical.	
VI:	Visual Impairment.
HI:	Hearing Impairment.
MSI:	Multi-sensory Impairment.
PD:	Physical Disability
Communication and Interaction.	
SLCN:	Speech Language and Communication Need
ASD:	Autism Spectrum Disorder.

SPOTLIGHT ON SEND (Continued)

ACE:	Adverse Childhood Experiences
Other:	
SEMH:	Social Emotional Mental Health
BESD:	Behaviour Emotional Social Development.
ADHD:	Attention Deficit (Hyperactivity) Disorder.

This month we are going to explore Co- Regulation.

Co-regulation is often used with children to help them build self-regulation skills. Co-regulation involves positive reinforcement and a good support system to help a child learn to self-regulate their emotions and behaviour. Co-regulation is something that most parents, family members, and teachers contribute towards. Sometimes, you might not even realise you are doing it, but you probably do it more than you think.

Co-regulation can look different depending on the age of the child and their own abilities to self-regulate. When you hear your baby crying, you might shout something like, "I will be there in just a minute once I've washed my hands." You might hear your baby's cries quieten; this is due to co-regulation. When your child is playing with a toy and is trying to figure out which shape goes through which hole, you might clap and cheer when they get it right. This is also part of co-regulation and will help them with self-regulation.

Similarly, a child may become frustrated with a toy and may begin to get upset over different things. The child might not be upset about those things, they might just be frustrated with the toy. You can help them by talking to them about how they are feeling and about how the toy is making them feel. You can give them some help with calming down, and you can both go back to the toy and see if they can figure it out now that they are calmer.

Co-regulation is all about reinforcing positive behaviour and giving the child support and encouragement as they learn. If you work with the child and provide them with the correct support and co-regulation, they will pick up self-regulation skills and will be able to regulate their own emotions and behaviour as they get older.

SPOTLIGHT ON SEND (Continued)


WHAT IS CO-REGULATION?

A Guide to Nervous System Harmony

The Role of Co-regulation

Co-regulation is a supportive process where one person helps another manage their emotions, behavior, and physical responses through warm, connected interactions.

This shared experience helps individuals gradually develop self-regulation skills, making it easier to handle life's challenges on their own.




The Science of Co-regulation

The autonomic nervous system is key in regulating our emotional responses.

Co-regulation helps balance our sympathetic ("fight or flight") and parasympathetic ("rest and digest") systems.

This helps us achieve a state of safety and calm.




Why It Matters

Co-regulation fosters a sense of **safety**, especially for people with attachment challenges or trauma backgrounds.

It provides tools to help us understand and regulate our emotions, which supports overall **emotional resilience**.

A regulated client is **better able to engage** in therapeutic activities and learning, and participate in daily life tasks.





Barriers to Co-regulation and How to Avoid Them

Provider Dysregulation
Use grounding techniques to stay calm when a client is highly dysregulated.

Sensory Overload
Simplify the environment or use soothing sensory tools to ease co-regulation.

Emotional Escalation
Respond to aggressive behavior with empathy and clear boundaries to encourage calm.





Special thanks to Dignette Bratcher BA, MEd, COT, COT Reg.
Visit uryte.com for more educational resources and to learn more about therapeutic tools for nervous system regulation.

CO-REGULATION STRATEGIES

Tips for Providers, Parents and Caregivers

Modeling Regulation

Demonstrate calm behavior:

- Practice slow breathing.
- Maintain a steady tone of voice.
- Keep a relaxed posture.
- Sit with them.



Grounding and Breathing Exercises

Provide strategies they can practice on their own at home, school, etc.:

- Practice deep breathing techniques.
- Use grounding techniques that engage their senses: "What can you see, hear, or feel right now?"



Sensory Regulation Support

Provide sensory strategies to help them regulate.

- Teach them deep pressure exercises on hands, feet, and other joint areas.
- Engage in proprioceptive activities, like jumping or pushing.



Creating a Co-regulating Environment

Consider these when creating a safe space:

- Reduce overwhelming stimuli and introduce calming sensory elements (soft lighting, calm music).
- Maintain clear routines and expectations to create a sense of safety.
- Designate a quiet space to go to with calming objects when feeling overwhelmed.
- Use listening therapies like the Safe and Sound Protocol to help regulate the nervous system.



Verbal and Non-verbal Communication

Pay attention to your body language.

- Use a calm, steady voice, and gentle eye contact to convey safety.
- Provide physical reassurance if appropriate, such as a gentle hand on the back or sitting close by.





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Working Together

Our partnership with parents is vital. If you think your child may need additional support, please don't hesitate to reach out. We're here to listen, collaborate, and support you every step of the way.

Together, we can create a nurturing environment where every child feels valued and empowered to achieve their dreams.

Talk to us

Please remember to talk to your child's class teacher if you have any concerns or Mrs Ewbank (SENCO) is always happy to provide support. We want our children, whatever their needs, to be happy, confident and "the best that they can be."

PAGET PTA

PTA

From today we're running a competition. All new likes to our Facebook page will be in for a chance to win a voucher to use at our "Feel Good Friday" event!

All you have to do is scan the QR code below and like our Paget PTA page on Facebook!



Or follow the link here 

<https://www.facebook.com/share/1AeFEqyTWR/?mibextid=wwXlfr>

COMMUNITY ACTIVITY

Nothing makes children happier than having someone to play with.
Children learn so much through play, we are helping their minds grow and develop when we take the time to play with them.



Erdington District Family Hub and Children's Centres Castle Vale and Featherstone





Activity Calendar


Groups to start back on week commencing 13th January 2025



Birmingham Community Healthcare **NHS**
NHS Foundation Trust



Castle Vale and Featherstone				
Monday	Tuesday	Wednesday	Thursday	Friday
 <p>You can pick up healthy start vitamins from any Family Hub or Children's Centre.</p> <p>You can see if you are eligible for the healthy start vouchers here: www.healthystart.nhs.uk</p> 	<p>9.45-11.15am Play and Learn 0-5's Featherstone</p> <p>EEE advice Are you aware you could be eligible for 15 hours free nursery education for 2, 3 and 4 year olds? For more information call your local Children's Centre or visit: www.childcarechoices.gov.uk</p> 	<p>9.30-10.45am Back to Nature Outdoor Play and Learn 0-5's in conjunction with Community Environment Trust Castle Vale Allotments</p> <p>Little Talkers Referral only Featherstone</p> <p>6-8 week programme to support children over two years old who may need support with speech and language who do not attend nursery.</p>	<p>9.45- 11.15am Step by Step Play and Learn 0-5's Osborne Nursery School</p> <p>Stepping Stones Referral only Castle Vale Stay and play session for children with additional needs, diagnosed or undiagnosed</p>	<p>9.30- 11.00am Play and Learn 0-5's Castle Vale</p> <p>Check out the Startwell website for information on healthy eating and the importance of physical movement. www.startwellbirmingham.co.uk</p> 

Addresses and Information		
<p>Castle Vale Children's Centre</p> <p>372 Yatesbury Avenue, B35 6DG Telephone: 0121 752 1920 Open 9.00 am - 5.00 pm <i>On street parking available</i></p>	<p>Featherstone Children's Centre</p> <p>29 Highcroft Road, B23 6AU Telephone: 0121 752 1870 Open 9.00 am - 5.00 pm <i>On street parking available.</i></p>	<p>Lakeside Children's Centre</p> <p>Lakes Road, B23 7UH (B23 7LY if using a satnav) Telephone: 0121 752 1970 Open 9.00 am - 5.00 pm <i>Some car parking space available, disabled parking plus plenty of on street parking.</i></p>
<p>Osborne Nursery School</p> <p>Station Road, B23 6UB <i>On street parking available</i></p>	<p>PLEASE NOTE To book onto any of the available services call your local Children's Centre on the numbers provided on this page.</p> <p>When calling please have your child's NHS number available. This can be found in your child's red book, alternatively use the below link to find this www.nhs.uk/find-nhs-number</p> <p>We look forward to meeting you. All sessions are term time only - look out for activities run throughout the school holidays.</p>	
<p>Castle Vale Allotments Post code B35 7NR Please walk or drive up the road between The Ridings care home and Greenwood Academy - Parking available</p>	 <p>Like us on Instagram and Facebook Our page's are called Erdington Children's Centres</p>	
<p>Health Visitor Hub If you would like to speak to a Health Visitor please call them on 0121 683 2330</p>		

DATES FOR YOUR DIARY

2024-2025

Friday 23rd May - Last day of term - break up for half term
Monday 2nd June - Term begins - children return to school
Week commencing 2nd June - Year 4 Multiplication Check
Week commencing 9th June - Year One Phonics Screening Check
Friday 4th July - school closed to children - teacher training day
Friday 18th July - last day of term - break up for the Summer
Monday 21st July - School closed to children - Teacher training Day

2025-2026

Monday 1st September - Term begins but school closed to children - teacher training day
Tuesday 2nd September - School closed to children - teacher training day
Wednesday 3rd September - Children return to school

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

**Indicates newly added or changed items*

