

PAGET NEWS

15TH DECEMBER 2023



#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

What a fantastic week we have had in school this week. It was so good to see so many parents, grandparents, pupils and past pupils visit last night's Christmas Fayre. It felt so good to have so many people from our school community all together having fun under the same roof. I hope that you all enjoyed your time at the fayre. Putting such an event as this together takes great teamwork and so I would like to say a huge thank you to everyone that played a part in the organisation and running of it. Thank you to those of you that: donated chocolate on the non-uniform day; baked or bought cakes, samosas and onion bhajis to sell; wrapped Santa gifts and raffle prizes; donated or hassled people to donate raffle prizes; set up and run stalls; promoted and advertised the event on social media and posters around school; and of course a big thank you to Santa himself for making a special guest appearance for our children. I will share with you how much we have managed to raise for school in next week's newsletter.

Next week, we look forward to the Christmas Productions (dates and times are in the dates for your diary section). I look forward to seeing you there, remember tickets (2 per child per performance) can be purchased from the school office.

One final reminder from me, we finish for the Christmas holidays on Friday 22nd December at the normal time. The spring term begins for children on Tuesday 9th January.

Have a lovely weekend everyone.

Vicky Nussey

LEARNERS OF THE WEEK

NURSERY: Leyla & Alice

RECEPTION: Amelia, Harry, Tarnav & Ivona

YEAR ONE: Saoirse, Amy, Jason & Serena

YEAR TWO: Cyrus, Bella, Charlotte & Logan

YEAR THREE: Jeramiah, Viraj, Seher & Arnie

YEAR FOUR: Joshua, Alfie B, Bilal & Thomas

YEAR FIVE: Alisha, Logan H, Chyna & Logan S

YEAR SIX: Madison, Kyrease, Beau, Azzam

PANTHERS & PUMAS: Anelin & James

HOUSEPOINTS

THIS WEEK'S TOTALS:

THIS WEEK'S WINNING CLASS:

KS1: 2D

KS2: 3S

THIS WEEK'S WINNING HOUSE:

KS1: Venus

KS2: Venus

BEST ATTENDANCE

Class: Panthers with 100%

INFORMATION AND REMINDERS



Nurturing ADHD Kids

LED BY ADULTS WITH ADHD

NEW GROUPS STARTING SOON!

Free online 6 week course for parents and carers

We run our courses every half term.
You can choose to join one that is held in the evening or one held in the morning.

To find out the dates and times of our next course and to register, scan this code

or visit
<https://www.eventbrite.com/cc/nurturing-adhd-kids-courses-2610449>



Supported by



If it says **SOLD OUT**,
email us directly
contactus@brewseducation.org
and we
can send you the Zoom link

Pause! MERRY CHRISTMAS

The festive season can be a challenging time, but support is available from Pause! Pause is open for drop-in until the 23rd of December, Then re opens for drop in from the 27th to the 31st Back to normal service hours from the 2nd January 2024.

Check out the webpage to register and for our drop-in, dates, times and location
<https://forwardthinkingbirmingham.nhs.uk/pause>

Forward Thinking Birmingham | The Children's Society

Nurturing ADHD Kids

This online 6 week course is free for Birmingham parents and carers of children and young people with ADHD or suspected ADHD

LED BY ADULTS WITH ADHD

Does your child have ADHD or suspected ADHD?

Are you trying to support them but find that everyone gives you different advice?

What parents have said about this course

This course is literally game-changing for parents, caregivers, teachers and anyone living with a child (or adult) with ADHD. So much misunderstanding, frustration and worry could be prevented if everyone had access to this amazing resource.

Essential course for any parent of a child with ADHD. It changed the way I see my son and my ability to respond to his needs effectively.

Very informative, friendly, no pressure, enjoyable sessions

In this 6 week course, you will

- learn about ADHD
- Understand the effect on our mental health
- Understand the reasons behind behaviours
- Gain confidence in advocating for our children
- Learn new strategies
- Help our kids be confident, resilient and be their best selves

Phone: 0731 116 7485

Email: contactus@brewseducation.org

Birmingham Resilience Education and Wellbeing Services CIC | CIC Business Registration: 13240865

FREE CHILDRENS HOLIDAY CAMPS WITH FOOD

Time: 9am – 1pm
Location: Bishop Walsh Catholic School, Wyde Green Road, Sutton Coldfield, B76 10T
Age: 5 – 16
Tuesday 2nd January – Friday 5th January

To book or for more information please email charlotte@micro-sports.co.uk

Spotlight on Mental Health & Well-Being



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

-Newsletter 5 - December 2023-

Hi there,

- Christmas Wellbeing -

Welcome to the fifth 'Wellbeing and Mental Health' newsletter of the school year! We have had a busy end to the term and Christmas has come around very quickly. During this busy time for both you and your children, it is important to look after our mental health and recharge those batteries.

- Looking after your mental health at Christmas -

I thought it would be nice to share with you a few activity ideas of what you can do at home to help your child's well-being during this busy time.

Christmas Activities to Boost Wellbeing

Any time of year is a good time to boost children's emotional wellbeing, but there are lots of things they can do at Christmas that will help with positive thinking, mindfulness and thinking of others.

Christmas Mindfulness

Help your class to be mindful and feel settled and calm in exciting times by completing the [Christmas Mindfulness Colouring Pages](#) and taking part in a [guided Christmas Meditation](#). You could also try these [Christmas Mindfulness Paper Chains](#).



Thinking of Others

Thinking of others and sharing kindness can help us all to feel good on the inside. Help your class explore the power of giving at Christmas with this [Power of Giving Circle Time Plan](#) and this [Reverse Advent Calendar](#).



Getting Outside

Encourage your class to spend time outdoors and experience the positive impact of this on wellbeing using this [Outdoor Explorers Christmas Lesson Pack](#) and this [Advent Calendar](#).



Moving for Wellbeing

Getting moving can help us feel good in both mind and body. Complete Christmas-themed yoga with your class using this [Christmas Wellbeing Yoga Activity](#).

Making Mental Health a Christmas Priority

Help your class explore and understand how they can look after their mental health at Christmas by using this [Christmas Wellbeing Be Kind to Your Mind Board Game](#) and this [I Feel... at Christmas Activity](#). They could also plan how they are going to look after their wellbeing during the holidays with the [My Positive Mental Health Christmas Wellbeing Holiday Planner](#). Promoting positive core values can support positive mental health at this busy, stressful time of year - do this in a fun and engaging way using this [Values at Christmas Activity Pack](#).

Homemade Christmas

It can be a real pleasure for the children to make gifts for those close to them. This could be anything from a friendship bracelet to a tree decoration. Try activities such as making [Christmas Pom Pom Craft Instructions](#) or [Christmas Salt Dough Decorations](#) with your class.



Crackers of Kindness

Make and decorate [Make Your Own Christmas Crackers Activity Pack](#). Instead of jokes or forfeits, invite the children to put messages of love and kindness inside the crackers to brighten everyone's day.



Gratitude Christmas Cards

Make personalized Christmas cards with your class for them to send to family and friends. Ask the children to include a personal thank you message to show their appreciation for them and the things they do.

Helping Others Feel Good

Bake some cakes or cookies with your class and encourage them, with an adult, to offer their goodies to a neighbour who may be lonely at Christmas. You could try the [Buddah Cupcakes Recipe](#).

Feed the Birds

Make a [Winter Bird Feeder](#) with your class. Encourage them to hang it outside where they can see it and enjoy watching the different birds visit the feeder. Explain to them that this can be a very calming thing to do.

A Wellbeing Journal at Christmas

Ask the children to keep a [Wellbeing Journal](#) over the Christmas holidays. Explain that this is a diary of only positive thoughts and comments. These can be lovely things that happened, complimentary comments about others, or things about themselves that they are proud of.

Christmas Star Qualities

Cut out [Stars](#) and ask the children to write their star qualities on one. These are their talents, skills and personality traits that make them special. String the stars together to make Christmas bunting to put up on display.

Positive Paper Chains

Making paper chains is a calming activity that can be done alone or with others. They make great decorations for the classroom. Create positive paper chains, by asking the children to write positive messages on the back of each strip. These could be things they are grateful for, the names of people special to them or things they love about Christmas.

Spotlight on Mental Health & Well-Being (Continued)

My Positive Mental Health Christmas Holiday Planner

The Christmas holidays can be a busy time and are often filled with lots of different thoughts, feelings and emotions. It is important that we look after our mental health during times like this.

Completing a range of activities can help keep our mind healthy and our emotions balanced. Think of all the different activities you could do over the Christmas holidays to look after your mind and write them on this planner.

Physical Activities	Emotional Activities	Social Activities	Hobby Activities	Concentrating Activities	Relaxation Activities	Rest Activities
Things to get you moving.	Things to connect you with others.	Things to help you enjoy the company of others.	Things to let your imagination run free.	Things you can spend time quietly focusing on.	Things to help you be still, calm and to reflect.	Things to help you simply chill out.
						

-A reminder of places to go to for support and advice
online and local resources for winter support-

YOUNGmINDS

Young Minds - <https://youngminds.org.uk/>



-Final note-

Wellbeing referral

Should you feel that you or your child requires any additional support, your child's class teacher should be your first contact point. If this is not possible please feel free to contact our Paget Mental Health and Wellbeing lead, Mrs Ewbank for support or our school Pastoral Manager, Mrs Spiers. We are always here to listen.

Have a very merry and restful Christmas!

Mrs Ewbank, SEMH and Wellbeing Lead

SPOTLIGHT ON CURRICULUM: LANGUAGES

KS2 have been doing some fantastic work in French this term. Year 3 have made a strong start to learning the language and the other year groups are continuing their great progress. If you would like to learn some French with your child, below are two links to some Christmas songs with the lyrics. Please take a video of you singing and send it to our X page (Twitter), so that we can have a look.

Père Noël arrive ce soir

<https://www.youtube.com/watch?v=0ecwFT-9V88>

Vive le Vent

<https://www.youtube.com/watch?v=V-PD5iz7qdE>

Have a try of this wordsearch as well. Can you find everything?



French Christmas

k	ë	b	è	x	u	n	e	c	l	o	c	h	e
m	n	à	r	u	n	r	e	n	n	e	y	u	i
l	c	e	u	n	e	z	s	j	y	x	u	n	v
e	b	u	n	a	n	g	e	l	f	ë	n	s	u
p	t	x	y	u	n	c	a	d	e	a	u	a	g
è	w	u	z	m	h	g	y	n	w	e	d	p	u
r	m	x	n	y	i	j	i	c	è	p	y	i	n
e	m	é	a	e	u	n	l	u	t	i	n	n	e
n	v	m	c	m	b	f	y	o	v	à	p	d	d
o	y	d	w	n	x	o	j	b	u	n	m	e	i
ë	d	ç	c	q	u	s	u	u	a	ç	r	n	n
l	m	f	p	m	w	e	q	l	m	g	f	o	d
r	ë	u	n	e	è	r	s	u	e	s	è	ë	e
u	n	e	g	u	i	r	l	a	n	d	e	l	o

 le Père Noël	 une guirlande	 un sapin de Noël
 un ange	 une dinde	 un cadeau
 une cloche	 un lutin	
 un renne	 une boule	

Mrs Davies (Languages Lead)

SPORTS REPORT: BASKETBALL

Basketball League is up and running... A bright start for Paget Teams...

Paget Team included David, CamRon, Joel, Ismael, Brooke, Khalil, Cameron, Zaiviar, Ranim, Logan H. And what a team they were! Children were split into two teams. We played against a number of other Primary schools and look forward to future games.

Paget A scored 4-0 first round! Logan did it by scoring two for his team, they won the first round! Well done Paget A!

It's now time for Paget B they scored one and the game finished 2-2! CamRon did it, scoring one for his team, it was a draw! But well done Paget B!

Second round for Paget A they scored 1-1! Khalil did it scoring one for his team but it's a draw! I can't believe it; this team is fantastic! Well done again Paget A!

Now it's second round time for Paget B they didn't score and lost 0-1! They lost but they tried their best to win! Better luck next time Paget B!

The third round for Paget A it's a win! The score was 4-2, Khalil and Zavier worked together showing the value of Teamwork and what a performance.

Final round for Paget B it's a win! They scored 1-0, CamRon did it scoring 1 for his team also showing a value of Self-Belief!

Well done, Paget! We look forward to the next League round...

By Tyler



SPORTS REPORT: FOOTBALL

Winter Cup – 5&6 Football

The boys' Winter football Tournament was a day to remember!

The fixtures were in, and Paget had 3 games. Game one was against The Abbey, game two was against Heathlands and game three was against Elms Farm, however they did not show up.

The first game started off with Paget's kick off. The boys were showing some great passes and skills throughout the game. Not long after, it was a free kick to Hayden, which hit the post! But there was no need to worry as Cameron S scored a phenomenal goal! To make things better, Behzad then scored a fantastic goal! Then things just kept on adding up as Behzad scored another goal making it 3-0! It just kept on getting better as Khalil scored an outstanding goal, 4-0! Now things just couldn't get any better, a mind-blowing goal from Cameron S made it 5-0!

On to the next game Paget were on a roll. In the first 10 seconds Milad scored doing his Ronaldo celebration. After that Khalil scored a brilliant goal. Even when Hayden was stressed, he just kept on trying hard. Paget played exceptionally well in all their 5 games. They should all be proud of their performances.

Game three – 2-0

Quarter Final = -2-1 to Paget against Hillstone

Semi-finals-Sadly Paget's time was up but what a performance and a narrow 2-1 loss to the eventual winners, Short Heath.

Overall, the boys should be very proud of their performance, and we look forward to the next Football games in 2024.

By Elysia and Kara



DATES FOR YOUR DIARY

Autumn Term

Monday 18th December -2p.m. Nursery & Reception Christmas Production
Tuesday 19th December 9.30 a.m. - Y1&2 Christmas Production
Tuesday 19th December - Christmas Dinner Day
Wednesday 20th December - Nursery Christmas party & Christmas Jumper Day
Wednesday 20th December -2p.m. Y1&2 Christmas Production
Wednesday 20th December - Panthers Christmas Production
Wednesday 20th December - Pumas Christmas Sensory Workshop
Thursday 21st December - 9.30 - Year 4 Christmas Production
Thursday 21st December - Rec-Y6 Christmas parties
Friday 22nd December - Christmas Jumper Day (Reception - Y6)
Term Ends: Friday 22 December 2023

Spring Term 2024

·Monday 8th January 2024 - School closed to children - Teacher Training Day
Tuesday 9th January - children return to school

10th January 4p.m. - Open Session Reception places September 2024
15th January - closing date for Reception 2024 applications

· Half Term: Monday 12 February 2024 to Friday 16 February 2024
· Term Ends: Friday 22 March 2024

Summer Term 2024

· Term Starts: Monday 8 April 2024
Thursday 2nd May - School closed to children - Elections *
· Half Term: Monday 27 May 2024 to Friday 31 May 2024
· Term Ends: Friday 19 July 2024

*(Please note there are teacher days for next 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*



Social Prescription Support

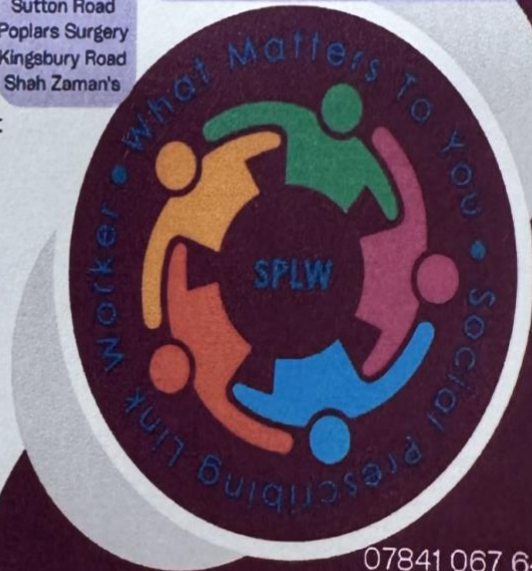
GP's we cover:
Dr Khuroo's
Reservoir Road
Sutton Road
Poplars Surgery
Kingsbury Road
Shah Zaman's

Please give this card to your service users to give to their GP surgery, so they can book an appointment with us!

- We empower patients to know they are not alone.
- Help individuals to feel heard and supported.
- Provide access to external services.
- Aim to improve individuals overall wellbeing and quality of life.
- Aim to reduce pressure on the NHS, GP surgeries and staff.

We could help you with:

- Finances
- Housing
- Social Isolation and Loneliness
- Mental Health
- Family Difficulties
- Long Term Health Conditions or Disabilities
- Employment Support
- Independent Living



Compass Support

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