



**NEWSLETTER**  
**FRIDAY 31ST MARCH 2023**  
**ISSUE No.26**  
**EXCELLENCE IN EVERYTHING**



**EXCELLENCE IN EVERYTHING-ACHIEVING GREATNESS THAT LASTS A LIFETIME**

## Message from Mr Taylor

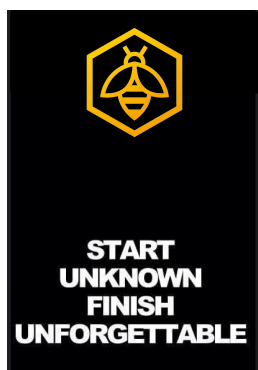
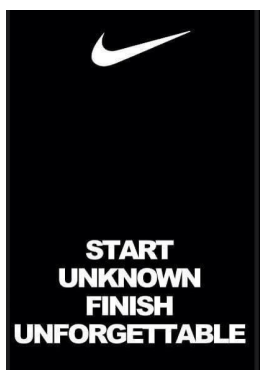
It seem like Christmas and the end of the Autumn term was only a moment ago and as you often find in life, you can feel like the world is passing by at a rate of knots! As we bring the end of the Spring term to a close and look back at the last 3 months, there is much to celebrate and feel proud of. This term we launched our new vision and values which will form the bedrock of the undoubted success which will follow over the coming years at Warren Farm.

Our new logo and vision signified the dawn of a new era at Warren Farm - one which will be created and defined by our excellent children, parents and carers. It will represent all of the great things that Warren Farm will be known for as a progressive school in a modern age.

Recently I came across an old ad campaign from NIKE which used four words to deliver a key message and it immediately resonated with me in our current context. We may only be a smaller than average primary school in the heart of Kingstanding but we are on a mission to achieve **Excellence in Everything - Achieving greatness that lasts a lifetime**. While the new logo and branding may be fresh, new and relatively unknown at present, we are already gaining momentum and we will finish unforgettable!

All that is left for me to say is to wish you all a happy and safe Easter break . The clocks have gone forward , the evenings are getting brighter and the last term of the academic year is approaching us over the horizon. **Excellence in Everything** is our vision and we will continue to deliver this each and every day.

Mr Taylor



## DATES FOR YOUR CALENDAR

Mon 17th Apr	Children return to school for Summer term
Thur 20th Apr	S/6/NW and SAG Trip Severn valley Railway Visit
Fri 21st Apr	St George's Day
Wed 3rd May	2HM Trip RAF Cosford
Fri 5th May	1CO Trip Ashend Farm
Fri 5th May	Coronation celebration parties in school
Tue 9th May	Year 6 SATs Week
Mon 15th May	Year 2 SATs Week



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### DECORATE AN EGG COMPETITION



As part of our Easter celebrations, we held a decorate an Easter egg competition across Key Stage 2. As always, we had some 'cracking' entries which made it an extremely difficult job for Mr Taylor and Mrs Nandhra to judge. A huge thank you to all of the children and parents who took part and demonstrated that we have 'Egg-celence in Everything' we do.

### GLO SPORTS

Raising our attendance remains a key priority as part of our school improvement plan. This week, 4DN and 2HM had an amazing afternoon of 'Glo-sports' as our attendance competition winners for this half term. A special mention to 'Sparkactiv' for delivering the session which was a huge success and continues to support our drive for excellent attendance. Look out for our new competition when we return after Easter. Make sure you are in school, on time...**EVERY DAY!**



### ATTENDANCE

At Warren Farm, we have a clear vision for attendance, underpinned by high expectations and core values, which are communicated to and understood by staff, pupils and families. We expect good attendance and punctuality from all members of the school community and make sure that pupils understand its importance through our weekly assemblies and rewards. Each week we share messages about how absence affects attainment, wellbeing and wider outcomes for your children and as such it forms one of the key priorities on our school improvement plan. We continuously strive to achieve our school target of 96%. After a period of attendance that fell well below our levels of high expectation, we are starting to see an improvement across the school. The only way that we can continue to improve our attendance is with your continued support to help us ensure that your children are in school, on time...**EVERY DAY. Excellence in Everything really is a team effort!**

★ NAH	99.5%
RAY	92.5%
RLM	93.9%
1CO	82.4%
1/2KT	95.4%
★ 2HM	97%
3CW	92.7%
3/4SK	94.1%
★ 4DN	99%
5AG	89.5%
★ 5/6NW	96.7%
6BP	91.3%

### KEY STAGE 1 WORKSHOPS

This week it was the turn of parents in Key stage 1 to attend our Design and Technology workshops to help support their children's learning. There was a real buzz in the school hall each afternoon as children and parents/carers designed and made bridges with fantastic collaboration and teamwork from all involved. **Excellence in Everything** is a real team effort and we are delighted with your continuous support.





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### TERM DATES

#### Spring Term

Finishes: Friday 31st March 2023 at 12:00pm  
 Half Term: Monday 20th February 2023 - Friday 24th February 2023  
 Easter Holiday: Monday 3rd April 2023 - Friday 14th April 2023

#### Summer Term

Starts: Monday 17th April 2023  
 Finishes: Friday 21st July 2023 at 12:00pm  
 Half Term: Monday 29th May 2023 - Friday 2nd June 2023  
 Summer Holiday 2023 commences Monday 24th July 2023

**A reminder that the Spring term finishes on  
 Friday 31st March at 12:00 pm**

### CHILD OF THE TERM

NAH	Lucas Millership
RAY	Theo Simmonds
RLM	Laney Chandler
1CO	Lillie Raybould
1/2KT	Pranamyia Manjunatha
2HM	Phoebe Harris
3CW	Netari Mason
3/4SK	James Boot
4DN	Jacob Davies
5AG	Kamara Berry
5/6NW	Dainton Large
6BP	Amelia Isibor

### SAFEGUARDING

This week's focus is child on child abuse. Children can abuse other children, this is generally referred to as child on child abuse and can take many forms. It can happen both inside/outside of school and online. It is most likely to include but may not be limited to: bullying, physical abuse, sexual abuse and the sharing of non-consensual images. Signs to look out for can include: absence from school, physical injuries and disengagement with friends and family. Child on child abuse can affect both girls and boys differently. Children with special educational needs are regarded as more vulnerable to suffering this kind of abuse. We all need to make sure we are challenging any behaviour which may be deemed as inappropriate or derogatory. For more information, visit the NSPCC site.



### EASTER BONNET PARADE

On Wednesday this week, the sun may not have been shining but our children, parents and carers in EYFS and Key Stage 1 brought a ray of spring sunshine to B44 with our 'Egg-cellent' Easter bonnet parade which was an overwhelming success. To all the children, parents and carers who have spent many a late night with glue guns, sticky feathers and i'm sure maybe even a couple of tears - **THANK YOU**. Your support in events like this demonstrates how our community is invested in our vision of **Excellence in Everything**. What a team!





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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

### WHAT ARE THE RISKS?

#### LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

#### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

#### BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

#### DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and real life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

#### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

#### ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

#### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

#### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

#### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

#### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

#### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

#### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

### Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>  
<https://www.ons.gov.uk/peoplepopulationandcommunity/timeandjustice/bulletins/childrensonlinebehaviourtrendsandinsights/yearendingmarch2020>



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