



# NEWSLETTER

## FRIDAY 2ND FEBRUARY 2024

### ISSUE NO.19

## EXCELLENCE IN EVERYTHING



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

## Message from Mr Taylor

Parents and the home environment are essential to the early teaching of reading and fostering a love of reading in children. Every morning across the school, we offer parents and carers the opportunity to attend 'Stay and Read' sessions. Each day I am immensely proud, as I visit classrooms during 'Stay and Read' sessions, of the continued engagement and support that you demonstrate every week to our vision of **Excellence in Everything**. Last year, under the leadership of Miss Magee, our phonics outcomes rose from 31% to 80%. When we return after the half term break, Miss Magee will be running further phonics workshops for our Early Years and Key stage 1 parents and carers to ensure that our children receive the very best support both in school and at home. **Excellence in Everything** is a real team effort and you have embraced it wholeheartedly.

You may have seen from our twitter and Class Dojo pages that we are proud to share the news that our Girls' football team are now sponsored by Diana Osagie and 'The Academy of Women's Leadership'. We have been selected as one of only 4 schools nationally for this sponsorship and would like to say a huge thank you to Diana and 'The Academy of Women's Leadership' for making this possible and supporting us in nurturing tomorrow's leaders and sporting stars #TheseGirlsCan

Next week, we welcome parents and carers into school for our second parents evening of the academic year. Parents evenings are a great opportunity for you to meet with your child's class teacher and discuss the progress they have made as we reach the midpoint of the the year. Children's books will be available for you to look through so that your child can share their progress with you and their high standards of **Excellence in Everything**. If you do not yet have an appointment time booked, please speak to your child's class teacher.

There is still plenty to look forward to, as we enter our final week of this half term with 1CO and 2HM visiting Warwick castle and our Valentines Disco on Thursday afternoon where we will be supporting Midlands Air Ambulance's 'Wear it Red' day (non school uniform) by wearing red with a donation of £1. A final reminder that school is **closed** on **Friday 9th February** next week for staff training.

Make it a great weekend

Mr Taylor

A PLAYER WHO MAKES A TEAM GREAT IS MORE IMPORTANT THAN A GREAT PLAYER

## DATES FOR YOUR CALENDAR

Tues 6th February	1CO School trip to Warwick castle
Tues 6th February	Parents Evening 3:30-6:00pm
Wed 7th February	Parents Evening 3:30-6:00pm
Thur 8th February	2HM School trip to Warwick Castle
Thur 8th February	Valentines Disco Non school uniform day
Thur 8th February	Finish for Half Term
Fri 9th February	School Closed Training Day
Mon 19th February	All children return to school



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### EARLY YEARS



This week in RLM and RMH, we have been looking at climate zones on a world map. We have explored the equator and how temperatures may change depending on where you are in the world. We have also been sorting items into 'rubbish' or 'recycling'. Please continue to explore this at home with your children, and take opportunities to discuss other ways we can look after our environment. We have also been practising singing and signing the colours of the rainbow! You can practise this at home too by watching the videos shared on Classdojo. We look forward to welcoming you all to parents evening next week - please make sure you have returned your slips to your class teacher and please remember to arrive on time to your appointment to avoid creating any delays.

### KEY STAGE 1

In Key Stage 1 we have been enjoying storytelling week. At the end of each day a pupil has been selected by their class teacher to share their favourite story to the rest of their class. Each child has demonstrated **Excellence in Everything** through reading fluently, showing expression in their voices and asking and answering questions about the text. Children who attended our school allotments had a busy day as they investigated how to help worms by giving them the best soil possible. They learned all about soil properties and how we recycle old fruit and vegetables to turn them into a compost heap - doing their bit for the environment!



### ATTENDANCE

Although our collective attendance has been under our target of 96% the last few weeks, I would like to say thank you to those parents and children who have made some excellent improvements in recent times. This is clear evidence that with the right support in place and a collaborative approach, we can make significant differences to a child's education and life. These children are embodying, **Excellence in Everything** by making good attendance a habit.

You will have seen (on class dojo or in the letter sent home with your child) that we now require medical evidence for illness if your child's attendance has dropped below 90% for the academic year. If you are concerned that your child is absent from school very often due to illness, school can support you by making a referral to the school nurse to try and establish some possible reasons for frequent illnesses and ailments.

NAH	91.2%
RMH	87.9%
RLM	82.5%
1CO	92%
1/2YG	86.9%
2HM	92.7%
3AB	90%
3/4SK	89.3%
4DN	95.3%
5AG	96.3%
5/6NW	93.7%
6BP	92.4%

### VALENTINES DISCO 'WEAR IT RED'

On Thursday 8th February we will be holding a 'Wear it red' day. This is a non uniform day where children can come dressed in red clothes or wear red accessories to raise money for the Midlands Air Ambulance. This is also the day of our Valentines disco and therefore is the perfect opportunity to dress in the colour of 'love'.

We would like a voluntary donation of £1 for this very worthwhile cause. The Midlands Air ambulance save many lives each year - they are used in critical emergencies to transport people to the nearest hospitals for care.





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### SAFEGUARDING

This week's safeguarding focus is alcohol misuse and substance abuse. Parents who have alcohol and substance abuse issues lead chaotic lives and are unable to recognise their child's needs. When there is an adult in the household who misuses alcohol and drugs, it can lead to many physical and emotional difficulties. A child living in this household is more likely to experience neglect and abuse. Abuse and neglect then become a adverse childhood experience for that child and can affect them in later life. The child may also take on the role of the carer within the household which means that they are effectively losing their own childhood. If you feel a child is at any point in any type of danger due to the substance or alcohol misuse taking place within the household then please contact the NSPCC hotline on 0808 800 5000.

### CHILD OF THE WEEK

NAH	Hanna Amanuel
RMH	Alpha Marah
RLM	Oluwatofunmi Benson
1CO	Zoya Rukhsar
1/2YG	Aniyah Butt
2HM	Macie Haines
3AB	Alfie Coleman
3/4SK	May Holmes
4DN	Amelia Banks
5AG	Clarice Foster
5/6NW	Kadijah Sanneh
6BP	Noah Smith

### SEND Sensory processing difficulties.

Processing everyday sensory information can be difficult for autistic people. Any of their senses may be over or under-sensitive, or both at different times. These sensory differences can affect how they act and feel, and can have a profound effect on a person's life. Too much information from the senses can cause stress, anxiety and in some cases possible physical pain. This can result in withdrawal, distressed behaviour or meltdowns. There are lots of different way to help reduce this and each person requires a unique strategy to meet their individual needs. In school we support this as much as possible using different resources such as fidget toys, ear defenders and sensory cushions to name just a few.

### LOWER KEY STAGE 2



This week we have had lots of extra curricular opportunities including story telling by Freya's Fable, Wisdom dental checks, WOW Walk to School assemblies and many after school clubs. The children who are attending Dodgeball and Yoga after school are thoroughly enjoying themselves. During Science this week we have started to investigate different types of soils. Children have been carrying out their own investigations with soils. It has been great to see their independence shine through during these investigations.



### UPPER KEY STAGE 2

As part of National Storytelling Week this week, we were visited by Jess and Carly from Freya's Fables who read each class a story and introduced them to a wide range of texts at their book fair. The children thoroughly enjoyed the 'gaming-style' text and hope to read more! Also this week, Staff Sarah joined Year 5 again for their Young Leaders session; this week focused on self-awareness and self-esteem. Each week the children continue to impress us with their character development - they really are an asset to our school and community. Year 6 continue to work hard and lots of children have shown commitment and dedication to their studies by attending the booster groups. Well done Upper Key Stage 2!





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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 [nationalonlinecollege.com](http://nationalonlinecollege.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

### WHAT ARE THE RISKS?

#### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

#### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

#### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and liking down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

#### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

#### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

#### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

# KEEP SCROLLING

## Advice for Parents & Carers

#### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

#### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

#### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

#### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

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