



NEWSLETTER

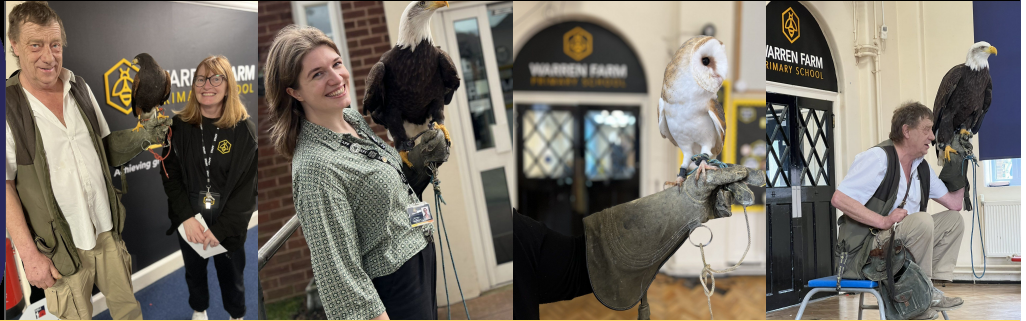
FRIDAY 15TH MARCH 2024

ISSUE NO.24

EXCELLENCE IN EVERYTHING



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EXCELLENCE IN EVERYTHING-ACHIEVING GREATNESS THAT LASTS A LIFETIME

Message from Mr Taylor

What a week it's been at Warren Farm celebrating British Science week. On Monday our 'Mad Scientist' Ms Purcell kicked off the week with a whole school assembly packed full of experiment, investigations and amazing science facts. On Thursday, we then welcomed Alan Ames into School with his birds of prey including Sybil the Harris Hawk, Alaska the Bald Eagle and Sparky the Barn Owl. Children learnt all about the natural world including habitats, flight and predators. It was very exciting and engaging to see such amazing birds up close and personal flying around the school hall.



On Monday, this week our Boys football team played their first match in their brand new team kit sponsored by Dan and Marc from F2D. Dan and Marc delivered entrepreneurship lessons with our Year 6 children in the Autumn term and were really impressed with the ethos and vision of Excellence in Everything at Warren farm - so much so, that we were delighted when they offered to sponsor and buy our new kit. On Wednesday and Thursday our Year 3,4,5 and 6 Badminton teams attended the Utilita arena to watch the Yonex all England badminton championships - giving a great insight into professional sport. At Warren Farm, our commitment to sport for each and every child continues to reveal the character of our children beyond the academic.

On Thursday, this week we held our Spring term governance meeting. During the afternoon we were also joined by Judith Dovey (Chair of Governors) and Amanda Lees (Community and SEND Governor). They met with children and leaders to witness and discuss the *Excellence in Everything* at Warren Farm on a daily basis.

Make it a great weekend

Mr Taylor

SPORTS DO NOT BUILD CHARACTER. THEY REVEAL IT

DATES FOR YOUR CALENDAR

Wed 20th March	Easter Bonnet parade EYFS and KS1
Thur 21st March	EYFS Easter Crafternoon 2:15pm
Thur 21st March	Decorate an egg deadline for entries and judging
Fri 22nd March	Break up for Easter School closes at 1:00pm
Mon 8th April	All children return to school
Wed 10th April	Year 5 and 6 Trip to Blists Hill
Fri 12th April	Key stage 2 Virtual Reality Workshops
Week beginning 15th April	4DN, 3/4SK and 3AB Black Country Museum visit

COURAGE

HONESTY

INTEGRITY

RESPECT

**SELF
DISCIPLINE**



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EARLY YEARS



Early Years have enjoyed a wonderful week of scientific exploring! As well as planting beans for our growing experiment, we had a visit from The Bird Man who gave us a demonstration of how birds of prey can fly and hunt. We met a very famous Bald Eagle, as well as lots of other fascinating birds of prey. This week, we have also enjoyed watching our new playground being built - we are so excited to move into our new environments after the Easter break! We hope you've been busy making your lovely Easter bonnets ready for our Easter Bonnet parade on Wednesday 20th April. We're also looking forward to welcoming you into our school for our Easter Afternoon next Thursday 21st April, from 2.15-3.15pm.

KEY STAGE 1

This week in KS1 we have been celebrating Science Week. We had an excellent visit from the Bird Man who shown us lots of different types of birds - an Eagle even flew over our heads! We are having an Easter Bonnet Parade on **Wednesday 20th March** so it's time to get creative! Children are encouraged to make an easter bonnet hat at home and bring them into school on the morning of the 20th March. **You are invited to attend at 9:20am.** There will be an egg-cellent prize for the winners in each class. Lastly, if you haven't already brought your Easter Raffle ticket these can still be purchased from your child's class teacher.



ATTENDANCE

Last week, senior leaders in school met with the school counsellors to discuss ways in which we can improve attendance. Young minds tend to have less limitations that older heads do and they certainly didn't limit their thinking during this meeting. Their thoughts and feedback will be pivotal in our approach to ensuring good attendance. What an enthusiastic and passionate group!

This week, Mr Taylor and Mr Davis attended a seminar entitled 'From Attendance to Engagement: Transforming parental involvement in Education'. This insightful discussion reassured us that we are on the right tracks. We believe that parental engagement is key to school improvement. As a result, we plan to provide many more opportunities for parents to join us in school and discuss a variety of issues that surround attendance.

NAH	94.9%
RMH	89.3%
RLM	94.7%
1CO	81.7%
1/2YG	84.6%
2HM	80%
3AB	90.3%
3/4SK	95.3%
4DN	83%
5AS	94%
5/6NW	88.7%
6BP	93.8%

HEALTH FOR LIFE

This week, we would like to share a healthy recipe for you to try at home, if you have any recipes that you would like to feature in the upcoming newsletters then please send them in with your child.

Egg and Rocket pizzas

Ingredients

2 seeded wraps
A little olive oil
1 roasted red pepper
2 tomatoes
2tsp of tomato puree
1tsp of chopped dill
2tsp of chopped parsley
2 eggs
Rocket salad
Red onion



Step 1 - Heat oven to 200C/180C fan/gas 6. Lay the tortillas on two baking sheets, brush sparingly with the oil then bake for 3 mins. Meanwhile chop the pepper and tomatoes and mix with the tomato purée, seasoning and herbs. Turn the tortillas over and spread with the tomato mixture, leaving the centre free from any large pieces of pepper or tomato.

Step 2

Break an egg into the centre then return to the oven for 10 mins or until the egg is just set and the tortilla is crispy round the edges. Serve scattered with the rocket and onion.





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SAFEGUARDING

This week, the chair of governors Judith Dovey met with a range of children across KS2 to discuss safeguarding policies and procedures. The children were able to discuss who they would talk to if they had a concern and also what made them feel safe in the school. They discussed online safety with Mrs Dovey and were able to tell her the rules that should be followed when accessing online content. She asked if there were issues with friendships, what they would do - one of the children replied 'we would talk to a teacher who would help us to sit together and solve our problems'. The children articulated the school's core values and how they helped them to behave both inside and outside of school. Mrs Dovey commended the children on their articulation related to safeguarding.

Let's talk about ADHD.

SEND

ADHD stands for Attention Deficit Hyperactivity Disorder. About 1 in 20 children have it. It is a condition that affects people's behaviour. Children with ADHD can seem restless, may have trouble concentrating and may act on impulse. However, it is important to remember that many children go through phases where they're restless or inattentive. This is often completely normal and does not necessarily mean they have ADHD.

This short video was created by Cardiff University: [Let's Talk About ADHD](#) Please take a watch and if you have any concerns please discuss them with your child's class Teacher or arrange a meeting with Miss Gosling.

CHILD OF THE WEEK

NAH	Poppy-Violet Warr
RMH	Elijah Lagoe
RLM	Shuraim Ali
1CO	Jana Qteishat
1/2YG	Maddie Weston
2HM	John Foster
3AB	Zan'nique Kesto
3/4SK	Isla Maddix
4DN	Selassie-I Berry
5AS	Katie Marshall
5/6NW	Longxuan Lin
6BP	Shiann Gould



LOWER KEY STAGE 2

This week Miss Nunan hosted a parent workshop for the Multiplication Tables Check for Year 4 parents. Thank you to those who attended. It was a very successful workshop that highlighted what our Year 4 students should expect for their test and how they can be supported at home. The best support can be provided through 'soundcheck' and 'garage' on TTR. The heat frequency maps on TTR provide both your child and yourself with an indication as to which times tables need further practise. If you have any questions, please feel free to speak to your child's class teacher.



UPPER KEY STAGE 2

It's been an incredibly busy week this week! To kickstart Science Week, Ms Purcell delivered a fantastic assembly carrying out a few simple experiments with the children and creating a real buzz about the subject. We were also lucky enough to be visited by The Bird Man who brought in a range of birds of prey; he was full of facts about these magnificent birds and informed the children about sustainability and conservation. Some children in Year 5 and 6 also had the opportunity to attend the Utilita Arena in Birmingham to watch the Yonex All England Badminton Championships.





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RED NOSE DAY



BADMINTON

This week we were lucky enough to send 15 children from Year 5 and 6, as well as 15 children from Year 3 and 4 to the All England Open Badminton Championships. This was a great opportunity for our students to see world class athletes at the top of their game and watch elite sport. The children visited the Utilita Arena in Birmingham and had chance to support their favourite athletes. The Year 3 and 4 children were also a part of an afternoon of Badminton with other schools where they participated in a variety of Badminton activities which were run by Badminton England coaches. Noah, from 3/4SK, was identified as one child out of 100 + children who showed great leadership, passion and effort in all his activities and was awarded with a medal. Noah was presented his medal by UK's Number 1 in Men's doubles athletes Ben Lane and Sean Vandy. A huge well done to all!





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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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