



NEWSLETTER
FRIDAY 19TH APRIL 2024
ISSUE NO.27
EXCELLENCE IN EVERYTHING



Ofsted
Good Provider



EXCELLENCE IN EVERYTHING-ACHIEVING GREATNESS THAT LASTS A LIFETIME

Message from Mr Taylor

This week, parents and carers across the country have been notified of their places for school Reception intake in September 2024. I'm sure you will all join me in offering a very warm welcome to our newest members of the Warren Farm team as they look forward to commencing their child's journey of 'Excellence in Everything' with us.

This is an exciting time for children to be starting at Warren Farm as we have recently moved into our brand new, purpose built Early Years Foundation Stage Hub and outdoor learning environment (see images on page 2). The children have been learning and exploring in their new environment and are thoroughly enjoying what it has to offer. We will be holding a Reception induction session, which will give new parents the opportunity to talk to the staff and come and tour our fantastic new building. The transition of a child into their new school can be one of the most exciting yet scary times in their life and yours - we are here to make sure that this transition process is a seamless one which ignites a passion for learning and 'Excellence in Everything' here at Warren Farm.

This week children in 3AB, 3/4SK and 4DN visited the Black Country Living Museum. Educational visits ignite a thirst for knowledge and a love of learning as they bring the children's learning to life. It was lovely to receive an email from a member of the general public who was also visiting the museum for the day. "My family (age range 20 to 83) were on a visit to BCLM yesterday and had the pleasure of seeing some of your pupils. They are an absolute credit to your school . They were extremely well behaved and also very engaged with what they were being shown. Hope you don't mind me commenting but we all wanted to say a big well done". This is testament to the culture we have created and the character that we are developing in our children in every lesson, every day as we deliver 'Excellence in Everything'

Make it a great weekend

Mr Taylor

GOOD CHARACTER IS NOT FORMED IN A WEEK OR A MONTH. IT IS CREATED LITTLE BY LITTLE, DAY BY DAY.

DATES FOR YOUR CALENDAR

Wed 1st May	Times Table Rock stars Day (see poster)
Thur 2nd May	School Closed for Voting
Fri 3rd May	School Closed Teacher Training Day
Mon 13th May	SATs Week Year 6
Mon 20th May	World Bee Day
Wed 22nd May	Reception Trip Warwickshire play village
Fri 24th May	World Bee day celebrations Wear Yellow and Black
Fri 24th May	Break up for Half Term



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**PREMIER LEAGUE
 PRIMARY STARS**

We are pleased to be welcoming members from AVFC to Warren Farm who will now join us weekly on Fridays. **Premier League Primary Stars** will be working with lots of children across the school delivering an exciting curriculum of programmes that aim to engage and inspire children in everything from Numeracy and Literacy to Wellbeing, Growth Mindsets and Physical Education all closely aligned to the National Curriculum.



Premier League
Primary Stars

**PANATHLON SPORTS
 COMPETITION**

Our Panathlon team were in competition this week and demonstrated **Excellence in Everything** as they represented the school.

"Sport teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose - it teaches you about life."



**WELCOME TO OUR BRAND NEW
 EYFS HUB AND OUTDOOR
 LEARNING ENVIRONMENT**



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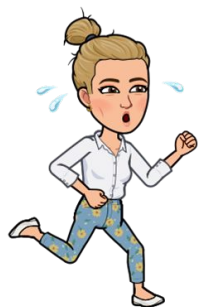
EARLY YEARS



This week Reception and Nursery have really enjoyed exploring our outdoor environment. Nursery have been reading “We’re Going On A Bear Hunt!” and have been hunting for bears around the school. RMH and RLM learnt all about how different instruments make different sounds. Please can we remind parents to provide children with a **healthy** snack and avoid chocolate and crisps. Can we also remind parents to arrive promptly for the start of school as our gate closes at 8:50. Finally, please sign and return the consent slip for our trip to the PlayVillage as soon as possible.



KEY STAGE 1



This week 1CO and 2HM have taken part in an extra P:E session, delivered by the excellent **ASTON VILLA** training team. The children had their heart rates raised through a number of different competitive games. Please continue to practise reading daily at home and practising your child’s number bonds to 10 in Year 1 or number bonds to 20 in Year 2.



ATTENDANCE

This week, we have seen a significant upturn in the children’s attendance, which is really positive. In order for us to deliver ‘Excellence in Everything’, children must be in regular attendance- this is the first step to making our offer a reality for our children.

Recently, I have had many conversations with parents who have said that their child wasn’t feeling too well in the morning but wanted to come in so they don't miss out on the inflatables in May. Those children had fantastic days and came out of school much perkier at the end of the day. This is the message we want to give to all of our children. Sometimes, you don’t feel 100% in the morning but once you are in school, you tend to pick up and feel much brighter. We hope that this becomes a habit at Warren Farm and goes beyond an incentive. Please feel reassured that if we think a child really isn't well enough to be in school, we will always ring home.

NAH	96.8%
RMH	96.3%
RLM	94.7%
1CO	98%
1/2YG	93.9%
2HM	89.7%
3AB	95%
3/4SK	96.7%
4DN	91.3%
5AS	91.3%
5/6NW	97.3%
6BP	97.9%

HEALTH FOR LIFE

Naan Breads

To celebrate the festival of vaisakhi- the recipe this week will be naan breads.

You will need: 600g/1lb 5oz self-raising flour, plus extra for dusting, ½ tsp salt, 1 tsp caster sugar, 1 tsp baking powder, 300g/10½oz Greek-style yoghurt, 175ml/6fl oz lukewarm milk, 2 tsp sunflower oil and 4 tsp melted ghee or butter (or oil)

Method

Sift the flour into a large bowl. Add the salt, sugar and baking powder and combine well, then add the yoghurt and mix together. Gradually add the milk and knead to form a dough. Add the oil and knead in the bowl for 6–7 minutes. Cover the bowl with a clean tea towel and leave in a warm place for 1–2 hours

Preheat the oven to 240C/220C Fan/Gas 9 and place an upside-down baking tray inside.

Divide the dough into 8 equal-sized balls. Roll a dough ball out on a lightly floured work surface to a disc around 20cm/8in in diameter. Place on the preheated baking tray and cook for 4 minutes, or until cooked through on both sides. Remove from the oven, brush with the ghee and wrap in a clean tea towel so it stays soft and keeps warm. Repeat with all of the remaining dough balls. Serve warm.





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SAFEGUARDING

This week's safeguarding focus is about choking. When a child is choking, their airway is partly or completely blocked, meaning that they may be unable to breathe properly. Follow the steps below if a child is choking;

1. If you think a child is choking, ask them 'Are you choking?'. If they can breathe, speak, or cough then they might be able to clear their own throat. If they cannot breathe, cough, or make any noise, then they need your help straight away. Encourage them to cough
2. Give 5 sharp back blows - lean them forward and support their upper body with one hand, with the heel of the hand give them 5 sharp back blows between their shoulder blades.
3. If back blows do not work, give 5 abdominal thrusts, stand behind them and put your hand around their waist, place one hand in a clenched fist between their belly button and the bottom of their chest, with your other hand grasp your fist and pull sharply inwards and upwards five times.
4. If the blockage is not clear, call 999 or 112.

SEND

What is Developmental Language Disorder (DLD)?

Developmental Language Disorder is a communication disorder that interferes with learning, understanding and using language. These language difficulties are not explained by other conditions, such as hearing loss or autism.

DLD can affect a child's speaking, listening, reading and writing. These language difficulties may be misinterpreted as a behavioral issue. For example, a child who struggles with language may avoid interactions, leading others to think that child is shy. If you have concerns about your child's language development please raise your concerns with your child's class teacher.

CHILD OF THE WEEK

NAH	Tehillah Nidikum
RMH	Ashia-Rae McCallum
RLM	Reuben Simmonds
1CO	Layla Bulale
1/2YG	Muhammad Maheer
2HM	Layla-Rose Howles
3AB	School Trip
3/4SK	Adidjah Thompson
4DN	Thomas Lynch
5AS	Jacob Tabb
5/6NW	Belicia Lufuma
6BP	Aamilah Ishtiaq

LOWER KEY STAGE 2



This week, Year 3 and 4 have travelled back in time to visit the life a child would have led in the 1890's. All three classes had a great day at the Black Country Museum where we got to become history detectives. We saw different aspects of what life would be like including shopping, working, playing, transport and homes.



UPPER KEY STAGE 2



This week's Young Leaders session focused on teamwork and decision making; children learnt about the impact of their decisions on their team, not just themselves. In DT, we are at the making stage of our unit and have been making kites from a variety of materials. Next week, we plan to test them and evaluate them.





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WARREN FARM
PRIMARY SCHOOL



WARREN FARM
PRIMARY SCHOOL

Times Tables Rockstars Day!

On Wednesday 1st May, everyone is invited to **dress up** as a **rock star!**

The whole school will spend the day as rock superstars, improving, practising and using their times tables knowledge.



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COURAGE

HONESTY

INTEGRITY

RESPECT

**SELF
DISCIPLINE**

**THE “IN SCHOOL...ON TIME...
EVERY DAY!” CHALLENGE**

WHAT?

**THOSE CHILDREN WHO
ARE IN SCHOOL, ON TIME,
EVERY DAY FOR 19 OUT
OF 20 DAYS BETWEEN
MONDAY 8TH APRIL AND
FRIDAY 3RD MAY WILL
GET AN ‘INFLATABLE
PLAY’ SESSION IN
SCHOOL.**

WHEN?

**THE INFLATABLES WILL
BE IN SCHOOL THE
WEEK COMMENCING
6TH MAY.**





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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.

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine – often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

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