

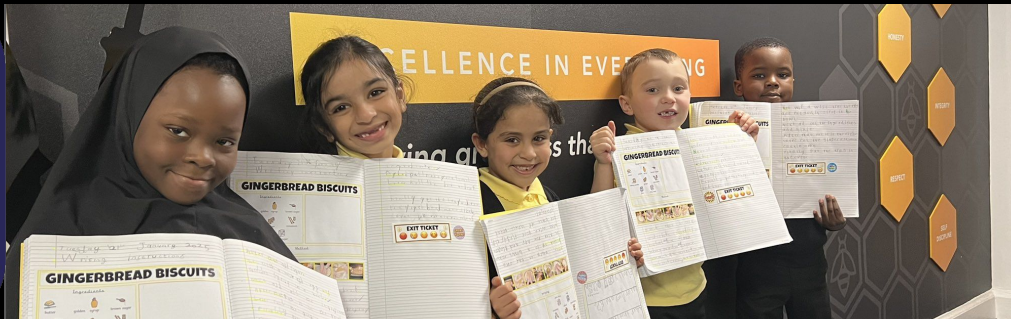


NEWSLETTER

FRIDAY 24TH JANUARY 2025

ISSUE NO.17

EXCELLENCE IN EVERYTHING



EXCELLENCE IN EVERYTHING-ACHIEVING GREATNESS THAT LASTS A LIFETIME

Message from Mr Taylor

It's been a great start back to school and I can't believe we are already half way through the first half term of spring already! As I've visited classrooms and spoken to children, who have been to share work with me this week, it's been great to hear the enthusiasm that they have for their learning and the progress they are making as they strive for **Excellence in Everything**. Last week, we shared six key words from our **Character Kit-List**. These words are more than just ideas – they're traits that we want our children to understand, demonstrate, and live out in their daily actions. As children have shared and discussed their work with me, it was excellent to hear them using words such as **teamwork, communication** and **attitude** and how focusing on improving these skills is supporting their learning. Next week on **Wednesday 29th January at 8:50am**, Mr Davis (our Character Curriculum leader) would like to invite parents/carers to join us in school and learn more about the powerful character curriculum programme we've introduced. This is a fantastic chance to get involved and play a pivotal role in shaping our character curriculum as we move forward. As always, we value collaboration with parents and are committed to ensuring you're fully involved in how our curriculum is designed for your children. If you would like to attend, please fill out the form below to secure your place: <https://forms.gle/EVP7VPITURoXfBJM8>

Over the coming weeks, a number of Senior Leaders from other schools will be visiting Warren Farm, having heard about our curriculum and the high-quality provision we offer. It is exciting to see the hardwork and dedication of our teaching and support staff gaining recognition through the community and other schools. We look forward to sharing the excellent learning experiences we provide for our children and how **Excellence in Everything** and character development is at the heart of everything we do. Thank you for your unwavering support as we continue to ensure that Warren Farm is a special place to learn and grow - academically and personally - for our children.

Make it a great weekend!

Mr Taylor



DATES FOR YOUR CALENDAR

Mon 27th January	National storytelling week
Wed 29th January	Chinese New Year
Fri 7th February	NSPCC Numbers Day Non School Uniform £1 donation
Tue 11th February	Parents Evening 3:30-6:00pm
Wed 12th February	Parents Evening 3:30-6:00pm
Fri 14th February	Valentines Disco Break up for Half Term
Mon 24th February	All Children return to school

"Worry about your character, not your reputation. Your character is who you are. Your reputation is who people think you are."

John Wooden



Aylesbury Crescent
Birmingham B44 ODT
www.warrenfarm-primary.co.uk
0121 373 3885



@warren_farm_pri





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EARLY YEARS

This week in EYFS we have had a very busy week of learning and exploring. In Reception, we have been to Perry Common Library to watch a production of 'The Snowflake' hosted by The Birmingham Rep. The children were really engaged with the performance and loved the amazing puppetry. In Maths, we have been practising number bonds to 5. In Nursery, children have been learning all about the number 3. Their learning has been focused on The Three Little Pigs and Hickory Dickory Dock. A gentle reminder that reading diaries must be signed everyday in order for children to receive their dojos. There are supporting statements in the diaries to help parents and carers with their comments and to give some ideas on how to support your child with their home reading.

KEY STAGE 1

It's been a busy week in KS1! Some Year 2 children visited the local allotments to explore different habitats and learn why nature needs to be balanced for plants and animals to thrive. In 1/2HM, Year 1 pupils showed Mr. Taylor their instructions writing, which he was very impressed with. Year 1 and Year 2 pupils also had their teeth checked by the school dentist, learning about the importance of oral hygiene. In Science, the children debated whether chocolate is good or bad for us, exploring the pros and cons of eating it. It's been a week full of fun learning experiences!



PUNCTUALITY

In recent weeks, we have noticed an increase in the number of children **arriving late to school**. This is concerning, as being late not only means missing valuable learning that takes place at the start of the day but also leaves children feeling unsettled, making it harder for them to engage and focus.

At Warren Farm, we put great emphasis on the **character traits** we can develop now that will serve us well in adulthood. One of these is **time-management**—a vital habit to instil in our children from an early age. Punctuality is not only key to academic success but also prepares our young learners for the expectations of the workplace and beyond.

That said, we would like to take this opportunity to thank the many families who ensure their children are in school, on time, every day. Your commitment does not go unnoticed, and we are grateful for your support in setting such a strong example of Excellence In Everything. Let's continue working together to ensure that every child starts the day ready to achieve their very best.

This week's House attendance winners are...South



'BULL IN THE CITY'

We are proud to be part of the exciting 'Bulls In The City' project, bringing the next art trail to Birmingham in Summer 2025 and engaging local communities. This week, Children enjoyed a visit and assembly from Hettie the Hedgehog. Every child will receive an entry sheet and the deadline for designs is Friday 7th February.

<https://bullsinthecity.co.uk/>



PARENT'S EVENING

Tuesday 11th February
3:30pm - 6:00pm
Wednesday 12th February
3:30pm - 6:00pm





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SAFEGUARDING

This week's safeguarding focus is Early Help. A new version of the 'Right Help, Right Time' document was launched this week. This is a threshold document that helps all stakeholders for safeguarding in identifying the support needed for that family. The new document has more detailed descriptors that can be used to identify the correct agency that can be contacted for support. Early help can range from school giving support to trained specialist family support workers that can be involved with the family. Early help is the step before a child is put on a child protection or child in need plan and is about preventing this step taking place.

MENTAL HEALTH AND WELLBEING

Self-esteem is how we think and feel about ourselves. Having good self-esteem is when we are comfortable with how we look and how we feel. It means feeling good about ourselves, what we can do and how we think. Self-esteem comes from the things we experience in our lives as well as the relationships we build with the people around us. This means self-esteem is something that keeps building throughout our childhood and can sometimes continue to build even more when we are adults! However self-esteem doesn't always grow in the way we want; sometimes it goes up and down because of the situations we are in. Feeling stressed and upset about things can often get in the way of our self-esteem progressing.

CHILD OF THE WEEK

NAH	Ethan Saul
RMH	Aura Bonas
RAY	Autumn Nicholls
1CO	Caden Scott
1/2HM	Fadiyah Adio
2DN	Raisa Memet
3AB	Taha Sultan Bin Asif
3/4LM	Darius Bustiuc
4SM	Kaylan Haines
5AS	Favour Ndikum
5/6NW	Rio Turner
6BP	Khadija Sanneh

LOWER KEY STAGE 2

This week has been filled with lots of fun and engaging activities. In art, Year 3 and 4 have created their own Stone Age cave wall paintings. To do this they used water and flour to make a paint consistency and then added natural ingredients like paprika, cinnamon and mixed herbs to add colour and texture to the paint. Our dental visitors this week have linked nicely to our science topic. This week in science we all learnt about the layers of the teeth and the importance of brushing twice a day! Please encourage your child to brush their teeth twice a day for two minutes and maintain good oral hygiene. Please ensure that all bikeability consent forms are returned as soon as possible.



UPPER KEY STAGE 2

This week, Year 5 have been keeping active and exploring how their bodies work. As part of the Young Leaders programme, they've delved into the wonders of the circulatory system, learning how blood flows around the body and keeps us fit and healthy. In history, the focus has been on the fascinating life of Henry VIII. The children have been intrigued by his reign and the impact of his decisions on Tudor England. Meanwhile, in science, they've been busy planning an exciting experiment to test which materials are the best insulators. It was the turn of 5/6NW for Bikeability. The children thoroughly enjoyed developing their cycling skills and learning about road safety—a valuable experience for all! Next week, 5AS will be taking part.





BRITISH VALUES

British Values and Our Character Kit List: Growing Stronger Together



At Warren Farm Primary School, we are committed to nurturing well-rounded individuals who are not only academically successful but also equipped with the values and skills needed to thrive in life. Our **Character Kit List** plays a vital role in this, and we are proud to see how it aligns with the **British Values** we uphold as a school community.

The Rule of Law ties closely to **ownership, preparation, and attitude**. By taking responsibility for their actions and understanding the importance of rules in both school and society, pupils are developing the self-discipline and readiness they need to contribute positively to their communities.

Individual Liberty thrives when children demonstrate **motivation, work ethic, and problem-solving**. Through opportunities to make choices in their learning and activities, our pupils are discovering the value of resilience and striving for personal goals/Super North Stars. They are empowered to explore their potential while learning to respect the rights of others.

Democracy is reflected in our emphasis on **communication, teamwork, and leadership**.

Whether it's contributing ideas in group discussions, taking part in School Council elections, or leading a House Group, our children are learning how to listen to others, voice their opinions respectfully, and work collaboratively towards shared goals.

Mutual Respect and Tolerance are fostered through **empathy and adaptability**. By understanding and celebrating differences, our pupils build strong relationships and learn to work alongside peers from all backgrounds. These skills are key to creating an inclusive and welcoming environment for everyone.

As we move forward, we are excited to see how our children continue to grow, using both the **British Values** and the virtues from our **Character Kit List** as a compass to guide them in becoming thoughtful, responsible, and active members of society.





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NAH
2 
DAYS OFF

RMH
3
DAY OFF

RYG
4
DAY OFF

1Co
7
DAYS OFF

1/2HM
5
DAYS OFF

2DN 
2
DAYS OFF

6NOV
DAYS OFF

3AB
5
DAYS OFF

3/4LM
4
DAYS OFF

4SM
15
DAYS OFF

5AS
4
DAY OFF

5/6NW 
3
DAYS OFF

6BP
6
DAY OFF





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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 HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

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Aylesbury Crescent
Birmingham B44 0DT
www.warrenfarm-primary.co.uk
0121 373 3885



@warren_farm_pri

