

NEWSLETTER

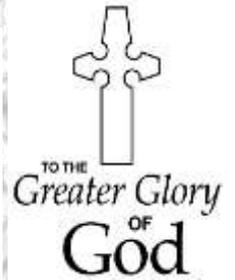


Thank you to our teachers and children for sharing lovely Mother's Day services this week. You brought a smile to many faces.

Well done to our swimmers who represented Deanery at the recent Sutton Schools Swimming Gala. Our children were so encouraging of each other and enjoyed a triumphant atmosphere; winning the girls trophy, we were joint winners of the relay competition, our boys came second and Deanery also came second overall. Thank you to all of our parents for your support.

The recent presentation from the PCSO School liaison officer, provided some startling statistics on e-safety. Please see the on-line safety post -for specific guidance.

Look out for the MSFORMS to attend the Parent's Mental Health Awareness presentation.



GRACE

Oscar 1B
Max 6W

All of Year 3

LOVE

FAITH

Emily 2R
All of Year 3

**Deanery
Values**

HOPE

JOY

Nick 5MC
Sumayah 6A

Winter RHM

Matilda 5T **PEACE**

Pupil Voice

Grace RHM - "We went to church as it is nearly Mother's day and we have been looking at what is in Kenya."

Keziah 1B – "We went on a trip to Jones' Wood. We did a colour hunt, a mini beast hunt and built a home for creature. It was fantastic!"

Jack 3F – "Everyone's singing in church was very beautiful."

Thomas 3F – "I think the parents walked away with a big smile on their face because of our mother's day church service."

Jacob 5T - "I have loved our maths topic - decimals, fractions and percentages - because I wanted to cover percentages and I am feeling very confident with percentages now."

Ella 5T - "I have really enjoyed Enrichment so far. I am doing outdoor adventures and I like it because the teacher and the activities are both really fun."

Year 6: This week we made spring rolls as we have been looking at Asian cuisine that has come to Britain through migration. We designed, made and evaluated our own version of a spring roll.

Emma – "I could've eaten a million of them."

Zac – "I wouldn't change anything next time because they were perfect."

Mother's Day

Thank you to KS1 and Y3 children and staff for the wonderful Mother's Day services held at St John's Church this week.

The children did us and you proud and raised lots of smiles and even a few tears!

Thank you to the mums and family members who have been sharing their children's book recommendations with us as part of our Mother's Day competition. We won't announce the winners and spoil the surprise just yet, but we do look forward to sharing the recommendations with you.



Easter Services

Our Easter Service for KS2 will be held at St John's Church and will be led by Year 5 on Wednesday 29th March 2023 at 2pm. Only one parent per child from Year 5 will be invited to attend due to capacity restrictions at church. All children from KS2 will attend the service.

Our Easter Service for Reception, Year 1 & Year 2 will be held at St John's Church on Monday 27th March 2023 at 2pm and one parent per child will be invited to attend.

We will need walkers to help on the day and also for the rehearsals – so if you are able to help then please look out for the communication via class teachers.

Walk to School

Deanery have hit the spring WOW Walk of Fame Challenge! We are currently in fourth position on the national leader board!! Well done everyone and thank you for your continued support @livingstreets



#WalkToSchool #WOWWalkOfFame



Stamp recycling

We have just sent three envelopes full of used stamps to the @RNIB for their stamp appeal. They recycle the stamps and use them to fund the great work they do. Thanks for your ongoing support #charity #recycle #RNIB

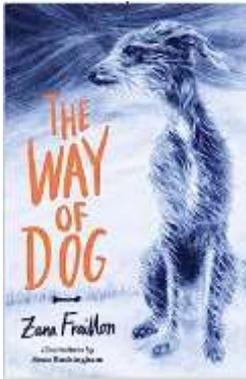
Please continue to send your used stamps to the school office so that we can continue to support this worthwhile initiative

Response to Curriculum Evening feedback

If you are looking for recommendations of books for your children to read, <https://schoolreadinglist.co.uk/> has recommendations for each year group. Their lists of books are carefully put together to make it easier to find high quality, engaging and interesting books to instil a reading for pleasure culture and encourage children to read at home.

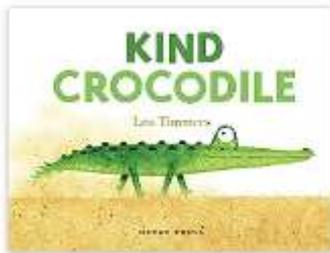
It also has some great tips as to why reading is so important and how to read with your child and the kinds of questions you can ask.

March 2023 recommendations



The Way of Dog by Zana Fraillon, illustrated by Sean Buckingham

Carnegie Award-nominated Zana Fraillon returns with this startlingly inventive verse novel. When orphaned puppy Scruffity finds himself alone, he begins a quest to find somewhere to call home. Imbued with resilience, grit, determination and the power of friendship, this is a rewarding text to read alongside classics such as *The Call of the Wild* and *Watership Down*.



Tourmaline and The Island of Elsewhere by Ruth Lauren

When a good-hearted crocodile ventures away from the pond to explore, the other animals are very scared! But each animal soon sees a different side to this friendly crocodile. A very clever and stylish picture book, the charming illustrations are filled with expression and character. Great to encourage inference and questioning with younger children, 'Kind Crocodile' is a wonderful book to read and share.

School Dinners Price Increase

The school dinner price will increase to £2.70 per meal with effect from 17 April 2023. Our in house catering team work really hard to ensure our children can enjoy a home-cooked school lunch created with good quality fresh ingredients.

Unfortunately, over the last 12 months we have been subject to significant increases in costs; with a 200% increase to gas and electricity costs, increases of over 10% in relation to salary related costs and increasing food costs. As with all schools, our funding is reducing in comparison to rising costs and we therefore need to pass on part of this cost to our parents.

We believe that the price still provides value for money and we understand the importance of serving hot lunches, so you can be sure that your child receives a nutritious meal in school each day.

Mental Health and Wellbeing Update

The five ways of Wellbeing have been designed to help us to live a mentally healthy life



Our whole school wellbeing focus this half term is Take Notice!



ForwardThinking
Birmingham

We would like to invite you to join us for

Mental Health Awareness for Parents

27/04/2023- 5.30pm in KS1 Hall

This will be run by the team from Forward Thinking Birmingham and will cover:

- Commonly held misconceptions surrounding mental health
- What mental health means
- What can affect mental health and wellbeing
- What signs to look out for when concerned about an individual's mental health
- Resources that can help support mental health and wellbeing for your child



Where minds matter

Working together for you:





Early Help is a network of local organisations, here to ensure services are accessible for families who need support.

Use the QR code to access our **Family Connect Form**

Fill in your details and what support you're looking for, and we will be in touch.



If you need more information, or support filling out the form, contact your Community Connectors, Dawn & Danielle
communityconnectors@ourplacesupport.org

School Nurse

Please follow the link below for an updated telephone number and email address for the School Nursing Team. If you have any concerns or worries around the health and wellbeing of your child, please contact the School Nursing team. [Birmingham Community Healthcare NHS Foundation Trust website here](#)

Online Safety

National Online Safety #WakeUpWednesday guides have got some top tips on helping children and young people to build their digital resilience – minimising the impact of #OnlineSafety threats

Download >> <https://nationalonlinesafety.com/guides>

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

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children, from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here.

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times; it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

REACH OUT FOR SUPPORT

- 1 If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- 2 Follow people on socials who have the same values and morals as you.
- 3 You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

MAKE POSITIVE LIFESTYLE CHOICES

- 1 Make time for the people and things that make you happy.
- 2 Monitor your screen time and stick to your limits.
- 3 On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- 4 Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- 1 Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- 2 Exercise is a brilliant stress-buster; even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- 3 Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

PUT SAFETY FIRST

- 1 If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- 2 You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- 3 Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- 1 Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- 2 Think about how it makes you feel when someone sends you a positive or funny message online.
- 3 What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- 4 If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Hayley Longman is a registered counsellor with the Health Professions Council of South Africa, working to provide guidance and support to young children, teenagers and young adults. She is the founder of digital health, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National Online Safety

#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety) [/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety) [@nationalonlinesafety](https://instagram.com/nationalonlinesafety) [@national_online_safety](https://tiktok.com/@national_online_safety)

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PLEASE SEE INFORMATION
BELOW FOR LOCAL
ACTIVITIES

DEANERY DO NOT PROMOTE
ANY OF THE ACTIVITIES



**St Chad's Church Sutton Coldfield &
Falcon Lodge Methodist Church**

Invite you to an Easter Themed Messy Church

Saturday 25th March 2023

4.00pm - 6.00pm

at St Chad's Church
Hollyfield Road, B75 7SN

Free event - Everyone welcome

Booking essential via QR Code

Please book for every member of your party, adults and children



THIS EASTER WITH

Blossom **ROAR**

OUR EASTER HOLIDAY CONNECTION SESSIONS!

EASTER HOLIDAY DATES:

PRIMARY SESSIONS:
SCHOOL YEARS 1-6 -
3RD, 4TH, 5TH APRIL (9.30-3PM)

SECONDARY SESSION:
SCHOOL YEARS 7+
6TH APRIL (11-3PM)

**£20 PER CHILD @
CHESTER ROAD BAPTIST
CHURCH, B73 5HU**



If you have a child who would be interested in attending one of our Easter workshops, please email:

BLOSSOM@CHERISHEDUK.ORG

MONDAY 3RD APRIL - CONNECTING WITH OTHERS

For children of primary school age (girls and boys) to explore how we can connect well with others through creative crafts and activity.

TUESDAY 4TH APRIL - CONNECTING WITH OURSELVES

For primary girls only - To explore calming tools, breathing exercises and how we can connect well with ourselves.

WEDNESDAY 5TH APRIL - CONNECTING WITH OUR COMMUNITY

For primary girls only - to connect with the world around them, take part in clay making and explore how we can connect with our local community.

THURSDAY 6TH APRIL - CONNECTING WITH OUR COMMUNITY

For secondary girls only - to take part in giving back, crafts and our Cherished bake-off!

REGISTERED CHARITY NUMBER: 1201663

Easter at St John's

- **The Easter Event!**

Sat 1st April - 10am - 12:30pm
Family fun including board games, crafts,
an Easter trail around Jones Wood and
Coffee Shop @ St John's

- **Palm Sunday**

Sun 2nd April

- 10:30am - Meet @ St John's for procession into Walmley Village with donkey. Hot cross buns & refreshments served afterwards!
- 7:30pm - Join us for Encounter, a contemporary uplifting service with praise and worship, reflection and prayer

- **Compline Night Prayer**

3rd - 5th April - 9pm
Reflective night prayer live on Facebook

- **Maundy Thursday**

Thurs 6th April - 7pm
Join us for a reflective evening service

- **Good Friday**

Fri 7th April

- 10am - All-Age Good Friday Reflection
- 2pm - An hour at the cross

- **Easter Prayer Trail**

Sat 8th April - 10am - 12:30pm
Interactive and self-guided prayer trail
@ St John's. Suitable for adults and
children over 8 years

- **Easter Sunday**

Sun 9th April - 10:30am
All-Age celebration with Holy
Communion @ St John's

For more info call the
Parish Office: 0121 313 0413
or find us online: stjw.org.uk

