

Town Junior School

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Upcoming Events

15th February

School Breaks up for half term

25th February

School Resumes

7th March

World Book Day

13th March

Y4 Synagogue visit

14th March

Y6 Mosque Visit

27th March

Y5 Space Centre visit

Y3 visit to Baptist Church

1st April

Y4 Mother's Day Workshop & Lunch

2nd April

Y3 Mother's Day Workshop & Lunch

4th April

Y5/6 Mother's Day workshop & Lunch

4th April

3.30 SATS Parents Meeting

11th April

9.05 Spring Festival – Beavers, Swallows, Meteors

11th April

3.25 children finish for Easter Holiday

12th April

Teacher Training Day

29th April

School resumes for children and staff

6th May

May Bank Holiday

Dear Parents / Carers

As is always the way at Town Junior, once an idea has been given to a member of staff then they take it and develop it further. This is the case with Miss Kyrwood and our fantastic 'Reading for Pleasure' display. It is really eye catching and we hope it will motivate children to widen their choices of reading books. To finish this board Miss Kyrwood is looking for children to bring in photos of themselves and families reading in exciting locations! Known as 'Extreme Reading', we would like to know if we have children who have read on a boat or plane, in a swimming pool or on a mountain, whilst rock climbing or visiting a different city? We look forward to receiving lots of 'Extreme Reading' photos after half term.

Best wishes,

Mrs A Smith
Headteacher



Warm Welcome to...

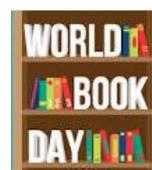
Fiona Belk who was elected to the Local Governing Board as the sole candidate. She has children in Y4 and at Holland House and she comes with a wealth of experience in HR and Management training. We look forward to working with her.

Home Reading Challenge Olympiad

In speaking to the children and staff we have noticed a decline in the number of children who are gaining reading awards for completing their Home Reading Diaries. We know that there are many avid readers amongst our children, so we are going to re-invigorate this with our new Reading Challenges. There will be 7 of these across the school each setting interesting reading tasks for the children to undertake. I know that every child will enjoy reading to an older person outside under a blanket! Parents are being asked to sign when each of these activities are completed and perhaps send in a photo to show it in action? For every five activities completed a reading award will be given in assembly. The current reading diaries will be phased out and the new reading challenge cards distributed during the first week of next term.

World Book Day

World Book Day is on Thursday March 7th and we are really looking forward to celebrating a love of books and reading. Our learning theme in school will be 'The Classics', with children learning about classic stories and poems from William Wordsworth's 'Daffodils' to the brilliant adventure, 'Robinson Crusoe'. As well as this, children are invited to dress as their own favourite book character - we look forward to seeing how many different characters we can recognise! Check out the Twitter feed on the day to see what exciting things we get up to!



Healthy Snacks

Since the children returned after Christmas, the Sports Council have been selling healthy snacks at breaktime. In January, the malt loaf was a real hit and the children also got to sample banana loaves earlier this month. It has been great to see the children enjoying the snacks and realise that healthy alternative treats can taste good, with some children also asking for malt loaf to be added to the weekly shopping list! In March the Sports Council will be selling mini raisin snack boxes for 10p each.



Selling of Lost Property

We have a large amount of unnamed lost property in school. We will be selling school jumpers to raise money for School Fund - £1.00 for plain jumpers and £1.50 with a logo.

Quiz Curry Night – 1st March @ Holland House

Please see attached flyer from PTA for their forthcoming Quiz and Curry Night. The £8.50 entry fee includes a curry, naan and quiz plus a prize for the winning team! There will be samosas available but bring your own drinks! These evenings are always a lot of fun and are great social events with lots of entertainment and laughter, so we hope to see as many parents, carers and family members as possible! See you there!!! The closing date for tickets is Monday 28th February.



Y4 trip to synagogue

Year 4 will be visiting the Synagogue on Wednesday 13th March. There will be 2 visits; Swallows will go at 9.15am and return in time for lunch and Martins will go at 12.15 (after an early lunch) and return in time for normal collection. The children need to have their heads covered when entering the Synagogue. School will provide scarfs for the girls and we request that the boys bring in a baseball type cap. Please ensure you have returned the consent and medical forms and paid for the trip via your ParentPay account.



Y6 trip to Mosque

Year 6 are visiting the Ghamkol Sharif Mosque on 14th March. The children will leave school at 9.30am and will return in time for normal collection. Please ensure you have returned the consent and medical forms sent out on 14th January and paid £5 per child on to your ParentPay account to cover the cost of the travel. The children need to have their heads covered when entering the Mosque. School will provide scarfs for the girls and we request that the boys bring in a baseball type cap. The children will need to bring a packed lunch and a drink.

Y5 Space Centre

Year 5 will be visiting the National Space Centre on Wednesday 27th March. The children will be leaving school at 8.50am and will arrive back in school for the end of the school day. Please ensure you have returned your consent and medical form and paid £14 via Parent Pay.

Year 6 Residential Mount Cook

Final payments for Mount Cook are due by 22nd March, thank you for your payments to date. Please log on to your Parent Pay account to check your balance and to pay any further instalments due.

Pot of Gold

Please see attached leaflet for the Pot of Gold Club which helps children learn to cope with their sad feelings by playing games and listening to stories.

MAGIC MOMENTS

Year 4 Workshops

The mums and dads came into the school hall to help us make machines. They helped us by putting the bits and pieces together with straws, boxes, bottles, pens and paper. Mrs Thomson and Miss Kyrwood helped the children that did not have a parent. We were provided with pens, glue and tape and there were boxes for children that did not have one. At the end we had all produced beautiful machines and got to take them home.

By Neve and Drew



Archery Competition

On Monday 11th February seven children attended an Archery Tournament at St Edmund Campion School. It was great fun and we all enjoyed it. Sadly, we didn't get into the semifinals, but we definitely won one as we got 4 shots!

By Hannah and Lucy



Mother's Day Lunches

We look forward to welcoming any female relatives to our Mothers' Day workshop and lunches. They will take place on the following days: Look out for the letter after half term.

- Y4 on Monday 1st April - 10.45 workshop - 12.00 lunch
- Y3 on Tuesday 2nd April - 10.45 workshop - 12.00 lunch
- Y5/6 on Thursday 4th April - 10.45 workshop - 12.00 lunch



These workshops will demonstrate how we teach the children the skills needed to be able to read confidently. Each workshop will be accompanied by a year group specific workshop so whilst we can organise for children to join together to eat for lunch as a family the workshops need to be undertaken in the year group in which they work.

Spring Festival

On 11th April we will be holding our Spring Festival assembly in which children from Beavers, Swallows and Meteors will be taking part. I would like to invite as many parents, carers and family members from these classes to attend as possible. The theme for this year is Spring as a Time for Change and Development and we are supporting the Snuffles Hedgehog Rescue Centre in Four Oaks by asking for a donation from each child.



Safeguarding Article

Help yourself - 10 ways to boost your emotional wellbeing and mental health

Improving emotional wellbeing and mental health is often about spotting the warning signs that things feel like they are going downhill and trying out some things to balance life a little more.

Here are 10 things that young people and professionals have noticed can make a real difference.



1. **Food and mood** Changes in blood sugar levels are linked to changes in mood and energy. Eating regularly maintains blood sugar levels. Not eating regularly can make you tired, irritable, anxious and cause poor concentration. Good tips include eating breakfast, eating every 3-4 hours, avoiding junk foods, eating plenty of fruit and veg and drinking lots of water.
2. **Keep active** Physical activity helps release endorphins which can improve your mood. When you feel low in mood you might stop doing the things that can improve your mood, almost without realising it. Making sure you do some physical exercise, even if you don't feel like it at first, can give you quick results in improving your mood.
3. **Drink sensibly** Alcohol can cause depressive feelings, heightened anxiety, or feeling out of control in a way that feels unpleasant. It can also increase risk taking behaviours, so you need to know what your reactions might be. Remember to make your own decisions about what is right for you and not to bend to peer pressure around drinking.
4. **Express yourself** Some people like to read to learn about the world or escape into other worlds. Some people like to express their feelings through art, some like talking things through with others. Whatever your style, make sure you do express yourself - it will help you to stay connected, to discover more about you, your identity and the person that you want to become.
5. **Distract yourself** When you are feeling immersed in a problem, let yourself switch off from it and go and do something completely different. When you return to it at a different time it may seem more manageable. Distracting yourself is not a cop-out but can be a reliable way to stop overthinking a problem when you are feeling stuck.

MAGIC MOMENTS

Word of the month

Tilly from Comets wrote the following sentence containing the word for the month which was optimistic:

*'Frantically the girl ran away from the creepy silhouettes **optimistic** that she could get home safe'*
Well done Tilly!



AWARDS

Blue Reading Award

Mary-Kay Y5

Bronze Reading Award

Joshua Y5

Bronze Music Award

Jacey Y5

Bronze Merit Award

Kimyah Y4

Grace Y4

Charlie Y4

Neve Belk Y4

Pen License

Tyra Y5

6. **Ask for help** How would you feel if a friend asked for help, advice or just wanted to talk things through? Many of us would be pleased to be chosen to confide in, it might make us feel valued. When you are feeling low in mood, or anxious, it is easy to think negatively about yourself and be less likely to seek support from others. Try and beat this feeling and approach people that you trust to talk to. You may be surprised at how much better you might feel and how they have responded positively to you, as you would if the situation were reversed.
7. **Learn to take time out and relax** People have lots of different ways of relaxing or having downtime from the stresses of life. These can be the things that you stop doing when you start to feel low in mood, or stressed, as you forget to be kind to yourself. A hot bath, listening to music, watching a film, keeping social arrangements and hobbies going, whatever it is, think about the things that help to keep you calm or more content, and make sure they are still in your routine.
8. **Do something you enjoy** We are all unique and enjoy different things. You may not have found the thing that you enjoy yet, so try some different things out. You may have lost touch with activities that have given you pleasure in the past. Doing things, you enjoy can help you to stay connected with some of the more positive aspects of life.
9. **Remember your good points** We all have them, and none of us is perfect either. It can be easy to think that others are more talented, more successful, have more opportunity than us, when you are feeling low in mood. But it is impossible to know how someone else is feeling inside, whatever they seem like on the surface. Remind yourself about the things you do well and looking for evidence of this can help to balance out critical thoughts about yourself, which tend to increase when we are stressed.

Self-help Use online resources and books that offer help and support, information and advice, or just give another perspective. Some people like books with information, some people like reading about other people's experiences. Some people like novels with a particular theme. Some people prefer films. Whatever works best for you. Why not pop into your local library and check out their Shelf Help books.

<https://www.healthyyoungmindsinherts.org.uk/young-people/help-yourself-10-ways-boost-your-emotional-wellbeing-and-mental-health>

School Improvements in the last fortnight

During the last two weeks, the following activities have been undertaken:

School Improvements:

- All teachers undertook comparative judgements in the national Year 4 writing project based on a persuasive letter about trying new hobbies.
- Mrs Smith attended a twilight training session led by Colmore Infant School looking at strategies that can be used to support reading comprehension.
- Mrs Dovey attended her SENCO course at Birmingham University.
- Mrs Gilmour attended the Deputy Head Forum looking at emotional wellbeing.
- Mrs Millidge led a staff inset session looking at modelling & scaffolding strategies which can be used when teaching writing. This forms part of the Peer Review process.
- Mrs Clapcott met with Mrs Smith to discuss school based strategic information.
- Mrs Gilmour attended the North Area Safeguarding Briefing.
- Mid-year Performance Management reviews were completed by all staff.
- Miss Rodgers attended her NPQSL course at Colmore Junior School.
- Mr Caldwell met with Mrs Smith to discuss the progress and attainment of the children who are entitled to pupil premium.
- Mrs Smith attended a meeting looking at catering contacts across the Trust.
- All staff attended an extended training session led by Gareth Fowler from Pupil & School Support. This looked at the Special Needs Literacy & Language toolkit continuum.
- Mrs Smith, Mrs Clapcott & Ms Campbell attended the PLT Board of Trustees & Finance meetings.
- Mrs Dovey held a Coffee & Chat session for those parents of children with additional needs.
- Mrs Smith & Mrs Gilmore met with Mrs Bradford & Mrs Budden to discuss events & decisions which link to the children & families of both schools.