

FOUR OAKS PRIMARY SCHOOL NEWSLETTER

Volume 19 / 20~Issue 12

Infant Department: 0121-675-4040

Junior Department: 0121-675-2685

6th March 2020

Next week



Dear Parents and Governors

Sutton Coldfield Charitable Trust - School Uniform Grant Application 2020

Every year Sutton Coldfield Charitable Trust run a scheme whereby any parents who reside within the Sutton Coldfield boundaries can apply for a grant of up to £100 per child to help purchase school uniform. This is also dependent upon whether the parents are in receipt of Income Support, Job Seekers Allowance, Employment Support Allowance, Child Tax Credit, Working Tax Credit or Universal Credit.

If you think you may be eligible for this scheme then please just drop into the Junior office where Mrs Johnson will be more than happy to supply you with a form to fill in and return to the Charitable Trust.

SCCT
Sutton Coldfield Charitable Trust

Year 5 Parents' Assembly & Lunch - Thursday 12th March

We are all looking forward to seeing parents and family friends of our Year 5 pupils in school next Thursday. The children will perform their assembly to the rest of the school at 9.15am, to the parents at 10.30am, and parents will then be able to have lunch with their children at approximately 11.15am. Be prepared for brushing up on your Shakespeare knowledge!

Reception Parents' Assembly & Lunch - Thursday 19th March

We are all looking forward to seeing parents and family friends of our Reception pupils in school in a couple of weeks. The children will perform their assembly to the rest of the school at 9.15am, to the parents at 10.30am, and parents will then be able to have lunch with their children at approximately 11.15am. There's lots of practising going on!

Advice for Parents regarding Coronavirus

We have now had the latest advice from the Department of Education in relation to Coronavirus. We are constantly talking to the children about the importance of handwashing in school and we would appreciate it if this message could be reiterated at home. Children may bring their own pack of tissues into school if they wish. Can I also ask that all families think carefully about any proposed travel in the upcoming Easter break and please make good use of the advice lines and website links below to check on safety of travel.

Many thanks for your co-operation.

Department for Education Coronavirus Helpline

Today, we have launched a new helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

Phone: 0800 046 8687

Email: DfE.coronavirushelpline@education.gov.uk

Opening hours: 8am to 6pm (Monday to Friday)

No school should close in response to a suspected (or confirmed) COVID-19 case unless directed to do so by Public Health England.

The Importance of Hygiene

Personal hygiene is the most important way we can tackle COVID-19. Please help us in sharing simple and effective hand hygiene messages.

Where to find the latest information:

Updates on COVID-19:

<https://www.gov.uk/coronavirus>

Travel advice for those travelling and living overseas:

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Good Handwashing - wash for 20 seconds.





Super Stars and Acorns



The following children received Super Stars (Infants) and Acorns (Juniors) in Assembly last week. Well done to them all!!

Bumblebees	Jack
Ladybirds	Karter
Owls	Ezra
Hedgehogs	Elsie
Turtles	Thea
Sharks	Aarun
3E	Not awarded—School Trip
3R	Not awarded—School Trip
4C	Lily Vi
4G	Sarben S
5C	Alex W.
5G	Myles
6E	The Whole Class
6W	The Whole Class



Super Stars and Acorns



The following children received Super Stars (Infants) and Acorns (Juniors) in Assembly this week. Well done to them all!!

Bumblebees	Charlotte
Ladybirds	Olly
Owls	Charly C.
Hedgehogs	Harry M.
Turtles	Bella
Sharks	James B.
3E	The Whole Class
3R	The Whole Class
4C	Elisia
4G	Seth
5C	Reuben M.
5G	Kyan
6E	Dylan
6W	Cian

Courtesy Cup Winners ~ last week

Reception	Aima / Vienna
Year 1	May-Louise / Aarya
Year 2	Joshua / Oliver
Year 3	Not awarded—School Trip
Year 4	Joe K. / Aimee W.
Year 5	Amber / Lexie
Year 6	Isabella S. / Ian



Well done to all the winners!

Courtesy Cup Winners ~ this week

Reception	Ronnie / Amber
Year 1	Lilliemay B. / Nikki
Year 2	Fatimah / Paige
Year 3	Gabriel / Molly
Year 4	Anita / Martha
Year 5	Gracie / Kaya
Year 6	Eliza / Olivia B.



Well done to all the winners!

Infant Birthdays



Alayna

Fatimah

Jai S.

Taran

Heidi

School Dinners—Juniors

Can parents please ensure they respond to any SchoolMoney requests for payments for school meals. Any problems with payments please contact Mrs Johnson in the Junior office.

Space Camp



We are looking forward to our Space Camp in the Junior building tonight, where our Year 5 pupils will get the chance to immerse themselves in all things space related and then finish off the evening in a group star gazing session. Many thanks to parents for returning their children to school and picking them up later in the evening from the Junior hall.

5C at the Big Bang—Wednesday 11th March

All parents of pupils in 5C will now have received letters detailing our proposed trip to the Big Bang Science Fayre at the NEC on Wednesday 11th March. We will be travelling by train from Four Oaks station to Birmingham International station and then returning to Four Oaks station later in the day. The children will be accompanied by six members of staff from school. Children will require a packed lunch from home for that day and a warm coat to wear on top of their school uniform. If any parents have any further questions about the trip then please call the school office before the end of school on Tuesday.



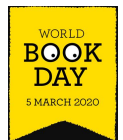
Year 3 Assembly & Parents' Lunch – Wednesday 20th May 2020

We have now finalised a new date for the Year 3 Parents Assembly and lunch that was postponed in January. The children will now present an assembly all about the Stone Age at 10.30am on 20th May, and parents will then be able to have lunch with their children at approximately 11.15am. We hope that parents will put the date in their diaries so they can celebrate all of the children's successes.

Many thanks to all Year 3 parents for their understanding about the movement of this date !

World Book Day & World Maths Day

The children had a fantastic time this week celebrating both "World Maths Day" and "World Book day". They had a day full of mathematical enquiry, mathematical genius and brain teasers on Wednesday, and on Thursday the children thoroughly enjoyed dressing up as words for our "Vocabulary Parade", where they all got to perform poetry for their friends at the end of the day. Many thanks to all parents and friends who supported us and helped the children to look so wonderful and have so much fun !



Y3 Visits to Sutton Mosque – 17th (3E) & 24th March (3R)

On Tuesday 17th March and Tuesday 24th March our Year 3 pupils will be visiting the Sutton Mosque next to the Police Station in the town centre. This visit will help to further extend their knowledge of Islam and cement the work they do as part of the National Curriculum in Year 3. I'm sure they will come back with lots of interesting facts.

School Trips

Year 6 had a great time Bletchley Park last week, adding to their knowledge on World War II and Year 3 really enjoyed their Thinktank trip last Thursday. Thank you to all parent helpers.

Swimming

Our annual swimming sessions for our Year 4 pupils have now come to an end. This is a really important part of our school year which hopefully helps to cement the good work done by parents already, in getting their children to be able to swim confidently. It is a national expectation now that children should be able to swim 25 metres confidently by the time they leave primary school and I'm sure all parents will agree with me that it is a vital life skill.



Open Morning at King Edward's Edgbaston

There will be an Open Morning for parents and pupils at King Edward's School in Edgbaston on Saturday 14th March between 10am and 12.30pm. You will be able to take a tour of school and see the facilities which are on offer at the school.

To read more just visit www.kes.org.uk/opendays

FOSBACS—Availability

FOSBACS currently have spaces for children on a Friday Morning or Friday after school. Please contact Amanda on 07967 527562 for information or to book a place for your child.



.....SPORTS NEWS.....SPORTS NEWS.....SPORTS NEWS.....SPORTS NEWS.....

Cross Country - Thursday 19th March

Now that the lighter evenings are returning we look forward with anticipation to the re-opening of the cross-country season. Our valiant runners will be taking part in the next event on Thursday 19th March and we wish them luck!

Netball

Match report written by pupils—League matches against New Oscott and Walmley.

We have played two league matches recently. One against New Oscott where we were 6-1 up after the first quarter and went on to win the match. Everyone played very well and we are sure our heavenly new netball dresses helped us win! Our Four Oaks logo occupying it's place next to our hearts—we love representing FOPS. Our second match was against Walmley, we were really challenged and pushed to our limits in this match but we listened to advice from our outstanding coaches, Mrs Goldspink and Miss Fowkes and in the end the final score was 6-5 to us. We never gave up hope and really came together as a team—well done to everyone who played.

**Year 2 Athletics**

Well done to the Year 2 athletics team who competed on Thursday. The boys were 4th with the girls coming 3rd ensuring that they came 3rd overall. A great achievement.



**Be kind online,
it's that simple.**

The online world can be an unforgiving place. We are now more connected than we have ever been which means opening ourselves and others up to potential online abuse, bullying or negative comments. Sometimes we can overlook the consequences of our actions.

That's why this week we want to promote the message of just 'being kind online' with a reminder towards how we can develop a more empathetic side and be a more responsible online consumer.

We would like parents to read the attached poster and share some of the messages contained within it with their children, especially those families of our older children who will soon be moving on to secondary school. We hope this resource proves useful!

ICT Tip of the Week

"Do not send or forward any messages that are hurtful or may upset others. If you do, people may think you are cyber bullying. Be kind to each other both online and offline."

If you have any queries regarding any of the above please do not hesitate to contact me.

Yours sincerely

Mr M Benton
Head Teacher

AN AFFILIATE OF THE NATIONAL ONLINE SAFETY CENTRE (NOS) HAS BEEN COMMISSIONED TO DESIGN AND DEVELOP A GUIDE TO HELP CHILDREN AND YOUNG PEOPLE UNDERSTAND THE IMPORTANCE OF BEING KIND ONLINE AND HOW TO BE RESPONSIBLE AND RESPECTFUL WHEN USING DIGITAL TECHNOLOGY. THE GUIDE IS DESIGNED TO BE USED BY CHILDREN AND YOUNG PEOPLE AND THEIR PARENTS AND TEACHERS.

LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SERIOUS IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE A SERIOUS IMPACT ON CHILDREN'S MENTAL HEALTH AND CAN LEAD TO SERIOUS CONSEQUENCES. IT IS IMPORTANT FOR CHILDREN TO BE ABLE TO STAND UP FOR THEMSELVES AND OTHERS AND TO BE ABLE TO HELP OTHERS. THIS IS SOMETHING MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON BEHIND THE SCREEN AND THEY ARE NOT INTERACTING FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS INTENDED FOR ANY ENVIRONMENT I.E. GAMING, WEISSING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF DIGITAL SAFETY AND HOW TO BE RESPONSIBLE AND RESPECTFUL.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKY ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING ANGRY AND UNCARING, PERHAPS DEVELOP A MENTAL PICTURE OF THEM. SO YOU CAN IMAGINE THEM AS REAL PEOPLE AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR PHONE CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OURSELVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. **EMPATHY** FOR OURSELVES MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.



★ OFFER HELP ★

ACCORDING TO DR DAN GEIGAN, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS EASY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP. EVEN IF THE BEST IS **LISTENING**. CAN YOU OFFER TO LISTEN? UNDERSTAND YOU WOULD FEEL THAT WAY. (I'M HERE FOR YOU)



TRY TO ADD VALUE

CONSIDER: BEFORE YOU COMMENT ON A POST OR MESSAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR STRESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S POSITIVE INTERESTS AS A WAY TO GET NOTICED OR MAKE OURS DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER: ARE YOU ACTING IN ANGER, FRUSTRATION OR IN A MOMENT OF ANGRY? A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO MAKE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PRESENTED.



UNDERSTAND THE IMPACT OF YOUR ACTIONS

COMMENTING THERE SOMETIMES MEANS THAT WE DON'T ACTUALLY SEE THE IMPACT OF OUR COMMENTS AND BEHAVIOUR. THIS MEANS IT CAN BE EASIER TO BE NICE FROM THE CONSEQUENCES OF OUR ACTIONS. (UNLESS WE HAVE CONSEQUENCES AND CAN SEE THE CONSEQUENCES OF OUR ACTIONS AND FEELING ABOUT THEMSELVES).



DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMEMBERING YOUR FEELINGS THAT THEIR BEHAVIOUR IS UNKIND. YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



National Online Safety

#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE WAS DESIGNED BY ANNE BATHAM. ANNE IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL'S EDUCATIONAL OFFERING. WITHIN THE CURRICULUM, SHE CREATES AND DELIVERS A RANGE OF RESOURCES AND ACTIVITIES. SHE IS ALSO A MEMBER OF THE 'JANUARY GROUP' FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH STRATEGY.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>

www.nationalonlinesafety.com Twitter - @nationalonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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