

FOUR OAKS PRIMARY SCHOOL NEWSLETTER

Volume 23/24~Issue 6

Telephone Number: 0121-675-4040

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1st December 2023



Next Week—Menu 1

Dear Parents and Governors



PTFA Christmas Fayre - TONIGHT

Infant Hall—5:30-8pm

The PTFA can't wait to join you for a wonderful festive evening. You can expect delicious hot food, hot and cold drinks, beers, prosecco, gin, mulled wine etc at the bar, cakes and sweet treats. There will be traditional games, stalls, raffles and plenty of Christmas cheer to keep your family entertained. See you there!!

Four Oaks Pupils at All Saints

Our Year 3 pupils have been visiting All Saints Parish Church this week to support their RE work in school. We hope they had a lovely time up at the church and learnt lots of new facts about Christianity and Christmas. We also hope that they enjoyed watching the Christmas wreaths being made.

On Friday 15th December Mrs Smith will be taking the school choir up to All Saints to sing around the trees as part of their Christmas tree festival. We are sure that the children will be a wonderful advert for Four Oaks as they always are!

Star Warts

All I can say is WOW! WOW! WOW! The children and staff involved with our school show have been absolutely fantastic, and it has been wonderful to receive emails from parents this week really valuing the amazing amount of hard work and effort that it has taken to produce such a stunning spectacle. We are very lucky to have such supportive and empathetic parents.

Many thanks to all parents and friends who came along to be part of the audience and to our incredible PTA members who supported us yet again.

Road Safety in the Morning

Now that we have come to the colder weather of the winter months, staff on the school gates have noticed an increase in the number of cars being driven to school in the mornings. This obviously creates a greater demand for available parking spaces. As we always do, we would ask all parents to make sensible decisions about where they park, making sure that they do not block any drives or entrances and do not park on the zig-zags. This of course is all to keep all of our children safe as they come to school each morning. Thank you for your continued support. We also supported Road Safety week in school following on from our 'Be Bright, Be Seen' teaching we taught the children all about the 'Highway Code'. You will find attached to the end of the newsletter a one-page document which you can continue to share with your child to make them aware of safe practice, and a walking zone map of 5-10min. We have also added our school travel policy onto the school website in the hope that it will make everyone aware of the drive we are having towards becoming a healthier school.



Multi-skills

As part of our Engage and Inspire series of sports events two mixed teams of Years 1 & 2 and Years 3 & 4 took part in a multi-sports activity recently. They had a great time participating in lots of different events. Well done to them all!



School Rebuilding Programme

This week Miss Appleby, Dean and I had our first meeting with our newly appointed building contractors. It was an exciting new stage in this very long process and after Christmas we will be having 6 Client Engagement Meetings which will enable us to let them know exactly what we will want from our proposed new school building. Once we have any further details about the plans we will let all parents know.



Christmas Dinner on Thursday 14th December & Party Food on 22nd December.



These are always exciting days for the children in school. Our Catering Manager Debbie would like to let the parents of all pupils who normally bring a packed lunch to school know that they can take part by ordering a school lunch for these two specific days via their school money accounts.

Playgroup & Nursery Nativity

Next week sees both of our pre-school settings coming into school to perform their nativity services. We hope that any parents who will be coming along to watch really enjoy the performances of the youngest children on our school site. Hopefully it will mark a lovely start to our festive performances in school.

Christmas Performances

A reminder about our Christmas Performances. This year the Infants will have a performance at school and the Juniors will be going to All Saints Church for their Christmas Carol Service.

Junior Carol Service—All Saints Church—Wednesday 13th December—1.45pm start.

For the Junior performance the children will be walked up to the church after lunch, and parents and grandparents are welcome to come directly to the church for a 1.45pm start, a seating plan will be available nearer the time. Please be aware of the limited parking around the church and walk where possible.



Parents will be then able to collect their child after the performance to take them home. If any parents are unable to attend, those children will be walked back to school for normal pick up.



The Infants' performances will take place over three days. We're asking parents of the different year groups to attend on different times and dates to avoid congestion in the hall. **Please note this is the same performance each time there is no need to attend on two occasions if you have children in different year groups unless you would like to!** Grandparents are also welcome to attend these performances if they wish.

Infant Performance for **Reception parents** - Tuesday 12th December - Infant Hall - 9.15am.

Infant Performance for **Year 1 parents** - Wednesday 13th December - Infant Hall - 9.15am.

Infant Performance for **Year 2 parents** - Thursday 14th December - Infant Hall - 9.15am.

We hope these events will get everyone in the festive spirit!

Lichfield Cathedral Choir Concert

Our choir members had a lovely evening at Lichfield cathedral on the evening of 21st November. We took a group of Year 3,4,5 and 6 children to join the Cluster Choir concert. All the children were amazing, performing brilliantly and their behaviour was exceptional, once again a wonderful credit to our school. Thank you to all the parents for transporting and supporting the children.



Super Stars and Acorns



Super Stars and Acorns



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

Bumblebees	Darcy
Ladybirds	Teddy B.
Owls	Dhaya
Hedgehogs	Asher
Turtles	Bolin
Sharks	Delphine
3E	Eden
3W	Millie
4C	Bella
4R	Charlotte H.
5G	Amiee
5M	Harry
6B	Cameron
6S	Will P.
Extra Acorn	Four Oaks Choir

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

Bumblebees	Jonathan
Ladybirds	Sahib
Owls	Penny
Hedgehogs	Rishi
Turtles	Cassia
Sharks	Olivia
3E	Dominic / Amanda
3W	Ellena
4C	Jai
4R	Ronnie
5G	Not awarded—school trip
5M	Not awarded—school trip
6B	Frankie
6S	Harry

Courtesy Cup Winners ~ last week

Reception	Theo D. / Noah W.
Year 1	Avaani / Zara K
Year 2	Tobias / Arjun K.
Year 3	Theo P./ Thea S.
Year 4	Olly / Ella
Year 5	Aarya / Sam
Year 6	Aneka / James B.



Well done to all the winners!

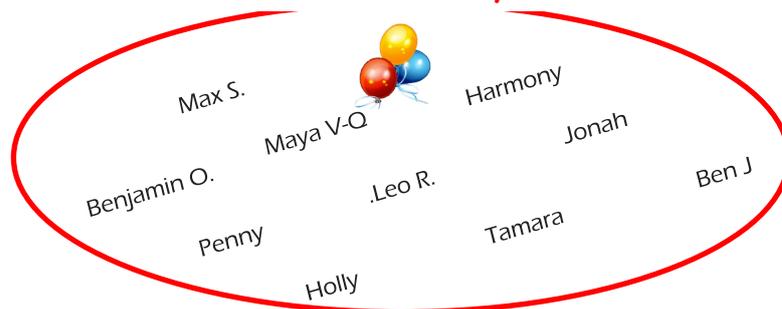
Courtesy Cup Winners ~ this week

Reception	Amrita / Rosa
Year 1	Freddie / Beatrix
Year 2	Toby M. / Aarick
Year 3	Maddie / Enzo
Year 4	Jack / Katie
Year 5	Noah / Isabella
Year 6	Thea (6B) / Amira



Well done to all the winners!

Infant Birthdays



Kindness Tree Award

Last Week Infants: Alfie G. (Sharks)
 Last Week Juniors: Mustafa & Elena (4C)
 This Week Infants: Leo (Bumblebees)
 This Week Juniors: Amber (4C)



Make A Wish—Fundraiser 20th December

Our first fundraiser for our charity will be on Wednesday 20th December. On this day everyone can dress in something sparkly/magical to represent the magic created when a wish is granted as our charity this year is Make a Wish! This could be a sparkly top or dress, something with magical stars on or non-uniform with a sparkly accessory. We will ask for £1 donation towards our charity fundraising which will be paid via School-Money.

Year 4—Black Country Living Museum

We hope Year 4 enjoy their trip to the Black Country Living Museum on 6th December, to enhance their studies on the Victorians. Can you please pay on SchoolMoney if you have not already done so and remember to tick the consent box.



Absence from School

Another reminder to all parents that if their child is going to be absent from school either through illness, medical appointments or other appointments then they must **telephone the school office**. Please do not email enquiry or teachers for this purpose as emails cannot always be picked up in time for the register to be completed. As parents should be aware we now have a dedicated line for absences (option 3 on the telephone menu) which means that the call can be made even before school opens if this is more convenient. Please remember to call every day of an absence unless advised otherwise by the office team. In addition if you are filling in a 'Pupil term time leave' request form this should be submitted as soon as you are aware of the event not just a day or two before as these need to be processed. Thank you for your co-operation.

Milk—Infants



A reminder that if you no longer wish your child to have milk after Christmas could you please contact Mrs Underwood before the end of term. We are finding that we have some spare milk left over so please speak to your child to check if they do still want their milk. Thank you.

Height and Weight Checks—Reception and Year 6

Height and Weight checks will be carried out on all Reception and Year 6 children on Tuesday 30th January. We have attached a leaflet received from the school nurses which explains all the details. This is an opt out session so if you DO NOT wish you child to have the measurements taken please contact either office to request a form.

Infant Department—Spare Clothing

We are running low of spare clothing in the Infants for when the children may have had an accident and need to be changed. Could we make a plea that if you child comes home in spare uniform could you please wash this and return it to school. In addition if anyone has any of the following items that they could donate could you please drop these in at the Infant office. Thank you.

- Spare socks—boys and girls /girl's tights,
- Girl's leggings and boy's trousers ages 4,5 and 6



School Attendance and Holiday in Term-Time Requests—LA Fines

Here at school, we are still receiving requests from parents for holiday leave in term-time. As I stated in one of my Summer Term newsletters, the Local Authority are now taking a much firmer stance with these kinds of requests, and I have been asked to publicise the fact that we have now had further fines of £60 per parent per child sent out to families from Four Oaks. The Local Authority will continue to do this, as holiday requests during time, when children should be in school, will always be unauthorised. This is part of a concerted partnership between all Birmingham schools and the City Council to maximize children's life chances by trying to improve attendance rates, and therefore opportunities to learn, and fulfil their potential.

ICT Tip of the Week

If you are buying tech for children this Christmas and unsure what to choose. Internet Matters have published a guide that allows you to look at how different devices work, what they can be used for and how you can purchase devices with safety in mind.

<https://www.internetmatters.org/resources/tech-guide/>

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

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

PARENTS ARE NOTIFIED



Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

SCHOOL HEIGHT & WEIGHT CHECKS



Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

PARENTS' FEEDBACK LETTER



Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.

PARENTS' ACTION



A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.

Parents can visit the **children's weight** page at Better Health - Families for tips on healthier changes.

Parents can monitor their child's weight by visiting the **NHS healthy weight calculator**.

DATA USE



The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.

87% of parents say they find the NCMP feedback helpful.

Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.

What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over.

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Let's do this

Better Health Families is here to help your family be healthy and happy

Sign up for NHS Healthy Steps emails

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit healthysteps.uk or scan the QR code to get started!



Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.



Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.

Available on the





The Highway Code

We have been teaching our children all about the Highway code in our school assemblies. As part of this we thought we would share some of the key points that we have covered with them...



Wear bright or reflective clothing



Find a safe place to cross the road



If there is a crossing, make sure you use it. You must wait to make sure the traffic has stopped so you can cross safely.



If you cycle or scoot to school remember to wear a helmet. Always be careful on pavements with your vehicle as pavements are for pedestrians, but you must not ride on the road until you have passed your level 2 Bikeability training.



When travelling by car you must wear a seat belt and use a booster seat.

Stop and think about where you park! Do not park on yellow zig-zag school lines, or block children from crossing safely.

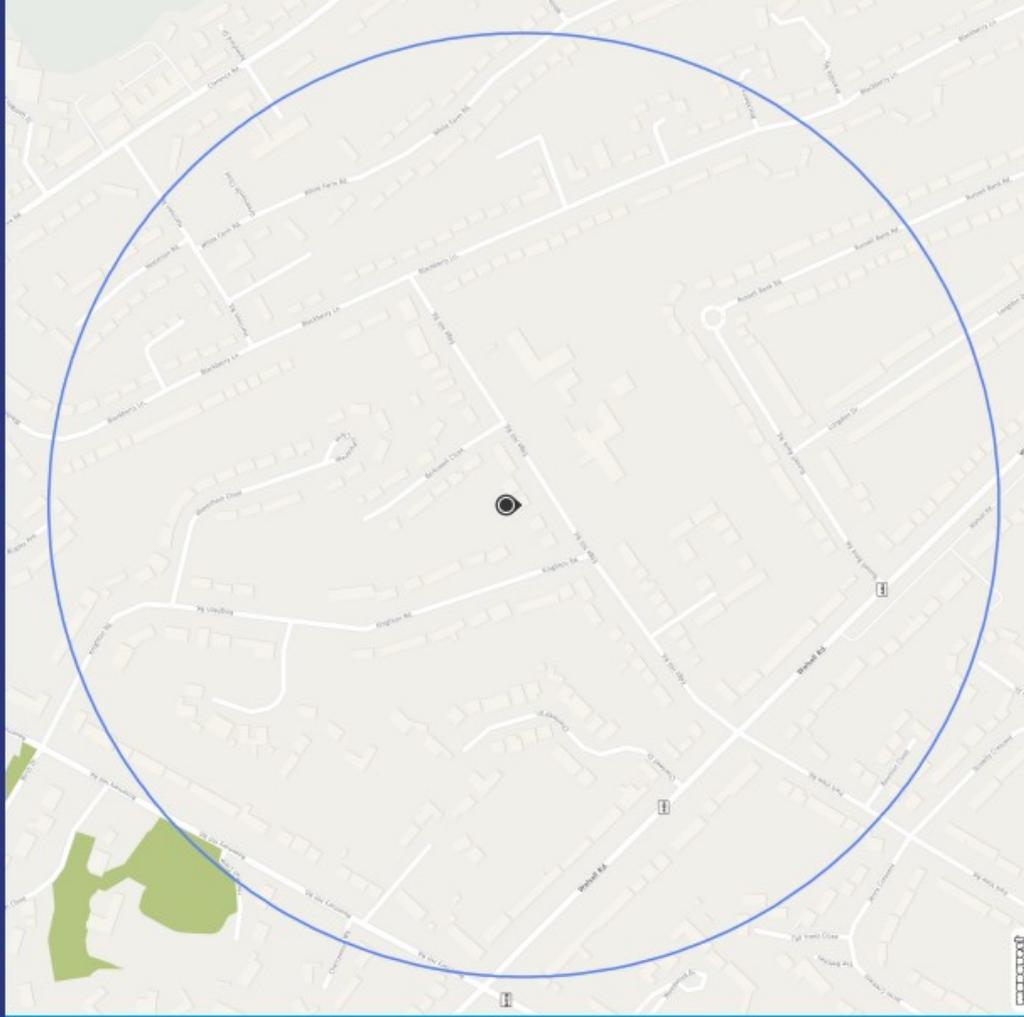


5-MINUTE WALKING BUBBLE

#StaySafeGetActive on your journey to school



Four Oaks Primary School



Protect our children

If possible, walk, cycle or scooter to school

If you have to drive, park at least 5-minutes away

Supported by the



Department for Transport

For more hints, tips and information please visit www.modeshiftstars.org/staysafegactive

This 5-minute walking zone represents a distance of 400m measured as a straight line, based upon an average walking speed of 3-miles per hour