

Letters home this week via email:

What's on in school next week.

Monday	Tuesday	Wednesday	Thursday	Friday

If your child has not received their copy of these letters or the 'Bugle' please contact their class teacher or the office

REMINDER : Uniform orders may be placed in the normal way, through the school website.

National Online Safety Certified Community

During lockdown, Birchwood remained open every day, including holidays, to provide support for the children of our key workers. Our staff worked on a rota basis in school to enable us to stay open and to keep in contact with all of our families.

When not timetabled to be in school, staff worked from home to plan and share learning opportunities to support parents in providing home schooling for children. Even though staff have now returned to school, we continue to plan activities for children who are not able to be in school. Thank you to all our brilliant parents for the excellent job you have done and continue to do, in supporting children with their learning at home.

As a staff we were determined to make the most of the additional time that we had when we were not able to be in school. Over the last ten weeks we have all undertaken a series of online training to support our continued professional development. These online courses included areas in safeguarding, health and safety, special educational needs and curriculum development.

One area that we focused heavily on was online safety. With children and adults spending more time online during the lockdown period, we signed up to NOS – National Online Safety. They have a clear mission statement which is to make the internet a safer place for children. They aim to equip school staff, parents and children with the knowledge they need to understand online dangers and how best to react should an incident arise. As part of their package to schools, they provided online safety courses and specialist training in key topics related to keeping children safe online.

I am very pleased to say that yesterday Birchwood achieved National Online Safety Certified School Status. My thanks go to all our staff for their efforts and engagement in this process and to the 20 parents who signed up and completed their own online safety learning. Please check the bottom of page 2 for a summary of our progress towards certification.

Collectively we will continue to support our children to stay safe online.

Mr Coleman
Headteacher



NATIONAL ONLINE SAFETY AWARD

All photographs can be purchased for £3 per A4 colour copy.
Please see ParentPay for details.

Spotlight on Excellence this week is ...

Assemblies With Social Distancing

Since we have welcomed back more children into school we have been keen to try and adapt as many of the usual school procedures as we can to keep school routines as normal as possible, while still maintaining social distancing and keeping everyone safe. Assemblies have therefore had to change quite a bit. First of all, we have not had everyone together like we normally would. We have split into two sections, our lower and our upper school. Even then our halls, which are currently being used to store lots of furniture and resources which are not in classrooms, would not be big enough to fit everyone in and stay 2 metres apart and in our separate class groups, so we have had our assemblies outdoors instead.

Children have been in their class groups, spaced 2 metres apart from each other and well apart from the other class groups. Mr Coleman and myself were, as always, really impressed with how well the children adapted to the new routine and behaved for our new short assemblies.

Actually it has been really useful because our 2 assemblies so far have been about the environment and road safety so it was pretty handy to be outdoors to help us learn about trees and the noises of the traffic and we were lucky that the weather was good too.

Mrs Day - Associate Headteacher

Who's Who this week ...

Mrs Ryle

I joined Birchwood as a volunteer when my first child started school. I then took on the role of Treasurer for the parent association (FOBS) getting involved with lots of fun events for both parents and children. These included the 'Search for a Star' event encouraging the children to audition, practice and then perform in public as well as indoor skating, firework show and lots of other fun activities for the whole school community.

I then joined the Birchwood staff working in school in October 1997 (boy that's a long time ago!) I am lucky to be part of a hardworking team of dedicated staff at Birchwood.

I am currently working as the Attendance Co-ordinator amongst lots of other jobs in the school office. My role is to ensure all children get the best education possible by working closely with children, parents, staff and the local community to help and support our children.

Outside of school I enjoy travelling and my aim is to see as much of the world as I can. At the moment both of my children live in different parts of the world, in opposite directions, so I am lucky to get to go visit them in Australia and America, whenever I can. I also enjoy making fancy dress costumes and arranging social trips to the theatre and group holidays with my friends.



Birchwood Best Practice

Attendance Co-ordinator

I am responsible for the monitoring of pupil attendance. I monitor and report all pupil attendance and provide regular updates to parents, school staff, academy staff and government departments too.

My role is to encourage parents to ensure children receive a full time education and attend school regularly. I work together with parents, staff and the local authority to provide support if parents are struggling to get children into school or have any issues they are unable to resolve themselves.

At Birchwood we believe that education is important because it provides our children with the skills needed for life, both academically and socially.

It gives me great pleasure every term to award those children who have achieved good attendance. Certificates awarded are for Excellent Attendance, Never Late awards and Much Improved Attendance. We also celebrate each week the class with the best attendance rates in our school assemblies.

We also have the opportunity to share a special reward at the end of every year for Year 6 children who have had Excellent Attendance throughout their whole school life.

They are definitely 'BIRCHWOOD'S BEST'.

Mrs Ryle.



Improve Your Wellbeing by Developing Your Resilience

Although we have looked at these articles in the past we thought that this item may be helpful in the current situation, giving some practical ways in which people can build their own and their child's resilience. This life skill will support an individual's ability to cope more successfully with difficulties they may experience at different times in their life. This is focusing on building competence.

Competence: This is the feeling of knowing we can handle a situation.

Support the development of competence by:

- ☺ Helping children to identify their own strengths. This explicitly identifies the skills and tools a child already has at their disposal and helps them to feel equipped.
- ☺ Instead of trying to 'fix' the problem for your child and shield them from the difficulty, encourage them to make decisions which empower them and make them feel capable. This may include: adding the word 'yet' onto the statement, 'I can't do it' so that it implies an intention to try. Instead of discussing and listing all the barriers, list all the possible solutions / ideas and 'try them out'. Celebrate when a barrier has been overcome by problem solving.
- ☺ Identify strengths in others, but avoid comparisons that may make a child feel like they are not skilled enough to have a go. If a child feels like they do not possess a particular skill that they think would be useful to their situation, encourage them to proactively think / research ways to develop it.

If you have any questions or would like more information on developing health and wellbeing, please do not hesitate to contact us by ringing the school office or emailing admin2619@welearn365.com.



Our progress towards becoming a NOS Certified School



NATIONAL

SMILE

MONTH

18th May –18th June

Due to COVID-19, this year's National Smile Month will be a digital campaign and we have come up with some self-help tips for common dental problems. If your symptoms do not improve, call the NHS 111 service or your dentist.

GOOD ORAL HYGEINE PRACTICE

- Brush 2x a day with a small headed tooth brush for 2 mins with a fluoride tooth paste.
- Floss daily or use interdental brushes.
- Reduce intake of sugary drinks and snacks to meals times.

BLEEDING/SWOLLEN GUMS AND ULCERS

- Brush gently 2x a day along the gum line for a least 2 mins.
- You can also use salty water rinses or Cosodly mouthwash separate times to brushing at least 2 times a day, follow the instruction on the label.

TOOTHACHE

- Take painkillers, take that you usually take for a headache and or consult a Dentist/NHS111/ pharmacist/GP.
- Maintain good oral hygiene.
- Rubbing toothpaste onto the tooth can help.
- Salt water rinses at different times to brushing can help.
- Continuous toothache then call your Dentist/ NHS 111



SWOLLEN FACE CAUSED BY DENTAL PROBLEMS

- Call your Dentist or NHS 111
- Elevate head when sleeping
- Take painkillers what you usually take for a headache or ask a GP/Pharmacist.
- If the swelling affects your sight or breathing call 999.
- If you can tolerate it, use a cold compress never a warm one.
- Rinse your mouth out with salt water 4 times a day (1 tsp of salt and a cup of warm water).

TRAUMA, LOST FILLING

- Falls and accidents that cause damage to the mouth/ teeth you need to call your dentist/NHS111.
- If there is bleeding try and stop the bleeding with a clean cloth/ gauze until you can get help.
- You can purchase a temp filling kits from a pharmacist and place it of over the affected area.
- Keep it nice and clean until you can get help from a dentist.

SENSITIVITY

- Rub sensitive tooth paste all around the tooth 4 times a day.
- Avoid extreme temperatures.
- If needed take painkillers.



NHS
George Eliot Hospital
NHS Trust





You can follow us on Twitter at:

@BirchwoodPrim or
The Birchwood Website:
www.birchwoodprimary.com



Academic Year 2019-2020

Term Ends for Summer Friday 17th July

Academic Year 2020-2021

(If term time back to normal)

Autumn Term 2020

Professional Development Day	Tuesday 1st Sept
Children Return to School	Wednesday 2nd Sept
Half Term (1 week)	Monday 26th October
Professional Development Day	Monday 2nd November
Children Return to School	Tuesday 3rd November
Term Ends for Christmas	Friday 18th December

Spring Term 2021

Professional Development Day	Monday 4th January
Children Return to School	Tuesday 5th January
Half Term (1 week)	Monday 15th February
Professional Development Day	Monday 22nd February
Children return to school	Tuesday 23rd February
Term Ends for Easter (2 weeks)	Thursday 1st April

Summer Term 2021

Children Return to School	Monday 19th April
May Day	Monday 3rd May
Half Term (1 week)	Monday 31st May
Professional Development Day	Monday 7th June
Children return to school	Tuesday 8th June
Term Ends for Summer	Wednesday 21st July

These dates may be subject to change if necessary.

New and amended dates shown in bold.

Details and times to be confirmed nearer each event.

Please note the 1pm early finish on 17th July and 18th December. If this will cause you any problems, please speak to a member of staff.

Children will return to school on Thursday 2nd September 2021

<https://www.jobcentrejobs.co.uk/>



CAMEO DANCE EST.2003

FUN CHILDREN'S DANCE CLASSES HELD IN POLESWORTH

Little Dancers from age 2 ½

Tuesdays 4:30 – 5:30pm, The Memorial Hall, Polesworth

Fridays 4:30 – 5:30pm, The Tithe Barn, Polesworth

Juniors from age 7

Tuesdays 5:15 – 7:15, The Memorial Hall, Polesworth

Fridays 5:30 – 7:30, The Memorial Hall, Polesworth

Classes include Ballet, Tap, Acrobatics, Modern plus lots more

FIRST TRIAL CLASS IS FREE! Call Liz 07443421867

Cameo is a great place to build confidence, develop dance skills, and make good friends whilst working towards our annual show weekend

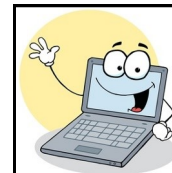
Cameodance.co.uk cameodance@rocketmail.com

Facebook Charlotte Kate Cameo

Internet Safety

Parents checklist: What you can do?

- Limit approved web sites and hours spent online.
- Set high security settings with browsers, membership, and social networking sites.
- Install and maintain Internet Security software and parental controls.
- Use parental controls to limit the web sites your child can visit.
- Monitor your child's computer use and sit with them when they're online, wherever possible.
- Talk about protecting private information (name, phone number etc.) and never sharing passwords with friends.



10 Minutes a Day Times Table

Practise for 10 minutes a day and become a Maths Star!



**Our registered charity 2020
ZELLWEGER UK.**

Amount raised so far: £862.51



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Please note that although we check the suitability of Applications, they can be changed without notice. Parents should therefore check the Application BEFORE children go on to them.