











Newsletter 29th September 2023

Every lesson counts - your child must attend school every single day for the best chance of success!

 <p>HIGH ATTENDANCE AT SCHOOL GETS YOUR CHILD'S LIFE OFF TO A <i>FLYING START!</i></p>	 <p>INCREASING ATTENDANCE BY JUST 5% CAN DOUBLE THE CHANCES OF GAINING GOOD QUALIFICATIONS</p>	 <p>MISSING TWO DAYS A MONTH MEANS A CHILD MISSES 10% OF THE SCHOOL YEAR</p>	<p>GOOD ATTENDANCE IN PRIMARY SCHOOL</p>  <p>Improves reading</p> <p><i>Writing</i> + MATHS SKILLS</p>
 <p>THERE ARE 175 DAYS A YEAR NOT SPENT IN SCHOOL</p> <p>PLENTY OF TIME FOR SHOPPING, HOLIDAYS AND APPOINTMENTS!</p>	 <p>100s 1000s OF SUBJECTS OF CLASSES</p> <p>ENDLESS POSSIBILITIES</p>	 <p>TURNING UP JUST 5 MINUTES LATE EVERY DAY ADDS UP TO OVER 3 DAYS LOST IN THE YEAR!</p>	<p>MORE SCHOOL =</p>  <p>HIGHER GRADES INCREASED CONFIDENCE MORE FRIENDS BRIGHTER FUTURE</p>

Our best attending classes this week are:

1st Teal & Topaz 98.2%

2nd Ochre 94.3%

3rd Emerald 94%

National Average attendance this week is 95%.

Well done to everyone who is meeting this target and more!

Attendance Procedures and Autumn and Winter Illness



As we approach Autumn and the weather changes, illnesses such as colds and flu come become more common. The impact of these can be varied and impact the health of a child and consequently their attendance and learning. In school we have regularly and constant cleaning routines through the day, antibacterial gel is available in many spaces around school and pupils are encouraged to wash their hands correctly during social times.

To reinforce the importance of regular attendance, avoid illnesses, where possible, and ensure a positive start to each school day. Please look to use the following supportive measures at home:

- Reinforce hygiene routines daily*
- Help your child(ren) to develop a night-time routine – a regular bedtime is key to ensuring that students get enough sleep and are rested, healthy and ready for each day of learning.*
- Limit time on devices – having an agreed ‘switch-off’ time for electronic devices can be key to building positive relationships and supports students in being able to relax at home.*
- Build a morning routine – ensuring that students have breakfast supports a healthy start to the day and boosts their metabolism which will allow them to be more alert and make more of each learning opportunity.*

We can often feel worse in the morning and if your child is feeling unwell but can come into school, please make sure that they do.

*Please call 0121 327 1023 or email enquiry@manorparkacademy.org to inform us if this is the case and we can monitor them throughout the day; **we will always contact you if your child is too unwell to continue at school.***

We find that this approach often reduces the amount of time lost to avoidable absence (and children usually feel much better as the day goes on!)

Thank you for your support

Headteacher's Message

Dear Families,

We had a fantastic start to our afterschool clubs this week! Visit our X (formerly known as Twitter) account to keep up to date with news and events from across school https://twitter.com/mpa_primary?lang=en

Can we please remind all parents and carers that we are a nut free school.

Children who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction.

If someone has a nut allergy it is not just eating nuts that can cause a severe reaction; just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties). First aid staff in the school are trained to use the Epi-pens (an injection of adrenalin) which is required immediately if this happens.

We cannot have nuts in school in any form, so please can we ask that you have no nut products in the lunch boxes or brought into the school as treats.

For example:

-
-
- *Peanut butter sandwiches*
 - *Chocolate spreads*
 - *Cereal bars*
 - *Some granola bars*
 - *Cakes that contain nuts*
 - *Biscuits / Cookies that contain nuts*
 - *Peanut butter cakes*
 - *Satay*
 - *Sauces that contain nuts*
-
-

*This list is not exhaustive, so **please check the packaging of products closely.***

We appreciate that this is an additional thing to check and we know that you recognise the importance of it. I know if this was your child you would expect that we all help, especially as it is a life-threatening condition.

Look out for news later in the newsletter about our upcoming Pizza and Ice-Cream Menu available on Thursday 6th October. If your child usually has a packed lunch, why not use this event to try one of our

delicious dinners! EYFS, Year 1 and Year 2 children can bring along a teddy or superhero toy to share their lunch.

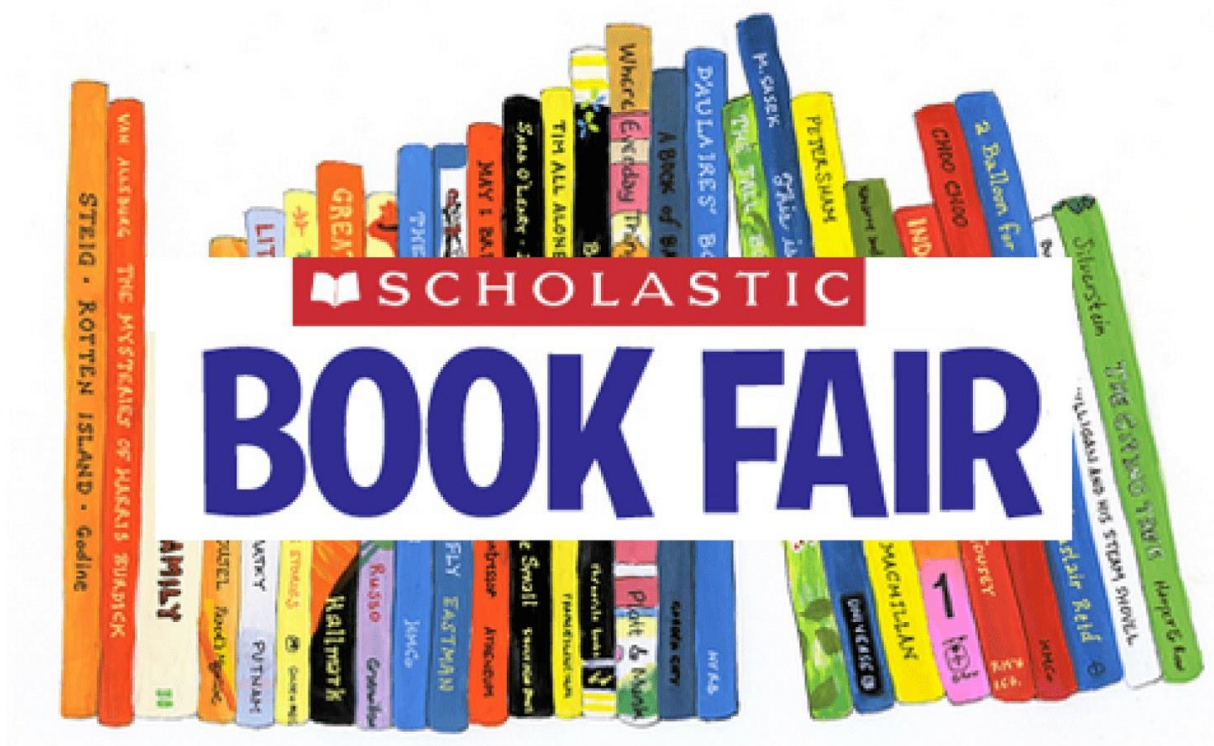
On Wednesday 25th October, we will be holding a meeting for parents to share our new Personal, Social, Health Education (PSHE) and Relationships, Health and Sex Education (RHSE) curriculum scheme Jigsaw.

To ensure that we have enough seating available, please book a space by using the Forms link <https://forms.office.com/e/eDhUCcQUqN> if you would like to come along and see materials from the scheme.

Thank you and have a great weekend!

Ms Chapman and Miss Lewis

Scholastic Book Fair Returns for Parent's Evenings!



SCHOLASTIC

TRAVELLING BOOKS

FREE BOOKS FOR YOUR SCHOOL WHEN YOU BUY AT THE BOOK FAIR!

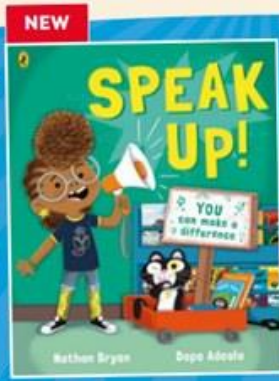
COME TO the BOOK FAIR!

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Available from 14th September



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£7.99



£7.99



£12.99 **£9.99**



£7.99 **£2.99**



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£6.99



LOOK!

Illustrations from Tom Gates (c) Liz Pichon

LAST YEAR YOUR SUPPORT HELPED DONATE £5.3M IN FREE BOOKS TO SCHOOLS NATIONWIDE

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NEW
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£6.99 £4.99



£6.99

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Art © Dav Pilkey

Ages **6+**



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£6.99



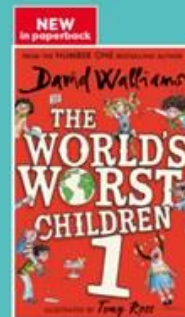
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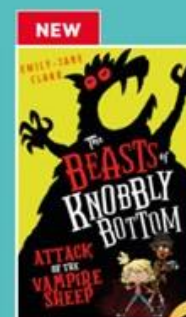
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NEW
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This will make you LOL!

EVERY BOOK YOU BUY EARNS FREE BOOKS FOR OUR SCHOOL

Illustration from When Cookie Crumbled © Tom Knight, 2023

Cracking adventure

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NEW

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NEW

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NEW

£10.99 £8.99



Illustrations from Wings of Fire © Joy Ang, 2023

Payment at our Book Fair

Please check with your school for the best way to pay for your books

- You can pay online at the Fair via card reader machines if your school has one or by using the online payment link at www.bookfairs.scholastic.co.uk/pay and simply selecting your school from the drop down menu.
- Pre-paid gift vouchers are available in £5, £10, £15, £20 and £25. Go to www.bookfairs.scholastic.co.uk/gift-vouchers to buy vouchers for your child before the Fair.
- If you can't attend the Fair in person, your child can order books via a Wish List - please ask your school for details.

HELP EARN FREE BOOKS

Scholastic is one of the largest providers of free books to schools via our Reward scheme which helps to ensure that as many children as possible have access to books that support reading for pleasure. Every time you buy from the Book Fair, you help to make a difference by supporting literacy in your child's setting. Last year, with your help, we gave over £5.3M worth of free books to schools nationwide, which stocked school libraries and classrooms.



*Free books are subject to terms and conditions. Please contact your Book Fair Organiser or Scholastic Book Fairs for details.

Anyone Fancy a Pizza?

**THURSDAY
6TH
OCTOBER**

PIZZA
AND
ICE CREAM
SPECIAL MENU

CHOICE OF
ICE CREAM
FLAVOURS!

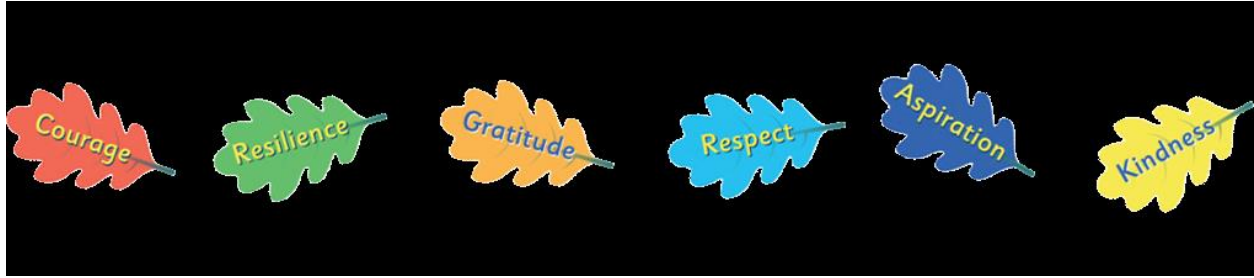
CHILDREN IN
EYFS AND KS1
CAN BRING A
TEDDY OR
SUPERHERO TO
HAVE LUNCH
WITH THEM!

<https://www.gov.uk/apply-free-school-meals>

We are having a special 'Pizza and Ice-cream' lunch on Thursday 6th October. Why not try our delicious school dinners this week as an alternative to packed lunches?

*All school dinners are halal. To check if your child is entitled to **free** school dinners, please visit <https://www.gov.uk/apply-free-school-meals>.*

Stars of Manor Park



STAR OF THE WEEK!

These children were especially chosen because they have shown all of our school values consistently this week!

Nursery Yusuf

Indigo Raqeem

Violet Omar

Copper Abdul

Gold Aliza

Aqua Whole class

Turquoise Haider

Cerise Azraa

Crimson Aqila

Bronze Khadijah

Ochre Hassan

Ruby Jannah

Topaz Mysha

Emerald Jaabir

Teal Amina

A big well done to you all!

House Points!



House points :

<i>1st Lightwood</i>	<i>1680</i>
<i>2nd Edward</i>	<i>1460</i>
<i>3rd Aston</i>	<i>1275</i>
<i>4th Berners-Lee</i>	<i>1270</i>

Lightwood are storming ahead!

A Very Special Piece of Homework For Every Family in the UK - Courtesy of ITV



*The broadcaster is encouraging every school in the country to set a different kind of homework ahead of **World Mental Health Day on 10th October**. Designed in collaboration with a psychologist and the teaching community, the task encourages young people to have a proper chat with an adult they trust about the hardest subject on their minds. [Click here for more information.](#)*

[*ITV Get Talking Mental Health - Article, Information and Key Facts*](#)

[*ITV Special Homework Video - Get Talking Mental Health*](#)

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



Are you sure?

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



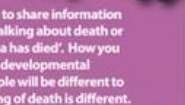
8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>





The Waiting Room has been developed for citizens across Birmingham to provide links to 100's of Birmingham and Solihull based services that can help you take more control of your own health and wellbeing. It also provides links to key national organisations that can help you be more informed of the options available.

Manor Park Academy use these services to support children and families. If you need any support or advice, call in at the office to discuss these services.

[Home - The Waiting Room \(the-waitingroom.org\)](http://the-waitingroom.org)

Follow us on 'X'



Thank you so much to those of you who have given us a follow!

Please head to @MPA_Primary

or click

https://twitter.com/MPA_Primary?t=0jffDwMic-nOEGXl2gPdIA&s=03

to find daily updates about the amazing things your children are doing at school!

Dates for your Diary



Stay and Read - Every Friday 8.40am - 8.55am Reception and Nursery Classes

Pizza and Ice-cream Day - 6th October 2023

Reception Open Day - Tuesday 24th October

Parent's Evening - Monday 22nd and Thursday 26th October



**At Manor Park Primary
Academy everyone
has the right to feel safe.**

**At Manor Park Primary
Academy everyone
has the right to learn.**