











Newsletter for 19th April 2024

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 Place – Emerald 100%

2nd Place – Gold 99.0%

3rd Place – Topaz, Ruby & Teal 98.3%

Attendance has been fantastic this week! Thank you so much for making sure your children are in school every day!

Every Day Counts



From Monday 11th March for the next 2 weeks, we will be holding our 'Every Day Counts' prize draw.

For 2 weeks, if you are in school every day, on time, 100% of the week, your name will go into the prize draw.

Every child who has been in 100% for two weeks and in on time will receive a certificate to add to your collection.

"THIS MORNING, HE HAD A RUNNY NOSE... BUT LOOK AT HIM NOW!"

MOMENTS MATTER, ATTENDANCE COUNTS.

HM Government
Head to the NHS website to find out more.

NHS

"THIS MORNING, HE WAS WORRIED ABOUT SCHOOL... BUT LOOK AT HIM NOW!"

MOMENTS MATTER, ATTENDANCE COUNTS.

HM Government
Head to the Education Hub to find out more.

NHS

Headteacher's Message



Dear Families,

I would like to wish happy Vaisakhi to members of our school community who enjoyed this special time recently, celebrating the founding of the Sikh collective faith or community, the Khalsa, and harvest.

Many thanks to all of the families who joined us for our Community Fair on Friday 12th April. It was wonderful to see so many of you joining in with the games, food, face glitter and Mendhi! We were also delighted that our wonderful Chair of Governors, Dionne Morah was able to join us and do the raffle

draw. Please see later in the newsletter for details of the winners for the raffle, the unicorn and the 'Guess how many fruit in the jar' prizes. Our Instagram page will be updated with photos this week so please visit <https://www.instagram.com/manorparkprimaryacademy/> for all up-to-date news.

We are looking forward to organising a larger community event in the summer term when the weather is more reliable and more activities can be held outdoors. If you are able to volunteer to help organise the event, please contact the school. The more people that can support with the event, the bigger and better we can make it!

As you will be aware, we had an inspection by Ofsted on Tuesday 16th and Wednesday 17th April. I look forward to being able to send you a copy of the report once the outcome has been approved and agreed upon. I would like to thank all of the children who spoke to the inspectors during their visit.

This week, we also held our Careers Event, with visitors from a range of careers coming into school to talk to pupils in Years 4, 5 and 6, to share how they achieved their dream career. Children in Years 1, 2 and 3 are finding out about the wide range of career possibilities within the NHS. If you would like to volunteer to come into school and speak to groups of children about your career, please get in touch. You can call on 01213271023 or email enquiry@manorparkacademy.org, FAO Ms Chapman 'Careers'.

Due to changes in swimming and coach availability, swimming lessons will take place for Year 4 children this half term, starting from Tuesday 16th April.

Our parent course started on Thursday at 9:15 am, run by Birmingham Adult Education Services. The course is a combination of 'Preparing for EAL' and 'Embedding IT'. Forms are available at the school office if you are interested in enrolling as lessons take place weekly.

Many thanks to the many parents and carers who completed our Parent Voice survey. We have produced a multilingual version, available by following the link <https://forms.office.com/e/xss9ekxVGe> (Urdu, Arabic and Romanian).

We would like to find out if there would be parental interest in the provision of a wraparound after school club by an external provider; please look out for a Form coming out soon.

Kind regards,

Ms Chapman

School Nurse Drop - ins and School Nurse SMS Service

Birmingham School Health Support Service



**Birmingham
Community Healthcare**
NHS Foundation Trust

SCHOOL NURSE VIRTUAL DROP-IN CLINIC

Every
Tuesday
and
Thursday
from
4:30-5:30pm



Your School Nurse is here to help you feel healthy, happy and safe during your school years and to get the best from your education.

Join the link and talk to a School Nurse. We provide a confidential and friendly service.

<https://nhs.vc/BCHC/C-F/Schl-Nurse/Drop-In>

ChatHealth



Do you know where I can get some health advice?

The School Health Support Service can help students with all kind of things like...

Relationships, mental health, alcohol, bullying, self-harm, smoking, drugs and healthy eating

Text the School Nurse
for confidential advice and
support on **07480635485**

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting **STOP** to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.

School Policies

Please find our school policies on our website by clicking here:

And the winners are...



Congratulations to the winners of our Community Fair Raffle!

His and Hers Pamper Hamper Winner - Adnan Moutazik from Teal Class

George Forman Grill - Sami Ul Iqbal from Gold Class

Hers Pamper Set - Mohammed Konteh from Emerald Class

Kids Play and Create Basket Set - Abdimalik Farah from Turquoise Class

One 4 All Multi Store Gift Card - Amos Onise from Ruby Class

Please collect from the Main Office when you drop off or collect your child(ren) Monday morning or afternoon.

Apply for our Nursery or Reception Classes!



Do you have a child or know another parent with a child born between 01.09.2020 - 31.08.2021? We have spaces available in our lovely Nursery!

If you also have or know a parent with a child born between 01.09.19 - 31.08.20, we have spaces in our amazing Reception classes too!

Please contact the school office for a tour and a chat with our friendly team. You can also see more information here on our website: [Early Years – Manor Park Primary Academy \(manorparkacademy.co.uk\)](http://manorparkacademy.co.uk)

Dates for your Diary



Bikeability Week from Monday 22nd April 2024

BAES Adult Learning Classes every Thursday 9.00am

Attendance Procedures



"There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. **Being in school improves health, wellbeing and socialisation throughout the life course.** The greatest benefits come from children and young people attending school regularly.

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. **A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it.** *(Professor Chris Whitty, Chief Medical Officer, England; Pat Cullen, General Secretary, Royal College of Nursing; Professor Kamila Hawthorne, Chair, Royal College of General Practitioners; Dr Camilla Kingdon, President, Royal College of Paediatrics and Child Health; William Roberts, Chief Executive, Royal Society for Public Health; Dr Lade Smith, President, Royal College of Psychiatrists - DfE Letter to School Leaders 5th September 2023)*

You can find further guidance on whether your child is well enough to attend school at <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>. If you need support with your child's attendance, please contact Jo Green via email enquiry@manorparkacademy.org or phone 01213271023



WORK
HARD
AND
COLLECT
House Points

*House Points are now collected using Marvellous Me. **You can see you child's individual house points by clicking on the 'thumbs up' button.** However many 'thumbs up' they've had, this is the number of house points they have received in school!*

House points collected this week!

Lightwood 510 points

Edwards 505 points

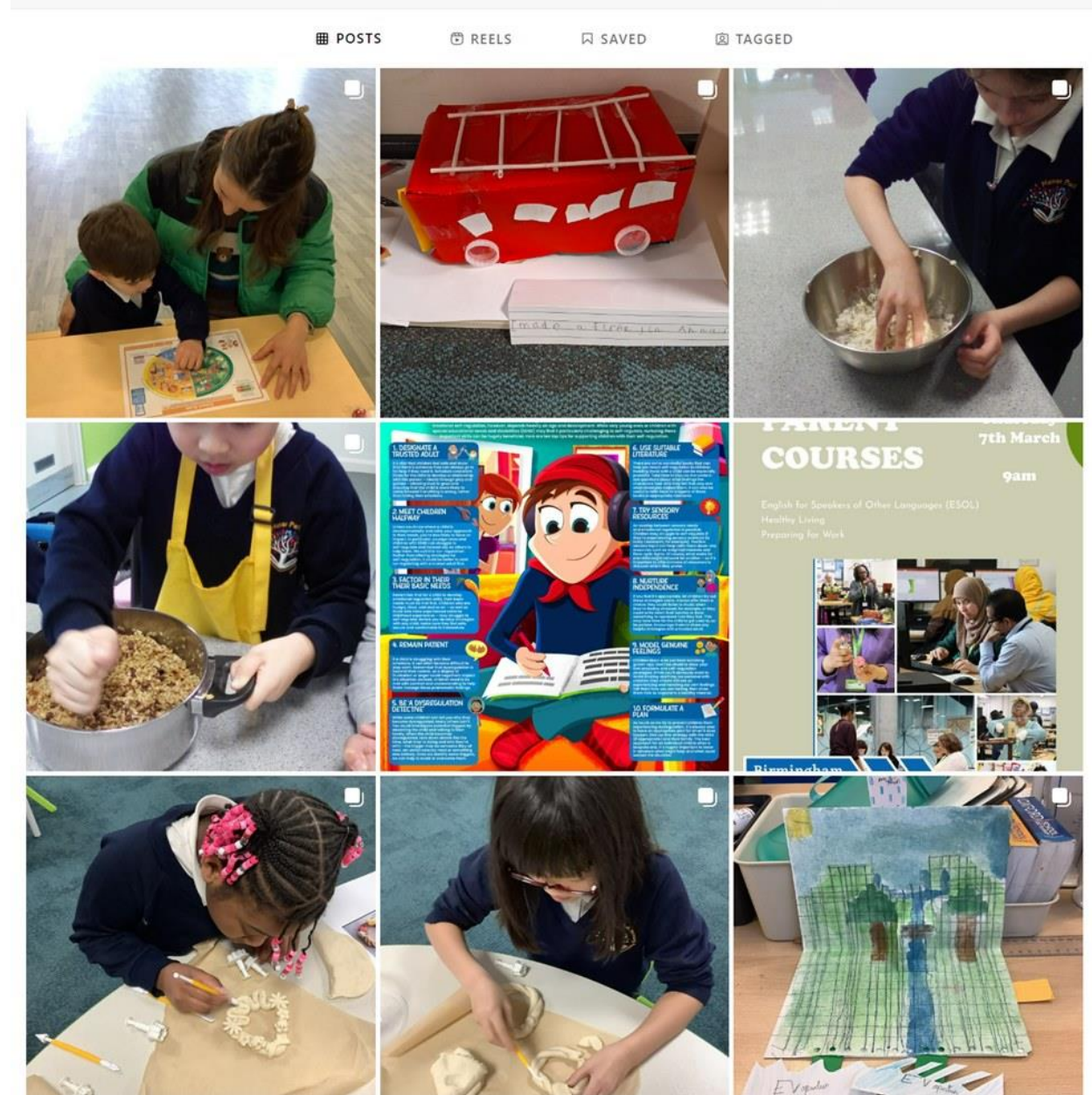
Berners Lee 500 points

Aston 475 points

Well done Lightwood - again!

Give us a follow on Instagram!

<https://www.instagram.com/manorparkprimaryacademy/>



Safeguarding and Wellbeing Update - Managing Exam Stress

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

- 1 PRACTISE WORKLOAD WISDOM**

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.
- 2 ADVISE CLEARING THE CLUTTER**

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.
- 3 MASTER THE MATERIALS TOGETHER**

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.
- 4 RECOMMEND CREATIVE NOTE-TAKING**

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.
- 5 USE VISUAL AIDS AND MNEMONICS**

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reciting their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.
- 6 GATHER A 'TECH TOOLKIT'**

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.
- 7 KEEP IT FUN**

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.
- 8 SUGGEST ACTIVE REVISION STRATEGIES**

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.
- 9 ENCOURAGE A POSITIVE MINDSET**

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.
- 10 HELP THEM TO SEIZE THE DAY**

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Peristone Grammar School.

WakeUp Wednesday

The National College

School Uniform Policy and Expectations

Dear families,

Please can you ensure that your child has the correct uniform and P.E Kit. Children who attend Manor Park must wear uniform as shown in our school uniform policy.

Please do not send your child to school wearing branded clothing or trainers. Both shoes and trainers must be black (no coloured stripes or logos). We want to ensure equality for our children and also avoid families feeling pressured to buy branded clothing/footwear.

We also want to ensure value for money when it comes to our uniform policy. Therefore, unlike other schools, it is not compulsory for uniform to have the school logo. You are welcome to purchase clothing with our school logo by clicking here; [School Uniform – Manor Park Primary Academy \(manorparkacademy.co.uk\)](https://www.manorparkacademy.co.uk) or, you can buy clothing from places like Asda or Tesco as long as they are our school colours.

Please see photo below as a reminder.

Thank you you for your co-operation,

Ms Lewis

Deputy Headteacher

All children at Manor Park need...



Manor Park Sweatshirt or Cardigan



White polo shirt



Grey trousers or skirt



Manor Park book bag or suitable school bag



Plain grey tights/socks or white socks



Plain black shoes



White Manor Park P.E t-shirt



Plain black P.E shorts, leggings or tracksuit bottoms



Plain black trainers or pumps



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

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



We are your Designated Safeguarding Leads. We can help you.



Ms Christine Chapman
Headteacher
DSL



Mrs Saima Mahmood
Teacher
DSL



Miss Becky Lewis
Deputy
Headteacher
DSL



Mrs Natalie Brindley
SENDCo
DSL



Miss Jo Green
Lead DSL

Everyone
 has
 a
 right
 to
 feel safe.
 Please
 talk to
 us.

