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Head of School: Mr K Scanlon



Our Lady and All Saints

Catholic Multi Academy Company

Strong in Faith

St Anthony's Catholic Primary School

Fordbridge Road,

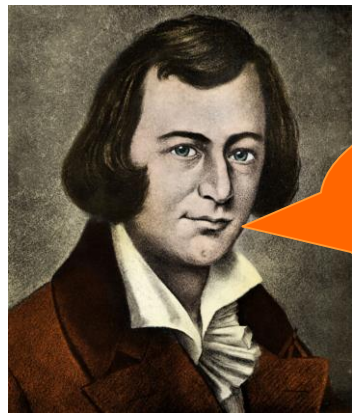
Kingshurst,

Birmingham

B37 6LW

Friday 19th April 2024

This half term, we are growing to be eloquent and truthful in what we say of ourselves, the relations between people, and the world.



True eloquence consists of saying all that is necessary and nothing but what is necessary.

Heinrich Heine (German poet and writer)



We want to say a HUGE thank you to families for sponsoring children for the Bunny Hop challenge and the Big Lent Walk that were completed before Easter.

The top fundraisers from each class were delighted to present John from Birmingham Hospice with a cheque for a HUGE **£1022.35** that we had raised in sponsorship from the Bunny Hop challenge.

Thank you also to all those who were able to tick the 'gift aid' box. This enables the charity to claim an extra 25p from the government for every £1 donated at no cost to the person donating!

The whole school were very excited to meet Hettie the hedgehog too, who was delighted with our fundraising attempts.



Healthy eating

“Sugary foods can give a quick boost of energy, but this is short lived, so sweets, chocolate and yoghurt-coated fruit and biscuits will not keep your child going for long.”

Most children require a snack at morning break to keep them going through the day.

We encourage children to bring in healthy snacks.

Many of these will help contribute to their 5 daily portions of fruit and vegetables, keep them alert and help them concentrate.

Children in EYFS and KS1 have a daily snack of fruit or veg provided by the government FREE OF CHARGE, so additional snacks for these ages may not be required.

The NHS guidance from ‘Change 4 Life’ advises that snacks are kept under 100 calories. We hope that the guide below will help you to choose what to send in to school and what to leave as a treat for at home:

Suitable	Not suitable
<p>Fruit (fresh or dried)</p> <p>Vegetables (e.g. celery, peas cucumber, peppers, carrot))</p> 	<p>Fruit winders</p> 
<p>Crackers</p> <p>Low-fat cheese portions</p> 	<p>Crisps</p> 
<p>Yoghurt (e.g. low fat / fromage frais)</p>	<p>Chocolate cereal bars</p> 
<p>Bread sticks / pretzels</p> <p>/ pitta bread</p> 	<p>Pastries or cakes</p> 
<p>Rice cakes or plain popcorn</p> 	<p>Chocolate bars</p> 
<p>A slice of malt loaf</p>  	<p>Biscuits</p> 

Children must not bring snacks that contain nuts into school. We have a child and staff member in school for whom eating, and even coming into contact with, nuts would induce an anaphylactic shock.

Tiny Ants



This week in Tiny Ants we have been talking about growing flowers. Each of the children have planted a sunflower which we will watch grow and use as a measuring activity throughout this term.



We have some budding musicians who enjoyed performing to their friends this week. Using the instruments, the children explored dynamics, tempo, pitch and rhythms.



Nursery

Nursery have had a fantastic week reading Goldilocks and The Three Bears. Children were so confident retelling the story and all shared their favorite parts of the story.



Bella P, "I loved when the bears come back and saw Goldilocks and she just had to jump out the window."

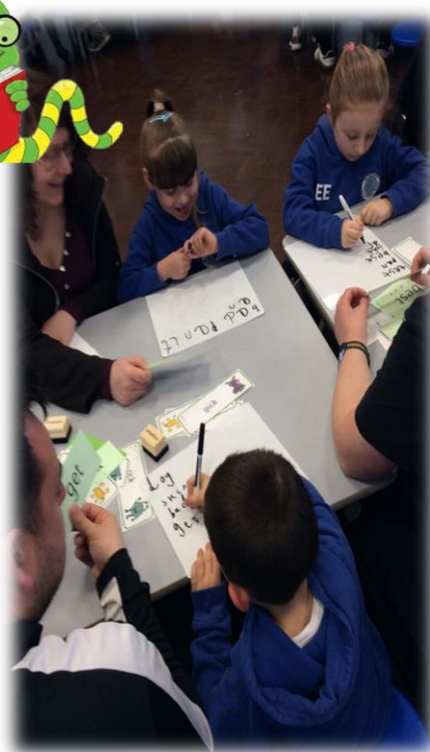
Micah, "I like when Goldilocks went in the house, she can't go in my house I close the door."

Louie G, "I loved when we had the porridge like magic like Goldilocks."



Reception

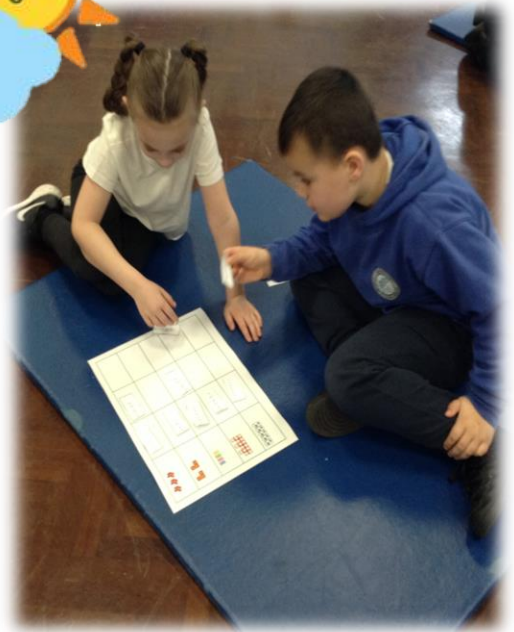
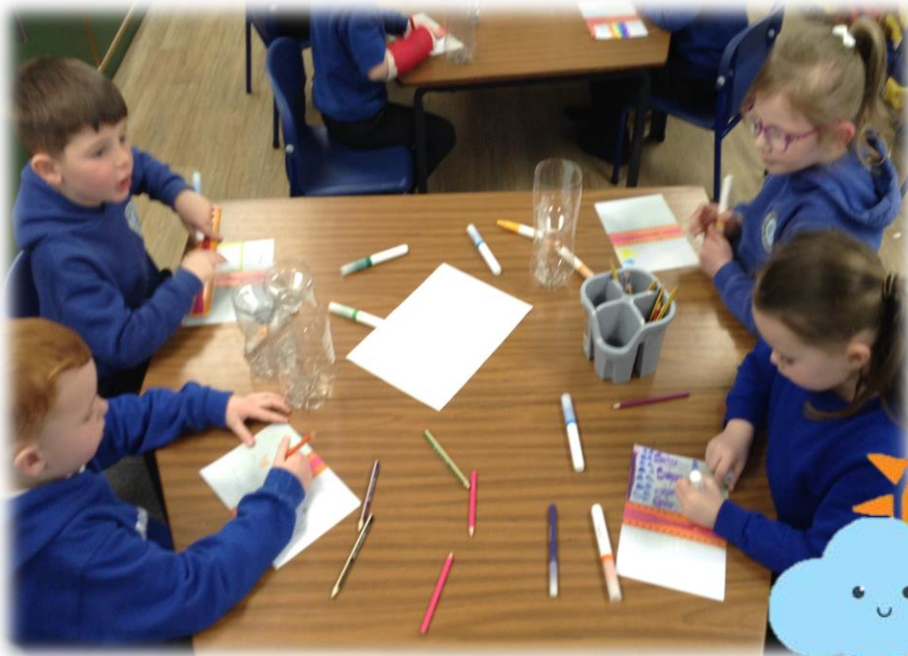
This week in Reception, we have been busy exploring numbers up to 20. We played a game with two teams, boys versus girls, and threw our beanbags into the hoops to gain points. We kept track of our points on a number track and had a race to 20. We also had a lovely time at our Reading Workshop. Thank you to all parents who attended Reception's Reading Workshop: it was lovely to see the children so engaged and enthusiastic about reading!



Year 1

In Science this week, the children have been continuing their work on weather. The children all made rain gauges that we have put outside in our outdoor area. I am sure we will have lots of rain in the next couple of weeks.

In Maths, the children have been learning about repeated addition - this is the very early stages of multiplication. They worked well with their partners linking pictures of groups to repeated addition, 'lots of' and also 'x'. They worked so well with their partners. Next week we are going to be focusing on arrays.



Year 2

Year 2 have had a great week! We enjoyed our trip to Mary Arden's Farm and learnt lots more about William Shakespeare and his life. The children enjoyed creating masks, engaging in role play and exploring different areas of William Shakespeare's mother's home.



Year 3



Year 3 have had another wonderful week beginning to explore Roald Dahl and his wonderful book 'Fantastic Mr. Fox', recapping place value, experimenting with light and singing our continent song! Here are a few pictures from our fabulous trip to Aston Hall last week!

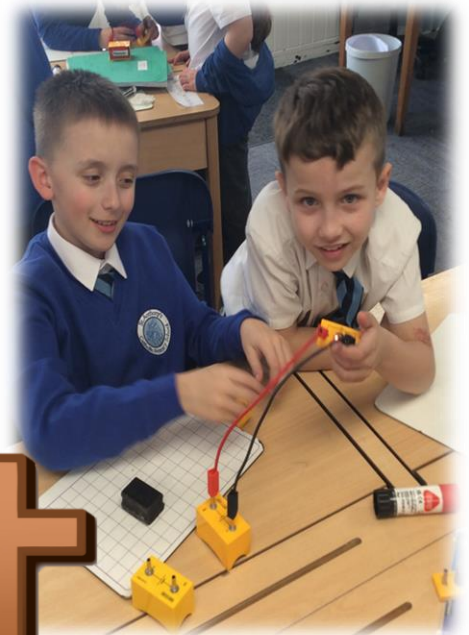
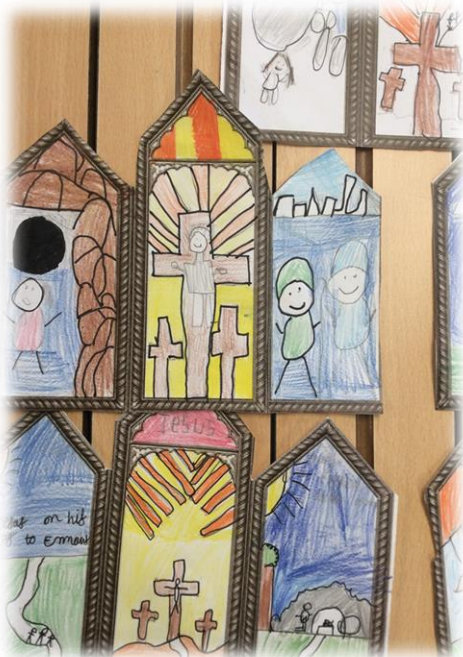


Year 4

Year 4 have been working incredibly hard this week!

In Maths we were out enjoying the sun, testing our times table knowledge with fun Kagan games and solving tricky problem-solving questions. In our Science this term, we are looking at electricity! We looked at the different components and symbols in a simple circuit, before exploring conductors and insulators.

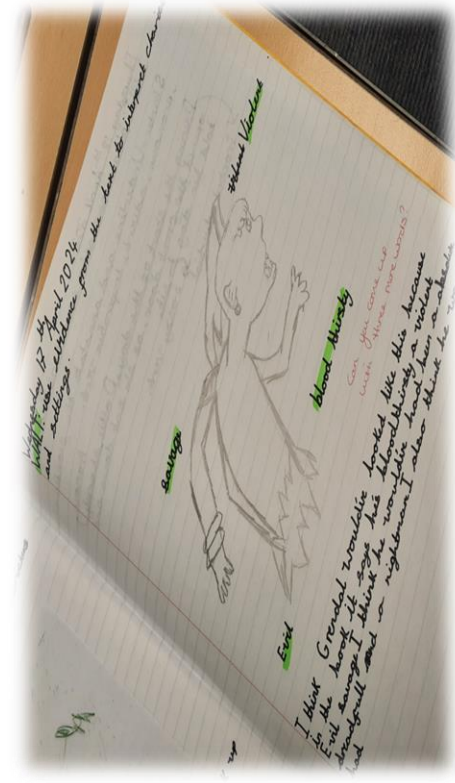
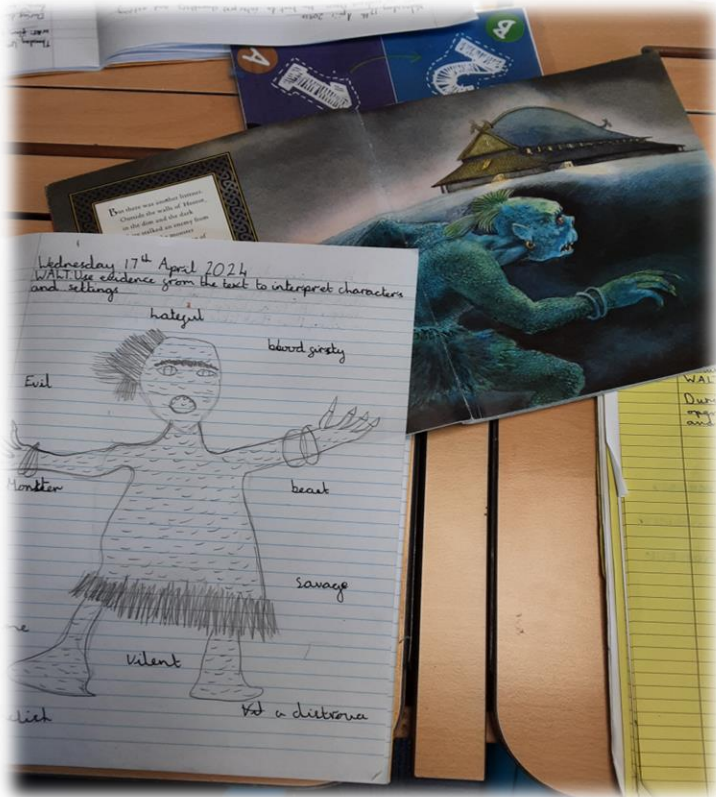
In RE we explored the resurrection. The children produced spiritual, reflective work and some beautiful triptychs to illustrate the story of Easter.



Year 5

In English this week Year 5 have started their new book 'Beowulf'. We are loving playing this story, especially the evil monster 'Grendel'.

Art has been amazing this week. We looked at the artist David Hockney, using different shades of blue to make a swimming pool effect. They turned out great!!



Year 6



This week in PSHE Year 6 had a really important lesson on first aid and the recovery position. They explored several scenarios in which they would need to use first aid in real life.



This week's online safety support...

What Parents & Educators Need to Know about **ENERGY DRINKS**

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasizing the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washington Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TasteD, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full references on the full page at: [nationalcollege.com/guides/energy-drinks](https://www.thenationalcollege.com/guides/energy-drinks)



A reminder that the final **Reading** workshop for an adult to work with their child is for **Year 2** and will take place on **Thursday 25th April at 9am.**



It was really lovely to see so many families at mass last Saturday for the Year 3 Commitment Mass. We hope you will be able to keep attending in the run up to June.

There will be a meeting for parents of all children making their First Holy Communion this year on **Monday 29th April at 2:45pm** in the school hall.

Our next school mass will be led by **Year 2 and Year 5** and will take place on **Monday 20th May at 9:30am.**



St. Anthony's Key Stage 2 Choir



We are forming a key stage two choir (Y3 – Y6) to sing at the Year 3 First Holy Communion Mass on **Saturday 8th June 2024.**

The children would need to be available from 10:30am – 12:15pm on this day to sing in church. Rehearsals will take place after school each Friday from next week.

If your child would like to join the choir, they will need to get a letter from their class teacher and return the reply slip. It would be lovely to have some boys in the choir too 😊



Mrs Potter forgot to set a battle last week so certificates were given today for those children who have increased their accuracy in TTRS. Well done to:

Year 2	Jaxon	Lillie	Joseph
Year 3	Alfie	Willow	Harley
Year 4	Chaney	Robyn	Kai
Year 5	Meghan	Gracie	George
Year 6	Dylan	James	Alexie

The new TTRS battle has now begun and it's a whole school battle between the **girls** and the **boys**. The score is currently 2-1 to the boys. Who will be victorious this week? Find out in next week's newsletter!



NUMBOTS



Congratulations to **Anna** in Year 1 who completed the next stage of her story map this week. Certificates for the highest number of correct answers and improvement in accuracy were also given out today to: **Anna, Maja, Jiyaa, Lainey-Beau, Nancy P** and **Kacie-Leigh**.

Come on **Year 1 boys** – lets see some of you earning a certificate next week 😊

Exciting opportunities in the Summer term...



SUMMER TERM 2024
Open to all Solihull parents and carers



EMPOWERING PARENTS
EMPOWERING COMMUNITIES

BEING A PARENT GROUPS

Led by trained parent volunteers, the groups provide you with the tools to help manage challenging behaviour, improve communication, and build a positive relationship with your child.

The Being a Parent groups will be delivered both face-to-face and virtually, starting with a welcome session & then running weekly for a further 8 sessions:

TUESDAY	Virtual via Microsoft Teams	6pm – 7.30pm	30/4/24 – 2/7/24
WEDNESDAY	Dickens Heath School (B90 1NA)	9.30am – 11.30am	1/5/24 – 3/7/24
WEDNESDAY	Marston Green Infants (B37 7AA)	9.30am – 11.30am	1/5/24 – 3/7/24
FRIDAY	Kingshurst Primary School (B37 6BN)	9am – 11am	3/5/24 – 5/7/24

UNDERSTANDING YOUR CHILD

Led by Solihull professionals, the group aims to help you to manage challenging behaviour and improve communication, as well as building and understanding your relationship with your child. The group target age is 4-11 years, delivered face-to-face for 10 sessions:



TUESDAY	Renewal Family Centre (B91 2JY)	9.30am – 11.30am	30/4/24 – 9/7/24
THURSDAY	Evergreen Family Hub (B37 6DX)	9.30am – 11.30am	2/5/24 – 11/7/24

FIVE TO THRIVE

For parents with children aged up to 2 years, the FIVE TO THRIVE building blocks explore practical things you can do to enhance your child's brain development, increase confidence in parenting and meet local parents.



<p>TUESDAY The Bridge, Shirley (B90 3AG)</p> <p>10am – 12pm or 1pm – 3pm</p> <p>16/4/24 – 21/5/24 4/6/24 – 9/7/24</p>	<p>THURSDAY Saxon Court, Chelmsley Wood (B37 7RF)</p> <p>12.30pm – 2.30pm</p> <p>18/4/24 – 23/5/24 6/6/24 – 11/7/24</p>
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Book your place now, or find out more by contacting Solihull Parenting Team at: bsmhft.parenting@nhs.net or book via the Eventbrite QR code below:



This week's menu ...



Menu Three

Spring Summer Menu 3 Running w/c - 22/04, 13/05, 10/06, 01/07, 02/09, 23/09, 14/10

Monday

Meatballs in Tomato
Sauce with Pasta

Veggie Sausages
Mash & Peas

Chocolate Whip

Fresh Fruit Platter

Yogurts

Tuesday

Chicken Tikka
Masala with Rice
Peas

Cheese Panini Main
Mixed Salad

Fruit Jelly

Fresh Fruit platter

Yogurts

Wednesday

Roast Beef Yorkshire
Roast Potatoes
Spring Cabbage Carrots

Macaroni Cheese Peas

Dinky Donuts with
Chocolate Dipping
Sauce

Fresh Fruit Platter

Yogurts

Thursday

HM Sausage Roll
Sweetcorn

Potato Cake

Vegan Sausage Roll
Sweetcorn

Potato cake

Cherry Shortbread &
Custard

Fresh Fruit
Yogurts

Friday

Jumbo Fish Finger
Chips
Baked Beans

Cheese & Tomato Pizza
Chips
Baked Beans

Strawberry Iced
Smoothie

Fresh Fruit Platter
Yogurts

Available Daily:

Home Baked
Bread,

Seasonal Salads:

Alternate Offer
Baked Potato
Bar
or
Packed Lunch

For more information on Menus please
visit: www.solihullcateringservices.co.uk

*Seafood with this mark comes
from a MSC certified sustainable
fishery. www.msc.org

MSC-C-54995





Diary Dates



These dates will updated each week and newly added events / any changes will be highlighted in yellow.

Date and Time	Year Group	Event
Thurs 25 th April	Year 2 parents	Reading parent workshop – 9am in the school hall
Mon 29 th April	Year 3 First Holy Communion parents	Parent meeting for First Holy Communion at 2:45pm in the school hall
Weds 1 st May	Reception	Vision screening
Mon 6 th May	MAY BANK HOLIDAY (SCHOOL CLOSED)	
Mon 13 th – Thurs 16 th May	Year 6	SATs week
Mon 20 th May	R – Y6	Whole school Mass – Year 2 and Year 5 leading
Fri 24 th May	Whole school	Break up for half term
<u>Half Term</u> Mon 27 th May – Fri 31 st May		
Mon 3 rd June	Whole school	Return to school
Weds 5 th – Fri 7 th June	Year 6	Alton Castle residential retreat
Sat 8 th June	Year 3	First Holy Communion Mass 11am
Tues 11 th June	Year 6	London trip
Mon 17 th June	Year 6	Visit to Oscott College
Weds 19 th June	R – Y6	Whole school Mass – Year 1 and Faith Ambassadors leading
Thurs 20 th June am	Year 6	Visit NEC for Big Bang show
Fri 5 th July	Tiny Ants, Nursery and Reception parents	EYFS Summer Picnic 1:30pm



Diary Dates



These dates will updated each week and newly added events / any changes will be highlighted in yellow.

Date and Time	Year Group	Event
Tues 9 th July	Reception – Year 6	Sports Day 9am
Thurs 18 th July	Reception – Year 6	Year 6 Leaver's Mass
Fri 19 th July	Whole school	End of school year for pupils
Mon 22 nd July	INSET DAY – SCHOOL CLOSED TO PUPILS	

Please read carefully as the PE days can change from week to week.

Week beginning Monday 22nd April:

Reception – **Thursday**

Y1 – **Monday and Tuesday**

Y2 – **Wednesday and Friday**

Y3 – **Monday and Tuesday**

Y4 – **Tuesday (Swimming) and Thursday**

Y5 – **Wednesday and Thursday**

Y6 – **Wednesday and Friday**

PE days



Please remember that pupils need to come into school in their PE kits on these days, and they should be plain white t shirts (or those with the school badge on) and PLAIN black shorts/tracksuit bottoms/leggings.

Mr K Scanlon, Head of School

Head Teacher's Awards



Congratulations!

Reception – **Lukas** for being such a happy and positive member of Reception.

Year 1 – **Fabian** for showing enthusiasm for all of his lesson.

Year 2 – **Subhan** for an amazing effort in all lessons this week!

Year 3 – **Scarlett** for her amazing efforts this week throughout all of the subjects!

Year 4 – **Noah** for consistently 'shining like Jesus' and being a delight to teach.

Year 5 – **Ciaran** for having an exceptional attitude towards his learning.

Year 6 – **George** for showing his full potential and what he can do!

