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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 12th 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.



*You have within you the strength,
the patience and the passion to reach
for the stars to change the world.*

Harriet Tubman (Social Activist)



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.

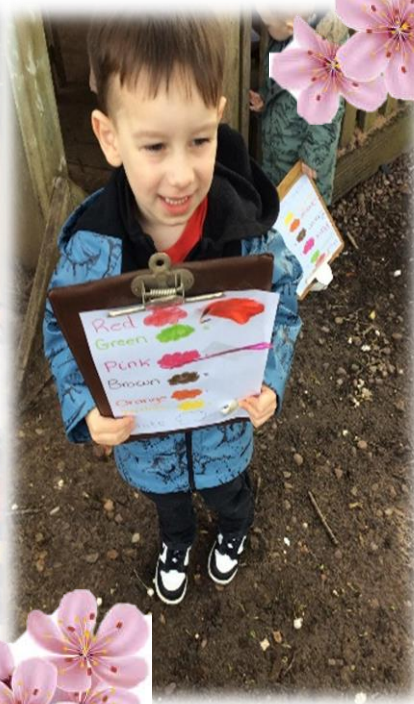
We have raised a fantastic **£1022.35** for the Bunny Hop challenge and all proceeds are going to Birmingham Hospice.

We raised an amazing **£362.80** for the Big Lent Walk and all proceeds will be going to CAFOD.

Thanks again for your generosity!

Tiny Ants

We've had a fabulous first week back in **Tiny Ants**. It has been lovely to welcome some new children into our class family and we are so proud of how well they are settling into our setting. The children have been participating in lots of fun activities as they observed a change in our environment that the big tree had started to blossom pink, therefore. We made pink water and paint mixing red and white to make blossom paintings and we also made pink playdough. The children also went on a colour hunt around school to see what different natural resources they could find. Roman said "I've found red my favourite colour" Nova said "Look I got a green leaf".



Nursery

Nursery have had a lovely week reading and retelling *The Hungry Caterpillar*. We listened to the story, created actions to go with the story then retold the story to one another. Please ask us about the story at home, I'm sure we can tell you all about it 😊



Reception

Reception have had a lovely first week back at school. We used the tweezers to rescue the animals from all the plastic and rubbish that was in the ocean with them; and discussed why it is important that rubbish goes in the bin. We have also been very creative: making our own paintings of bears and using cardboard tubes to make our own train that stands up! In Maths this week, we have started to explore numbers up to 20. The children loved playing the 'one more and one less' game, using a dice to find their number.



Year 1

In RE we have been exploring our new unit about Easter.

We explored the story of the women going to the tomb and finding out that Jesus' body was missing. We acted out the story and performed to the rest of the class. We had lots of fun!



Year 2

Year 2 have had a lovely week back at school. We have been learning to tell the time, reading books by Colin McNaughton in English and performing play scripts in music. Well done for all of your hard work and efforts this week Year 2 😊



Year 3

Year 3 have had an incredible start to the term - we are all so positive and excited to see what the term will bring! We have started our new global learning topic on the Romans, our new science topic on light and our new English topic on authors! At the moment, we are exploring Anthony Browne books and coming up we have Roald Dahl! We were very lucky that some family members were able to join us this week for a splendid workshop all about reading! Thank you for coming!



Year 5

We have loved being back with **Year 5** and we've had a great start to the new term.

Our collective worship this week was around The Easter Vigil. It was a beautiful time of reflection and prayer.



Year 6

Miss Cartwright and Miss Otis would just like to say a big well done to **Year 6** this week. After two weeks off, we are now preparing for our SATs whilst also working hard on all our other subjects from 'Evolution' in Science to 'Invaders' in Global Learning and Netball in PE. The children have come back with fantastic attitudes and have been working so hard. The countdown is on so keep it up!





Attendance Matters



*The winner of this week's attendance raffle is Riley in Year 1.
Well Done Riley!*



Solihull College & University Centre

Solihull College

Free Family Learning Course

**Parent/grandparents and carers of children Y2 to
Y6**

Helping Your Child with English and Maths

**The course will start on Friday 3rd May and run
till 28th June 24.**

2 Hours per week

9:15am start.

In the outside classroom on site.

**If you have already signed up, you just need to
come on the day. If you have not signed up but
would like to attend contact school and we can
add your name to the list.**

This week's online safety support...

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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 precariously timed 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 reading 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.



The National College



A reminder that **Reading** workshops for an adult to work with their child will take place on the following days:

Reception	Thursday 18 th April 9am
Year 2	Thursday 25 th April 9am

Tomorrow - **Saturday 13th April** - at **4:30pm** at St. Anthony's church, there will be a commitment mass for children in **Year 3** who are due to make their First Holy Communion. All children are expected to attend. The piety stall will be open to purchase cards and sacramentals if you wish – **but please be advised payments can only be made by cash (no cards / electronic payments).**



Please ensure you have completed the Microsoft Form to confirm your attendance.



Our next school mass will be led by **Year 4** and will take place on **Monday 15th April** at **9:30am**. All parents, family members and parishioners are most welcome to join us.

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 Two

Spring Summer Menu 2 Running w/c - 15/04, 06/05, 03/06, 24/06, 15/07, 16/09, 07/10

Monday

Chicken Bites Potato Slices Baked Beans

Kentucky Burger in a bun

Sweetcorn Potato Slices

Apple Flapjack

Fresh Fruit Platter

Yogurt

Tuesday

Lasagne Garlic Slice

Main Mixed Salad

Roasted Vege Parcel

Potato Wedges

Baked Beans

Fresh Fruit Salad &

Yogurt Topping

Fresh Fruit Platter

Yogurts

Wednesday

Roast Chicken New

Potatoes

Broccoli

Spanish Omelette

New Potatoes

Broccoli

Rice Crispy Cake

Fresh Fruit Platter

Yogurts

Thursday

Beef Grills in a Bun

Sweetcorn

Home Made Potato

Wedges

Tomato Pasta Main

Mixed Salad

Chocolate Vanilla

Shortbread

Fresh Fruit

Yogurts

Friday

Cod or Salmon Fish

Stars

Chips & Peas

Cheese & Tomato

Pizza

Chips & Peas

Berry Fruit Ice Lolly

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



Head Teacher's Awards



Congratulations!

Reception – Amaia – For always being a kind friend and helping others.

Year 1 – Jiyaa – For being a kind and caring friend and a valued member of Year 1.

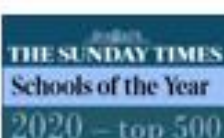
Year 2 – Jack – For your excellent effort and participation in lessons this week!

Year 3 – Tate – For a fabulous first week back! I am super proud of you! 😊.

Year 4 – Reggie – For showing determination and resilience across all lessons.

Year 5 – Oliver – For being compassionate and considerate towards his peers.

Year 6 – James – For having a fantastic attitude towards his learning and helping others.





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
Sat 13 th Apr	Year 3	Commitment Mass for First Holy Communion 4:30pm at St. Anthony's church
Mon 15 th Apr 9:30am	R – Y6	Whole school Mass – Year 4 leading
Thurs 18 th April	Reception parents	Reading parent workshop – 9am in the school hall
Thurs 25 th April	Year 2 parents	Reading parent workshop – 9am in the school hall
Mon 6 th May	MAY BANK HOLIDAY (SCHOOL CLOSED)	
Fri 24 th May	Whole school	Break up for half term
Mon 13 th – Thurs 16 th May	Year 6	SATs week
Mon 20 th March	R – Y6	Whole school Mass – Year 2 and Year 5 leading
<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
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 19 th July	Whole school	End of school year for pupils
Mon 22 nd July	INSET DAY – SCHOOL CLOSED TO PUPILS	



Diary Dates



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

Week beginning Monday 15th April:

Reception – **Thursday**

Y1 – **Monday and Tuesday**

Y2 – **Friday**

Y3 – **Monday and Wednesday**

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

Y5 – **Tuesday 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