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Executive Head Teacher: Mr C. Flaherty

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 15th March 2024

*This half term, we are growing to be more faith-filled in our beliefs;
and hopeful for the future.*



***Faith** sees the invisible, believes the unbelievable and receives the impossible.*

Corrie ten Boom - A German woman caught hiding Jews from the Nazis during WW2

GUESTS!

FIZZPOP
SCIENCE

the animal man

EASTER HAF CAMP

TUESDAY 02ND
FRIDAY 05TH
09:30 - 14:30

ST ANTHONY'S CATHOLIC PRIMARY

FREE WITH FSM CODE
£15 PER DAY
6-12 YEARS OLD

BREAKFAST AND LUNCH INCLUDED

For more information visit
WWW.WINNRSPO.COM

Help with childcare

We are delighted that Winnr Sports will be holding their HAF club at St. Anthony's again during the second week of the Easter holidays. If your child is entitled to Free School Meals there is no cost; and if not, it still costs only £15 per day for 5 hours of childcare as well as breakfast and lunch for your child. As usual, some of our very own staff will be supervising the club so children will see lots of familiar faces.

Lenten Fundraising!

Today the children completed their sponsored bunny hops and sponsored walk to raise money for those in need. They had a great time and should sleep well tonight!

Thank you to those who have been able to donate so far. Now that the children have completed their activities we would be grateful if you could return any monies raised and sponsorship forms to school. These can be given to your child's teacher or go straight to the office.

You can also donate online if you wish at:

<https://www.justgiving.com/page/stanthonysb37> for the EYFS / KS1 Bunny Hop

<https://schools.walk.cafod.org.uk/fundraising/st-anthonys-fundraising-page2024> for the KS2 Lenten Walk.



Lenten Fundraising!



Lenten Fundraising!



Lenten Fundraising!

We are also very grateful for all of the donations that have been sent into school for Fr. Hudson's homes 'Good Shepherd Appeal'. We welcome any more bags that have been filled with your loose change – please send these into school by Thursday 21st March.. We really are making a difference 😊



And finally, our staff have very kindly been donating Easter eggs for our Easter raffle which will be drawn next week.

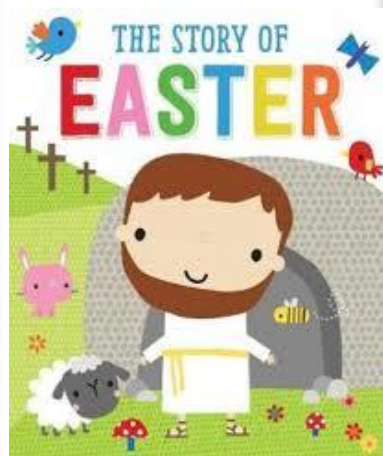
Tickets cost 20p each and pupils can buy a maximum of £3 worth of tickets.

Tickets can be bought from class teachers by sending money in with your child up until Wednesday 20th March.

All money raised will be given to our Lenten Charities



This week *Tiny Ants* have been super busy. We introduced an Easter story and had lots of fun activities for the children to join in with. The children loved looking for the mini Easter Eggs in the straw to put them into the correct coloured tubs. We have also been matching the amount of chicks to the correct number. As it's been science week we've also been doing some experiments. The children got to mix red and blue to make purple for Lent and we were lucky enough to go into Nursery to observe the rainbow skittle science activity. Lastly we ended our week by making some shamrock paintings ready for St Patrick's day.





Nursery have explored the new season of Spring this week. We discussed changes we might see in our outdoor environment and spoke about the daffodils that have started to appear. We then worked together to plant our own seeds. It's our job over the next week to care for the plants 😊





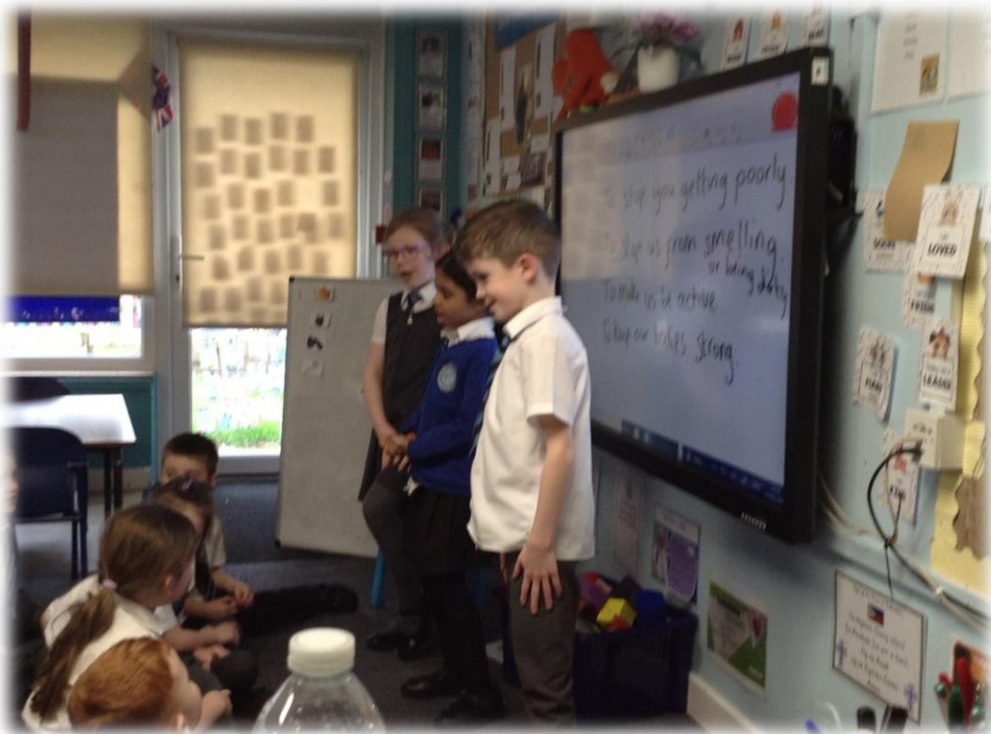
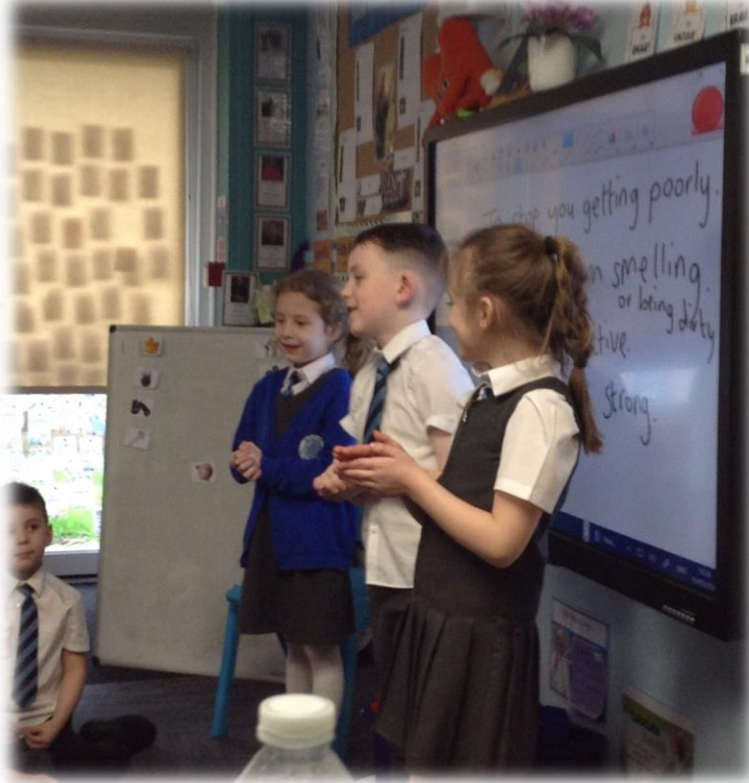
We have had another fabulous week in **Reception!** We have been busy practicing forming our numbers correctly and learning how to subtract numbers up to 10 by doing PlayDoh smash. This week, we have even been able to explore the big playground and practiced using our gross motor skills with the hula hoops. The children had so much fun with this!



shutterstock.com · 140583256



In Music this term **Year 1** have been exploring tempo and fast and slow beats. The children have spent lots of time exploring different pieces of music, identifying if it has a fast or slow tempo; and then tried to play instruments and clap along to the beat. They have all had lots of fun and have even performed in small groups, to the rest of the class!



This week has been jam packed in **Year 3!** In English, we have been working on our 'lost and found' stories inspired by Oliver Jeffers. In science, we have looked at all of the different ways seeds are dispersed. In global learning we have explored how people live and survive in extreme conditions, including Antarctica and the desert. In Spanish, we have practiced taking part in dialogue, asking questions and recapping the days of the week. We have also kicked off our new RE topic - Holy Week - and learned some Roman Numerals in maths!

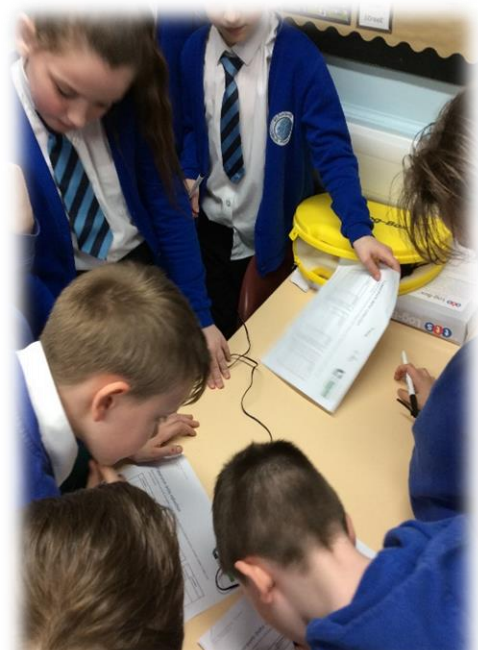
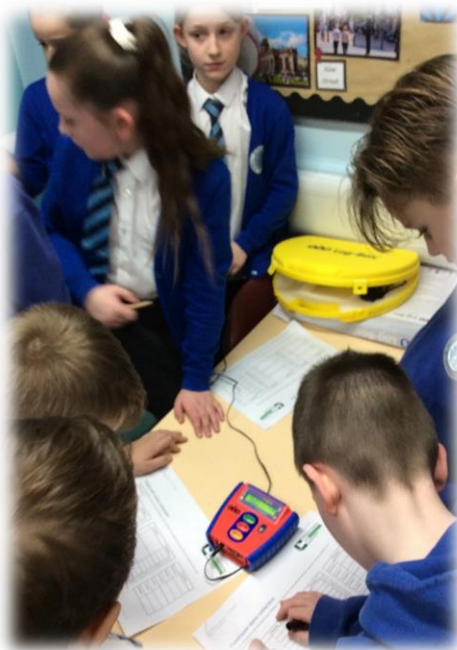
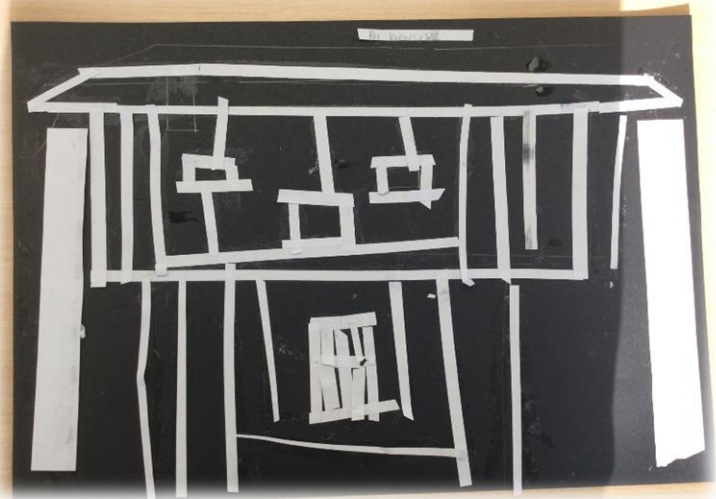


ROMAN NUMERALS

I II III IV V VI VII
VIII IX X XI XII XIII
XIV XV XVI XVII XVIII
XIX XX L C D M

CLTP ART SET FOR COMMERCIAL USE

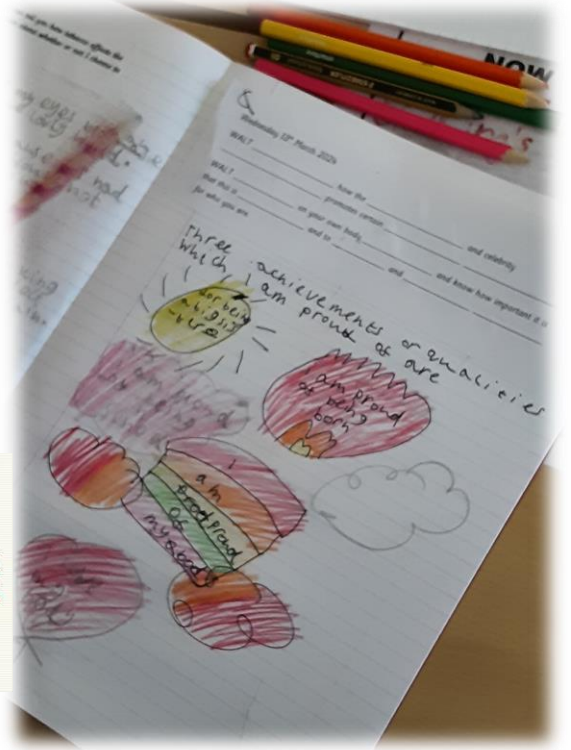
In **Year 4** we were busy this week! In computing we have been looking at data logging. The children worked in their Kagan groups to collect and record data in different classrooms across the school. We connected the data loggers up to the computer and looked at the patterns in data. In art, we reflected on our trip to Blakesley Hall and the children made beautiful, historical collages using paper to depict the building's architectural structure.



This week in **Year 5** we have been looking in PSHE at how unique we all are and why we are all different. We wrote down things we were proud of and things we would like to achieve in the future.



PSHE



Thank you to everyone that attended our reading workshop on Thursday. It was lovely to see so many family members and explore together how important reading is for the children.



Year 6 visited Harvington Hall this week to round off their 'Proud to be a Brummie' topic. It was fascinating to visit the hall and learn more about Tudor life, Humphrey Packington, St. Nicholas Owen and see the real-life preserved priest hides.



**HARVINGTON
HALL**



**PROUD
★ to be a
BRUMMIE**

**PROUD
★ to be a
BRUMMIE**



**PROUD
★ to be a
BRUMMIE**

**PROUD
★ to be a
BRUMMIE**





Houses teamed up for this week's battle – which was very closely fought!

St. Andrew's and St. George narrowly beat St. David and St. Patrick this week and the most valuable players were:

	MVP	2 nd Most Valuable Player	3 rd Most Valuable Player
St. Andrew	Gracie Y5	Oliver Y4	Freya Y4
St. David	Karson Y4	Patryk Y2	Charlie Y4
St. George	Kai Y4	Leo Y4	Esther Y5
St. Patrick	Freddie Y6	Joaquin Y4	Hope K Y5



Congratulations to **Jiyaa** in Year 1 who completed the next stage on her story map for the **third** week in a row.

We'd also like to praise **Kade, Kallum and Noah** who had the most improved accuracy in Year 1 this week.



Unfortunately we couldn't draw the attendance raffle today so we will pick this week's winner next Friday.



- Board games

- Toys

**Welcoming
donations**



- Game consoles

We are looking for some kind donations of unwanted board games, toys and game consoles for our before and after school club.

We ask that these are in good, usable condition with no missing pieces please.



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 DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

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 a large secondary school.



Sustainability competition



British Gas and 'Get Set' for Paris 2024 have launched an exciting competition for primary school children.

Enter our Design a Sustainable School Competition

Calling all children aged 5-11! We want to see how the next generation of learners would design a sustainable school that would fit into a cleaner, greener, healthier future.

The winning pupils will secure funding through the **British Gas Positive Energy Grants** to help their school become more sustainable and accessible!

In addition to **1 x school receiving £15,000 and 4 x schools receiving £2,500**, they will also receive expert advice from British Gas on how to make their school more energy efficient, as well as advice from ParalympicsGB on how to make it more accessible to everyone.

Submit your entries by March 28th to be in with a chance of winning!

If your child is interested in entering this competition, you can download an entry pack from <https://www.getset.co.uk/positiveenergy/competition> or speak to your child's teacher who will happily print this off for you.



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

Year 1	Thursday 21 st March 9am
Year 3	Thursday 11 th April 9am
Reception	Thursday 18 th April 9am
Year 2	Thursday 25 th April 9am

Our end of term mass will be led by the Faith Ambassadors on **Friday 22nd March at 9:30am**

Parents / family members from all year groups are most welcome to join us.

On **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).**



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 ...

Primary School Menu

WEEK TWO

Fresh

Dates: 13th November, 4th December, 8th January, 29th January
26th February, 18th March

Monday

Chicken Bites
Sliced Potatoes
Baked Beans

Vegetable Nuggets
Sliced Potatoes
Baked Beans

Homebake -
Chocolate Surprise
Cake with Chocolate
Custard

Fresh Fruit Platter
Yogurts

Tuesday

BBQ Pulled Pork Pitta
Mixed Salad
Herb Diced Potatoes

Macaroni Cheese
Mixed Salad

Homebake - Lemon
Drizzle Cake

Fresh Fruit Platter
Yogurts

Wednesday

Roast Chicken
Roast Potatoes
Broccoli & Cauliflower

Vegan Sausage Roll
Roast Potatoes
Broccoli & Cauliflower

Chocolate Ice Cream
Sponge

Fresh Fruit Platter
Yogurts

Thursday

Chili & Rice

Cheese & Potato Pie
Baked Beans

Homebake - Vanilla
Cookie

Fresh Fruit Platter
Yogurts

Friday

Cod Fish Stars
Chips
Peas

Cheese & Tomato
Pizza, Chips
Peas

Homebake - Fairy
Cakes

Fresh Fruit Platter
Yogurts

Available Daily

Home Baked Bread
Seasonal Salads



MSC-C-54995



Solihull
METROPOLITAN
BOROUGH COUNCIL



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 21 st March	Year 1 parents	Reading parent workshop – 9am in the school hall
Fri 22 nd March 9:30 am	R – Y6	Whole school Mass – Faith Ambassadors leading
Fri 22 nd March	All parents	New PTA AGM – all current parents and teachers are invited.
Fri 22 nd March	Whole school	Break up for Easter holidays

Easter holidays

Mon 25th Mar – Fri 5th Apr

Mon 8 th Apr	Whole school	Return to school
Thurs 11 th Apr	Year 3 parents	Reading parent workshop – 9am in the school hall
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



Diary Dates



Half Term

Mon 27th May – Fri 31st May

Date and Time	Year Group	Event
Mon 3 rd June	Whole school	Return to school
Weds 5 th – Fri 7 th June	Year 6	Alton Castle residential retreat
Mon 17 th June	Year 6	Visit to Oscott College
Thurs 20 th June am	Year 6	Visit NEC for Big Bang show
Sat 8 th June	Year 3	First Holy Communion Mass 11am
Fri 19 th July	Whole school	End of school year for pupils
Mon 22 nd July	INSET DAY – SCHOOL CLOSED TO PUPILS	

PE days

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

Week beginning Monday 18th March:

Reception – **Thursday**

Y1 – **Tuesday**

Y2 – **Friday**

Y3 – **Tuesday (swimming)**

Y4 – **Wednesday**

Y5 – **Monday**

Y6 – **Tuesday**



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.



We're OPEN EVERY DAY

EASTER HOLIDAY ACTIVITIES

- Egg trails, drop in crafts, bookable sessions
Saturday 23rd March - Sunday 7th April.

- 10.30 - 4.30pm

- Egg trails every day: entry +£1 per child

- (No need to book. Normal Entry Fees apply)
free drop in crafts 26th & 29th

- ALSO Bookable sessions:

- Mini Beast Safari
- Hapa Zome art workshop Den building
- Ceramic egg decoration



Unplug
& Play

Egg trails everyday!
Just turn up

Castle Bromwich Historic Gardens

Bookable Family Sessions

2 hour sessions for families
ideal for 3 to 9 year olds with their
adults.

- *Mini Beast Safari,
- *Den Building,
- *Hapa Zome arts workshop
- *Porcelain egg decoration

Check our website for dates, prices and booking



Easter Saturday 30th/ Sunday 31st



normal entry prices,
no need to book

Living History encampment
Colonel Pickering's Regiment of Foote
Join in with the 17th century soldiers, try on armour,
march along and learn about their lives

Website



PRICES

Adults: Normal entry £6/£5.50concs
Children (3 and over) £3
(Egg/Bunny prize £1 extra)

Book Tickets



Booked sessions prices vary - £6.50 -£12
(Entry to the Gardens all day is included
in the price when you book)

Castle Bromwich Historic Gardens, Chester Road, Costle Bromwich, B36 9BT
/I/rated.cake.those 01217494100
www.castlebromwichhoUgardens.org.uk
Charity no 516855

Cafe open for snacks, drinks and cake Picnics welcome Dogs on short leads welcome



Are you entitled?

Could you be entitled to Free School Meals?

Your child might be able to get free school meals if you get any of the following:

- *Income Support*
- *Income-based Jobseeker's Allowance*
- *income-related Employment and Support Allowance*
- *support under Part VI of the Immigration and Asylum Act 1999*
- *the guaranteed element of Pension Credit*
- *Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)*
- *Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit*
- *Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get)*

School receives extra funding for every pupil who registers for Free School Meals, but it also allows the pupils free access to HAF holiday groups and Household support vouchers during the holidays.

To apply, you need your National Insurance number and an active email and to go to :

<https://www.solihull.gov.uk/Schools-and-learning/Free-school-meals>

If you need any help, please pop into the school office.

Head Teacher's Awards



Congratulations!

Reception – Fabian – For being a pleasure to teach and always trying his best.

Year 1 –Kade – For always trying your best and for being a pleasure to teach.

Year 2 – Leoni – For putting in 100% effort in her writing and always making everyone smile.

Year 3 – Nevaeh – For always trying her best and making excellent contributions 😊.

Year 4 – Gracie – For being a fun loving friend to everyone.

Year 5 – Lois – For your growing confidence and resilience especially in your maths lessons. We are very proud of you!

Year 6 – Year 6 – For a wonderful trip to Harvington Hall and representing St Anthony's so well!

Mr K Scanlon, Head of School

