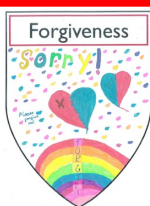


Oldswinford Cof E Primary School

'Believe, achieve and shine brighter together'



Spring Newsletter: 26th January 2024

Dear Parents/Carers,

What a fabulous week at school topped off by our choir performing as part of the Young Voices Choir last night. The children sang as part of a 6000 piece children's choir which just sounded incredible. They were joined by MC Grammar, Natalie Williams and Nandi Bushell a 13 year old drummer who has performed with the Foo Fighters and for the Queen's Jubilee. She was inspirational. The children (and staff) had an amazing time being part of this and we hope to do it again for future choirs! Thank you to all the children for their commitment to learning all the song and actions and being so well behaved, the staff for organising the trip and giving up their time to stay late and all our parents who came to watch... and even took part in the 90s mash up!

Have a wonderful weekend - only 2 weeks to go until half term. January is just zooming by!

See you on Monday

Ellie Game

Value of the half term...

Commitment

This week we looked at some famous people who have been committed to a cause: Bob Geldof, Sir David Attenborough, Marcus Rashford, Marie Curie, Emily Pankhurst. We shared the things that we are committed to and how we can make sure we stay committed even when it might be hard. Worship group shared some of their experiences. We shared the following quote from the Bible to help us when we find being committed difficult.

***'Commit everything you do to the Lord. Trust him, and he will help you.'* Psalm 37:5**

Early Help Information

What is Early Help?

Early Help is taking action early to provide support where problems are emerging for children, young people and their families. Early help support may be provided at any point in a child or young person's life. The sooner the family receives the support, the sooner they are able to improve their situation and prevent the need for prolonged support. It is here to find out what is working well for families and what areas they might be worried about; it can help to build on families' strengths and identify any needs where support might be needed. It is an approach that brings people together from different teams and services who work together with the whole family. The main focus is to improve outcomes for children.

Why would I need Early Help?

The type of things that Early Help can support you with include:

- Worries about your child's health development or behaviour
- You might be worried about how they are doing at school
- You might have worries about money or housing and how that is affecting you
- Your child and family may be affected by domestic abuse, drugs, alcohol, ill health or crime

Early Help can give you the tools to solve challenges or problems you are experiencing with help from others where needed.

Who do I ask for help?

You can talk with someone who you're familiar with - a teacher, health professional or support worker who might be able to help. You can also contact your local Family Centre and ask to speak to a Duty Worker who will be able to provide lots of advice around Early Help and how it might be able to support you.

FEBRUARY HALF TERM

RUGBY CAMPS



**14TH / 15TH / 16TH
FEBRUARY 2024**

£25 PER DAY
£65 ALL 3 DAYS

- 9.30AM-3PM EVERYDAY
- BOYS AND GIRLS AGED 5-12
- RUGBY PACKED DAYS,
FUN, GAMES AND MORE!

SCAN THE QR TO BOOK



BOOK ONLINE: www.clubs-hub.com/stourbridgerugby

CONTACT: community@stourbridgerugby.com

LOCATION: Stourton Park, Bridgnorth Rd, Stourton, Stourbridge DY7 6QZ

Powered by



Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety®

#WakeUpWednesday

OLDSWINFORD C OF E SCHOOL

WRAPAROUND CLUB



NEWSLETTER – 1/2024

Our Wrap Around Team:

Manager: Debbie Kirby

Assistants: Taslima and Debbie

Mrs L Graham and Miss J Carton

Our Pure Sports Team:

Tom, Dean and Dexter

Email address: Wraparound@oldswinford.dudley.sch.uk

Mobile No: 07548 342643

Opening Times:

Early Bird Breakfast Club 7.30 am

Breakfast Club 7.45 am to 8.55 am

After School Club 3.20 pm to 6.00 pm

Holiday Club

We are pleased to announce that we will be offering a Holiday Club over the Easter period on the following dates:-

Tuesday, 26th March 2024

Wednesday, 27th March 2024

Thursday, 28th March 2024

Tuesday, 2nd April 2024

Wednesday, 3rd April 2024

Thursday, 4th April 2024

Our opening hours will be 9.00 am to 5.00 p.m.

We will be offering lots of play and craft activities at our Club and we intend to offer two 'Bring your bike or scooter' days (weather permitting) which will be confirmed nearer the time. Please note electric bikes or scooters will not be allowed, but we do ask that you bring along a helmet for your child.

As places will be limited, please contact Debbie Kirby for a Booking Form or further information.

Dates for your Diary:-

Half Term Week – 12th to 16th February 2024 (inclusive)
– there will be no Holiday Club during this week.

Easter Break – 25th March to 5th April 2024 (inclusive)

Update to Parents/Carers - January 2024:-

Our Reception children have settled into our Club very well and are enjoying the activities offered and have made many new friends.

Our children have continued to enjoy the Breakfast Club sports activities in the Lower Hall or Lower School Playground from 7.50 am to 8.30 am. We will also continue to offer play activities prior to school in the outdoor classroom area.

At the After School Club, we also offer sports activities for our children in the Lower Hall or on the Lower School Playground, weather permitting. Along with the sports activities, we also continue to offer a selection of craft and play activities in the outdoor classroom.

This term we have formed a 'Knitting Club' and our children are knitting hairbands. We are also in the process of starting a Chess Club. We have lots of activities planned this term, such as craft activities for the Lunar New Year, St David's Day and St Patrick's Day, along with some food tasting, such as Chinese food and Welsh cakes. We are going to be very busy.

Finally, please could we respectfully remind parents that they need to accompany children into the Club in the morning as we may have important messages/information to convey to parents/carers.

OLDSWINFORD C OF E SCHOOL

EASTER HOLIDAY CLUB

BOOKING FORM



NAME OF CHILD	
CLASS	
PARENT'S/CARER'S EMAIL ADDRESS	
I would like to book my child at Holiday Club on the following dates:-	
Please tick the days required.	
TUESDAY, 26 TH MARCH 2024	
WEDNESDAY, 27 TH MARCH 2024	
THURSDAY, 28 TH MARCH 2024	
TUESDAY, 2 ND APRIL 2024	
WEDNESDAY, 3 RD APRIL 2024	
THURSDAY, 4 TH APRIL 2024	

OPENING HOURS: 9.00 am to 5.00 pm

COST: £27.00 per day

Please could we ask that your child brings a packed lunch with them, which will be eaten at around 12.30 pm.

Children will be served toast and juice at approximately 10.00 am and will be given a snack and squash at approximately 3.00 pm

PLEASE RETURN THIS BOOKING FORM TO DEBBIE KIRBY BY FRIDAY, 15TH MARCH 2024. ALL BOOKINGS WILL BE CONFIRMED BY EMAIL SHORTLY AFTER THIS DATE.