

# NEWSLETTER



**30<sup>th</sup> September 2022**

## **How to get in touch**



@WoodhousePA



0121 464 1769



[www.woodhouse.priacademy.co.uk](http://www.woodhouse.priacademy.co.uk)



[enquiries@woodhouse.uwmat.co.uk](mailto:enquiries@woodhouse.uwmat.co.uk)



[families@woodhouse.uwmat.co.uk](mailto:families@woodhouse.uwmat.co.uk)

- Use this for any queries. Monitored by the Inclusion Team
- You can also send us anything you'd like put in the newsletter. This can be photos, learning, resources and any good news stories you may have.



[sensupport@woodhouse.uwmat.co.uk](mailto:sensupport@woodhouse.uwmat.co.uk)

- Use this for any queries about any additional learning needs or concerns.



[homelearning@woodhouse.uwmat.co.uk](mailto:homelearning@woodhouse.uwmat.co.uk)

- Use this for any support with home learning or using Google Classroom.

## **School Start Times**

Year Group	Start Time	Pick up time
Nursery	Gates open at 8:35am Class starts at 9am	3pm
Reception Year 1 Year 2	Gates open at 8:35am Gates & Doors into school close at 8:55am  Registers close at 8:55am.	3:15pm
Year 3 Year 4 Year 5 Year 6	Any child arriving after 8:55am must go through the main office to be signed in and will be marked as late.	3:20pm

ALL children are welcome from 8:35am. The earlier the better!

Free toast will be served from the canteen between 8:35am and 8:50am.

# Stars of the Week

The following children are Stars of the Week for the week ending 30<sup>th</sup> September.

## Nursery

Arlo

## Reception

Lana  
Nathaniel  
Rosa  
Eli

## Year One

Tyrese  
Bine  
Samina  
Felicia  
Olivia

## Year Two

Ramneek  
Leo  
Porscha  
Orla

## Year Three

Anaia  
Ali  
Violet C  
Ayesha

## Year Four

Laura-Jane  
Amyla  
Adam  
Kais  
Jannat  
Omar

## Year Five

Ma-Hawa  
Lucretia  
Harley  
Rawnaq  
Jack

## Year Six

Tanaka  
Jennifer  
Sara  
Cody  
Isabella  
Charlie

## Rainbow Room

Lorenzo  
George





# School Dinner

## Menu

### 3<sup>rd</sup> – 7<sup>th</sup> October

**NOTE: We operate a 3-week rolling menu. Keep an eye on the menu each week for changes.**

**We use a range of suppliers, including local businesses so menus are subject to change if items are unavailable.**

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun	Chicken or Vegetable Quorn Curry with Pilau Rice and Naan Bread	Honey Roasted Gammon	Pizza Day	Beef Cottage Pie or Vegetarian Cottage Pie
Cheese & Onion Roll	Puff Pastry Beef Pie	Honey Roasted Quorn	Cheese and Tomato or Pepperoni Pizza	Beef Chilli or Vegetarian Chilli
With Herby Diced Potatoes and Vegetables or Baked Beans	Cheese & Potato Pie	With Potatoes and Seasonal Vegetables	With Chips and Fresh Salad or Vegetables	With Rice and Fresh Vegetables
Strawberry Mousse	Apple Crumble & Custard	Fruit Jelly	Selection of Fruit Desserts	Chocolate Sponge & Custard
Daily fresh salad bar				

## Food Allergies

In order to keep our dietary records up to date, please inform the main office of any changes to your child's dietary requirements, allergies and intolerances. We are able to cater for most requirements but must know in advance.

If your child only eats Halal meats but can eat fish, please also let the main office know. We do not serve Halal meats.

Please either contact the main office on 0121 464 1769 or email the Inclusion Team on [families@woodhouse.uwmat.co.uk](mailto:families@woodhouse.uwmat.co.uk)

Please also remember that we are a NUT FREE school.

# attendance ~~MATTERS~~

Week 3: 20<sup>th</sup> – 23<sup>rd</sup> September

Whole School Attendance currently running at: 94.64%

Last week's attendance:

EYFS & KS1: 95.02%    KS2: 94.29%    Whole School:  
94.53%

Our Attendance target for this coming year is 97%

Class	Attendance for the week		Class	Attendance for the week
Nursery	97.80%		3A	99.17%
RL	97.50%		3S	93.33%
RW	90.42%		4H	97.50%
1B	95%		4N	91.25%
1O	90.95%		5H	92.74%
2FP	99.17%		5W	98.44%
2W	95%		6D	94.38%
R	83.33%		6W	91.88%
			6WO	91.67%

2FP

3A

Congratulations to 3A & 2FP who had the best class attendance last week.

Well done to 2FP had the best class attendance in EYFS & KS1 last week.

Will you help your class have the best class attendance next week?

# School Leaders

*This week we have appointed some of our fantastic Year 6 team into pupil leadership roles. We had some amazing applications, in the form of letters, presentations and videos.*

*Ella has been appointed as Head Girl and Fraser has been appointed as Head Boy. Both will head up our new look School Cabinet this year.*

*Lacey, Rory, Toby, Divine and Ahmed have all been appointed as Senior Cabinet Members who will assist and represent our youngest children.*

*Sebastian, Ruth, Asiyah, Isabella, Maria, Phoebe, Grace, Lily and Dallas have all been appointed as Prefects. All will undertake roles within school such as showing visitors around.*

*On Tuesday next week we are holding our annual School Cabinet elections where the children will vote for their class representatives. We have between 2 and 5 children in each class from Year 2 to 6 standing in the election.*

*This year we are also having an Eco Council, responsible for improving and caring for our school environment. This council is headed up by Shia in Year 6 and will be supported by Mrs Banks and a team of Year 6 children.*

*We will share our full School Cabinet and Eco Council in next week's newsletter.*



# Attendephants

*Custard has been with 3A this week learning how to plant seeds. 3A have started a programme with Letslocalise called Grow Your Own and have just planted lettuce and mixed herbs. Watch this space for the results!*



*Will Tembo or Custard  
be visiting your class  
next week?*

## 2022 – 2023 Academic Year

### Autumn Term

Monday 3<sup>rd</sup> October – 6W Class Assembly 9am – Parents invited

Monday 10<sup>th</sup> October – 6D Class Assembly 9am – Parents invited

Thursday 13<sup>th</sup> October – Parents Evening (Details to follow)

Monday 17<sup>th</sup> October – 6WO Class Assembly 9am – Parents invited

Tuesday 18<sup>th</sup> October – Parents Evening (Details to follow)

Friday 21<sup>st</sup> October – Harvest Assemblies – Parents Invited

9am – Years 3 – 6 and Rainbow Room

2pm – Years Nursery – 2

Half Term: Monday 24<sup>th</sup> October to Friday 28<sup>th</sup> October

Monday 31<sup>st</sup> October - First day school open for children

Monday 7<sup>th</sup> November – 5W Class Assembly 9am – Parents invited

Monday 14<sup>th</sup> November – 4H Class Assembly 9am – Parents invited

Monday 21<sup>st</sup> November – 5H Class Assembly 9am – Parents invited

Wednesday 30<sup>th</sup> November – Nursery Nativity – AM & PM Performance. (Times tbc)

Thursday 1<sup>st</sup> December – Choir Candlelit Parent Concert (Afterschool. Time tbc)

Wednesday 7<sup>th</sup> December – Christmas Fayre (details tbc)

Thursday 8<sup>th</sup> December – Reception Nativity – AM & PM Performance. (Times tbc)

Friday 9<sup>th</sup> December – Christmas Jumper Day – Wear a Christmas Jumper to school and bring a £1 donation for Save the Children

Friday 9<sup>th</sup> December – Christmas Dinner Day

Wednesday 14<sup>th</sup> December – Key Stage 1 Nativity – AM & PM Performance. (Times tbc)

Thursday 15<sup>th</sup> – Year 1 Cadbury World Visit

Term Ends: Friday 16<sup>th</sup> December

### Spring Term

Tuesday 3<sup>rd</sup> January - Inset day, school closed to children

Wednesday 4<sup>th</sup> January 2023 - First day school open for children

Thursday 12<sup>th</sup> January – Young Voices Concert

Monday 16<sup>th</sup> January – 4N Class Assembly 9am – Parents Invited

Monday 23<sup>rd</sup> January – 3S Class Assembly 9am – Parents Invited

Monday 30<sup>th</sup> January – 3A Class Assembly 9am – Parents Invited

Monday 6<sup>th</sup> February – 2FP Class Assembly 9am – Parents Invited

Half Term: Monday 20<sup>th</sup> February to Friday 24<sup>th</sup> February



Monday 27<sup>th</sup> February - First day school open for children

Thursday 2<sup>nd</sup> March – Parents Evening (Details to follow)

Monday 6<sup>th</sup> March – 2W Class Assembly 9am – Parents Invited

Tuesday 7<sup>th</sup> March – Parents Evening (Details to follow)

Monday 13<sup>th</sup> March – 1B Class Assembly 9am – Parents Invited

Monday 20<sup>th</sup> March – 1O Class Assembly 9am – Parents Invited

Friday 31<sup>st</sup> March – Easter Assemblies and EYFS & KS1 Bonnet Parade (times tbc)

Term Ends: Friday 31<sup>st</sup> March

### Summer Term

Term Starts: Monday 17<sup>th</sup> April

Half Term: Monday 29<sup>th</sup> May to Friday 2<sup>nd</sup> June

Monday 5<sup>th</sup> June - First day school open for children

Monday 19<sup>th</sup> – Wednesday 21<sup>st</sup> June – Year 6 Bell Heath Residential

Wednesday 5<sup>th</sup> July – Nursery Graduation AM & PM

Monday 10<sup>th</sup> July – EYFS & KS1 Sports Day at Woodhouse

Tuesday 11<sup>th</sup> July – Ks2 Sports Day at Woodhouse

Friday 14<sup>th</sup> July – Year 6 Production (times tbc)

Tuesday 18<sup>th</sup> July – Summer Concerts

Wednesday 19<sup>th</sup> July – Parent drop in sessions to discuss reports if needed

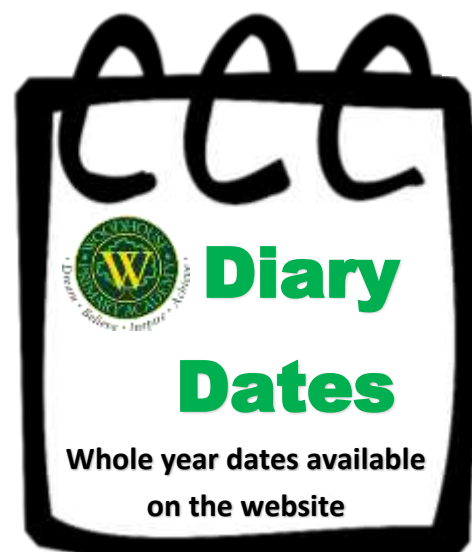
Friday 21<sup>st</sup> July – Year 6 Leavers Assembly

Friday 21<sup>st</sup> July - Last day of school year for children

Monday 24<sup>th</sup> July - Inset day, school closed to children

Tuesday 25<sup>th</sup> July - Inset day, school closed to children

Further dates here: <https://www.woodhouse.priacademy.co.uk/news-and-events/school-events>



## **MORNING FUN & FITNESS GAMES**

Join us on Monday and Wednesday mornings from 8.20am on the KS2 playground for 15 minutes of fun and fitness games to start your day before heading off to class at 8.35am. We look forward to seeing you there!





# Outdoor Area Revamps

*You may have seen recently that we have revamped the Rainbow Room outdoor area with help from some fantastic fundraising. See photos below.*

*We are now planning on doing a similar thing with our Early Years outdoor areas. We are part of the Tesco Community Scheme, which you may of seen in stores. They are going to help us raise funds towards our project.*

*This starts in the following stores on Monday:*

*5325 Quinton Superstore B32 1EG*

*5506 Hagley Road Express B17 8DJ*

*6388 Bristnal Express B68 9TX*

**AFTER**



**BEFORE**



# flu: 5 reasons to vaccinate your child



## 1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

## 2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

## 3. No injection needed

The nasal spray is painless and easy to have

## 4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

## 5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

For more information visit  
[www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

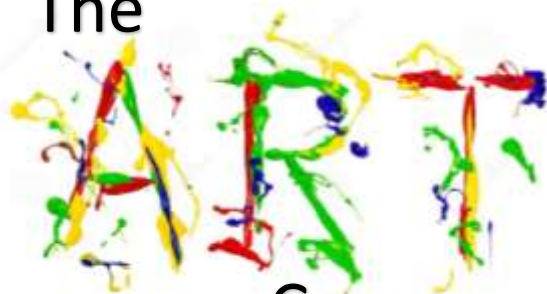
**Flu**  **immunisation**

Helping to protect children, every winter

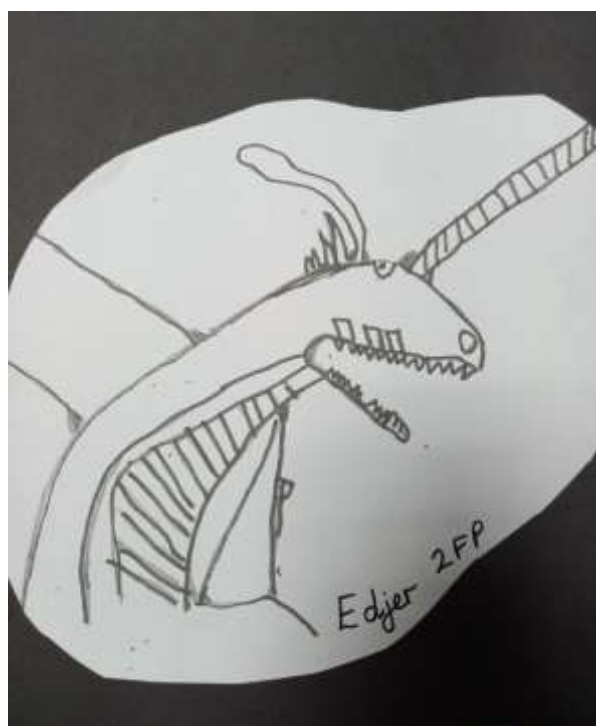




The



Corner



Children in Year 2 have been very busy in their art lessons creating line drawings of dragons as part of their Dragons and Castles theme.

# School Admissions

## Secondary School

*If your child is currently in Year 6 (born between 01/09/2011 & 31/08/2012) then they will be due to move on to secondary school in September 2023.*

*The application window is now OPEN and will close on 31<sup>st</sup> October 2022. You will need to follow the link below to apply online.*

<https://www.birmingham.gov.uk/schooladmissions>

*Most secondary schools will have open sessions for you to go and look around before applying. Details of these will be available on their websites or by contacting them directly.*

*National offer day is 1<sup>st</sup> March 2023. You will be notified by email.*

## Reception 2023

*If your child is currently in Nursery and/or is born between 01/09/2018 & 31/08/2019 then they will be due to start Reception from September 2023.*

*The application window opens on 1<sup>st</sup> October 2022 and closes on 15<sup>th</sup> January 2023.*

*NOTE: Attending our Nursery does not guarantee a place. An application will still need to be made.*

*Follow the link below for further information and to apply when the window opens:*

<https://www.birmingham.gov.uk/schooladmissions>



# Woodhouse

## Sports

*This week our boys' football team had their first league match of the season against St Marys.*

*The boys started well against a strong side and found themselves on the back foot doing a lot of defending in the early stages. They started to push out towards the end of the half and put together some good passes to get themselves further up the pitch.*

*Half time came at the wrong time with the boys on the front foot and pushing to get themselves back in the game. The score at half time was 2-0 to St Marys.*

*The boys started strongly in the second half and played some really nice football. They put together some lovely passes and got themselves much higher up the pitch than they did in the first half. They put plenty of pressure on the St Marys defence and looked like scoring on a number of occasions. The boys were unlucky to concede a third goal late in the second half as they were pushing for a goal themselves. The final score was 3-0 to St Marys.*

*For a team who **hadn't** played any school football together until the match, they performed very well. There were stand out performances in goal from Aryan, who is in Year 4, and from Erfan and Abdulbaqi in defence, both in Year 5. Considering all of the St Marys team are in Year 6, they boys really did us proud and they move on to the next game in the coming weeks.*

*Matchday squad: Fraser (captain), Reegan, Erfan, Abdulbaqi, Reuben, Adam B, Klejdjon, Sanad, Aryan & Nyia*



# Woodhouse Clothing Bank

We have a clothing bank in school where we are able to take donations of **children's** clothing and re-disperse them to families and children who need them.

Please bring any donations, in a clean and re-usable condition, to the main office.

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Items we can accept include:

School shoes, School uniform, non-school uniform (t-shirts, hoodies, trousers etc.), non-school shoes (trainers, pumps etc.), coats, hats, gloves and scarves.

Items we cannot accept: Underwear, jewellery, accessories, adults clothing.

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School Uniform is laid out outside the hall and is available for those who need it. This is free of charge so please come and help yourselves. We also have coats, bags and shoes. Please ask staff for assistance if needed.

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In the meantime, if you have any queries at all or would like any more information, please speak with the main office or email [families@woodhouse.uwmat.co.uk](mailto:families@woodhouse.uwmat.co.uk)

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There is also a wonderful place called Rubery Swop Shop where they distribute pre-loved uniforms.

You can find out more on their website:  
<https://www.ruberyswopshop.co.uk/>

# Author of the Week

## Maisie Chan



Maisie and her editor, Georgia, won the Branford Bose Award in 2022, which is for debut authors!



Maisie Chan is a British Chinese author who lives in Scotland, which is where her books are based.

Her debut book, 'Danny Chung Does Not Do Maths', got lots of positive attention, even earning her a place on the Bookseller 'one to watch' list. Her books are a real study of people - the relationships and friendships they portray are very real - and that's what makes them so interesting to the reader!

Maisie Chan  
says:

If you like **Elle McNicoll** or **Helen Rutter**, you'll love these books!

**I love stories and that's why I love reading. You are immersed in a world outside your reality. I like books I can relate to, and other times I want to escape and learn something new.**



*Many of you are already using our My Child At School platform to pay for visits, lunches and wrap around care and to receive messages from school.*

*We are in the process of becoming a cashless school so this will be the only way to pay for visits, lunches and wrap around care going forward.*

*The platform is simple to use and is available on all smart mobile devices via their app stores.*

*If you haven't set this up already, please come and see the main office or email us on [families@woodhouse.uwmat.co.uk](mailto:families@woodhouse.uwmat.co.uk)*

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*If you have an invitation code already, you can redeem this by visiting <https://www.mychildatschool.com/MCAS/MCSParentLogin> and selecting 'redeem invitation code'.*

*To do this, you need your username and invitation code from your invitation email and the school ID which is 12013.*

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*The main office will be your first port of call for any assistance with this.*





# **ParentWise – A helping hand for parents and carers**

As children get older and more independent, issues that affect them can be harder to spot and deal with.

Learning about potential dangers can give you the knowledge and skills to act if there is a problem. It could also help keep your child safe by preventing problems before they happen.

You know your child best, so if you've got a feeling something's up – you're right not to ignore it.

<https://parentwise.campaign.gov.uk/>

# READY TO FIGHT FOOD WASTE?



## RESCUE MAGIC BAGS OF SURPLUS, UNSOLD FOOD

FROM YOUR FAVOURITE SHOPS AND RESTAURANTS

Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time. The Too Good To Go app lets you buy and collect this food - at a great price - so it gets eaten instead of wasted. You won't know exactly what's in your order until you pick it up - it's all part of the surprise. Download the app to get started.

Download the app from the App Store or the Play Store, enter your postcode and see what is available near you.



## Welcome to Quinton Pantry!

The Quinton Food pantry is collaboration between the Haven Community Project and B32 community. In response to the covid-19 pandemic we have both been involved with distributing food due to ongoing issues of Food Justice. We want to see a longer term solution to these issues of food injustice available for the people of Quinton and hope that the food pantry will form a part of this.

For a small weekly subscription of **£4**, members of this Pantry will be able to purchase a weekly food shop including fresh fruit and vegetables and family favourites to stock up the cupboard and fridge.

### The address is:

Haven Centre  
54 Rilstone Road  
Quinton  
Birmingham  
B32 2NR

### Opening times:

Friday: 12pm - 1.30pm

We are always looking for new volunteers so please get in touch if you would like to help us to run the pantry or support any of the other projects that we currently offer.

If you have any queries, please email [rachel@havencommunityproject.com](mailto:rachel@havencommunityproject.com) 



*The Quinton and Oldbury Foodbank is located at St Boniface Church and is open every Tuesday from 10am – 12pm and every Wednesday from 11am – 1pm.*

*The Foodbank at The Coffee Shop has now closed due to not being a suitable size for the foodbank but is re-opening as The Brandhall Community Hub and will be offering a wide range of support to the community. This includes a Food Pantry; a food membership club giving access to low-cost food, including fresh goods, in a shop format. The Pantry is a similar setup to the one in Quinton at the Haven Centre.*

*Food Banks within the Trussell Trust:*

- 1. Quinton and Oldbury Foodbank, St Boniface Church, B32 2QD*
- 2. Smethwick, Holy Trinity Church B67 7AH*
- 3. Handsworth, New Wesleyan Church, B21 0LA*
- 4. Birmingham Central, Birmingham City Church, B1 3QQ*

*Please speak to a member of staff in school in you require support from the Food Bank. We are able to refer families.*





# STITCH & CRAFT WITH US! AT QUINTON LIBRARY



Free

Join us at Quinton Library for a monthly day of craft, creativity and good company! Bring your own stitching or craft projects to do whilst you meet and enjoy a chat with like-minded people.

Drop in either **10.30am-12.30pm** or **2-4pm** on the following Tuesdays: 17 May, 28 June, 19 July (no date in August), 20 September, 18 October, 15 November and 20 December 2022.



Just turn up or call  
Quinton Library for  
more information.  
**0121 464 7400.**

Edgbaston  
Neighbourhood  
Network Scheme

ENNS



**Birmingham City Council**

# Rhyme Time

**At Quinton Library**  
**Ridgacre Road, Quinton,**  
**B32 2TW**

**Suitable for ages 0-5 Years**

**Every Friday 10:00-11:00**  
**(Term Time Only)**

**Join us for stories, rhymes and fun craft**  
**activities that help support and develop your**  
**child's language and communication skills**



For more information on what's  
going on in your area please call:  
Doddington Green Children's Centre on  
0121 4776440

 @bfsedgbaston



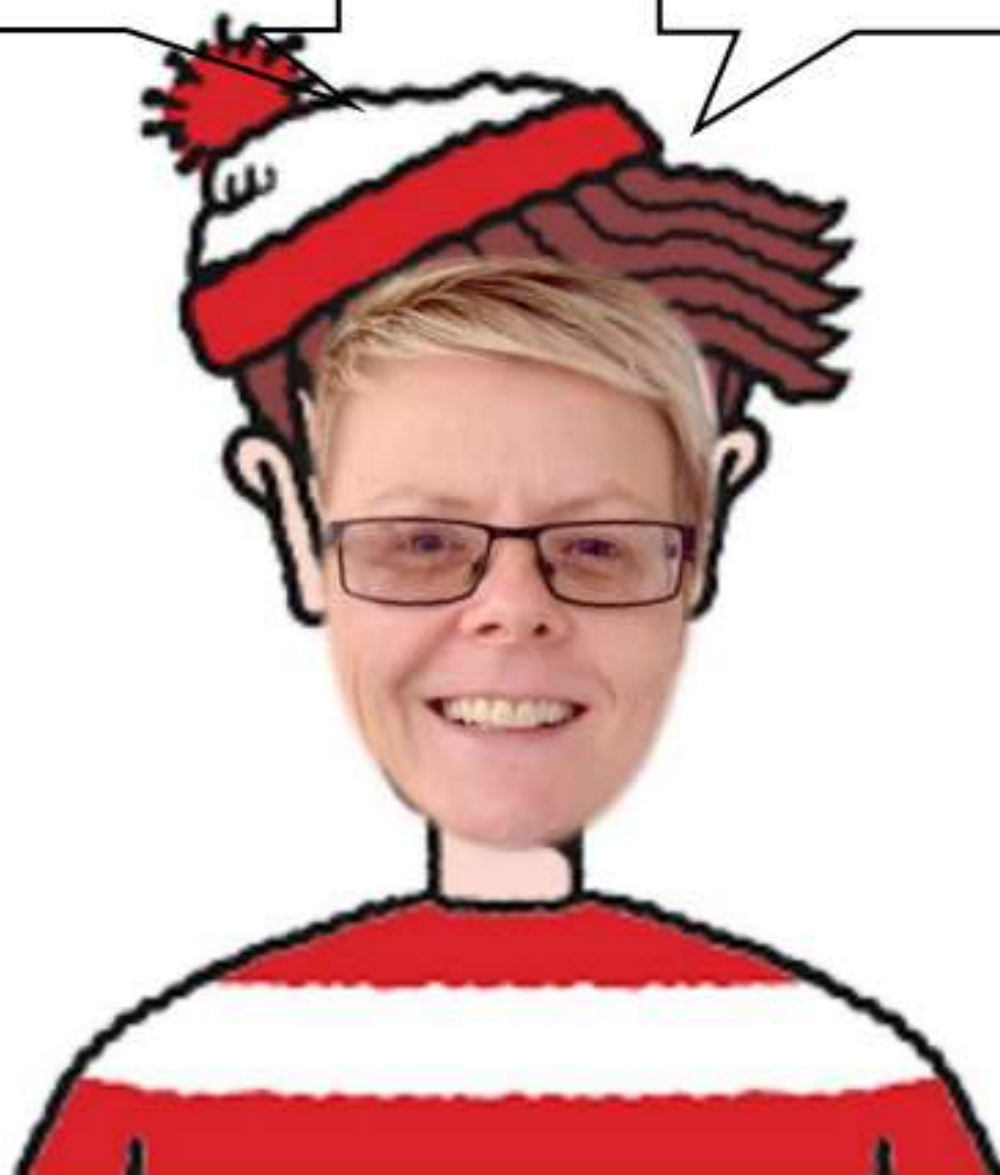


# Where's Wendy?

Wendy can be found working with pupils. She can support pupils with their emotional well being.

Wendy can be found working with staff.

She is trained to help staff with a variety of issues that are affecting their life.



**Did you know Wendy is a qualified therapist?**

**She is qualified in Counselling and Cognitive Behaviour Therapy.**

**If you'd like to speak to Wendy ask at Reception.**

**Wendy is in school on Thursdays.**

# Pause.

**Need someone to talk to?  
Struggling to cope with feelings?  
We're here for you.**

**Pause can help, we listen and help you find solutions – no referrals or long waits, you choose when and how to use our service. Pause supports anyone under the age of 25 with a Birmingham GP via phone, video call or face to face session.**

**To find out more and register for support, visit:  
<https://forwardthinkingbirmingham.nhs.uk/pause>  
or call our Registration Line **0207 841 4470**  
(please note local call charges do apply).**

**Drop-in sessions will be offered around the Birmingham area, not just in City Centre. For up to date locations, visit our website for more information.**

**Pause can offer:**

- **A non-judgemental listening ear.**
- **Self-help strategies, skills for managing difficult situations and feelings.**
- **Detail of other support services that can help.**

**Each session last around 20-30 minutes which focuses on ways forward.**

**Our Service Operates:**

- **Monday, Wednesday, Thursday, Fridays - 10am-6pm**
- **Tuesdays 12pm-8pm**
- **Saturdays 10am-5pm**
- **We are Closed Sundays & Bank Holidays.**





# Help for all families in Birmingham



Food  
& Energy



Youth  
Support



Domestic  
Abuse



Emergency  
Funding



Money &  
Debt Advice



Data & IT



Under 5's  
Support



School Uniforms  
& Clothing



Parenting



Special Needs  
& Disabilities



Bereavement



Housing



Sexual  
Health



Mental  
Health



Play

**Birmingham**  
Children's Partnership



# Birmingham

## Children's Partnership



### Edgbaston

EarlyHelpEdgbaston@gatewayfs.org  
0121 456 7821

### Erdington

ErdingtonFamilies@compass-support.org.uk  
0121 748 8199

### Hall Green

Hallgreen.families@greensquareaccord.co.uk  
07570 953519 (9:30am to 4:30pm)

### Hodge Hill

EarlyHelp-Hodgehill@family-action.org.uk  
07976 199894

### Ladywood

childrenandfamilies@bsettlement.org.uk  
07764 977636

### Northfield

NorthfieldFamilies@northfieldcommunity.org  
07516 918 133

### Perry Barr

PerrybarrEHnetwork@spurgeons.org  
0121 752 1900

### Selly Oak

EarlyHelp.Billesley@gmail.com  
0121 441 4556

### Sutton Coldfield

SuttonEHnetwork@spurgeons.org  
0121 752 1860

### Yardley

EarlyHelpYardley@barnardos.org.uk  
0121 289 4875







**Healthy Start  
paper vouchers  
will soon be  
replaced with a  
prepaid card**

**Apply online [NOW](https://www.healthystart.nhs.uk/how-to-apply/)**

The Healthy Start scheme is changing, with a new online application process and prepaid card, to replace the paper vouchers. Paper vouchers will no longer be issued after **31<sup>st</sup> March 2022** so it is very important that you apply for a prepaid card as you will no longer receive vouchers after the 31<sup>st</sup> March 2022. **You will not automatically be transferred onto the new scheme.**

**To apply for the first time or get your new prepaid card, go to the Healthy Start website [www.healthystart.nhs.uk/how-to-apply/](https://www.healthystart.nhs.uk/how-to-apply/) and follow the steps for applying.**

Pregnant women and families with children under the age of 4 may be eligible for help to buy healthy food and milk if they are on certain benefits. Healthy Start vouchers are currently worth **£4.25** per week per child under the age of four – but if you have a child under one year, you could get two vouchers a week giving you **£8.50**

**Sign up online today – [www.healthystart.nhs.uk/how-to-apply/](https://www.healthystart.nhs.uk/how-to-apply/)**

*(If you do not have access to a computer or phone, ask your health visitor, midwife, Children Centre, or another organisation that you receive support from)*



**A BOLDER  
BRIGHTER  
BIRMINGHAM**



**Birmingham**  
City Council



## **Healthy Eating/Recipes**

- [Startwell 2020 \(startwellbirmingham.co.uk\)](http://startwell2020.startwellbirmingham.co.uk)
- [www.nhs.uk/change4life/recipes](http://www.nhs.uk/change4life/recipes)
- <https://my.whisk.com/feed>
- [Healthy eating on a budget | BHF](#)
- [Diabetes-UK-African Caribbean-Guide.pdf \(nhsforthevalley.com\)](#)
- [FINAL A5\\_Healthyeating\\_SAasian7.qxd \(diabetes.org.uk\)](#)
- [www.tomkerridge.com/full-time-meals/](http://www.tomkerridge.com/full-time-meals/)
- <https://www.youtube.com/watch?v=c-2gPJUOiqM&list=PLb1P0NWdnLLMAWayc9IbIm-8abQ8oHcG8> - healthy eating webinars

## **Keeping Active**

- [Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#)
- Startwell being active - [180 Katie - Startwell 2020 \(startwellbirmingham.co.uk\)](#)
- [PE With Joe | 2021 - YouTube](#)

## **Useful sites**

- **Pregnancy start4life:** [www.nhs.uk/start4life/](http://www.nhs.uk/start4life/)
- **Birmingham Safeguarding Children Partnership:** [Home - Birmingham Safeguarding Children Partnership \(lscpbirmingham.org.uk\)](#)
- **Birmingham Forward Steps:** [Birmingham Forward Steps – The best start for our children \(bhamforwardsteps.co.uk\)](#)
- **Supporting children's mental health:** [Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](#)
- **Mental wellbeing:** [Home - Kooth](#)
- **ICON:** [ICON - Babies cry you can cope - Advice and Support | ICON \(iconcope.org\)](#)
- **Food Banks:** [All Food Banks | Find FoodBanks Brum](#)
- **Healthy Start webinar:** <https://www.youtube.com/watch?v=ko3TPO7EurE>





**We've all been through a tough time recently.**

*The following organisations have partnered to provide services and support, which might make life a little bit easier...*

Birmingham Children's Partnership includes: Birmingham City Council, Birmingham Children's Trust, Birmingham and Solihull Clinical Commissioning Group, Birmingham Community Healthcare NHS Foundation Trust, Birmingham Women's and Children's NHS Foundation Trust, West Midlands Police and Birmingham Voluntary Sector Council.

*There is support available for domestic abuse, parenting courses, mental health support, financial help, alcohol and drug problems, bereavement support and more.*

*Follow these links to find out more:*

<https://www.birmingham.gov.uk/love>

[https://www.birmingham.gov.uk/info/50224/birmingham\\_children\\_s\\_partnership/2156/birmingham\\_children\\_s\\_partnership\\_-\\_resources](https://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2156/birmingham_children_s_partnership_-_resources)

*Alternatively, speak to a member of the Inclusion Team for more advice / support.*

*In most cases, you can self-refer for support.*

*One example of support they can offer is with emergency food and supplies grants of up to £100.*

# From Birmingham with Love



We've all been through a tough time with Covid-19 and repeated lockdowns. For many families it can get harder over Winter, which is why we're here to help. Here are some of our partners' most used services and support, which might make life a little bit easier...

1. **Online parenting course.** We've pre-paid for every parent in Birmingham to access a [parenting course](#). Just enter the access code "COMMUNITY" at the top of the page to claim. There are courses for parents, carers and grandparents of children from bump to 19. Learn about how your child develops, and get tips to manage their behaviour.
2. **Mental health support.** In these difficult times we have to look after our mental health. For young people aged 11-25 there are forums, guides and counselling available at [Kooth](#). If your child 0-25 needs support, get in touch with Pause by calling 0207 841 4470 or [email](#). Adults can get support from [MIND](#) by calling 0121 262 3555. Or for urgent help call [Forward Thinking Birmingham](#) on 0300 300 0099.
3. **Financial help.** If you've lost your job, or are struggling for food or rent there are services that can help. [Local welfare provision](#) can make a big difference if you are in a crisis and need food, fuel or basic white goods. [Discretionary Housing Payments](#) may be able to help with rent. And there are [food banks](#) across Birmingham that are here to help.
4. **Domestic abuse.** For women and children affected by domestic abuse please see [guidance](#) or confidentially contact [Birmingham and Solihull Women's Aid](#). For Men, please contact [Respect](#).
5. **Problems with drugs or alcohol.** A new, discrete app called Staying Free is available on Android or Apple. Use the code "birmingham11" for pre-paid access. To speak to someone call [Change Grow Live](#).
6. **Bereavement support.** It's a terrible time to lose a loved one — you can get help by calling 0121 687 8010 or from [Cruse](#).
7. **Early help for families.** If anyone in your family needs more help, from public services or community groups, then please contact our [voluntary sector local leads](#). We have ten areas which can connect you to support across the city.

If you are worried about a child, please call Birmingham's Children's Advice and Support Service on 0121 303 1888. In an emergency, including child abuse, contact the Police on 999. You can also [chat](#) to the Police.



# SEND BRIEFING PARENT WEBINAR

*October 2022*



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## Occupational Therapy

### Sensory Tot's: Introduction to the Senses

#### Speakers

**Ellie Steer & Gordon Heath**  
SEND Occupational Therapists

This family webinar will explore the 8 sensory systems. You will learn how to use the senses in activities to support the development of your child's skills.

**Thursday 5<sup>th</sup> October 2022**

**9:30am – 10:30am**

<https://www.localofferbirmingham.co.uk/product/sensory-tots-introduction-to-the-senses-early-years-6th-october-930am-1030am/>

**All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.**



# SEND BRIEFING PARENT WEBINAR

November 2022



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## Occupational Therapy Sensory Smart for primary

**Speakers**  
**Ellie Steer & Sarah Gallagher**  
**SEND Occupational Therapists**

This family webinar will look at the 8 sensory systems. You will explore the impact of sensory difficulties on your child and learn strategies to support your child

**Wednesday 9<sup>th</sup> November 2022**

**9:30am – 10:30am**

<https://www.localofferbirmingham.co.uk/product/sensory-smart-primary-age-9th-november-2022-930am-1030am/>

**Sensory Smart for secondary**

**Thursday 10<sup>th</sup> November 2022**

**1:30pm -2:30pm**

<https://www.localofferbirmingham.co.uk/product/sensory-smart-for-secondary-10th-november-2022-130pm-230pm/>

All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.



BIRMINGHAM  
CHILDREN'S TRUST





# SEND BRIEFING PARENT WEBINAR

October 2022



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## Occupational Therapy

### DIY: Encouraging Independence in self-care

**Speakers**

**Sarah Gallagher**

SEND Occupational Therapists

This Family Webinar will look at strategies to support your child to become independent in their self-care activities such as dressing, washing, toileting and feeding.

**Wednesday 7th December 2022**

**1:30pm – 2:30pm**

<https://www.localofferbirmingham.co.uk/product/ot-diy-encouraging-independence-in-self-care-early-years-age-7th-december-2022-130pm-230pm/>

All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.



# SEND BRIEFING PARENT WEBINAR

*October 2022*



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## **Occupational Therapy**

### **Managing Sensory outside the home for primary**

**Speakers**  
**Katie Green**

**SEND Occupational Therapists**

This family webinar will look at the impact of sensory difficulties on your child whilst away from the home. You will learn strategies to support your child's sensory needs whilst away from the home.

**Wednesday 8<sup>th</sup> March 2023**

**9:30am – 10:30am**

<https://www.localofferbirmingham.co.uk/product/managing-sensory-outside-the-home-primary-school-age-wed-8th-march-2023/>

### **Managing Sensory outside the home for secondary**

**Thursday 9<sup>th</sup> March 2023**

<https://www.localofferbirmingham.co.uk/product/managing-sensory-outside-the-home-secondary-school-age-9th-march-2023-130pm-230pm/>

**All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.**



BIRMINGHAM  
CHILDREN'S TRUST





# SEND BRIEFING PARENT WEBINAR

*October 2022*



Parent/Carer Webinars take place regularly throughout the year and cover a number of different topics. Please see the local offer website for further details. Each webinar should last approximately one hour and take the format of a presentation followed by an opportunity to ask questions.

## Occupational Therapy Toileting with OT

**Speakers**  
**Gordon Heath**  
SEND Occupational Therapists

This Family Webinar will look at strategies to support independent toileting. You will learn how to create an effective toilet time routine and how to adapt the bathroom environment to promote independent toileting.

**Thursday 9<sup>th</sup> February 2023**

**9:30am – 10:30am**

<https://www.localofferbirmingham.co.uk/product/toileting-with-ot-thursday-9th-february-2023-930am-1030am/>

**All people who book a ticket will be sent a copy of the presentation and a copy of the recording of the webinar.**

**ST FAITH AND ST LAURENCE**

HARBORNE, BIRMINGHAM B17 8RD

# **MESSY CHURCH**

IN THE CHURCH HALL

**SATURDAY 1<sup>st</sup>  
OCTOBER 2022**

**FROM 10.30am to 12noon**

**SUITABLE FOR NURSERY AND PRIMARY AGED CHILDREN  
ACCOMPANIED BY A PARENT, CARER or OTHER RELATIVE**

**JOIN US FOR SOME FREE CHILDREN'S FUN  
CHRISTIAN FELLOWSHIP with songs, prayer, baking,  
painting and other crafting activities each month**

**WE LOOK FORWARD TO WELCOMING YOU TO OUR  
MESSY CHURCH COMMUNITY  
SEE YOU THERE!**

[www.saintfaithandsaintlaurence.co.uk](http://www.saintfaithandsaintlaurence.co.uk)



# HARBORNE KARATE CLUB



**NEW BEGINNERS WELCOME !!**  
**BOOK A FREE TRIAL LESSON NOW !!**



**THURSDAYS**  
**LORDSWOOD GIRLS SCHOOL**  
**6-7PM**  
**(CHILDREN AGE 5+ & TEENAGERS)**



**LIMITED SPACES AVAILABLE !!**  
**FIRST COME , FIRST SERVED!!**

**BOOK YOUR TRIAL ONLINE !!**

**OR CONTACT JOSH MOUNTNEY DIRECT VIA PHONE**

**07824442833 [www.usko-karate.co.uk](http://www.usko-karate.co.uk)**

# NETBALL SESSIONS

SUNDAYS AT FOUR DWELLINGS ACADEMY QUINTON

**\*\*BOOK YOUR FREE TASTER TODAY AT  
WWW.LITTLENETTERS.NET\*\***



Classes for:

Preschool to Reception

Years 1-2

Year 3-6



**Boys & Girls Ages 3 to 11**



**Little Netters**



**littlenetters@outlook.com**



**07360 206866**



**littlenettersnetball**

Book Online: <https://www.littlenetters.net>



## **Useful links**

<https://homelearning.woodhouse.academy>

Additional learning resources and activities.

<https://www.woodhouse.priacademy.co.uk/news-and-events/parental-assistance>

Our parental assistance page with plenty of avenues of support.

<https://www.woodhouse.priacademy.co.uk/news-and-events/school-news>

Up to date school news.

<https://www.woodhouse.priacademy.co.uk/news-and-events/wider-opening>

Access our latest risk assessment, detailing our safety measures.

<https://your-local-pantry.force.com/s/member-sign-up>

The Food Pantry – Quinton

<https://www.theprojectbirmingham.org/housing-advice/>

Support with housing

<https://www.cicadasports.co.uk/index.php?route=product/search&search=woodhouse>

To purchase school uniform and PE kits.