

FOUR OAKS PRIMARY SCHOOL NEWSLETTER

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www.fouroaksprimary.bham.sch.uk

Volume 22/23~Issue 8



Next Week—Menu 1

13th January 2023



Dear Parents and Governors

Happy New Year

If I haven't seen you around the school site or on the gate can I take this opportunity to wish you all a very happy New Year! Everyone at school hopes that all of our families had a lovely Christmas and a chance to rest and re-charge batteries.

All Saints Church - Assemblies / Messy Church / Christmas Tree Festival

A big thank you to Sally from All Saints who came to school on Tuesday to lead two assemblies for our children all about 'fresh beginnings'. At the end of this newsletter you will be able to read information about the fact that Messy Church at All Saints Church begins again this coming weekend and everyone is welcome!

 This year there has also been the All Saints Christmas Tree Festival. A big thankyou to everyone who visited and showed their support for the Four Oaks Primary School tree. Incredibly our tree received the most votes! Thank you to all the children who sent in decorations - they were fabulous! 

PTA—Children's Film Night—Monday 16th January



Next Monday will see our next PTA event when children can come along to a film event after school. Just visit the PTA website at: <https://www.pta-events.co.uk/four-oaks-primary> to book a place! (£3.50 per ticket).

The Infant event will be from 3.20pm until 4.45pm and they will be watching 'The Highway Rat' & 'Stickman'.

The Junior event will be run from 3.30pm until 5.15pm and they will be watching 'Minions'.

Children have voted for their favourite films. At this event they can relax with their friends and enjoy a film with some snacks. PJ's/onesies/comfy clothes can be worn - send them in a bag with their name on in the morning for them to change into before they get taken by school staff to the relevant hall. Price includes a snack bag. All snacks provided by the PTA at this event will be nut free and vegetarian. If your child has any other dietary restrictions, please provide their own snack labelled clearly with their name.

Please remember that if you are sending in a snack for your child then we are a 'NO NUT SCHOOL!'



Sporting Superstars

A big well done to our fantastic Year 3 and Year 4 children who were chosen to represent the school in an all Birmingham Indoor Athletics competition on Wednesday. They had a fantastic time representing the school



and were delighted to come third overall. Another huge well done to our other group of children from across school who represented Four Oaks in the North Birmingham Para Athletics event today. It is great to see so many different children being picked for competitive teams across the school. Lastly, yesterday Mrs Goldspink took two teams of netballers to games against Hill West winning 20-5 and St. Joseph's winning 19-0 they were umpired by an ex pupil Olivia in Year 9. They were very proud of their wins, well done to them all

School Rebuild Programme

Keeping to our promise to keep all of our families up to date with progress on the National School Rebuilding Programme we will welcome another team onto site next week who will be carrying out a 'Utilities & Topography Survey'.

Birmingham Children's Hospital

After we adopted them last term as our school charity for the year, we will welcome Dale from Birmingham Children's Hospital next week when he comes into school to talk to the children about the effect fundraising has for his patients. We hope all of our families will support us through the year as we try to make a positive difference for children who are facing tough challenges in life.



Reception Parents' Workshop

There will be an important workshop for all Reception parents at 1.30pm on Monday 23rd January. This event will be held in the Reception classrooms and we look forward to seeing lots of you there.

Yoga & Well-Being

Our wellbeing after-school club for pupils will begin again on Monday 23rd January with a focus on yoga. Details of the club and how to book a place can be seen on the flyer attached to this newsletter.

Extra-Curricular Clubs



Hopefully parents will have seen our updated list of extra-curricular clubs on our School Jotter App, but we have also included a list attached to this newsletter. Added to our offer is Tennis and Spaghetti Maths.



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Friday 10th February- Live Comedy Night 7pm-11pm (Adult Event)

Join us for a night of superb live comedy, where the hall is transformed into a buzzing stand-up comedy venue. We will be welcoming must-see acts, with food included and a well stocked bar it's a great night out. Tickets £20. This event always sells out so get yours soon! See the attached flyer for further details. Visit our ticketing website for comedy night.

<https://www.pta-events.co.uk/four-oaks-primary/#.Y7sX1OzP2CR>

Congratulations to our December winners!



1st Prize, £50 - Ball 130 - E. Williamson

2nd Prize, £20 - Ball 134 - M. Dawes

Free massage voucher, The Massage Company - Ball 88 - G. Langdell

1:1 Dog School Lesson with Dogs Trust - Ball 193 - E. Kasproicz

Thank you to Mrs Bisset and her Year 2 reading group who drew the numbers on 13th December, overseen by Mr Benton.

Could you be a winner in 2023? Not signed up yet? Sign up by 13th January to be entered into the Jan-July 2023 draws! There are 7 draws to go, so it is only £7 per number to take part. One number gives you 7 opportunities to win £50, £20 or some wonderful bonus prizes. Link to purchase <https://www.pta-events.co.uk/four-oaks-primary/#.Y1-sL3bP>

Rags2Riches collection—14th February

On Tuesday 14th February Rags2Riches clothing recycling will be back at school. Please donate good quality clean clothing in any kind of bag and bring to the Junior outdoor classroom that day. School receives money for every kilo we supply. Please label your bags with "FOPS". Thank you for your support.





Super Stars and Acorns



The following children received Stars (Infants) and Acorns (Juniors) in Assembly last week. Well done to them all!!

Bumblebees	Not awarded this week
Ladybirds	
Owls	
Hedgehogs	
Turtles	
Sharks	
3E	
3R	
4B	
4W	
5AC	
5MC	
6B	
6S	



Super Stars and Acorns



The following children received Stars (Infants) and Acorns (Juniors) in Assembly this week. Well done to them all!!

Bumblebees	Rexford
Ladybirds	Roman
Owls	Cassia
Hedgehogs	Olivia
Turtles	Kian
Sharks	Oliver S.
3E	Hajra
3R	Arjun
4B	James
4W	Logan
5AC	Noah
5MC	Paige
6B	Not awarded school trip
6S	Not awarded school trip

Courtesy Cup Winners ~ last week

Reception	Freddie / Tommy
Year 1	Oatie / Alfie G.
Year 2	Alice / William
Year 3	Joshua / Daya S.
Year 4	Lilly-Mae S. / Laina
Year 5	Bella / Sonny
Year 6	Hassan / Amirah



Well done to all the winners!

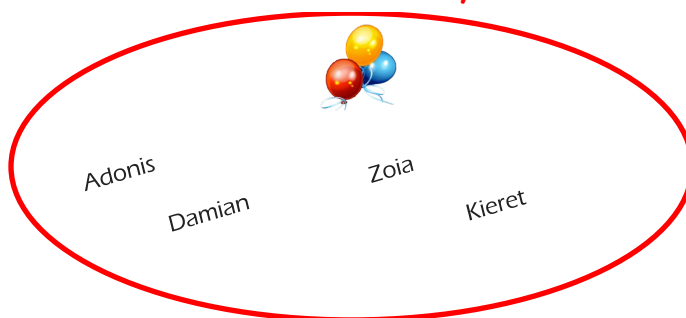
Courtesy Cup Winners ~ this week

Reception	Kieret / Sara
Year 1	Isla / Maisie S.
Year 2	Finley W. / Maya
Year 3	Sheng / Ella
Year 4	Ava / Aarya
Year 5	Wilden / Maddy
Year 6	Not awarded school trip



Well done to all the winners!

Infant Birthdays



Kindness Tree Award

Last Week Infants: Not awarded
 Last Week Juniors: Not awarded
 This Week Infants: Daisy B. (Owls)
 This Week Juniors: Not awarded



Alison Mander—Kindness award
 Last half term it was awarded to:
 Infants— Felicity (Ladybirds)
 Juniors— Elsie (4W)



Winter Illnesses Information

We have been sent some information regarding winter illnesses currently circulating, with advice on what parents should do and guidance on prevention. Please see the attached flyer at the end of the newsletter. Can we also remind parents that if their child is absent from school they must call the office **every day** to inform us unless advised otherwise. Please note that a message can be left on our designated line (option 3) outside of office hours. Thank you.

Dodgeball & Football—Monday 16th January

Could parents please note there will be no dodgeball or football club on Monday due to the PTA film night.

Year 6—Holdenby House Trip



Year 6 had a great time on their trip to Holdenby House on Thursday learning more information on their topic of World War II. Thank you to the parents for the wonderful evacuee outfits.

Year 5—National Space Centre Trip—8th February

Year 5 will be going to the National Space Centre in Leicester on 8th February in connection with their topic of 'Space'. Could parents please pay online through SchoolMoney and remember to tick the consent box. Thank you



ICT Tip of the Week

Rec Room

Rec Room follows in the footsteps of Roblox and other similar games. It's a free, cross-platform multiplayer video game, and seems to be gaining popularity. It's important to understand what it is and how children can stay safe. Users can explore millions of player-created rooms and communicate with people from all over. Or they can create their own inventions (player-made items) to share with others.

Follow this link to find out more:

<https://www.internetmatters.org/hub/news-blogs/what-is-rec-room/>

If you have any queries regarding any of the above please do not hesitate to contact me.
Yours sincerely

Mr M Benton
Head Teacher



LIVE COMEDY NIGHT

Friday 10th February Doors and Bar 7:00pm

The raymond & Mr Timpkins Revue

"Absolutely hilarious" Viz

"A mad, anarchic triumph of stupidity over style. Not to be missed"
The Guardian

"A runaway train of brazen daftness"
THE LIST

"If you only see one act at the Edinburgh Fringe this year, then make sure it's 'The raymond & Mr Timpkins Revue'.
FRANK SKINNER

WITH JOHN NEWTON

"John Newton does not require gimmicks or stage characters as he has something more valuable to any comedian, good old fashioned solid gags" funny.co.uk

+HEADLINE MC

ANDY WHITE



Tickets via WWW.pta-events.co.uk/four-oaks-primary

Tickets available from 6th January 2023

Extra-Curricular Activities - Spring Term 2023					
	Activity	Staff	Location	Time	Yrs
Monday	Tennis	Streety Tennis Club /Mrs Rowberry	Infant Hall	12.00 - 12.30pm	1 /2
	Dodgeball	Premier Sports / Mrs Rowberry	Junior Hall	3.30 - 4.30pm	3/4/5/6
	Football	Premier Sports / Mrs Rowberry	Junior Field	3.30 - 4.30pm	1/2
	French	Le Club Francais	Junior Library	3.30 - 4.30pm	3/4/5/6
	Well-being	Emotional Fitness	Bumblebee Classroom	3.30 - 4.30pm	R/1/2/3/4/5/6
Tuesday	French	Le Club Francais	Acorn Suite	12.00 - 12.30pm	2
	Gymnastics	Premier Sports / Mrs Rowberry	Infant Hall	3.30 - 4.30pm	3/4/5/6
	French	Le Club Francais	Junior Library	3.30 - 4.30pm	3/4/5/6
	Netball	Mrs Goldspink and Hayley Myles	Junior Hall	3.30 - 4.45pm	3/4
Wednesday	French	Le Club Francais	Acorn Suite	12.00 - 12.30pm	1
	Netball	Mrs Goldspink and Hayley Myles	Junior Hall	3.30 - 4.45pm	5/6
	French	Le Club Francais	Junior Library	3.30 - 4.30pm	3/4/5/6
	Gardening Club	Miss Wykes and Miss Everitt	Turtles and Garden	3.30 - 4.30pm	4
Thursday	Gymnastics	Premier Sports / Mrs Rowberry	Infant Hall	3.20 - 4.30pm	1/2
	Choir	Mrs Smith	Junior Hall	3.30 - 4.15pm	3/4/5/6
	FOPS Football Team Training	Aspire / Mrs Rowberry	Junior Field	3.30 - 4.30pm	5/6
	Maths	Spaghetti Maths / Mrs Bambury	3R	3.30 - 4.30	3/4/5/6
Friday	Gymnastics	Premier Sports / Mrs Rowberry	Infant Hall	3.20 - 4.30pm	R
	Dance	Dance 'n' beats	Junior Hall	3.30 - 4.30pm	1-6
Science Ambassadors / School Council / Sports Leaders		Mrs Coles, Mrs Elvins, Miss Appleby and Mrs Rowberry will let all pupils involved know when to meet as events/activities arise.			
Instrument Lessons	Various in-school sessions across both Key Stages.				
The start dates of these activities will be announced by the adults running them.					



UK Health
Security
Agency

Winter infections in children – guidance for parents/guardians

This leaflet gives advice on illnesses that are currently affecting nursery and primary school children across the West Midlands

What are the symptoms?

There are two groups of symptoms:

Diarrhoea and vomiting – usually lasting 1-2 days

Fever, tiredness and nausea (feeling sick), sore throat – sometimes with a cough, lasting 3-4 days

What should I do if my child is unwell?

Keep your child at home until they are well – if your child has diarrhoea and/or vomiting, they should not attend nursery/school until they have been symptom free for 48 hours

Ensure they drink plenty of fluids – taking sips rather than gulps, to avoid vomiting

If they have a fever – give child paracetamol and/or ibuprofen, according to manufacturer's instructions

Your child can return to school once they no longer have a temperature (without medication) and are well enough to do so

If your child is unusually sleepy, is unable to take fluids or has other symptoms, such as an unusual rash, headache or neck stiffness – **seek medical advice immediately**

Infection control advice

Handwashing is one of the most important ways to prevent the spread of both of these infections. This applies to the child who is ill and the person caring for them. Hands should be washed using soap and rinsed under running water:

- ♦ Before and after caring for the child
- ♦ After using the toilet
- ♦ Before eating, preparing or handling food
- ♦ After cleaning up spills (vomit, diarrhoea or urine)

Also – keep a separate towel for each family member who has symptoms, and change them regularly

Dry hands thoroughly

Other control measures:

Dispose of used tissues immediately

Wash soiled clothing, bed linen and towels, using the hot-test wash setting for the fabric

Ensure toilet areas, baths and washbasins are kept clean, using hot soapy water

After initial cleaning, areas may also be infected using a 1 in 10 bleach solution (*remember bleach can burn skin and remove colour from fabrics*)

For further information, visit [NHS.uk](https://www.nhs.uk) and search for 'respiratory infections' and 'diarrhoea and vomiting'



EMOTIONAL FITNESS GUIDE

How yoga can empower mindfulness and emotional fitness in children

- Yoga postures teach stillness
- Stillness teaches awareness
- Awareness teaches one to pay attention on breath
- Paying attention on breath guides thoughts and actions
- Yoga promotes Physical and emotional Fitness

Workshops run by: Baljeet Baba

Baljeet Baba is the founder and director of Emotional Fitness Guide. She is a former lecturer of Neuro-Biosciences and Human Physiology at various universities. For the last few years she has been working as an Emotional Transformational Coach helping individuals, students, parents and professionals using holistic approach to wellness. This is achieved by decoding the art and science of the mind and body, to make best use of these dynamics, enabling individuals to thrive in life.

www.emotionalfitnessguide.com
07515737805 | info@emotionalfitnessguide.com

Where: Four Oaks Primary School (after school club activity)

Starting from Monday January 16th **Price :** £40/child **for 5 weeks**

Duration : 1 hour

Book place for your child- email:emotionalfitnessguide@gmail.com/ Text- 07515737805

Please note the start date for Yoga has been amended to Monday 23rd January due to the Film Night.