19th June, 2020

RRSA article for June is article 12: ‘the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously.’ School value for this half term is Respect.

Dear Parents/Carers,
It has been lovely to see so many of our children return to school this week. I hope Reception children enjoyed their first few days back. We have also been able to call all the children who are not able to return to school this term. They were very cheerful and keeping safe and well at home. It seems many have a really good routine established where they are managing to do some home schooling each day from their class blog pages. Well done everyone!

Next week, we see the return of our Year 1 children. Please see the blog page and website for our virtual tour which you can share and talk about at home with your child. From Monday 22nd June, Reception, Year 1 and Year 6 will be in school Monday to Friday. Please note that school closes earlier on Fridays for a deep clean ready for the following week. Key Worker provision continues as normal, Monday to Friday 9am-3pm.

Please remember that we require your Home School Agreement signed and returned to school for children in Reception, Year 1 and Year 6. This can be sent in with your child or emailed directly to school. Please see the website for this. Thank you.

Enjoy your weekend and we wish all our fathers and grandfathers a Happy Fathers’ Day.

Keep well.
Ms McGrath

Notices and updates

Bags2School – Woodthorpe Friends
Please use your own bin bags and leave them on Rakhi and Rob’s driveway on Wednesday 1st July: 91 All Saints Road B14 7LN
Thank you.

Safeguarding
Any relevant safeguarding and welfare information held on all children must remain accurate. Please let a DSL know of any changes regarding welfare, health and wellbeing that we should be aware of before your child returns;

Mental health support
Kooth – a free online mental health support service for all 11 – 25 year olds in Birmingham, and can be accessed here: www.kooth.com - for more information https://www.birmingham.gov.uk/downloads/download/3481/online_mental_health_support

If you would like to discuss Kooth further, please contact Maxine Tomlinson, Improvement and Transformation Manager, Birmingham Children’s Partnership on 07502 908790 or via email at: Maxine.tomlinson2@nhs.net.

NSPCC:

Please see the link below from PAUSE. (If you are not familiar with this service here is a link to the website:
https://www.forwardthinkingbirmingham.org.uk/services/13-pause)

Direct link to the survey here:
https://forms.office.com/Pages/ResponsePage.aspx?id=SOAKNBzYq06IpLdJH6ikCBHy-
School Uniform for September 2020

Parents can now set up an online account with Clive Mark Via their website. It's a simple process to register and will make shopping online more efficient. Please don't leave purchasing uniform to the last minute this year as this will be a huge challenge in the current climate.

Parents and Carers who want to shop online can get 15% off discount by applying this code NI2020 (New Intake only, please)

They have a voucher scheme with “Saving Local” enabling parents/carers to buy vouchers when they can afford to do so and help spread the cost of payment in this manner. Please see Clive Mark Website for details (clivemark.co.uk)

Parents/carers will be able to book appointments with their online service ensuring they have a time slot attending to their particular needs, Visit clivemark.co.uk

Products can now be exchanged up to 2 months from date of purchase.

The Business re-opened fully across all sales streams from the 18th June.

Camp Hill Admissions

The application window for the Entrance Test for the Grammar Schools in Birmingham is open.

The Entrance Test takes place 12th September in accord with current plans. It is vital to note that application for the Entrance Test needs to be completed online by 4pm on Friday 26 June. If a student has specific needs in order to access the test paper, these applications need to be completed by 17 June. Once the online application has been made, children can access further
materials about how the test is run and the types of questions they will see. For those registering with Pupil Premium, they will be provided with detailed online familiarisation materials, including practice tests.

A poster which summarises the application process for parents and a map of the catchments for both Camp Hill Boys and Camp Hill Girls is available on the Year 5 blog site.

Birmingham School Games Virtual Challenges

The Birmingham School Games Virtual Personal Challenges are well underway this term, with Woodthorpe appearing twice on the leaderboard last week! Can we do it again this week?! Please visit www.sgochallenge.com to log in / register. More information is available on class blog sites too. (See attached letter)

Woodthorpe Fitness Challenges

It has been lovely to see and hear how active you’ve all been over recent months. Don’t forget to use the ‘Summer 2 Fitness Challenges 2020’ to give you some ideas. (See attached)

Digital Wellbeing

Like many families, you might be using technology more at the moment, to work, talk and play – and that’s great! Be Internet Legends teaches children how to look after their ‘digital wellbeing’ at the same time. (See attached for more information and the URL to access resources.)

National Online Safety continue to release their #WakeUpWednesday online safety guides. Look out for the attached ‘A guide on how not to be a screen zombie’.

#WoodthorpeHomeSchool

As the wider-opening of the school continues, it has been great to see what our families have been getting up to whilst learning from home. Please continue to email our staff to share things on the class blog sites, or upload to Twitter using the hashtag #WoodthorpeHomeSchool.

Mr Trevor
## Summer 2 Fitness Challenges 2020

Ask a family member/friend to sign the box when you have completed the challenges. You could even ask them to take a picture of you performing your challenge and post it on Twitter using #WoodthorpeFitness.

<table>
<thead>
<tr>
<th>1.6.20</th>
<th>8.6.20</th>
<th>15.6.20</th>
<th>22.6.20</th>
<th>29.6.20</th>
<th>6.7.20</th>
<th>13.7.20</th>
</tr>
</thead>
</table>
| 15 lunges  
15 punches  
15 mountain climbers  
Repeat 3 times. | 10 minutes Joe Wicks or similar Workout (YouTube) | 20 bicycle crunches  
Repeat 3 times. | 25 push ups  
25 squats  
25 high knees  
Repeat 3 times. | Run, walk or cycle for 15 minutes | Yoga poses (Tree, warrior, ballerina)  
Hold each for 30 seconds.  
Repeat 5 times. | 20 tuck jumps  
20 star jumps  
20 jumping jacks  
Repeat 3 times. |
| 15 bicycle crunches  
Repeat 3 times. | 20 push ups  
20 squats  
20 high knees  
Repeat 3 times. | Run, walk or cycle for 15 minutes  
(YouTube) | Dance for 15 minutes  
(YouTube) | 25 bicycle crunches  
Repeat 3 times. | 25 seconds sprint on the spot  
Repeat 3 times. | Run, walk or cycle for 30 minutes. |
| 15 push ups  
15 squats  
15 high knees  
Repeat 3 times. | 15 seconds sprint on the spot  
Repeat 3 times. | 15 tuck jumps  
15 star jumps  
15 jumping jacks  
Repeat 3 times. | 30 lunges  
30 punches  
30 mountain climbers  
Repeat 3 times. | 30 push ups  
30 squats  
30 high knees  
Repeat 3 times. | 30 lunges  
30 punches  
30 mountain climbers  
Repeat 5 times. | 30 bicycle crunches  
Repeat 3 times. |
| Dance for 15 minutes  
(YouTube) | 20 lunges  
20 punches  
20 mountain climbers  
Repeat 3 times. | Yoga poses (Tree, warrior, ballerina)  
Hold each for 20 seconds.  
Repeat 5 times. | 20 seconds sprint on the spot  
Repeat 3 times. | 15 minutes Joe Wicks or similar Workout (YouTube) | Run, walk or cycle for 20 minutes  
(YouTube) | 30 seconds sprint on the spot  
Repeat 3 times. |
June 2020

RE: Birmingham School Games Virtual Personal Challenges Parental Information

Dear Parent/Carer,

Welcome to the introduction of the Birmingham School Games Virtual Personal Challenges, bought to you by the 11 School Games Organisers across the city and Sport Birmingham. For those that do not know the School Games is a national initiative which forms part of the legacy from the London 2012 Olympics. The School Games is a free opportunity for all young people to engage in Physical activity and competitive sport. For more information on the School Games please visit www.schoolgames.com or ask to speak to the PE lead in school about it.

Recently, you may have seen the promotion on social media for our new School Games virtual personal best challenges with our first challenge going live on Monday 1st June. We (the School Games Organisers) are asking all schools in Birmingham to help support us with reaching as many families as possible so that all children can have access to these challenges. If parents/children have access to the internet they can sign up at www.sgochallenge.com and then follow the instructions to register. In the case where children do not have access to the internet, they can still take part in the challenges, they just have to submit their results to school- ideally to the PE lead who will be asked to complete their information on central spreadsheet. Once a challenge has finished, these pupils will have just as much chance as finishing in the top 5 as anyone else.

Each School Games area has a unique code for registering. Our unique area code for registering is bishop. This code is unique for our area, so please don’t use any other codes that you may come across unless you are linked to another school in another area. If you are unsure then please ask the school.

The challenges that are set are weekly challenges and end on the Sunday of a given week. Following the completion of a challenge week, the top 5 in each year group for each challenge will be emailed a School Games virtual badge. The SGO’s in each area and Sport Birmingham, may wish to promote this on twitter. If you have opted to remain anonymous either online or via a teacher’s submission of results, the SGO will not share this information. If you have any concerns with how we use your information please refer to the privacy policy and terms of use on the website or contact the school for further information.

The virtual challenge portal is ever evolving to ensure that we are providing the best experience for our young people so please do bear with us if we experience any technical difficulties. Please also rest assured that we are keeping a close eye on everything, so if it is not working we will know about it.

If you have any issues registering or uploading results please contact your school or the SGO for that area on Twitter (Twitter handles are all included below) or via the Sport Birmingham email address schools@sportbirmingham.com
We hope that in the future parents and teachers will have their own league table so the portal will include all families and school communities. We hope you and your child (children) enjoy taking part in the challenges and we can't wait to see your results and celebrate your success.

Kind Regards

Hannah Reed – SGO, Central Area
On behalf of the Birmingham SGO’s and Sport Birmingham.

SGO Twitter Handles

<table>
<thead>
<tr>
<th>SGO AREA</th>
<th>SGO NAME</th>
<th>SGO TWITTER HANDLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bishop Challoner</td>
<td>Derek McDermott</td>
<td>@BCSGO</td>
</tr>
<tr>
<td>Central</td>
<td>Hannah Reed</td>
<td>@CPSGO</td>
</tr>
<tr>
<td>Clifton</td>
<td>Robin Simpson</td>
<td>@CliftonSGO</td>
</tr>
<tr>
<td>Colmers</td>
<td>Matt Rickard</td>
<td>@Colmers_SGO</td>
</tr>
<tr>
<td>Hamstead Hall</td>
<td>Jo Nightingale</td>
<td>@Hamsteadhallsgo</td>
</tr>
<tr>
<td>King Edward VI Aston</td>
<td>Helen Tonks</td>
<td>@KESPB</td>
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<tr>
<td>Kingsbury</td>
<td>Heather Crump</td>
<td>@KSSPSGO</td>
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<tr>
<td>Kings Heath</td>
<td>Elliott Weston</td>
<td>@KingsHeathSP</td>
</tr>
<tr>
<td>Ninestiles</td>
<td>James Richardson</td>
<td>@NinestilesHal</td>
</tr>
<tr>
<td>Shenley</td>
<td>Mike Stimpson</td>
<td>@ShenleySports</td>
</tr>
<tr>
<td>Sport Birmingham</td>
<td>James Grinstead</td>
<td>@SportBirmingham</td>
</tr>
<tr>
<td>Wilson Stuart</td>
<td>Faye Haworth</td>
<td>@FayeHaworth1</td>
</tr>
</tbody>
</table>
Dear parent/carer,

Your child is learning how to be safer and more confident online as part of Google and Parent Zone’s **Be Internet Legends programme**.

Like many families, you might be **using technology more** at the moment, to work, talk and play – and that’s great!

Be Internet Legends teaches children how to look after their ‘**digital wellbeing**’ at the same time.

We’ve put together this **Legendary Learner Wellbeing Kit** to help you do that together – during lockdown and beyond! It’s full of fun activities and tips which encourage your child to:

- think about how using technology makes them feel
- form healthy digital habits
- find a balance that works for them.

You can find more info about Be Internet Legends – and play Interland, the interactive game – on Google’s website: [g.co/beinternetlegends/parents](http://g.co/beinternetlegends/parents)

Google and Parent Zone are also holding a series of **virtual parent sessions** to answer any questions you might have about online safety. Simply ask your child’s school to share the link with you – or encourage them to get in touch with us if they haven’t booked one yet.

If you have any questions in the meantime, don’t hesitate to get in touch with us on [legends@parentzone.org.uk](mailto:legends@parentzone.org.uk). We’re always happy to help.

Have fun!

The Be Internet Legends Team
A GUIDE ON HOW NOT TO BE A 'SCREEN ZOMBIE'

It's not always easy to tell if you've been spending too much time on your device. Mobile phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN
Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.

BE PRESENT, NOT A ZOMBIE
Screen zombies often find that they spend a lot of time alone in front of their tablet or mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!

SCREEN-FREE BEDROOMS
Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.

DON'T GET TRAPPED INSIDE
Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.

ZOMBIE-FREE MEALTIMES
Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just enjoying your day. Keep mealtimes for family time. Eating your food and starting at a screen means you're turning into a zombie.

BEWARE OF OTHER DANGERS
Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.

BEWARE OF SNEAKY TRICKS
A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.

SAVE YOUR PARENTS!
Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!

UN-ZOMBIFY YOURSELF
If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.

Meet our expert
Pete Radh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.

www.nationalonlinesafety.com  Twitter - @atonlinesafety  Facebook - @NationalOnlineSafety  Instagram - @nationalonlinesafety

NOS National Online Safety
#WakeUpWednesday