

Hill West Weekly Bulletin

Kindness, Compassion, and Connection at the heart of 'Our School'

Week commencing: Monday 3rd February



ACE; Ambitious, Curious and Ever-respectful

FOR YOUR INFORMATION; at a glance

Monday 3 rd February	<ul style="list-style-type: none"> • Children's' Mental Health week • RSE Lessons taking place for Years 5 and 6
Tuesday 4 th February	<ul style="list-style-type: none"> • 5.30pm Netball Match for participating children at Bishop Walsh
Wednesday 5 th February	<ul style="list-style-type: none"> • Swimming for children in Years 4 and 5 • 8.00am Virtual parents' consultations will be available to book on School Cloud for Wednesday 26th February or Wednesday 5th March
Friday 6 th February	<ul style="list-style-type: none"> • 9.00am - 10.00am Parent Drop in Coffee Morning with Miss Shipp and GROW family services in the KS2 Hall
UPCOMING EVENTS	<ul style="list-style-type: none"> • Monday 10th February – 7.30PM PTFA meeting in school.

PARENT CONSULTATIONS

We are pleased to inform you that, in response to feedback received through the recent parent survey and Parent Council meetings, we have added an additional **virtual parents' consultation** on **Wednesday, 26th February**, as well as the previously scheduled date of **Wednesday, 5th March**. The first session will run from **3.30pm – 5.00pm** and the second session will run from **3:45 PM to 7:15 PM**, with appointment slots extended to **10 minutes** to allow for more in-depth discussions. Please note that parents only need to book **one appointment** on either of the dates, not both.

Appointments will be available to book from Wednesday 5th February at 8.00am.



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SAFER INTERNET DAY TUESDAY 11TH FEBRUARY

Too good to be true? Protecting yourself and others from scams online.

Safer Internet Day is the UK's biggest celebration of online safety. Each year we cover an online issue or theme that speaks about the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day will be focusing on the issue of scams online and for young people, how to protect themselves and others, as well as what support is available to them.



NUT FREE SCHOOL

As you may already be aware, we have pupils attending school with severe allergies to nuts. Pupil's anaphylaxis (allergic reaction) can occur as a result of digestion, inhalation or any other contact with nut-based products.

We would ask you to help us to remain a nut free school by not sending your child into school with any nut-based product for a snack or packed lunch – this includes products that may contain traces of nuts. Potential allergens could include the following:

- Spreads, e.g. chocolate spread
- Cereal bars
- Some types of biscuit containing nuts
- Condiments, e.g. satay sauce
- Cakes containing nuts
- Some snack pots containing nuts



It is important that you check the labelling of food products before sending your child into school with them – it is not always apparent that products contain nuts or traces of nuts. **We thank you for your help in this.**



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THANK YOU FROM BIRMINGHAM HOSPICE

This year we decided to support Birmingham Hospice by recycling our Christmas Trees with them. As a consequence they have written to us with an expression of thanks.

Thank you again for supporting Birmingham Hospice Christmas Treecycle campaign. Thanks to you, Treecycle has already raised an astonishing **£130,000** - and we are hoping this will reach **£150,000** once Gift Aid has been added! This incredible amount will help Birmingham Hospice to provide the best possible care for people living with a terminal diagnosis in our community, wherever and whenever it is needed.

Plus, because you used our Treecycle service, your tree won't be going to landfill – it is likely to have already been chipped and will be used for making biomass fuel, or at local farms. I know our ACE Sustainability Champions will be very pleased.



READING

Story time is important for brain development, even for babies who do not talk yet. When you read with children, they are connecting the words you say to the pictures on the page and to the things in their world. All of those connections are brain connections! Children who read 20 minutes a day/5 days a week are exposed to 1.8 million words in one school year. Compare this to students who read 5 minutes per day – they will be exposed to 282,000 words per school year.



ATTENDANCE

Being in school and having the best attendance possible underpins all the many benefits of school for your child, such as their learning, wellbeing and wider development.

For some children, attending school every day will be harder than for others. This is why schools, and local councils in some cases, are committed to working together with families to solve problems and support your child's school attendance. The following link <https://shorturl.at/hK8WO> from the DFE covers two areas:

- Parents' responsibilities for school attendance and what you need to do when your child needs to be absent.
- How schools and local authorities will work with you to support your child's attendance.



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SAFEGUARDING: PARENTAL CONTROLS

Protecting young people from inappropriate online content

Parental controls are designed to help protect children from inappropriate content online, such as pornography, age restricted apps, or other adult content. These controls can be used in various ways, for example to help ensure that children access only age-appropriate content, to set usage times, to monitor activity, or to help prevent in-app purchases. Below is a guide from [Saferinternet.org.uk](https://www.saferinternet.org.uk) detailing best practices for parents.



Decide what's right for your family

- Creating a family agreement allows you to have conversations about setting boundaries. It's important that you involve yourself in your child's online world, so as a simple starting point you could ask them what their favourite websites or games are, and why they like them. The filtering options that you put in place may also change over time, as your children get older and more independent, and their technology use changes too.

Check your settings regularly

- Children can become accomplished users of technology and may learn how to disable or bypass the parental controls in place. Therefore, it's important to talk to your children from the outset about why the settings are there, and the importance of respecting them. Regularly checking the filtering on your family's devices could also form part of your agreement.

Give children the skills they need

- No parental controls or filtering options are guaranteed to be 100% effective. They are a very useful tool to improve the quality of online experiences, but they cannot offer a 'complete' solution. It is therefore essential to talk with your children about their online activities, so they know what to do if they encounter inappropriate content.

Establish some rules

- If you have parental controls from your internet provider on your home WiFi, these will not cover the use of 3G, 4G or 5G at home. Similarly, if your child goes to a friend's house where there are no controls in place, they may be able to access unrestricted content. For these reasons, it's important to educate your child about the potential risks online and establish rules concerning the sites that are suitable or inappropriate to visit



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NEW BUILD UPDATE

The DfE have been working hard to establish a relationship with a new contractor, and I am pleased to say that one has been initiated.



They are very interested in the new build project and are currently very busy working on pricing the works. The DfE are doing everything possible to expedite the works and as soon as we have confirmation of re-commencement, we will let you know.

FUN FEST HOLIDAY CLUB

Fun Fest offers children a choice about how they spend their holidays. With a menu of over 50 exciting activities for every morning and afternoon, children can plan their own individual holiday programme

Contact:

Telephone:

07788 309011

Email:

suttonoffice@funfestholidayclub.co.uk

2025 Dates:

February half term
17th February - 21st February

Easter
14th April - 25th April

May half term
27th May - 30th May

Summer
22nd July - 29th August

October half term
27th October - 31st October



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Messy CHURCH All Saints' Four Oaks invites you to...

ALL GOD'S AMAZING ANIMALS!

**3PM SATURDAY
8TH FEBRUARY 2025**

Join in fun messy play and crafts

Please bring party food to share

All Saints' Church, Belwell Lane, Four Oaks, B74 4TR
Book Now! www.bookwhen.com/allsaitsmessychurch



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Fun Fest offers children a choice about how they spend their holidays. With a menu of over 50 exciting activities for every morning and afternoon, children can plan their own individual holiday programme.



SUTTON - FOUR OAKS

Hillwest Primary, Clarence Road,
Four Oaks, Sutton, B74 4LD
Open 8.00am - 6.00pm



SUTTON - WALMLEY

Deanery School, 14 Fox Hollies Road,
Walmley, Sutton Coldfield B76 2RD
Open 8.00am - 5.30pm

- For ages 3 - 12 years
- Open every school holiday (except Christmas)
- £38 for a full day
- £35 for a sibling day
- £23 for a half day (morning or afternoon)
- £175 for a full week

See full club details and bookings at:

fun-fest.co.uk

Contact Ryan at:

suttonoffice@funfestholidayclub.co.uk

Telephone: 07788 309011

Facebook: Fun Fest Sutton funfestsuttoncoldfield @FunFestSutton



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Join us for a
workshop on
Sensory
Processing with
Occupational
Therapist Alison
Hart from
Children's Choice

Thursday
13 February and
27 February 2025
6.45pm - 9pm

Four Oaks Methodist
Church,
155 Lichfield Road,
Sutton Coldfield,
West Midlands
B74 2UU

Some individuals process sensations differently, leading to sensory sensitivities, seeking behaviours, or challenges with regulation.

- ➡ Join this workshop to learn about Sensory Processing
- ➡ Practical strategies for managing sensory challenges

To book a place please visit
www.growfamilyservices.org/eveningtalks



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