



# Welsh House Farm School News

Issue  
96

*'Inspired to grow and flourish'*

Dear Parents/Carers,

I cannot believe another academic year has passed! I would like to say a massive THANK YOU to all the parents for their support and to the pupils as they have worked so hard (as they do every year). The staff have also been amazing and have worked tirelessly to ensure all pupils have made progress, enjoyed learning and felt safe. They have exhausted themselves!

I am already looking forward to what the new academic year may bring our way. I know as a community we work so well together and hope we can keep building on this in September.

Finally, I just wanted to wish our Y6 leavers the best of luck in secondary school. They have been an absolute pleasure. They are resilient, hardworking and each one of them has a wonderfully unique personality, which I truly hope they continue to develop and nurture in years to come.

We will miss you Y6. Thank you for all the wonderful memories

Kindest regards,  
Mrs Jay

## A fond farewell To Mrs Bellinger

Our lovely Mrs Bellinger is retiring at the end of term. Mrs Bellinger has worked at Welsh House Farm for 10 years!

Mrs Bellinger we will all miss you so much. Enjoy your retirement, but don't forget to pop in and see us from time to time.



## DATES TO REMEMBER

**Don't forget school closes at 2pm on Friday 21st July 2023!**

Monday 4th & Tuesday 5th September 2023 - Teacher training days

Wednesday 6th September 2023 - Start of Term

Friday 27th October 2023 - School breaks up for Half Term

Monday 6th November 2023 - School reopens

Thursday 21st December 2023 - School breaks up for Christmas

Friday 22nd December 2023 - Teacher Training Day

Monday 8th January 2024 - School reopens



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# Celebration Page

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‘Inspired to grow and flourish’

## Stars of the week

### Reception

Yusuf & Donatello  
Asher & Noah

### Year 1

Cayn & Zahra  
Erney & Isatou

### Year 2

Mohammed & Dougie  
Salah & Lena

### Year 3

Bintou & Ester  
Biddy & Owais

### Year 4

Amadou & Darcey  
Romeo & Elliyah

### Year 5

Jugaad & Faizan  
Ayaan & Demarco

### Year 6

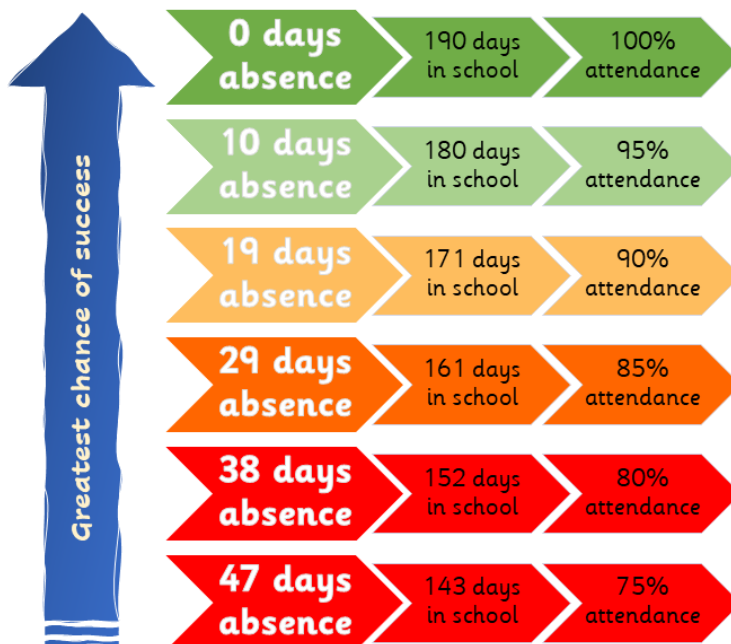
Jake & Vanni  
Jedidiah & Charlie



### RB

Landon, Arran & David

## Attendance



**Our winning class last week was Yr 6 with 95.4%**  
**Our winning class this week was Yr 5 with 93.3%**



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# Sports News at Welsh House Farm

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What an unbelievable sports day we had this year. Thank you so much to all the parents that attended, joined in the sessions and competed in the Javelin. The following sessions, Dance by Ace Dance, Gymnastics by Positive PE , Squash and Badminton by The Priory and Mini Athletics by Mini Athletics, were fantastic. The students had a brilliant time and we can't wait to recreate it next year



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# Graduations at Welsh House Farm

We have had two graduation ceremonies this week at Welsh House Farm.

## Year 2

Year Two delighted the audience with their singing, and what a packed house they sang too.

Thank you to all the parents who came along.

The children sang two songs beautifully.

We are very proud of them all.

## Nursery

We are beyond proud of our nursery class this year. We celebrated them on Tuesday with our graduation where they performed The Little Red Hen and collected their certificates. We wish them luck in Reception.



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## School's Out Take an emotional health check



Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

### FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

### HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child, read their behaviour and help them look after their emotional health.**



[inourplace.co.uk](https://inourplace.co.uk)

**Understanding your child** online course has been paid for by **Birmingham Children's Partnership**, so you can access it **completely free** using the code **COMMUNITY**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.

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WHF BIG LOCAL & MEDIA MADNESS PRESENT...

**ROLLER MADNESS**  
With Rena Sparkz

2.30PM - 5.30PM  
SKATING SESSIONS

RODEO BULL & DJ

JUST TURN UP,  
TELL A FRIEND

MONDAY JULY 31ST  
AGED BETWEEN 12 AND 16? COME  
AND JOIN US FOR A DAY OF  
TOTAL MADNESS!  
FREE TO ALL  
Four Dwelling Academy Dwellings lane 832 IRJ

**5 A SIDE FOOTBALL TOURNAMENT**  
With Nyran & Wez

2PM - 3PM  
SPORTS FUN AND GAMES

3PM - 6PM  
LEAGUE STYLE TOURNAMENT

MEDALS AND TROPHIES TO BE WON

FOR TOURNAMENT SIGN UP WHATSAPP 07801 426 222 WITH YOUR: NAME, AGE AND TEAM NAME (IF YOU ARE SIGNING UP AS A TEAM OF 5). INDIVIDUAL SIGN UPS ARE WELCOME. FULL SIGN UP ON THE DAY

**PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023**  
COURTESY OF MONEY SAVING CENTRAL

**ASDA**

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

**TESCO**

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

**SAINSBURYS CAFES**

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

**BEEFEATER & BREWERS FAYRE**

Two children under 16 can get a free breakfast every day with one paying adult!

**THE REAL GREEK**

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

**TABLE TABLE**

Two children under 16 can get a free breakfast every day with one paying adult!

**TRAVELodge**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

**HUNGRY HORSE**

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

**PREMIER INN**

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

**SIZZLING PUBS**

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

**IKEA**

Kids get a meal from 95p daily from 11am

**MORRISONS**

Spend £4.49 & get one free kids meal all day, every day.

**GORDON RAMSEY RESTAURANTS**

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

**PRETO**

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

**BILLS**

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

**BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

**WHITBREAD INNS**

Two kids under 16 eat for FREE with every adult breakfast purchased

**SA BRAINS PUBS**

Children can eat for £1 with any adult main. Valid All Day Wednesdays

**FUTURE INNS**

Under 12's eat for free with any adult meal. During the school holidays

**PAUSA CAFE @ DUNELM**

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

**YO! SUSHI**

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

**TO BE CONFIRMED...**

M&S and Farmhouse Inns

Copyright of MONEY SAVING CENTRAL



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# SUPER STARS CLUB

**FOUR DWELLINGS**

FOUR DWELLINGS ACADEMY- DWELLINGS LANE - QUINTON - B321RJ

*7-11  
Years*

**9.30AM - 1.30.PM**

**EVERYDAY**

Come and join us this summer for 3 weeks of spectacular fun!

- Cooking, DJ'ing, Dance, Graffiti and Sports Workshops
- Roller Madness with Rena
- Arts and Craft
- Animal man and so much more!



**Week 1 - Aug 8th - 11th**  
**Week 2 - Aug 15th - 18th**  
**Week 3 - Aug 22nd - 25th**

**SIGN UP**  
*Essential*  
**SEN INCLUSIVE CLUB**

● THIS CLUB IS FREE WITH ●  
 ● LIMITED SPACES. ●

**LUNCH PROVIDED DAILY**

TO SIGN UP VISIT: [WWW.FTLOS BIRMINGHAM.CO.UK/CLUBSIGNUP](http://WWW.FTLOS BIRMINGHAM.CO.UK/CLUBSIGNUP)



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## [# Parents worried about mental health](#)

New findings from Parentkind's #ParentVoiceReport2021 show that many parents are concerned about a range of mental health issues their children experience in schools, including exam stress, bullying and anxiety.

Find out more here: <https://bit.ly/3DN8zWM>

## [Action for children](#)

Advice and activities to support children and parents with their mental health and emotional wellbeing.

<https://parents.actionforchildren.org.uk/>

[The Waiting Room](#) - Health and Wellbeing services at your finger tips – Birmingham & Solihull TWR provides an alternative approach to taking control of our own health and well-being. It is a virtual bridge across “The Information Chasm” that connects support services to the recipient almost inthe-waitingroom.org

<https://the-waitingroom.org/>

## [Route 2 Wellbeing Birmingham](#)

Welcome to route2wellbeing Birmingham – the definitive guide to local voluntary and community health and care services in Birmingham. Route2wellbeing makes it easy to find local services and activities that promote good health and wellbeing.

<https://r2wbirmingham.info/home>







SUMMER  
HOLIDAYS

# PREMIER HOLIDAY CAMPS



INSPIRING  
ACTIVITY



SCAN HERE FOR  
MORE INFORMATION

or visit [premier-education.com/holiday-camps](https://premier-education.com/holiday-camps)



Based on over 15,000 reviews



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Summer holidays – Parents guide to help keep children safe online

## School's out for summer!

It's always best to be prepared

During the summer holidays, without the distraction of school, internet usage for many young people can increase all the way up to September. This guide is designed to help parents with a realistic approach to help keep their children safe when using the internet, social media and playing online games. Please click on each image below for more information.



**A Parent's Guide to Social Media**



**A Parent's Guide to Sharing Pictures**



**A Parent's Guide to Gaming**



**A Parent's Guide to Live Streaming**



**A Parent's Guide to Online Grooming**



**A Parent's Guide to Online Influencers**



**A Parent's Guide to Fake News**



**A Parent's Guide to Privacy Settings**

**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

**Parents** please contact your school if you would like to attend a parents internet safety workshop or have any concerns.

**Schools** please [contact us](#) if you would like a SKIPS Safety Net session delivered to your parent groups or staff.

**Skips Educational**

Web: [www.skipssafetynet.org](http://www.skipssafetynet.org)  
 Email: [info@skips.com](mailto:info@skips.com)  
 Tel: +44 121 227 1941

142 Newton Road  
 Great Barr  
 Birmingham B43 6BT

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Developed in partnership with



Keeping children safe online

[www.skipssafetynet.org](http://www.skipssafetynet.org)



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# Parents Page

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## Arbor Parent Portal and App

Next week you will be sent a link to sign up to the Arbor Parent Portal and App. This will be new way of communicating with the school, updating your child's information and much more.

Look out for a letter that will be sent out soon with more details.

## Grammar School Entry Test

Registration is now open for parents of current Year 5 pupils who would like their child to sit the entrance test for a place at any of the grammar schools in Birmingham (entry to Year 7 in September 2024).

Registration can be made online by visiting the website below.

The closing date for registering is 4pm on 30th June.

The test will take place on 16th September

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

## Your local pantry



• Quinton •

Your Local Pantry Quinton every

Monday: 12pm-2pm

Friday: 10am-2pm

Membership required.

£5 per shop

1 shop per week

0121-725-8268



Dignity, Choice, Hope



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



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## Welsh House Farm Big Local

# Craft and Chatter Club

Come and enjoy some knitting, crocheting, crafts, painting, drawing any creative activities, meet new people or just chat over a coffee or cuppa in a safe space.

Time: 10am - 12noon every Monday

For more information

Contact: Dadirai Tsopo - 07732679066

**ATTENDANCE IS TOTALLY FREE!!**

Venue :

Keystone Children's Centre,  
Purbeck Croft, Harborne, Birmingham, B32 2NL



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**Active Azra is all about moving more and sitting less, inactivity should be discouraged and movement encouraged. Movement is defined as translocation of the trunk, also known as the ‘belly button on the move’.**

The Physical Activity Guidelines for children aged under 5 years old as outlined in the UK Chief Medical Officers Report states that extended periods of inactivity should be broken up by at least light physical activity. Active Azra’s mantra is Move More Sit Less. The information below has been taken from the Chief Medical Officers Physical Activity guidelines.

- It has become very clear that higher levels of physical activity are better for health, and lower levels are worse. Regular physical activity in children is associated with improved learning/attainment, better mental health, healthier hearts through cardiovascular fitness, which all contribute to healthy weights.
- There is growing concern about the lack of physical activity opportunities and the increase in inactivity of children in early years which can lead to weight gain, lower attainment levels and poor wellbeing. This could be down to the amount of technology that is available to children, not using the outdoor environment and being focussed on sitting activities rather than movement.
- Periods of inactivity or sedentary behaviour are an independent risk factor for poor health outcomes and should be minimised when possible. Extended periods should be broken up by at least light physical activity. The term ‘when possible’ is emphasized as certain groups of people who depend daily on a wheelchair, unavoidably sit for long periods of time and sitting may therefore be the norm.
- Inactivity or sedentary behaviour are activities which involve low levels of energy and occur whilst children are seated or lying inactive and sedentary behaviours are those which involve being in a sitting, reclining or lying posture during waking hours, undertaking little movement or activity and using little energy above what is used at rest eg. sitting in a chair while using a screen or reading, or a child sitting in a car seat or buggy. If your belly button isn’t moving then you’re not active.
- Confining equipment such as car seats, pushchairs, high chairs, and cots restrict the natural movements of infants and thus should be used for their primary purpose only. E.g. Using a highchair for meal times and a car seat for duration of the journey only.
- Studies show there is a link between higher levels of physical activity in early years leading to more sustained participation in physical activity in later life. So establishing physical activity as part of their daily routine from birth will give children the best start.

**Active Azra says:**

**“Remember to Move More Sit Less and get those Belly Buttons on the move.”**



## WELSH HOUSE FARM WARM SPACE AND COFFEE MORNINGS



Every Monday morning from 10:00 am - 11:30 am



### FREE TO ACCESS

- Hot and cold refreshments
- Gadget charging station
- Secure Wi-Fi access
- Quinton Food bank referral



- Harborne councillor drop in surgery
- Community information signposting

### ALL ARE WELCOME

Keystone Children Centre Purbeck Croft, Harborne , B32 2NL  
Contact: [welshhousefarmcommunity@gmail.com](mailto:welshhousefarmcommunity@gmail.com)  
0121 427 4193

Local Trust | Big Local



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Welsh House Farm



Edgbaston District



DLP  
DEVELOPING LOCAL  
PROVISION



Let's play and learn together...

# Stay and Play

Wednesday 1.00-2.30pm

(term time only from **18.1.2023**)

Quinborne Community Centre

Ridgacre Road, Quinton,

Birmingham. B32 2TW



Limited spaces! To book your **Free** place

## Call us: 07510005044



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## News from the local foodbanks

We have some important updates to share with you regarding our operations at Quinton and Oldbury Foodbank. As you know, we have been (currently ) operating out of 2 distribution centres:

- St Boniface Church, Quinton Road West, Birmingham, B32 2QD
- The Coffee Shop, 151 Castle Road, Oldbury, B68 0EL

Our trustees and steering group, with guidance from Trussell Trust staff have been reflecting on our operations at both centres and have decided to make changes in how we operate. We believe these changes are needed to streamline our work and make our Food Bank more efficient and effective at serving our community.

**St Boniface Church** - We are continuing to operate our Wednesday Food Bank sessions at St Boniface on Wednesdays from 11am-1pm. We have seen significant increase in demand at St Boniface. In response to this, we will be launching an additional weekly session every Tuesday from 10am-12pm, starting from the 6th September.

**The Coffee Shop** - The Friday Food Bank session is stopping at this site on 26th August. The local demand for the provision of crisis food parcels has always been less than at St Boniface and the management of food donations and volunteer teams across 2 centres has been demanding. The physical layout of the Coffee Shop has presented us with additional difficulties to do with privacy and offering further support to Food Bank clients. However, the Coffee Shop is being re-launched as "**Brandhall Community Hub**" and will offer a variety of support to the local community. This will include a Local Pantry, a food membership club giving access to low-cost food, including fresh goods, in a shop format. The Local Pantry will work in partnership with the Food Bank to be another way to support local people in a managed way, allowing households to budget for the food they need. To help ensure that everyone who needs food aid support in the Brandhall area, we will be supplying emergency pre-packed parcels at the Coffee Shop on Friday, until the Local Pantry is launched. We will have information about the Local Pantry and how to become a member ready in September.

**The nearest food banks in the Trussell Trust network to the Hub include:**

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



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