



Saint John Wall Catholic School

A Catholic School For All



Issue: 17

Friday 5 February 2021

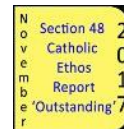
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Weekly Information Bulletin

Mission Statement

'To educate each and every unique child in our care to hear and respond to what God calls them to be'



Catholic Life

Termly theme: Hope



"I praise you, for I am fearfully and wonderfully made."

Psalm 139:14

This week, as a school we celebrated Children's Mental Health Week. The theme for the week this year is 'Express Yourself'. Self-expression is a great way to relieve yourself of stress and free your mind. Self-expression can help you to reflect on your life, actions, decisions, relationships, beliefs, and thoughts — rather than keep them buried deep down.

During form time this week, the Values@SJW PowerPoint shared examples of the different ways that we can express ourselves creatively. Pupils had the opportunity to listen to some poetry from George the Poet and they discussed with their form tutors the new skills they could develop at home. They also had the chance to hear famous sports people talk about how they express themselves and support their mental health.

Our scripture this week came from Psalm 139. It tells us that we are 'wonderfully made'. It reminds us that each one of us is unique for a reason. God made us the way we are because he wanted us to be that way. Each one of us is wonderful. George the Poet reminded us that there is no such word as 'impossible', we need to remember that 'I'm possible'. We have the ability to achieve and create amazing things, if we put our minds to it. All of this helps us express ourselves and supports us positively with our mental health.

New School Chaplain

At the end of the summer term last year, we said goodbye to Fr David Newell who was moving on to work with new schools and churches in Stoke. We thank Fr David for all the time, care and wisdom he shared with everyone at St John Wall—he will be missed!

We are delighted to announce that Fr Tomas Zuna, the assistant priest at St Chad's Cathedral has been appointed as our new school chaplain. We look forward to welcoming him into school when it is safe to do so. He is very much looking forward to working with us.

Mass for Vocations

On Thursday 11 February at 9:30am there will be a Mass for Vocations celebrated by His Grace, Archbishop Bernard via livestream from St. Chad's Cathedral. You can join the Mass live by clicking here:

<https://www.birminghamdiocese.org.uk/Event/vocations-mass-from-st-chads>.

Mass for the repose of the soul of Keon Lincoln

A Mass is being held in memory of Keon Lincoln, an ex-St John Wall pupil who sadly passed away in January. This Mass is being held at St. Chad's Cathedral in Birmingham on Monday 15 February 2021 at 12.15pm. We would like to see as many members of our community join in with this Mass via the live link which can be accessed here <https://www.mcnmedia.tv/camera/st-chads-cathedral-birmingham>. We would like to thank Fr Tomas for offering this Mass in memory of Keon.

By Mr Price

Headteacher's Message

This week's newsletter focuses on positive mental health and wellbeing, to coincide with Children's Mental Health Week.

At Saint John Wall we try to support both pupils and staff with a range of ways to keep positive and look after their wellbeing. Last Sunday staff received a surprise afternoon tea parcel. This was to thank all those who had to rapidly adapt their roles and way of working from the autumn term to the sudden January lockdown. Everybody has worked so hard to ensure that we continue to provide a high quality education and level of service to our pupils and parents, so it was a well-deserved treat.

Then on Tuesday Miss Guest and Mr Price hosted our first staff online quiz. This was very well attended, and there was great camaraderie and competition throughout. The winning team were Mr Rahman, Mrs Page, Miss Reynolds, Mrs Harms and Dr Consonni. A huge thankyou and well done to our hosts for mastering the technology and providing a great way for staff to socialize virtually and have some fun.

We continue to look for different ways to help people feel happy and valued working here and I have received lots of thankyou's from staff about these events. Here are some of those staff comments: *'Please pass on my thanks for the lovely parcel of food, it was a lovely surprise and good to know that our efforts are appreciated.'*

A quick message to say a big thank you for the afternoon tea, it really made our day.'

'Thank you so much for the afternoon tea box. It was lovely!'

'Thank you so much for the food parcel that arrived yesterday. It was unexpected and it makes me feel appreciated to be working at SJW.'

'Just wanted to say a big thank you for the afternoon tea box it was a lovely surprise and we really enjoyed it. It was a really nice way to break up some of the monotony in this lockdown.'

By Miss Marston

Staff Quiz

At the end of the day on Tuesday, 28 members of staff took part in an online quiz. This allowed staff to enjoy some quality time together in these testing times. Staff were split into teams and went into breakout rooms on Zoom to discuss their answers for each round. The quiz had 5 rounds and the subjects were:

Round 1- General knowledge
Round 2- Food and Drink
Round 3- Sport
Round 4- 2020
Round 5- Pictures

Some of the questions with the most correct answers were: Goulash is a traditional stew in which country? Muhammed Ali famously changed his name from what, in 1964? Who won 'I'm a celebrity...get me out of here' in 2020?

Some of the questions with the least correct answers were: What sort of projectiles were pioneered by American physicist Robert Hutchings Goddard? Described as 'the greatest mind and paramount icon of our age' who did Time Magazine name as their 'person of the twentieth century'?

'Team Extravagant' finished in first place. Well done to: Mrs Page, Mrs Harms, Mr Rahman, Miss Reynolds, and Dr Consonni who were members of this winning quiz team.

Great fun was had by all, and a special thank you to Mr Price for co-hosting the quiz and dealing with all technical issues so well.

By Miss Guest

Teams Support

We have members of staff available every day who are here to help and support pupils with problems using teams or general IT support. If you are having problems accessing your lessons, sound issues, need to reset your password or having issues with your device then contact Team Controllers directly by emailing:

TeamsControllers@sjw.bham.sch.uk

In your email you need to put the following information;

First name:
Surname:
Form:
Contact phone number:
What is the issue you are having?

Parents can contact school via 0121 554 1825

If you require IT Support and or need stationery you can do this by emailing TeamsControllers@sjw.bham.sch.uk

Public Q&A sessions regarding COVID-19 vaccination

The coronavirus (COVID-19) vaccine is our best defence against the virus. The vaccine is highly effective and it is currently being rolled out across Birmingham to priority groups. Throughout February 2021 there will be five online Q&A sessions which will allow the public to ask any questions they may have about the vaccination. On the panel will be the Birmingham & Solihull Clinical Commissioning Group, local representatives and Councillor Paulette Hamilton, Cabinet Member for Health and Social Care.

It is strongly recommended that people attend the session that is relevant to where they live, as some of the information in the webinar will be localised:

9th February at 6pm-7.30pm. South
Birmingham <https://www.eventbrite.co.uk/e/138644995915>

11th February at 6pm-7.30pm. East
Birmingham <https://www.eventbrite.co.uk/e/138644995915>

24th February at 6pm-7.30pm. West
Birmingham <https://www.eventbrite.co.uk/e/138645314869>

25th February at 6pm-7.30pm. Central
Birmingham <https://www.eventbrite.co.uk/e/138645491397>

Coronavirus Vaccines

Coronavirus vaccines are only available on the NHS and are free of charge.

If you receive an email, text message or phone call claiming to be from the NHS and asking you to provide financial details, or pay for the vaccine, this is a scam.

By Mrs Crooks

Remote Learning Heroes



Bucket 3 Subjects

72 pupils will be receiving postcards this week!

RE

20 pupils will be receiving postcards this week!

Humanities and MFL

19 pupils will be receiving postcards this week!



Science

46 pupils will be receiving postcards this week!

English

18 pupils will be receiving postcards this week!

Maths

21 pupils will be receiving postcards this week!



Children's Mental Health Week

The Duchess of Cambridge sends message to mark
Children's Mental Health Week



To mark the start of Children's Mental Health Week, The Duchess of Cambridge, Patron of Place2Be, has sent a message of support encouraging children and parents to find ways to share their thoughts and feelings, particularly during such a challenging time.

<https://www.childrensmentalhealthweek.org.uk/>



Children's Mental Health Week
1-7 February 2021

EXPRESS YOURSELF



**WHY DOES FINDING HEALTHY WAYS TO
EXPRESS YOURSELF MATTER?**

Being creative and expressing yourself can:

- help you to relax and de-stress
- generate "feel-good" endorphins which can lift your mood, help you feel empowered, and create a sense of identity and achievement
- help to boost your self-esteem, connect with others, and give you purpose and meaning
- How does society often expect young people to look, think, speak and act? And where do these ideas come from?
- Do these expectations stop you from expressing your true self?
- How does that make you feel?

How many positives can you think of?

Fill in the shapes with as many positives you can think of.
E.g. "I am brave, kind, caring..."



Mental Health Tips from Staff

Your teachers at Saint John Wall care about your mental health and wellbeing. Here are some tips which help them look after their mental health, that they wanted to share with you. Maybe some of these tips might help you?

"When you can feel yourself 'triggered' and spot the signs that you feel anxious or down, remind yourself that this feeling is only temporary. You didn't always feel this way and it will pass. Take some time out for yourself and put on something funny or light-hearted that you can watch to calm your thoughts."

By Miss Lally

"It is important that we take care of our own mental health and wellbeing. Especially during this pandemic when we cannot see friends or family or live our lives in the way we are used to. I really enjoy walking around the park or along the canal. It is really peaceful, and it is nice hearing the birds sing. I also enjoy reading; I find this really relaxing. Pupils- why not try reading to relax? Click the link to read free books online, there is a different book to read each week <https://library.thenational.academy/>"

By Miss Guest

"Your Mental Health and Wellbeing is very important, especially during these times. Some things I like to do to when I am away from Teams is, cook my favourite meal, watch a feel-good film such as Trolls and go for long walks. Why not give some of these a go?"

By Miss Cummings

"I read a book before bed. I make sure it's a book I find interesting, and it often helps me to fall asleep! I make sure it's a physical book rather than Kindle or screen & I would definitely recommend this to anyone who struggles to fall asleep as it makes your eyes heavy and tired, as well as giving you something interesting to think about before falling asleep."

By Miss Moyo

"I have found it useful since the start of the new year to try meditating for 5-10 mins a day. Taking time out to pause every day has been really worthwhile."

By Miss Quinn

"I like to go running every day to clear my mind and have some time away from a computer screen! Listening to podcasts is also good- especially on topics you are interested in."

By Mr Woodward

"I like to talk to people on the phone about different topics and try to understand other opinions. This helps me get a broader understanding and a different perspective, which can help me with my decision making."

By Mr Hussain

"Get away from the screen and spend some time outdoors enjoying fresh air."

By Miss Reynolds

Mental Health Tips from Staff

"I find Music to be one of the best ways to support my mental health. I try and listen to a variety of genres- maybe songs I'm not used to-acoustic music is one of my favourites! It allows me to totally zone out of what's happening around me and focus on what I am listening to. Taking time out in prayer is also very important, even if just spending 5 minutes sharing your worries or concerns with God."

By Mr Price

"I take care of my own mental health by ensuring that I have some down time from screens by playing the piano, going out for walks or baking!"

By Mrs Crooks

"Turn off your devices, turn off your laptop, turn off your tablet and turn off your phone. Yes, turn off your phone. Press the off button, don't just mute it and have five minutes of peace. Those messages will still be there in 5 minutes time for you to answer. These 5 minutes are for you. Reflect on your day, what made you smile. Enjoy the 5 minutes of peace and quiet."

By Miss Timmins

"Exercise- even something as simple as taking a 10 minute walk up and down the road can really help clear my head.

Something which gets you out of breath, your heart beating and blood pumping is proven to be best though.

Meditation- doesn't have to be as hippy as it sometimes sounds. Taking 10 minutes to breathe, be aware of how you're feeling physically and emotionally can really help your mental health.

Reducing screen time/ social media- all social media is designed to be addictive and keep our brains awake and stimulated. If we don't give ourselves enough of a break from these platforms, it can be really hard to switch off. Try to limit your screen time and stop using social media a couple of hours before bed at least."

By Miss Lake

Afternoon Tea



By Mr Pejatta

Afternoon Tea



"A wonderful afternoon tea from school! My family really enjoyed the food and had a lovely time. Thank you for such a kind gesture.

By Mrs Crooks



"Afternoon tea on a Sunday - what a treat. This surprise was thoroughly enjoyed by my family and I, where we used the opportunity to set it up like we would if we went out to experience it. Thank you to Miss Marston for her generosity by providing us with this and to Miss Guest for organising it."

By Miss Lally

Afternoon Tea



"We really enjoyed our afternoon tea on Sunday. It was a lovely way to finish the weekend!"

By Mrs Ellis



"Thank you SJW for the wonderful afternoon tea box, which we enjoyed in tasty stages over the week!"

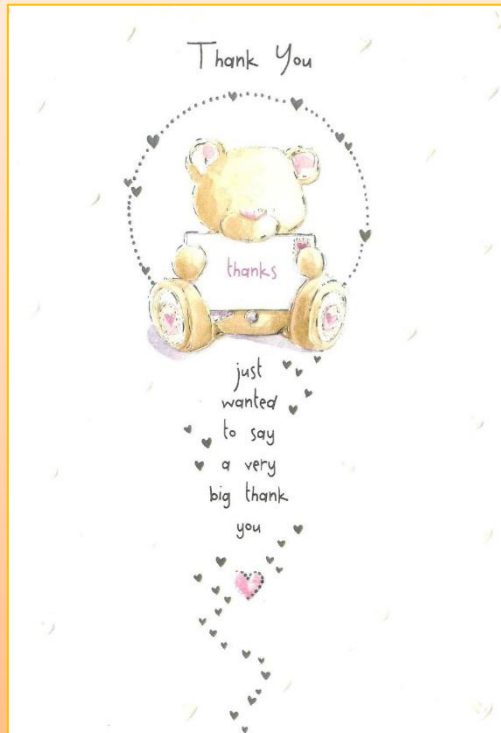
By Miss Slee



Afternoon Tea



By Mrs Gibson



By Mr Bhogal

Afternoon Tea



By Mrs Jalaf



By Mrs Mann



Head of Year

Head of Year 10 Message

Hello Year 10, I was thrilled that so many of you had been chosen by your teachers as Remote Learning Heroes last week. It was a real reminder to me of the maturity and work ethic of our year group and the praise you received is well deserved!

Another big well done to:

Roop Kaur	Chandani Chana
Sophie Khan	Kai Chand
Mahfuzur Rahman	Trish Kohli
David Kurek	Destiny Boora
Aleksy Chmura	Eisa Hasnain
Ranaw Hamad	Brajan Kozakiewicz
Anthony Clarke	Malick Jarju
Randul Fernando	Charlene Maynard
Grace Ihaza	Jemima Malundama
Baljinder Ram Rani	Martin Hlavac
Regina Mukuangu	Florin Sapusu
Abraham White	Bless Ashu
Simran Kaur	Dylan Kainth
Shantae Campbell	Szymon Wrukowski
Jenny Tran	Joel Wren
Mariam Rahman	Chenai Pryce-Andrade
Aryan Mann	Saul Savastita
Shiv Patel	Trevaughn Russell

Please keep up your hard work, it will pay off for you!

This week is Children's Mental Health Week. Mental health can be a difficult topic to discuss for adults, let alone children! I hope that our Collective Worship this week gave you a deeper insight into its importance and the simple steps we can all take to build or improve our mental health.

I challenged you all to try out a new activity this week. A reminder of some of your options:

1. Draw a self-portrait or a picture of someone or something you love.
2. Complete an exercise challenge.
3. Create your own puzzle. Send it to a friend to complete.
4. Play a game.
5. Write a letter to someone special.
6. Complete a colouring book.
7. Practice a new recipe and feed your family.
8. Design and create your own bookmark.
9. Write a story.
10. Draw your favourite cartoon.
11. Tidy your room.
12. Learn a magic trick.
13. Try origami.

Make sure to share your attempts with myself, your teachers and your form tutors.

Another activity to help you get creative is our House Competition organised by Mr Owen. The theme for our year group is food. Take pictures of your meals and cooking attempts and send them to your form tutor by March 19th. I hope to see lots of you taking part!

A reminder of our scripture for reflection this week:

"Prepare your work outside; get everything ready for yourself in the field, and after that build your house."

Proverbs 24:27

Remember that preparation for life involves taking steps to maintain good mental health. Have a lovely weekend.

By Miss Moyo

Head of Year 8 Message

Firstly, thank you for your high standards and contributions on Microsoft Teams, I can proudly say Year 8 are faith-filled and working well. I must clearly, explain again that we must not allow our behaviour expectations to fall below standards under any circumstances and our staff should be able to teach without any issues. We will continue to monitor lessons and support everyone in achieving 100% co-operation! You will be receiving your remote learning report from school this week, with your class teachers providing a clear snapshot of your attendance, contributions, and efforts.

During our Collective Worship we launched our House Photography Competition, and we look forward to your contributions and please remember our theme is "nature, getting up early to catch a good picture of a sunrise, the setting or could be of the storm".

Mental Health Week (1st February 2021 - 7th February 2021)

As you are aware and as discussed during our Collective Worship, it is vital for everyone to be upbeat about each day and every day, as we need to be united and together to pass these difficult times. Some starting points for us can be our diet, our resting and sleeping patterns and the need to have conversations, with your family at home to make each other feel comfortable and strong. Speak to your relatives and friends on the telephone but please do not let your mobile phone dominate you.

All of us are individuals and we all go through different emotions, but we are not alone during these times and someone can help each of us, and I encourage you to speak to someone if or when you need some guidance and help. I will end by a motivational quote *"Our greatest glory is not in never falling, but in rising every time we fall"*.

Stay home and stay safe.
Best wishes

By Mr Hussain

Head of Year

Head of Year 9 Message

Hello Year 9, I hope you got to enjoy some time out in the snow safely. I enjoyed a 7 mile walk around my local area and was able to see some wonderful sights, like a man canoeing on the frozen pond.

It was fantastic to see your work being showcased last week in the newsletter. You should be proud of the work you have been completing. Your teachers will now be nominating "Remote Learning Hero's". These are the pupils that have been working super hard during lesson time.

Attendance

Please ensure you are attending ALL lessons- including form time- and be prompt. Registers and attendance are being logged for every lesson. Remember to notify school if you are not going to be able to make your lessons. This is so we can note down and inform teachers. If you arrive late to a lesson, let your teacher know that you have arrived late so they can mark you in on the register.

Mental health awareness week- Express yourself

As you know during Collective Worship, we looked at the Express yourself challenge. Remember, expressing yourself is a way of letting others know how you feel. Sometimes we may not want to say it with words, there are many ways of expressing yourself, you have to find what is right for you.

Mental Health Tips

Make time for things you enjoy, read, run, write, sing, play music and much more!

Try something new! You can surprise yourself with learning a new skill (I have learnt to juggle)

Connect with people, it is not about how many connections you make but more so the deep and meaningful connections that will keep us grounded.

House Completion

This week we start the house completion of Photography. Our year group theme is ANIMALS. I shared my entry with you during Collective Worship. Remember to take a photo of an animal, this could be a pet you have or even a natural shot of some animals in the wild. Send these to your form tutors who will send to Mr Owen who will decide the winners. Deadline for entries will be Friday 19 March (this will be a great way to express yourself).

Remote Learning Heroes

Andrea Zajacova	Drama and Science
Hardi Pembele	Music
Jaskirat Singh	Resistant Materials and Science
Rachel Ohene-Williams	Science x2
Asher Rogers	GCSE P.E
Himna Mustafa	RE and Science
Julia Moszczynska	English
Ravjot Singh	Science
Brajesh Lal	Resistant Materials
Iasidara Jalo	Science
Julia Zyla	Science
Ruth Nkiambi	Business
Connie Grant	Music, Science, English and Drama
Ivie Imadonmwinyi	History, Maths and Geography
Kiet Nguyen	Science

Sadiq Miah	Resistant Materials and Business
Deborah Gebrekiristos	Music
Jahmone Hamilton	RE and Maths
Kymani Harvey	Science and English and RE
Samuel Milligan	RE and History
Dominik Ostrowski	RE and Science
Jannatpreet Singh	Resistant Materials
Leah Badhan	RE
Subhan Ali	RE
Gabriel-Iulian Potropascu	English
Japinder Singh	Media
Malika Rahman	Science
Victoria Omozee Ufumwen	English
Gerrard Kelly	RE
Jaskarn Sampla	Science and Resistant Materials
Natalia Moszczynska	Science

Well done!

By Miss Reynolds

Head of Year 11 Message

Hello, Year 11 as we end another week, I would like to say a big well done to most pupils in our year for their fantastic work ethic and attendance to all their remote learning lessons. Please ensure that you are also logging on your form time 8.55 - 9.10 am Tuesday - Friday and every Monday Year 11 should be logging onto Collective Worship with Mrs Chand. This is important as your form teachers will be sharing up-to-date information.

Please look out for information regarding virtual days at 6th form/colleges as we are approaching deadlines for applications.

Pupils will have received their reports this week on how they have been getting on in all their lessons. We have also sent out remote learning books, please continue to work through this as this is evidence of work you are completing at home.

If you require any further equipment please contact school and will try and support your request.

Remember my message from Collective Worship - make sure you are not overloading yourselves on screen time. Make sure you have a short break between each lesson so this can give you a chance to get a drink, stretch your legs or have a snack. It is important that we are looking after our mental health whilst we are at home.

As always please take care and stay safe.

By Mrs Chand

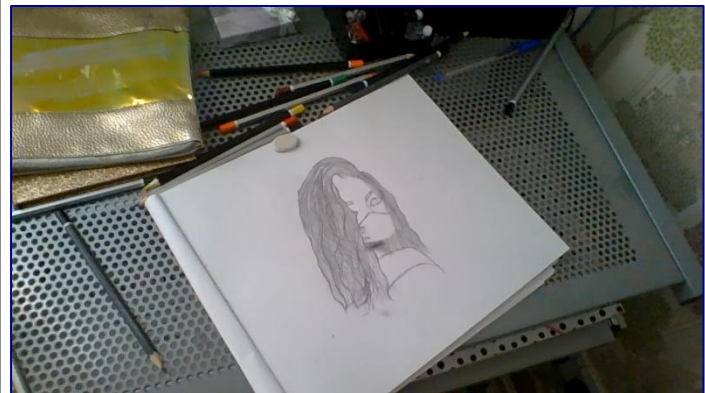
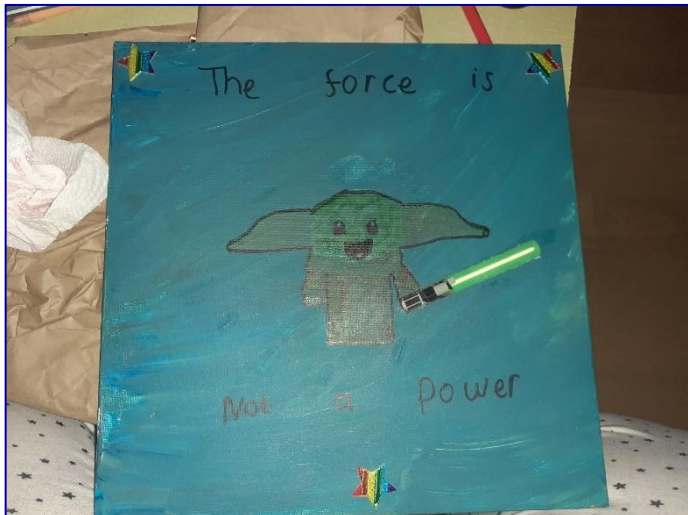
Head of Year

Head of Year 7 Message

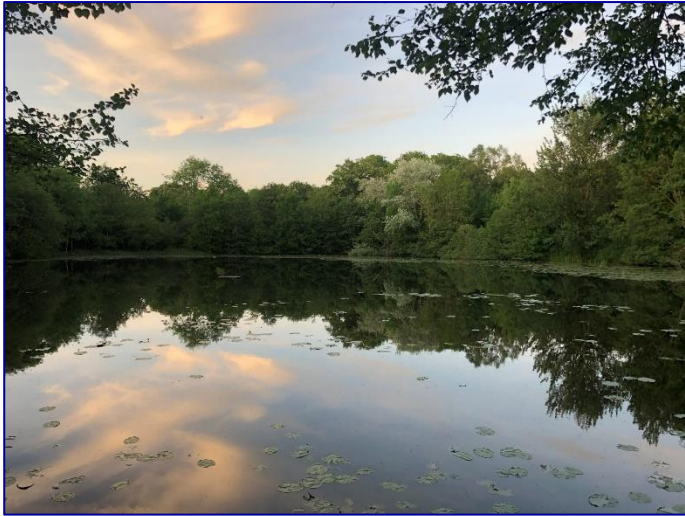
Collective Worship

Thank you to all those who joined us on Microsoft Teams for our Collective Worship on Friday, it was a lovely way to gather together as a Year group and reflect on our theme 'Express yourself'. Please continue to join Collective Worship every Friday from 8.55am-9.10am.

All Year 7 pupils and their form tutors had the opportunity to share exactly how they express themselves by sending in a photograph or short film of their creativity. While we weren't able to show all the entries during collective worship we were given the opportunity to reflect on how we can truly show those around us who we are inside. I hope the entries gave every one in Year 7 some new ideas in how they can express how they are feeling day to day. Here are some of the examples of our Year groups' brilliant expressions below! There will be class chart points given to all those who entered, well done!



Head of Year



Forward Thinking Birmingham (FTB) is the city's mental health service for 0-25 year olds. Please visit their site for tips, hints and support for mental health and wellbeing.
<https://www.forwardthinkingbirmingham.org.uk>

Kooth.com is an online service provided for **FREE** by Birmingham City Council for pupils aged 11+ to encourage good mental health and wellbeing. Once logged in you will be able to access additional support, speak to people your own age and chat to counsellors about how you are feeling. It's good to talk! Please follow the link below and get registered:
www.kooth.com

kooth
Need to talk?
We're **online** until 10pm

- Chat to friendly counsellors online until 10pm. 365 days a year
- Read self-help articles written by other young people
- Join peer-to-peer support forums

By Mrs Ellis

Express Yourself – Arts Week

As this week is Children's Mental Health Week, Pupils in Years 7 & 8 have been creating entries into the Titan Network of Schools Arts Competition during their Art, Performing Arts and Design Technology Lessons.

Pupils have been able to choose from a range of creative art forms to express who they are and how they see the world:

- Artwork
- Photography
- Poetry
- Short Story
- Play
- Song lyrics
- Design for a product
- Menu for your own restaurant

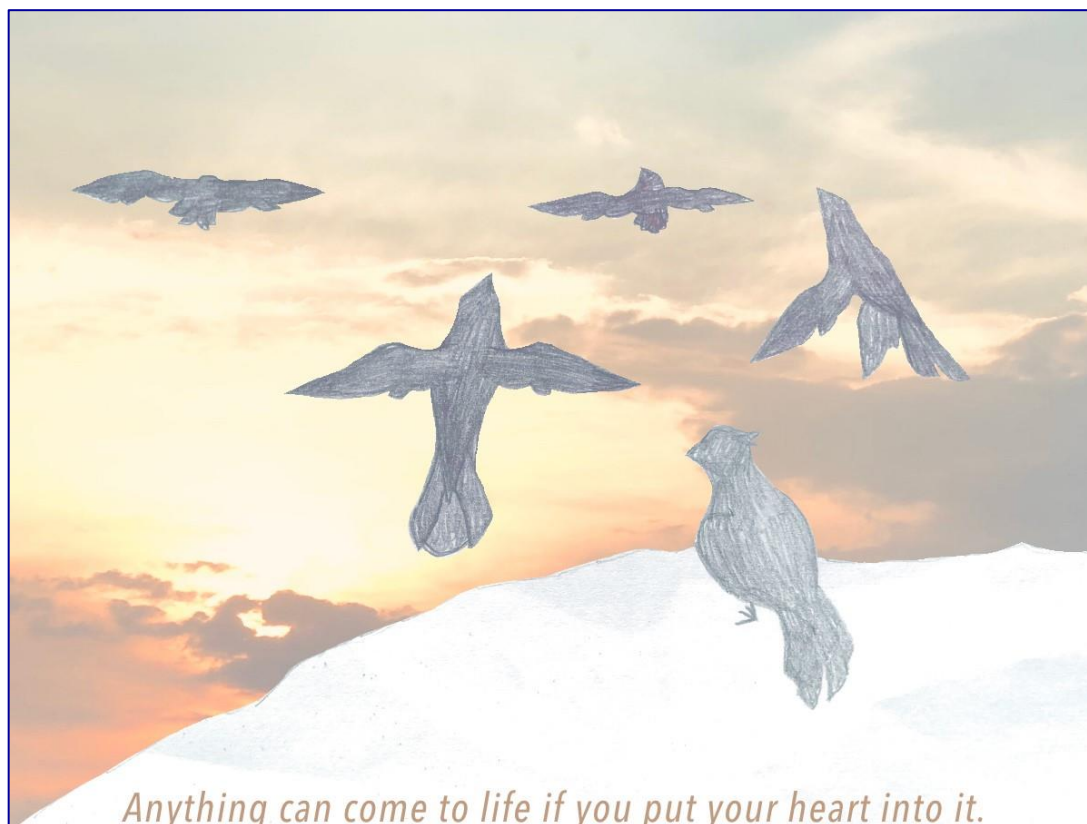
We have been bowled over by the talents of our pupils and we are so proud of them for their individuality and the pride they take in who they are. More humbling has been how encouraging of each other they have been and the amount of praise they have given others for their creations and sharing their God given talents.

Winner will be announced by Titan Network next week Wednesday 10 February. Here's a sneak peak into the quality of work created in just 3 hours.

Next week's newsletter will be a very special edition where we will share the entries of our pupils. It's not to be missed.

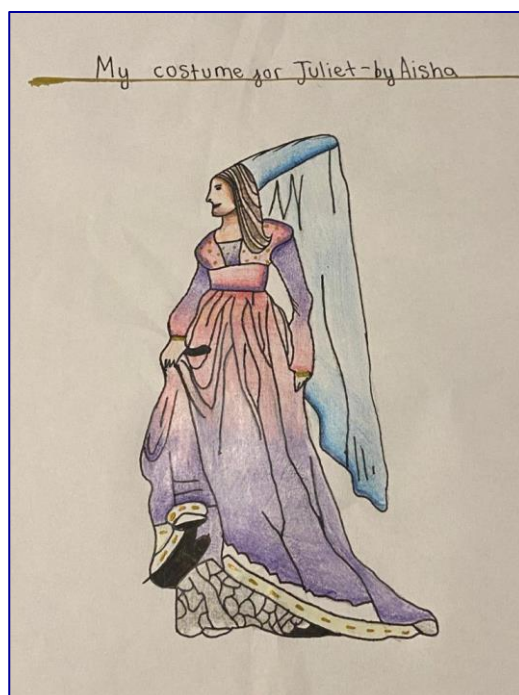
By Mrs Breslin

Kleopatra Cieslak- Year 8 - *I made it a photograph/drawing. The photograph is mine.*



First Kings 3:12 "Behold, I give you a wise and discerning mind, so that none like you has been before you and none like you shall arise after you."

Design a Costume for a Shakespeare Play



Well done to Aisha Rana 7FLI who has created this wonderful costume!

Lifestyle Remote Learning - Creativity

Creativity outdoors

Build a hedgehog house:

www.wildlifetrusts.org/actions/how-build-hedgehog-home

Make a bird feeder:

www.wildlifetrusts.org/actions/how-feed-birds-your-garden



Creativity through media

Take photos of a day in lockdown

Make a scrap book of your lockdown memories using PowerPoint.



<https://www.youtube.com/user/cartooning4kids/videos> - some great videos for how to draw- you will only need a pencil and a paper and a bit of self-belief.

Fun creative activities away from your computer screen!

Plan a treasure hunt at home – can you find an item in your home to spell out your name?

Draw yourself as a Super Hero!

Write a song or a poem about some of your favourite things!



Good luck and if you wish to send me any lovely stories or photos I would love that!
sadams@sjw.bham.sch.uk

Spring House Competition

This term's competition is based on Photography.

Using the themes set for your year, take a photograph using your mobile phone and send to your form tutor. Best photos from each form will then be sent to myself to award points for the best captured photo in each year. Feel free to use a filter/edit but ensure it still looks realistic!

Year 10 = Food – a chance to celebrate and show off food in your culture.

Year 9 = Animals – could be a natural shot of your pet, dress up your pet or of animals around the area.

Year 8 = Nature – getting up early to catch a good picture of a sunrise, the sun setting or could be of a storm.

Year 7 = Lockdown life – show off new hobbies/activities you have taken part in during this time.

Staff can also get involved for extra house points – MUST be linked to their theme.

Deadline for photos is **Friday 19 March**

By Mr Owen





Be Empowered Workshop – Early Support Programme for SEND Parent Carers

Booking form for DAYTIME ONLINE Be Empowered Workshops

BOTH SETS OF WORKSHOPS ARE ONLINE

FEBRUARY-MARCH 2021 - MONDAYS 10am – 1pm

Starting Mon 22nd Feb 2021, then continuing Mon 1st March, Mon 8th March, Mon 15th March, Mon 22nd March and finishing Mon 29th March

OR

APRIL-MAY 2021 - TUESDAYS 10am – 1pm

Starting Tues 20th April 2021, then continuing Tues 27th April, Tues 4th May, Tues 11th May, Tues 18th May and finishing Tues 25th May

PLEASE NOTE IF YOU CHOOSE TO ACCESS EITHER OF THESE WORKSHOPS YOU WILL NEED A PC, LAPTOP OR SMARTPHONE AT HOME WITH A CAMERA

Please note there is no charge for these workshops.

Please complete all sections in BLOCK CAPITALS.

To ensure that we can process your form swiftly please ensure the form is fully completed and the consent overleaf is signed and dated.

Your Details:

Please tick to indicate your preferred workshop: Feb-March ☐ April-May ☐ No preference ☐

Parent Carer Name.....

Address.....

Postcode.....Telephone Number.....

Email Address.....

Age of your child(ren) and their individual additional needs

.....

Any special requirements or access requirements:

.....

Please read Course Booking Terms and Conditions below. Please email both pages of this booking form including the signed consent by Wed 10th Feb 2021 to BeEmpowered@birmingham.gov.uk
For any queries about the Be Empowered Workshops please call Sarah Adams, Early Years Inclusion Support on: 07827 082 751.

TERMS AND CONDITIONS

ALL EYIS -EARLY SUPPORT SERVICE COURSES

On receiving this booking we will assign available place/s where possible. If bookings are received after the deadline, places may not be available and you may be asked to join a waiting list. Whilst every effort will be made by EYIS - Early Support Service to ensure places and keep the dates and venues as advertised, we reserve the right to amend or cancel courses without notice. We will make every effort to inform you in advance if possible. EYIS - Early Support Service does not accept any liability whatsoever, if for whatever reason, the course does not take place.

CONFIRMATION

Bookings will be confirmed and joining instructions will be sent to you.

RESERVING A PLACE AND CANCELLATION CONDITIONS

By entering details on the booking form the delegates confirm they have read, understood and accepted the terms and conditions and are able to attend on the dates specified.

Please contact us as soon as possible if you need to cancel so the place can be offered to someone else.

EQUAL OPPORTUNITIES

EYIS - Early Support Service is committed to equal opportunities in training and professional development and we positively welcome course delegates irrespective of their gender, race, disability, colour, ethnic or national origin, nationality, sexuality, marital status, responsibility for dependents, religion, trade union activity and age. EYIS - Early Support Service will not accept any form of discrimination at any time during the event.

CONSENT

CONSENT – TO BE COMPLETED AND SIGNED BY ALL PARENTS / CARERS/ PROFESSIONALS

☐ I agree to Birmingham City Council (BCC) Early Years Inclusion Support (EYIS) processing personal details and contact information and I understand that both paper and electronic records may be kept as a result of my attendance on the 'Be Empowered' Workshops and that any records will be kept securely and destroyed safely in accordance with BCC Document Retention and Deletion Schedule.

☐ I understand that information (for example my name, address, phone number, email address) will only be shared with course facilitators as a result of attending the 'Be Empowered' Workshops. This will be done in accordance with Birmingham City Council's Information Sharing Protocols. This will only be information that is relevant and necessary, shared with people who need that information and, when there is a specific need for that information to be shared at that time.

☐ By signing this form I give explicit consent for BCC EYIS to communicate with me including by secure email.

☐ I understand that as part of the General Data Protection Regulations I have a right to request a copy of the information BCC holds about me. For more information, I can contact BCC's Data Protection Officer at the Corporate Information Management Team, PO Box 16366 Birmingham email: infogovernance@birmingham.gov.uk

☐ I understand that I can access the BCC Privacy Notice at www.birmingham.gov.uk/info/20154/foi_and_data_protection/384/privacy_statement/1

Name (please print):

Signed:

Date:



Do you need any support over lockdown? Mental Health Special

Creativity:

The theme for Children's Mental Health week 2021 is 'EXPRESS YOURSELF'. This means showing people how you are feeling. One of the best ways to do that is through creativity.

Why not use lockdown to try a new hobby or develop a new skill- there are 21 suggestions next to this box on new things to try.

Healthy Mind/Health Body

Joe Wicks is back with his PE lessons streamed live to his YouTube page at 9am each day. (<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>)

The PE & Lifestyle teams have also created resources to help you focus on keeping a healthy mind/body during lockdown.

You can access this work via the website by clicking on the 'Daily PE & Wellbeing Activites' link on the pop-up.

YoungMinds offers support to help you understand your feelings. Visit their website for more information:

<https://youngminds.org.uk/find-help/feelings-and-symptoms/>

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

<https://www.kooth.com/>

Remember you can contact wellbeing@sjw.bham.sch.uk if you need any more support.



Bereavement & Loss:

If you or anyone in your family suffers the loss of a family member or friend at this difficult time, there are some websites below that may help & comfort you:

Winston's Wish

Website: <https://help2makesense.org/>

Email: ask@winstonswish.org

Cruse Bereavement Care

Website: <https://www.hopeagain.org.uk/>

Phone: 0808 808 1677

➤ HEALTHY MINDS THAT TALK

Birmingham



Prince's Trust



Finding things difficult at the moment? This workshop will help you:

- Learn about the importance of mental wellbeing
- Discuss different coping strategies to help you feel more positive & in control during lockdown

For more information or to sign up, please contact :

Sarah Taylor
07779 976 417
sarah.taylor@princes-trust.org.uk

or freephone 0800 842 842
9am-9pm, 7 days a week

DATES & DEADLINES:

- Application Deadline: Tuesday 9th February
- Session Date: Wednesday 10th February, 11am

Available **free of charge** to young people **aged 16-30** living in Alum Rock, Bordesley & Highgate, Bordesley Green, Bromford, Hodge Hill, Glebe Farm, Tile Cross, Heartlands, Shard End, Small Heath and Ward End



This programme is delivered by The Prince's Trust, and funded by Birmingham City Council



Birmingham
City Council