Leadership Message

I'm pleased to share that this has been another really positive week at school. The children have demonstrated great manners and behaviour, reflecting the strong values nurtured at home, for which we're grateful.



A reminder: the deadline for secondary school admissions is near. Should you need any guidance with your applications, please reach out to us at school. We're more than happy to assist with any queries you might have and we are also happy to complete the forms with you.

Regarding attendance, it is crucial for pupils to be in school consistently and on time. Regular attendance supports their progress and contributes to a steady learning environment. Your understanding of its importance is clear, and I thank you for your role in this. Let's continue to ensure our pupils make the most of their time at school.

Looking ahead to next week, we're excited for Year 3, who will be going on an educational visit to the Think Tank. Meanwhile, Year 4 will have the opportunity to explore the West Midlands Police Museum on 15th October.



Finally, we take the opportunity to say **goodbye and good luck** to Mr Davies who leaves today after many years of faithful service to Conway! Mr Davies will be sorely missed, but we wish him every success in his very exciting new adventure!

Dates for your Diary

9th October

Y3 going to Think Tank

10th October

Wear YELLOW for World Mental Health Day

15th October

Y4 visit to West Midlands Police Museum

23rd October

LAST day of Half-Term

24th October

School closed for training

3rd November

School open—Autumn 2

10th November

School Photographs

If your child was born between 01.09.2021—31.08.2022, then you need to apply ONLINE for a place at primary school. **Why join Conway?** We are a school offering lots of opportunities for children and parents alike. We place an emphasis on knowing not only our children but also their families and we know that communication is key. Call the office for more information: **0121 675 0622**

Follow this link to apply online:

School admissions: How to apply - GOV.UK

Safeguarding - World Mental Health Day



World Mental Health Day is an opportunity for us all to consider how, together, we can help everyone have better mental health. This year, we're focusing on the mental impact of feeling overwhelmed when global events and relentless bad news become too much. The world is going through a tough time right now; it can feel like a lot to cope with. It's OK to ask for help, no matter what you, or anyone else is going through. We may not have the power to change everything on a global scale, but there are things we can do to protect ourselves and others from feeling overwhelmed in the face of current events. See the poster on page 3 of this newsletter.



On FRIDAY 10th OCTOBER we encourage all staff and pupils to wear yellow to help us recognise

World Mental Health Day.

Star Pupils of the Week

Year R

Nimra, Musa

Year 1

Zain, Aliza

Year 2

Ethan, Rohan

Year 3

Tayyab, Huzaifa

Year 4

Mohammad, Laith

Year 5

Isa, Umar

Year 6

Naariah, Amaarah, Nooh







Marvellous Mathematicians

Year 1

Shanzy, Aliyah

Year 2

Matei, Keyaan

Year 3

Ema, Umaymah

Year 4

Adam, Hamza

Year 5

Nazim, Bareerah

Year 6

Ayesha, Jabir, Musa

Congratulations to these children with whom we celebrate recently improved attendance. Keep it up!

Momina

Ruqayya

Igra

Govesan

Azaan Zayan

School Attendance this week

days lost per class

Aaliyah Muhammad

Remember Your education is important... don't miss out!

School and your future success begins with good attendance!



0

Our target for all children! days absent

6 days absent

30 hours

10 days absent

19

95 hours of learning lost

Next Week's Celebration Assembly: FRIDAY 8:50-9:20 **Invited parents/carers** will be notified before the assembly.

MOTO MENTAL LEATH DAY CONVAY PRIMARY SCHOOL PART NERSHIP TRUST

Tips to manage overwhelm during global events and relentless bad news



Constantly hearing about negative news from around the world can feel like a lot to take in – and that's because it is.

Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health. Here are some tips to help you cope with global news overwhelm and find your way back to balance.



Set boundaries with the news

Ask yourself how much news content you're happy to take in, and how often.



Use grounding exercises

Grounding yourself in the here and now can ease your stress response.



If you often find yourself doomscrolling, having set phone-free times or zones could help break this habit.



Talk with others

When you feel overwhelmed, it can help to connect with other people. You could spend some quality time with loved ones, family or friends.





Give yourself permission to rest

Taking time to look after yourself doesn't mean you've stopped caring about anything else; it means that you are looking after yourself so that you can keep on caring.



Focus on what you can control

Small actions still matter. Taking positive action can help shift feelings out of helplessness and into purposefulness.



Everyone deserves good mental health. For more tips and information, visit mentalhealth.org.uk Thank you to some of our KS2 children who have written some poems this week in recognition of National Poetry Day. Which is your favourite?

All About Dreams

Hold fast to your dreams

For if dreams die

Life is a broken-winged bird

That cannot fly

Hold fast to dreams

For when dreams go

Life is a barren field

Frozen with snow.





All About Hope

Hope is the thing
With feathers
That perches in
The soul
And sings the tune
Without the words
And never stops at all.

Rain

The rain is raining
All around; It falls
On the umbrella here
And on the ships at
Sea.

