

## Know Yourself, Grow Yourself

This week, we joined schools around the country in commemorating 'Children's Mental Health Week', encouraging children to embrace self-awareness and explore what it means to them. This will help them develop resilience to cope with what life throws at them. Here are some top tips for you to help your children:

**Journalling:** encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.



**Reflection:** When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.



**Be Visual:** Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.



**Mindfulness:** Try mindful activities, and quiet family time, to enjoy being in the moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

**Communicate:** Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



**Gentle Reminder:**

**Last day of  
term is**

**Thursday 13  
February**

# Stars of the Week!

Congratulations to all our 'Stars of the Week' for showing the Conway Values.

NUR: Balakh

RAL: Malik

RS: Dalton

1A: Shahed

1D: Zia

2K: Ibrahim

2R: Sameeha

3B: Sophia

3S: Kevin

4HK: Moise

4N: Aisha

5A: Abdullah

5S: Abdul Q

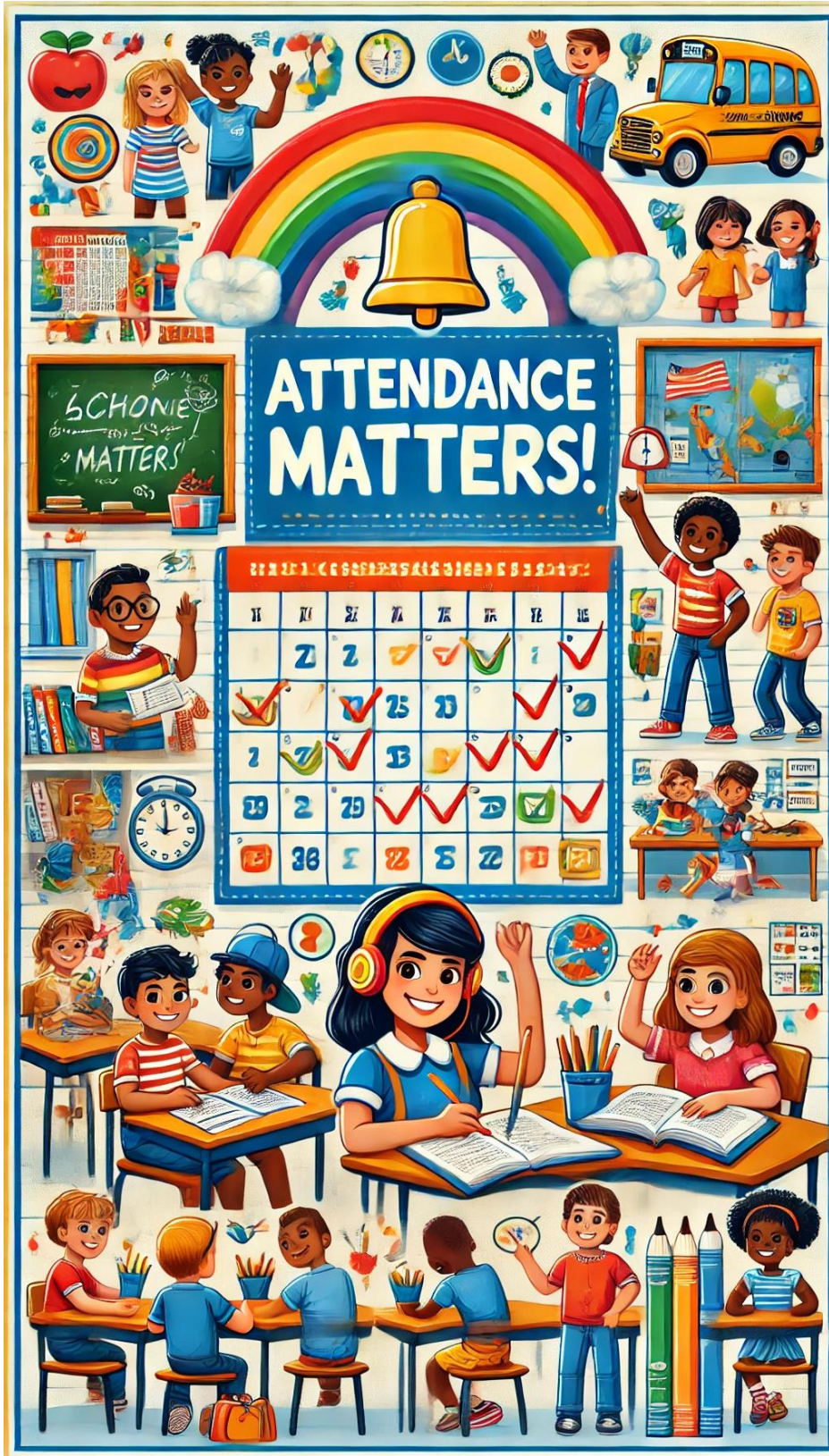
6A: Mohamed

6D: Tayiba



# Pupil Attendance

Special congratulations to class 2R for being top of the leaderboard for 5 weeks in a row! Miss Rukhsar is Unstoppable!



This week's class attendance:

1D: 86%

1A: 92%

2R: 99%

2K: 92%

3S: 94%

3B: 95%

4HK: 97%

4N: 97%

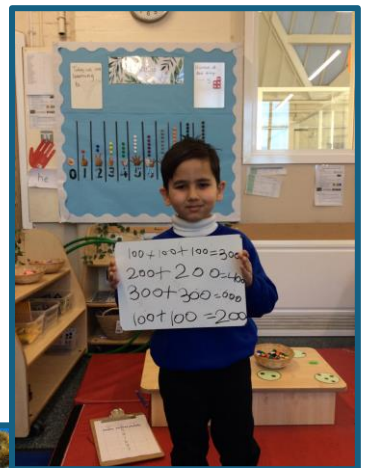
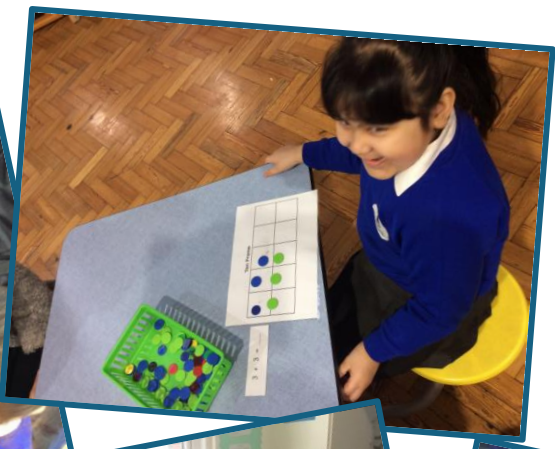
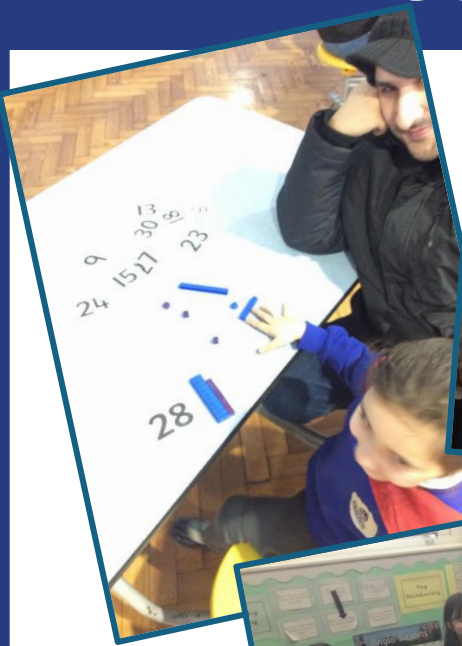
5S: 90%

5A: 83%

6D: 90%

6A: 95%

# Conway Crew!



# Half-Term Family Fun!



Wednesday 19th February 2025



1pm - 3pm



The Springfield Centre, Springfield Rd,  
Moseley, B13 9NY

Please join Early Help, your local Children's Centre and other organisations at our Family Fun Day, where all parents can learn what support is available local to you!

Free activities available for children!



- How can your local Family Hub support you? What resources are available?
- Are there groups you could join to link with likeminded parents?
- How can WE help YOU?



Birmingham Community  
Healthcare Charity

Registered Charity No. 1069427



Supporting People to  
be Well and Warm  
at Home

**Cadent**  
Your Gas Network

**NHS**  
Birmingham  
Community Healthcare  
NHS Foundation Trust

## Keeping Well and Warm



The 'Keeping Well and Warm' project enhances the support given to our patients, their carers and staff who support them.

Our aim is to bridge the gap between the community health care services and the additional support available to those most vulnerable in our society.

The project is a partnership between Birmingham Community Healthcare NHS Foundation Trust (BCHC) Charity and Cadent Gas who are able to support projects such as these through the Vulnerability and Carbon Monoxide Allowance (VCMA).

The project is being delivered by the Direct Access to Wellbeing (DAWs) Team within the charity and supports the charity objective of helping people live better for longer by supporting people to be well and warm at home.

The DAWs Team has many levels to the support that they can offer to individuals, including patients, their families and BCHC staff who support them. The main aim is to support those most in need in our local communities and ensure they have access to the wider support available.

From supporting individuals while in the care of BCHC, following discharge to home, at community events or following referrals from our partners, the DAWs Team will be on hand to offer advice and guidance, along with practical measures to support people to live better for longer and to be well and warm at home.

## What can we offer?

- ★ Health and wellbeing guidance and signposting including early health messages such as healthy eating, oral health and falls prevention.
- ★ Awareness of BCHC health services and the wider NHS Support available
- ★ Energy saving tricks and tips and provision of energy saving equipment, where applicable
- ★ Signposting for those living in fuel poverty and resources to support, where applicable
- ★ Simple benefit checks and signposting for further support
- ★ Registration onto the Priority Service Register (PSR), where applicable
- ★ Provision of carbon monoxide (CO) alarms and advice regarding CO, including gas safety check from Cadent



Our Community Wellbeing Officers (CWO's) will have links to experts in the local area and the additional services that are being provided by our partners across the city. If an individual needs information or additional support outside of what the DAWs Team can offer, our CWO's will be able to signpost individuals to the relevant services.

## Contact us



✉ [bchc.dawsteam@nhs.net](mailto:bchc.dawsteam@nhs.net)

☎ 0121 466 7151

🌐 Scan the QR code for more information

BCHC Charity and the DAWs Team are incredibly lucky to be working with some amazing partners including;



auriga

**Cadent**  
Your Gas Network

**Cadent**  
Foundation



# HOUSING WORKSHOP

Do you have questions regarding your home and options in Birmingham?  
Do you need support to contact the housing team at Birmingham City Council?

We are Here to help!

GBNFC Children's Centre/ Selly Oak Family Hub  
213 Trifford road, B13 0ET

First Friday of every month beginning on Friday 7th February 2025

9am-4pm

*(Please note that we do not work with Birmingham City Council Housing and have no ability to influence their decision making)*

**PLEASE CALL TO BOOK YOUR ONE HOUR SESSION**  
**0121 464 4189**



Best Start for Life website



# SEND



## Dates:

Thursday 27th February  
Thursday 27th March  
Thursday 24th April  
Thursday 29th May  
Thursday 26th June

Children's session: 10 am – 10.45 am

Adults' session: 11 am – 11.45 am

At: Sense Touchbase Pears,  
750 Bristol Road  
Birmingham B29 6NA

## Orchestra of The Swan Community Music Sessions

This free event is designed to support people with complex disabilities, offering an immersive journey into the world of classical music.

This event allows people to meet musicians, explore musical instruments and composing songs in a sensory-friendly environment.

Find out more and book here:

<https://www.sense.org.uk/shop/online-shop/orchestra-of-the-swan-community-music-sessions-2025/>

Sense Touchbase Pears are hosting a drop in event for families to meet professionals in the Birmingham area supporting children with disabilities!

Come along on Thursday 6th February 2025 at Sense Touchbase Pears, 750 Bristol Road, B29 6NA at 10am – 3pm.

If you would like any more information contact [connectandplay@sense.org.uk](mailto:connectandplay@sense.org.uk)



## Meet the Professionals Event

Come and join us to meet the Professionals from our Early Intervention and Play Service.

- Find out about the support available to you locally and around Birmingham
- Chat with friendly professionals about SEND, Early Help, access support and lots more!
- Get direct access to Teams supporting people with complex care needs and disabilities and their families.

If you would like any more information contact [connectandplay@sense.org.uk](mailto:connectandplay@sense.org.uk)

**Where**  
Sense Touchbase Pears, 750 Bristol Road B29 6NA

**When**  
Thursday 6<sup>th</sup> February 2025

**Time**  
Drop in anytime between 10am – 3pm



BIRMINGHAM  
CHILDREN &  
YOUNG PEOPLES  
PARTNERSHIP



Green  
Square  
Accord



Hall Green  
Families



Selly Oak  
Families



# CONWAY PRIMARY SCHOOL



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Sparkbrook  
Birmingham  
B11 1NS



0121 675 0622



@conway\_primary



<https://www.conway.bham.sch.uk>



[officeemail@conway.create.org.uk](mailto:officeemail@conway.create.org.uk)

**Ambition**



**Resilience**



**Respect**