



Hello everyone

Thank you so much for your fantastic support with sending your child/ren to school everyday! This week, I wanted to celebrate our brilliant attendance figures since we returned from lockdown:

Week 1	94.2%
Week 2	93.8%
Week 3	86.0%
Week 4	91.9%
Week 5	93.5%

Please help us to continue to improve our school attendance by sending your child/ren to school every day, as long as they are well enough to attend or have not been asked to self-isolate.

Remember, we are really lucky to have our very own, amazing School Nurse, Miss Pegg, who is really happy to help you with your child/ren's medical condition or provide medical advice. Please also remember that we are continuing to keep the school well ventilated and it is therefore essential you send your child/ren to school in warm clothes (tights, trousers and vests are great insulation!). Warm, waterproof coats are also needed now that the weather is turning colder and wetter: it really helps if names are written inside these too!

Next week we are starting our collection for Harvest donations. If possible, please send an item of long-life food (such as tinned goods or packet foods) into school with your child so that it can be added to the food parcel that each class is creating. These donations will then be shared with our local food bank to help support our community. Thank you in advance for your generous donations.

Have a great weekend!

Cathy Grace, Acting Headteacher

Do You know What Idling Is?

'Idling' is when a vehicle's engine is left running while parked, stationary, or when waiting at junctions or traffic lights – which contributes to toxic emissions. This is an issue for us outside of the school gates and we want to raise awareness.

Many drivers don't realise that idling causes such high levels of air pollution. Some believe that starting and stopping a car engine causes more pollution. Turning off an engine and then restarting it can cause less pollution than letting it run, especially in newer vehicles – and it also uses less fuel. So, it's not just good for your health, it's also good value for money!

Scan the QR code to read more about idling. To support this, we want the children to **create a poster** that encourages drivers to switch off their engines and stop idling! Please return your poster design to the class teacher by **Wednesday 4th November 2020**. Good Luck with designing!

**STOPPED
FOR A MINUTE
OR MORE?**



Turn off your engine
for cleaner air

southandvale.gov.uk/turnitoff



Acting Headteacher– Mrs Cathy Grace

Assistant Headteachers—Miss Loach, Mrs Biddle-
Rawbone, Mrs Mazar

Chair of Governors—Mr Amjid Ali

Vice-Chair of Governors—Johur Uddin



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PE TIMETABLE

W/C 12TH OCTOBER

Monday 12th October
YEAR 4

Tuesday 13th October
YEAR 6

Wednesday 14th October
YEAR 3

Thursday 15th October
YEAR 5

Friday 16th October
3EB only

Flu Vaccination Consent Forms

All Flu Nasal spray consent forms should have now been completed and returned to school, therefore it will be presumed if your form is not returned by now, then you **DO NOT** wish your child to have the vaccine.



Attendance

Please can you contact the school office to inform us of the reason for your child's absence. Parents/carers please give school as much information as possible about your child's absence. If you need to discuss your child's symptoms with the school nurse please ring the school office.



Dinner Money

Please pay your child's dinner money in advance on ParentPay at the start of the week on a Monday. Dinner money is **£2.40** per day and **£12** per week.

World Mental Health Day

Saturday 10th October is World Mental Health day.

During the PSHE lessons next week, the pupils will be focussing on raising awareness of mental health and creating positive affirmations. The pupils will be reminded that mental health is not just about feeling bad, sad or ill, but also about how we cope and look after ourselves as well.

The lessons will ensure that pupils are better equipped to seek support from someone if they need to. As part of the lesson, the pupils will have a chance to write or draw a positive message. This could be a tip for cheering up, or an example of how they have helped a friend or been helped by someone.



Public Health England launches

Every Mind Matters Campaign

Most families have experienced upheaval in their daily lives during the pandemic. With children and young people now back at school or college, the new Public Health England (PHE) [Better Health - Every Mind Matters](#) provides NHS-endorsed tips and advice to help children and young people's mental wellbeing, and equip parents and carers with the knowledge to support them.

The new advice available on the [Every Mind Matters](#) website has been developed in partnership with leading children and young people's mental health charities, including: [Young Minds](#), [The Mix](#), [Place2Be](#) and [The Anna Freud Centre](#). It is designed to help parents and carers spot the signs that children may be struggling with their mental health and support them, and also provides advice that can help maintain good mental wellbeing. The site also provides tools to help young people build resilience and equips them to look after their mental wellbeing.

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WE ARE PROUD TO
PROVIDE FREE HOT
MEALS FOR VULNERABLE
AND HOMELESS
COMMUNITIES, IN
ADDITION TO A WEEKLY
FOOD BANK HELD AT
ARABICA CAFÉ.

FREE HOT MEALS
09:00AM – 6:00PM
MONDAY - FRIDAY

FREE FOOD BANK
2:00PM – 4:00PM
EVERY FRIDAY

ARABICA CAFÉ
DIGBETH,
BIRMINGHAM
B5 6BS

FREE FOOD FOR HOMELESS AND VULNERABLE

We are passionate about making a difference to the lives of the most vulnerable in our community and we are thankful to our volunteers and the businesses that support us in making this possible.



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FEEDO NEEDO

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