

### Red Nose Day 2024

It's wear whatever you want day this Friday, anything is cool for a fine of £1 per family AND, if you want to, as voted for by the School Council, it will be WHACKY HAIR day too! Anything goes!

### BPS FOOTBALL CHAMPIONS!!!

Our Year 3/4 Girls Football Team are the North Sefton Champions. They were the top team out of the 12 schools who took part. They scored an incredible 16 goals and didn't concede a single goal!!! They did this on International Women's Day too! What a team! We are so proud of you girls!

### Parents' and Guardians' Evening

By the time this goes out, we'll be half way through our parents' evenings. Thank you to everyone for coming along so far. We are handing out our annual Parent Questionnaires at these meetings but if you miss out on one of these please call in at the office at anytime to request one. The section on the reverse is incredibly useful for letting us know any suggestions or to comment on any current issues we may not be aware of.

### Attendance in Schools

You may have seen this in the news again recently. Although we do not suffer greatly as a whole it is still a daily problem for us. Persistent absenteeism (attendance below 90%) is a problem if your child regularly has the odd day off here and there and you don't tell us why. I used to be over the moon if I got anywhere near 80% in tests at school but when we're talking about attendance, it's not the same thing— 20% equates to hours and hours and days and days of missed education. For a good while now, we have had no choice but to refer holidays taken during term time to the council. Whilst there is sometimes a good argument for this (cheaper, will learn from the experience etc) we are not allowed to authorise them unless in really exceptional circumstances. Please be aware that fines will be going up shortly. We celebrate (as many of you will have seen in the Star assemblies) the children's attendance in school and although illness cannot be helped and some children are no doubt harder to get in in the morning...poor attendance is never a child's fault.

### Lunch Money

Please, please, pay on the first day of the week if not before. Any time after this requires unnecessary time spent chasing your intention. Thank you!

### Top Tips on Page 2

I'm sure many of you are experts with the content on Page 2 but it is well worth the read in case there is something there you haven't tried! Apologies for the teeny font! Let us know if you have something that you have tried and tested...we should maybe do a book!

### Easter!

No way! We finish on Thursday, the 28th of March at 2pm. It's a little early yet but have a lovely time when it arrives...here comes the sun!?

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## **Birkdale Primary—Top Tips!**

### **Making Time Count**

1. Put specific times on your calendar each week when you will spend time with your children. During that time, focus your care and attention on your child.
2. When there's no phone or television or tablet/laptop to interfere...children know they really have your ear.
3. Plan to eat at least one meal together as a family each day.
4. Look for things to do together as a family. Get everyone involved in choosing how to spend your time together.

### **Reading to Your Child**

5. Try relaxing your family's bedtime rules once a week on the weekends. Let your children know that they can stay up a little later, maybe even reading in bed (not on Sundays!).
6. Help your child start a home library. Encourage your child to swap books with friends. Give books as gifts.
7. Want your children to be good readers? Let them see you read.
8. Try holding D-E-A-R times at your house. "DEAR" stands for "Drop Everything and Read." During DEAR time, everyone in the family sits down for some uninterrupted reading time.
9. Use the "Rule of Thumb" to see if a book is on your children's reading level: Have them read a page of the book aloud. Have them hold up one finger for each word they don't know. If they hold up four fingers and a thumb before the end of the page, the book is probably too hard for them to read alone. But it might be a great book to read aloud.

### **Building Self-Esteem**

10. Have children make a "book" about themselves, with their own illustrations and wording. "A Book About Me" is a great way to help your child see themselves as "somebody."
11. Help your child discover their roots by talking with family members during holiday and other visits.
12. Constantly look for ways to tell your children what you like about them, there is no age limit on this. I hear lots of different version of the following; "When I do something well, no one ever remembers. When I do something wrong, no one ever forgets."
13. Let children overhear you praising them to others.
14. Try "King/Queen for a Day" for Star of the Week rewards or even any good news from school.
15. Help children learn from problems, not be devastated by them....successful people try to learn something from the experience.

### **Discipline**

16. For better discipline, speak quietly. If you speak in a normal tone of voice, even when you're angry, you'll help your child see how to handle anger appropriately. And if you don't shout at your children, they're less likely to scream at each other or at you.
17. Tread carefully with confiscating items/putting them away...stick to time limits and be consistent.

### **Solving School Problems**

18. Visit school before major problems develop. The staff at Birkdale Primary WILL try to help.
19. Be aware that your attitudes about school affect your child. If you hated mathematics, be careful not to prejudice your child.

### **Motivating Your Child**

20. In addition to the three R's, children need the four A's: Attention, Appreciation, Affection, and Acceptance.
21. Some researchers believe every child is gifted, if we will just look for the ways. Helping children see their giftedness is very motivating.
22. Encourage children to read biographies about successful people. As children learn about the traits that made others successful, they are often motivated to adopt those same success patterns in their own lives.
23. Motivate your children in mathematics by challenging them to figure out how much change you should get back from a purchase. If they get the amount right, they get to keep the change!
24. Praise children constantly.

### **Building Responsibility**

Have places for all belongings including school uniforms/bags/shoes etc.

25. Help children understand, and take responsibility for, the consequences of their choices: "I chose to get up 15 minutes late; the result was that I had to rush breakfast and nearly missed the gates closing."
26. It's almost Spring...try giving your child the responsibility of growing a small garden, even in just a flower pot. The positive and negative results of carrying out their responsibilities are very clear.
27. One way to keep children moving in the morning: After they wake up, begin to play their favourite song. Give them until the song plays through to get dressed for school.

### **Reinforcing Learning**

28. Encourage children to collect things. Whether they collect rocks, shells, leaves, or bugs is not important. By collecting, children are learning new ways to make sense of their world.
29. Estimating is an important mathematics skill. We estimate how much our groceries will cost. We estimate how much time we'll need to complete a project at work. You can help your child learn to estimate at home. Here's one idea: If you're driving/walking, estimate the distance to your destination. Then estimate how much time it will take to get there.
30. Talk about geography in terms children can understand: Go through your house and talk about where things came from. Tell your children where your ancestors came from. Find the places on a map.
31. Show your child that writing is useful. Have them help you write a letter ordering something, asking a question, etc. Then show them the results of your letter.

### **Homework**

32. Try playing "Beat the Clock" with your child during homework time. Look over the work and figure out about how long it should take to complete it. Allow a little extra time and set a timer for that many minutes. No prizes are needed. There is great satisfaction in getting the work done on time.
  33. Here are tips to make homework time easier for you and your child:
    - Have a regular place for your child to do homework. Use a desk or table in a quiet room. Be sure there's plenty of light.
    - Find a regular time for homework. You may want to make a rule: "No television/laptop/tablet time until homework is finished."
    - During homework time, turn off the TV and radio etc.
    - Help your children plan how they will use their time.
- Set a good example. While your child is doing homework, spend some time reading or working yourself. Then when homework is done, you can both talk about how much you've accomplished.
34. Look over your child's homework every day. Start at an early age and keep it up as long as you can. Praise good work. Your interest will encourage good work.
  35. Try having your child teach you the homework.