



The Anchor News

Serving the local community in the name of Christ since 1859

13th February 2026

LAST DAY OF TERM TODAY FRIDAY 13TH FEB

First Day Back Monday 23rd Feb at normal time

As we head towards the end of another busy half term, the school has been full of energy, enthusiasm, and fantastic learning. It has been a joy to see how hard the children have been working.

The children truly deserve a well-earned break, and there is so much to look forward to this half term. With lots going on including Shrove Tuesday with pancake-making fun, Chinese New Year, and the beginning of Ramadan, it is set to be a wonderful and busy time of year.

We wish all our families a happy Chinese New Year and a blessed Ramadan. Have a safe, enjoyable, and restful half-term holiday.

Mrs Sidhu - Learning Mentor

Our Value focus this half term has been **Compassion**



Year 5 Swimming:

Lessons start first week back
Tuesday 24th February

Children will need to bring their swimming kit:

- 1 piece navy/black costume for girls
- navy/black swimming shorts for boys
- a towel
- plastic/waterproof bag.

Goggles and swimming caps can be worn.

NO jewellery can be worn.



Get ready for our World Book Day celebration after half term.

Look out for our flyer with more information.



Important Upcoming Dates...

Fri 13th Feb	Last Day of Term
February Half Term: Monday 16th - Friday 20th	
Mon 23rd Feb	First Day Back
Tues 24th Feb	First Swimming Session (Y5)
Thurs 5th Mar	World Book Day (see flyer)
Fri 20th Mar	Red Nose Day (Wear Red) <i>more detail to follow</i>
Mon 23rd Mar	Shining Star Assembly (AM)
Wed 25th Mar	Parent's Evening and Book Fair (PM)
Thurs 26th Mar	<i>more details to follow</i>
Fri 27th Mar	Last Day of Term

Accident Slips

Following our message in the newsletter a few weeks back, we would like to advise parents, that after half term, paper slips will no longer be sent home. We will instead be emailing accident notifications.

Please note, if there is a head bump or major incident we will contact you by phone.

Any question or queries please don't hesitate to contact the school office.

Follow Us on **Social Media** for exciting and important updates



St. Clement's
Church of England Primary Academy

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Head Teacher: Miss Shryane Deputy Head Teacher: Mrs Nizamis



stclements.bdmatt.org.uk



facebook.com/StClemNechells



x.com/StClem_Nechells



instagram.com/stclem_nechells

#LearningforLifeAnchoredInChrist

Charity Spotlight

PAUSE

"Need someone to talk to?"

Struggling to cope with feelings?"

www.forwardthinkingbirmingham.nhs.uk/pause

Delivered by The Children's Society, in partnership with Forward Thinking Birmingham:

- * We provide access to immediate support & speak to an Emotional Wellbeing Practitioner.
- * We listen to you and help you find solutions.
- * There are no referrals or waiting lists - you choose when and how to use our service.
- * Pause can help anyone under 25 years old who is registered with a Birmingham GP.
- * Pause drop-ins happen at different places or 'Hubs' each day.
- * Each week, we publish the Pause drop-in dates and times

Nearby Hubs

Hodge Hill Pause Hub

Anthony Road Children's Centre, Centre 80 Anthony Rd, Alum Rock, Birmingham B8 3AA

Digbeth Pause Hub

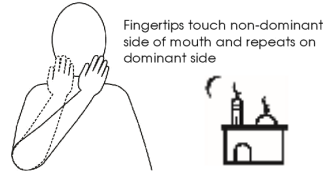
21 Digbeth, Birmingham, B5 6BJ

Erdington Pause Hub

Lakeside Children's Centre, Lakes Rd, Birmingham B23 7UH



It is important to say the words while doing the sign.

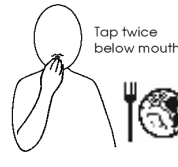


Ramadan

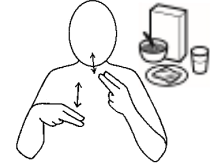
Pray



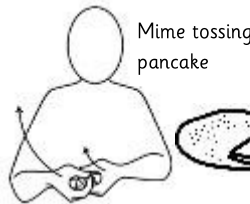
Allah (God)



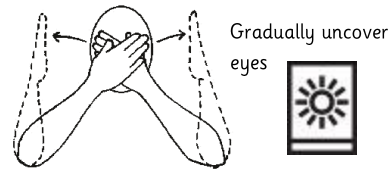
Suhoor



Iftar



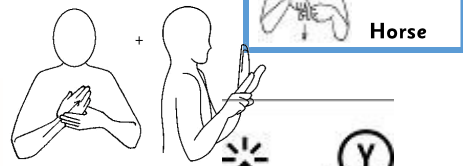
Pancake



Day



Lunar



New Year

UNICEF Rights of the Child



Article 36: Children who break the law

Children accused of breaking the law have the right to legal help and fair treatment.

There should be lots of solutions to help these children become good members of their communities. Prison should only be the last choice.

Attendance & Punctuality

	Rec.	Yr.1	Yr.2	Yr.3	Yr.4	Yr.5	Yr.6
At.	90%	91%	94%	92%	95%	96%	94%
Pu.	7	8	4	16	4	7	8

Safeguarding: Children's Mental Health Week



This week we have been raising awareness of Mental Health. The 9th - 15th February 2026 has seen a variety of activities and events to support Children's Mental Health Week. Talking confidently to children about mental health and them knowing who they can speak to for support is very important. We have lots of systems in place in school to develop children's strategies for talking about how they feel. Encouraging children to be able to talk about feelings, worries and events is a vital way to support positive mental health.



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrals young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM



Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar - Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.





WORLD BOOK DAY 2026



WORLD BOOK DAY IS A
WONDERFUL OPPORTUNITY TO
CELEBRATE STORIES BY
DRESSING UP AS YOUR
FAVORITE BOOK CHARACTER*



* No Football Kits Allowed



JOIN THE "CAUGHT READING"
COMPETITION! SNAP A PHOTO OF
YOURSELF READING IN AN UNUSUAL
SPOT. HIGHLIGHT YOUR LOVE OF
BOOKS IN A UNIQUE SETTING. GET
CREATIVE AND SEND YOUR PHOTOS
TO THE SCHOOL EMAIL OR BRING
THEM IN TO SCHOOL!



ARE YOU READY FOR A FUN AND
EXCITING CHALLENGE? WELCOME TO THE
"CREATE YOUR OWN BOOK IN A JAR"
COMPETITION FOR WORLD BOOK DAY!
THIS IS YOUR CHANCE TO BECOME
AN AUTHOR AND ARTIST BY DESIGNING
YOUR VERY OWN STORY IN A JAR

THURSDAY 5TH MARCH 2026