



Pastoral Team Newsletter

Friday 8th April 2022

Dear Parent/Carers,

Welcome to the third edition of the Pastoral Team Newsletter for this academic year.

Quote of the week

"Don't compare yourself with other people; compare yourself with who you are yesterday."

Jordan Peterson (professor of psychology, clinical psychologist, YouTube personality, and author).

We hope you all have a fantastic Easter break and we look forward to seeing everyone back in school on Tuesday 26th April 2022.

If you require any form of Pastoral or SEN Support, please contact:

Mr Phillips - rphillips@albertbradbeer.uwmat.co.uk

Mrs Cooke - senco@albertbradbeer.uwmat.co.uk

Adverse Childhood Experiences (ACEs)

What are Adverse Childhood Experiences?

Adverse Childhood Experiences (ACEs) are "highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. They can be a single event, or prolonged threats to, and breaches of, the young person's safety, security, trust or bodily integrity." (Young Minds, 2018).

Examples of ACEs:

- Physical abuse
- Sexual Abuse
- Emotional Abuse
- Living with someone who abused drugs
- Living with someone who abused alcohol
- Exposure to domestic violence
- Living with someone who has gone to prison
- Living with someone with serious mental illness
- Losing a parent through divorce, death or abandonment

How Common are ACEs?

In a UK study on ACEs, 47% of people experienced at least one ACE with 9% of the population having 4+ ACEs (Bellis et al, 2014).

Impact of ACEs

Just like attachment, experiencing ACEs can have an impact on our future physical and mental health, and often ACEs can be barriers to healthy attachment relationships forming for children. Some of the effects of ACEs on our physical and mental health are:

- An increase in the risk of certain health problems in adulthood, such as cancer and heart disease, as well as increasing the risk of mental health difficulties, violence and becoming a victim of violence.
- An increase in the risk of mental health problems, such as anxiety, depression, and post-traumatic stress. 1 in 3 diagnosed mental health conditions in adulthood directly relate to ACEs.

- The longer an individual experiences an ACE and the more ACEs someone experiences, the bigger the impact it will have on their development and their health.

Some of the other things exposure to ACEs can impact, are:

- The ability to recognise and manage different emotions.
- The capacity to make and keep healthy friendships and other relationships.
- The ability to manage behaviour in school settings.

Difficulties coping with emotions safely without causing harm to self or others.

Parents and carers have a responsibility to keep children and young people safe from harm and sometimes need support themselves to help protect against ACEs. Seeking to learn about and adopt healthy caring styles can make a big difference, which leads us on to Positive Childhood Experiences (PCE's).

Positive Childhood Experiences (PCEs)



Positive Childhood Experiences (PCE's) are the kinds of activities and experiences that enhance a child's life, resulting in successful mental and physical health outcomes. According to a recent study cited by *Contemporary Pediatrics*, "positive childhood experiences [may even] counter the damaging effects of adverse experiences." PCEs are what make childhood such a joy, a time of growth, change, exploration, and undiluted happiness. So what interactions make the most effective PCEs and how can we focus on filling our homes (and the lives of all the children in our community) with these kinds of uplifting, fortifying experiences?

The Power of Positive Experiences

Whether we are parents, caregivers, or someone who spends a significant amount of time with children, as adults we play the most crucial role in childhood happiness. PCEs include identifiable situations in a child's life that set them up for success such as feeling safe at home, having adults who support them, and being able to talk to the adults in their lives during difficult times. It seems clear that children thrive when they are provided with clear structure, age-appropriate games and entertainment, security, a kind yet authoritative parenting style, and oodles of love and acceptance. This is the kind of atmosphere in which children thrive, learning the skills they will need to be happy, healthy adults and productive contributors to society. Of course, this is the "dream childhood" that many (if not most) of the world's children will never experience. But families don't have to be perfect for children's lives to be full of positive childhood experiences. As long as there are buffers against the negative or traumatic experiences, children can learn to be resilient and rise to meet the challenges in their homes and communities. In fact, studies show that the presence of just one positive adult influence can make all the difference in a child's life. No matter what a child's circumstances are, each of us can be the adult who brings positivity, solid life lessons, stimulating experiences, and fun and laughter into a little one's life.

Think of the experience you would like your child to have.



Shoe Aid

Shoe Aid is a unique charity in that they work proactively with other community, social and educational groups and provide footwear 'Fit for Purpose' and free of charge. There is no charge to use Shoe Aid.

They are a not for profit charity so they have to find their funding from other means, grants and charitable donations. Anyone can donate to support Shoe Aid's work and can do so through PayPal, Facebook, text and directly through their website <https://www.shoeaid.co.uk/> The more shoes they are able to donate the more they can make a **DIFFERENCE** and change **LIVES**.

Shoe Aid is **STEPPING UP** to footwear poverty not only here in the UK but also the world.

How can Shoe Aid help you?

Shoe Aid can support the students of Albert Bradbeer Primary Academy who do not have functional footwear or footwear suitable for everyday wear. It might be trainers/pumps so that they can take part in school activities. Wellingtons or outdoor shoes to go on school trips, shoes for that all-important Prom, they want every young person/child to have the opportunity to take part and feel inclusive. Shoe Aid will do everything it can to provide footwear 'Fit for Purpose'.

A social enterprise, community group, refugee forum, homeless charity or indeed any other charity helping people live a normal inclusive life, footwear too so that they can take part in leisure activities, going to work, enjoying a night out with friends, then contact Shoe Aid.

To get help from Shoe Aid and request footwear for any purpose, please contact Mr Phillips, as they do not make donations directly to the public.

Shoe Aid currently provide a range of footwear items:

Trainers, Football Boots, Walking and Outdoor shoes/boots, Wellingtons (Men's, Ladies and Children), Safety Footwear (Men's and Women's), Men's functional shoes, ladies functional shoes, Children's school shoes, Children's outdoor shoes, Children's functional everyday shoes, slippers, flip flops, anything that is footwear related, we even have a stock of roller blades, ice skates, horse riding boots.

Northfield Community

With rising **fuel costs**, you may like share some information below about LEAP which can support vulnerable household - full details via the link. More about Cauldwell support below, I will also share other energy information separately.

[Check Your Eligibility | LEAP | Local Energy Advice Partnership \(applyforleap.org.uk\)](#)

- Thursday 19th May from 10am - 12pm, The Hall Green Families Early Help Team will be joined by **Shelter** for a FREE online workshop, where you can find out more about various housing options & homelessness support in Birmingham, & what Shelter can do to help you & your service users. [You can book your tickets HERE!](#)
- Please see the attached Poster for Sense PAN Disability Job Fair- 26th & 27th April from 10am to 3pm at TouchBase Pears, Selly Oak, B29 6LR
- **Bring it on Brum- Easter sessions can now be booked!** The link to share with parents for Easter Activities [Bring it on Brum! * Holiday Activities and Food * Home](#)
Could you provide a venue, activities or food (or all 3) for children in the summer? Then have a look at the providers portal for more information [Welcome to Bring it on Brum, Birmingham's Holiday Activity Programme | StreetGames](#) or get in touch with Jenny Kempster: Jenny Kempster jenny.kempster@streetgames.org
- **ParentWise** which aims to build parents' and carers' awareness of some of the things their children could face growing up. It has been designed to help them spot the signs that something could be wrong and empower and reassure them to act if they are worried. Full details in the email below and <https://parentwise.campaign.gov.uk/>
- EUSS Digital Status instructions & EUSS support- flyers attached.
- Council Tax rebate £150 and repayment support- flyers attached.
- **Trauma Informed Practice & ACE's Adverse Childhood Experiences.** The video links below give information about these topics, from West Midlands Violence Reduction Unit:
<https://youtu.be/Vy8Z2zxwhRk>
<https://youtu.be/x6ejvwUkckU>

Birmingham PHAB Camps

Birmingham PHAB Camps are running holidays again this summer and we wanted to offer you an opportunity to send your children on a holiday.

The holidays this year are:

- Junior Camp (Aged 8-11) - Saturday 23 July - Saturday 30 July - Wingate Centre, Shropshire
- Senior Camp (Aged 12-14) - Saturday 6 August - Saturday 13 August - Wingate Centre, Shropshire
- Venture (Aged 15-17) - Saturday 23 July - Saturday 30 July - Bendrigg Lodge, Lake District
- Breakfree (Holiday for young people with multiple disabilities) - Saturday 30 July - Saturday 6 August - Wingate Centre, Shropshire

The inclusion criteria are:

1. Children aged 8-16
2. Children who live or attend school in a Birmingham Postcode
3. Children with a disability **OR** children who would benefit from a holiday for some other reason e.g. social deprivation, young carer, sibling of child with disability, works hard but doesn't always get noticed, low self-esteem - anything really and anyone you feel would benefit from a holiday and be able to integrate with other children who are different from themselves.

Ways you can apply for a holiday:

1. Go to www.bhamphabcamps.org.uk and click on [APPLY FOR A HOLIDAY](#) and fill in the form.
2. Mr Phillips and Mrs Cooke can provide support completing the form.
3. With your consent, we can send your name and contact details to Birmingham PHAB Camps and they will contact you directly.

We really hope this will benefit many of the children and young people of our school community.

Attendance

Class	Attendance	Class	Attendance
RH	91.7%	4GR	91.4%
RW	92.1%	4S	94.2%
1K	89.8%	5CL	93.5%
1T	91.8%	5P	94.2%
2A	89.8%	6J	91.9%
2S	94.1%	6M	93.3%
3I	92.2%	6P	94%
3K	95.7%	Total	92.7%

Attendance and punctuality this term remains at an unacceptable level. We understand these are challenging times, but the expectations remain exceptionally high at Albert Bradbeer Primary Academy and we expect children to be attending on a regular basis, in order to help them progress both academically and socially.

We are following the Fast Track process in school and parents have already received Penalty Notices from the Local Authority, due to unacceptable levels of school attendance. If you need advice and guidance on attendance, please do not hesitate to contact us.

We would like all of our children to become **attendance superheroes** and we would like your support with this. Every half term the class with the highest level of attendance will win a prize. It is a great incentive and provides healthy competition amongst teachers and children alike.

Thank you in advance for your cooperation!

We hope that the updates provided above are useful. Please share any information that you feel may benefit others.

Mr Phillips
Pastoral Manager

Mrs Cooke
SENCO