



At Alston Primary School, we are a Rights Respecting School which means that we advocate the children's rights that are outlined in the UNCRC (United Nations Convention on the Rights of the Child). Each week, our Article of the Week is shared with children, staff and parents which link to the children's rights and any news topics that may be prominent during that week.

Currently, we hold the Silver Award from UNICEF as we have been recognised for promoting the rights within our school and children understand what their rights are. In June 2022, we hope to achieve the Gold Accreditation Award and we have already started our journey of 'Going for Gold'.

We are currently setting up a Parents Unicef Steering Group and would love to have as many parents as possible within the group. If you're interested in joining this group then please contact Miss Suemul in the office. You can also find a bit more about the Convention on the Rights of the Child by visiting

We are...



June 2022.

### Duty Bearers

All members of staff at Alston Primary School are recognised as Duty Bearers. Each staff member wears a 'Duty Bearer' badge with pride and this shows the children that we are all here to protect their rights.

Congratulations to Zoya from 6M, who was the winner of our 'Duty Bearer' badge competition. All staff are now wearing their Duty Bearer badge with pride and they discuss the rights with the children every day.





In 2015, leaders from the 193 countries of the United Nations met to discuss the world's problems and agreed on a plan to tackle them by the year 2030. They named this plan the Sustainable Development Goals (SDGs), also known as the Global Goals. The Global Goals are the most ambitious agreement that world leaders have ever made. They cover everything from health and education to peace and justice. They are a universal call of action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity.

We promote the use of the Sustainable Development Goals in our learning so that children can help to contribute to a better future for all. From citizenship and justice to climate change and the environment, we are inspiring children to make a difference!

### Sustainable Development Goals Competition

Choose and research your favourite Global Goal, use the information gathered to create a poster to promote this goal. Make sure your poster includes eye catching images that relate to the goal. Take your posters to Miss Byrne (Year 2) by **Friday 29th April** to be in with a chance of winning a prize. The best posters will also be placed around school to help promote the Sustainable Development Goals.



newsround

It is important that children are aware of current news around the world at an age appropriate level. Newsround is the home of news and fun facts for kids, they can find out what is going on with stories, pictures and videos. The website is [www.bbc.co.uk/newsround](http://www.bbc.co.uk/newsround)

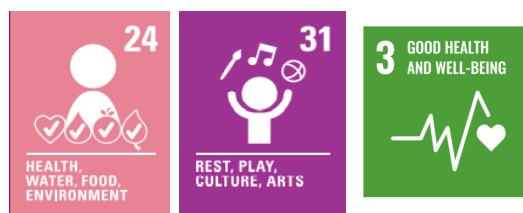
## Ukraine: Why has Russia invaded and what's happening there?

© 8 Mar 2022 Last updated at 16:15



Unicef have been working tirelessly to keep children safe since this conflict began eight years ago and are determined to remain in Ukraine to reach the most vulnerable children and families.

On Friday 8th April, we will be celebrating Ukraine Day. Children have been asked to wear items of clothing that are blue or yellow and donate 50p to support those affected by the war in Ukraine.



## Children's Mental Health Week: Dr Ranj's top tips for mental health in school

### 1. Get a good night's sleep

Sleep is when our bodies and our brains recover. It's when our brains sort out information that we've taken in during the day and process it.

### 2. Get outside and active

Exercise and physical activity aren't just good for our bodies, they are good for our brains as well. Exercise makes our bodies produce happy hormones, which have chemicals which help us to feel good.

### 3. Feed your mind

Our brains need energy too! Eating lots of different things of different colours and drinking lots of fluids too helps to keep your brain ticking over and your mind working better.

### 4. Speak up

If you're struggling, feeling down or worried about something then find a trusted grown-up you can speak to about it.

Asking questions can get you the answers you need, but just talking can also make you feel better.

### 5. Look out for each other

Being kind to one another not only helps us feel good about ourselves, but it's also beneficial to our mental health. So another reason to be sociable and be friendly!



# How are we promoting the rights within our school?

Alston Primary  
@alstonprimaryb9

Thank you so much to our parents who joined us for our weekly mile this morning. It was wonderful to see those of you who took part and we are looking forward to the next mile! ☀️  
#rrsa @UNICEF\_uk #Article31 #Article22



Alston Primary  
@alstonprimaryb9

PC Cooper visited year 6 this morning to deliver a workshop about the different types of bullying and how to build the confidence to go to someone for help.  
#RRSA #Article12 #Article13 @BordesleyWMP  
#YourDecisionYourFuture



Alston Primary  
@alstonprimaryb9

This morning, Mrs Potoroaca held a workshop on the Romanian tradition of Mărțișor, the celebration of spring. Thank you to the parents who attended and we wish you good luck and best wishes for the year ahead.  
#RRSA #Article31



Alston Primary @alstonprimaryb9 · 9 Mar

This morning, Year 4 had a visitor from the school nurse! We discussed why teeth are important and how we can take care of them.  
#article24



Alston Primary  
@alstonprimaryb9

Year 2 have enjoyed learning about #InternationalWomensDay2022 and discussing a few of the inspirational women throughout history. We think it is extremely important that everyone is treated equally and we want to use our voice to spread the importance of equality. #Article2



Alston Primary  
@alstonprimaryb9

This morning Mrs Simpson and Miss Harris led assemblies on the war in Ukraine and how this is affecting children's rights. All of our children listened with empathy and sensitivity. #UNICEF #rrsa



12:44 pm · 7 Mar 2022 from Birmingham, England · Twitter for iPad



Follow us on Twitter @alstonprimaryb9 to keep up to date with everything going on at Alston Primary.

# Green Team News

## Birmingham Trees for Life

- This half term, The Green Team joined BTfL in Batchelors Farm Park to plant 1,500 trees for the Queen's Green Canopy project in celebration of the upcoming Jubilee.
- We took 30 children from Year 1, including our Green Team members, UNICEF ambassadors and School Councillors along with other children who had displayed fantastic behaviour and progress throughout the half term.
- Read more about our adventure at:  
<https://btfl.org.uk/2022/03/23/dig-dig-wiggle-wiggle-stomp-stomp-was-the-order-of-the-day-today/>



## Great Big School Clean

This week, the whole school has pledged to fill 150 bags of litter picked rubbish from the school grounds and the local area!

This is part of the Great Big School Clean in partnership with Keep Britain Tidy, an national annual project to clear up our environment. We have linked this with our journey to becoming an Eco-School as we are focussing on improving Litter and Biodiversity in our school.

Our third focus will be decided by the green team this week so Watch Out!



### Top Tip

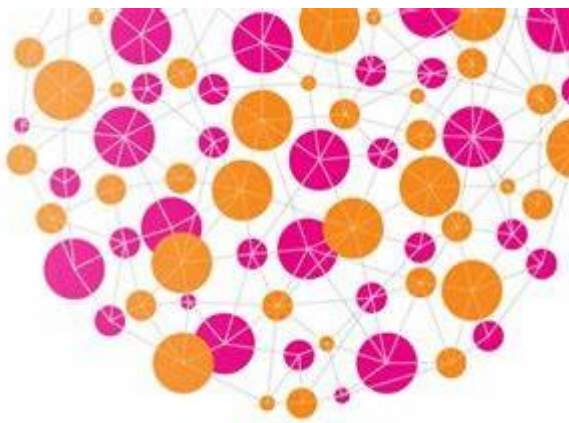
Turn the old into something new

Get creative and crafty by encouraging your child to reuse old objects and upcycle them into a new creation. Even rubbish can get a new lease of life – check out Pinterest for upcycling ideas.





# British Science Week 2022



Our parent steering group took part in a Now Press Play activity where they used the headphones to listen to a science experience based on growing plants.

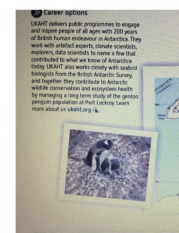
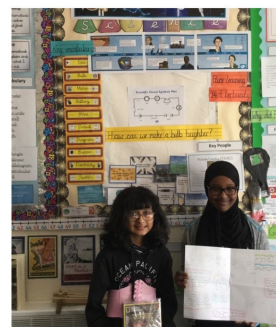
This links to our Sustainable Global Goal of 'Life on Land'.



Year 6 built nests to explore how penguins survive in harsh weather conditions and how their nests are designed to be weather resistant.

They used a range of materials to design them and tested them using water to act as rainfall.

This was linked to the sustainable development goal of 'Life on Land'.



Year 4 visited an outdoor gym to explore the importance of physical exercise for growth and development.

They used a range of outdoor equipment to exercise and then discussed how it affected their body in the short term and how regular exercise can affect their body in the long term.

This was linked to UNICEF article 6 which is 'Life, Survival and Development' and Sustainable Development Goal 3, which is 'Good Health and Well-Being'.



<p><i>Why I like being a UNICEF Ambassador</i></p>		<p><b>2L</b> UMAR</p> <p>I like going to meetings with special visitors like Liam Byrne, our local MP.</p>		<p>Article 28: Every child should have the chance to have a good education.</p> <p><b>4C</b> ANIYAH</p>	
<p><b>1B</b> SAYA</p>	<p>I get to help the children at school.</p>	<p><i>My Favourite Article</i></p>		<p><b>4K</b> ABDULLAHI</p>	<p>Article 14: It makes me feel good knowing that we can accept everybody no matter what their religion.</p>
<p>I like children knowing what they can do.</p>	<p><b>1F</b> ZARMEENA</p>	<p>Article 29: I like that all children can have an education that helps them with their future.</p>	<p><b>3A</b> YAHYA</p>	<p>Article 13: It's important that all children know that they can have an opinion and express their own thoughts.</p>	<p><b>5C</b> USMAN</p>
<p><b>1H</b> SARA</p>	<p>I get to help the school.</p>	<p><b>3R</b> AAIRAH</p>	<p>Article 32: We can help to protect children and keep them safe.</p>	<p><b>5CD</b> IQRAN</p>	<p>Article 28: Everyone should have an education. We can make a difference in the world by giving an education to all.</p>
<p>it's fun to help children.</p>	<p><b>2B</b> FATIMA</p>	<p>Article 24: Some people don't have food and we can work together to help them as it's their right.</p>	<p><b>3S</b> AROUSH</p>	<p>Article 11: It is important to teach children about how to stay safe and to protect themselves.</p>	<p><b>5S</b> MIKAEEL</p>
<p><b>2K</b> SARA</p>	<p>I can tell children about their rights.</p>	<p><b>4B</b></p>	<p>Article 19: I want to help to keep children safe and to keep them happy.</p>	<p><b>6A</b> RAMILA</p>	<p>Article 8: We are all unique and we have the right to be who we want to be. We accept each other as individuals.</p>
<p><i>Class Representatives</i></p>		<p>Article 6: I like to help children at school and remind them that they have a right to life.</p> <p><b>6H</b> RUWAYDA</p>		<p><i>Class Representatives</i></p>	
<p><b>6M</b> ALEENA</p>		<p>Article 2: Everyone is treated fairly. I love that we accept everybody as we want a peaceful world.</p>		<p><i>Mrs Chapman</i></p>	



## What are the rights of the child?

 <p>1</p> <p>DEFINITION OF A CHILD</p>	 <p>2</p> <p>NO DISCRIMINATION</p>	 <p>3</p> <p>BEST INTERESTS OF THE CHILD</p>	 <p>4</p> <p>MAKING RIGHTS REAL</p>	 <p>5</p> <p>FAMILY GUIDANCE AS CHILDREN DEVELOP</p>	 <p>6</p> <p>LIFE, SURVIVAL AND DEVELOPMENT</p>	 <p>7</p> <p>NAME AND NATIONALITY</p>
 <p>8</p> <p>IDENTITY</p>	 <p>9</p> <p>KEEPING FAMILIES TOGETHER</p>	 <p>10</p> <p>CONTACT WITH PARENTS ACROSS COUNTRIES</p>	 <p>11</p> <p>PROTECTION FROM KIDNAPPING</p>	 <p>12</p> <p>RESPECT FOR CHILDREN'S VIEWS</p>	 <p>13</p> <p>SHARING THOUGHTS FREELY</p>	 <p>14</p> <p>FREEDOM OF THOUGHT AND RELIGION</p>
 <p>15</p> <p>SETTING UP OR JOINING GROUPS</p>	 <p>16</p> <p>PROTECTION OF PRIVACY</p>	 <p>17</p> <p>ACCESS TO INFORMATION</p>	 <p>18</p> <p>RESPONSIBILITY OF PARENTS</p>	 <p>19</p> <p>PROTECTION FROM VIOLENCE</p>	 <p>20</p> <p>CHILDREN WITHOUT FAMILIES</p>	 <p>21</p> <p>CHILDREN WHO ARE ADOPTED</p>
 <p>22</p> <p>REFUGEE CHILDREN</p>	 <p>23</p> <p>CHILDREN WITH DISABILITIES</p>	 <p>24</p> <p>HEALTH, WATER, FOOD, ENVIRONMENT</p>	 <p>25</p> <p>REVIEW OF A CHILD'S PLACEMENT</p>	 <p>26</p> <p>SOCIAL AND ECONOMIC HELP</p>	 <p>27</p> <p>FOOD, CLOTHING, A SAFE HOME</p>	 <p>28</p> <p>ACCESS TO EDUCATION</p>
 <p>29</p> <p>AIMS OF EDUCATION</p>	 <p>30</p> <p>MINORITY CULTURE, LANGUAGE AND RELIGION</p>	 <p>31</p> <p>REST, PLAY, CULTURE, ARTS</p>	 <p>32</p> <p>PROTECTION FROM HARMFUL WORK</p>	 <p>33</p> <p>PROTECTION FROM HARMFUL DRUGS</p>	 <p>34</p> <p>PROTECTION FROM SEXUAL ABUSE</p>	 <p>35</p> <p>PREVENTION OF SALE AND TRAFFICKING</p>
 <p>36</p> <p>PROTECTION FROM EXPLOITATION</p>	 <p>37</p> <p>CHILDREN IN DETENTION</p>	 <p>38</p> <p>PROTECTION IN WAR</p>	 <p>39</p> <p>RECOVERY AND REINTEGRATION</p>	 <p>40</p> <p>CHILDREN WHO BREAK THE LAW</p>	 <p>41</p> <p>BEST LAW FOR CHILDREN APPLIES</p>	 <p>42</p> <p>EVERYONE MUST KNOW CHILDREN'S RIGHTS</p>
 <p>43-54</p> <p>HOW THE CONVENTION WORKS</p>	<h1>CONVENTION ON THE RIGHTS OF THE CHILD</h1>					