



## 20th November 2020



Brighstone C.E.  
Primary School

Learning and Achieving Through  
Love, Courage and Respect

Dear parents and carers,

Our **Collective Worship theme** this week, as part of our half term focus of Compassion, is 'Putting on the right attitude'. We have been talking about how we can choose to put on the right attitude, just like we put on our clothes in the morning. We can choose to show compassion, kindness, humility, gentleness and patience. It has been wonderful to see so many children showing compassion this week, helping each other in the classrooms and when playing outside. This week, the children have also been creating cards, writing letters and drawing pictures for members of the community who may be feeling lonely during this second lockdown, or who may just need a little pick-me-up. We will quarantine these for a few days before they will be popped in the post. We would like to thank the local Brighstone community group for their help with this.



We are also showing compassion for those members of the Brighstone school community who are having to self-isolate at the moment. As you know, we were informed of a **positive Covid case** at school yesterday, and Bubble 1 are now self-isolating until Monday 30th November. We would like to thank everyone for their understanding, and I know that the teachers and LSAs in their bubble have been busy preparing lots of home learning activities for the children. The children are also very excited to be seeing their teachers on Zoom!

We send our **best wishes and prayers** to the family with the positive case, and we hope that they make a speedy recovery.

We have been focusing a lot on **independence** in school, and the children have been learning and practising lots of strategies to help them to build and develop their independent learning behaviours. We are also encouraging them to be more independent out of school. This can include: carrying their own school bag and other belongings; tidying their room; helping with chores around the house; doing their homework; and so on. Maybe you can discuss with your child other ways in which they could show independence?

Once again, I would like to thank everyone for their understanding this week, and I hope everyone has a safe and relaxing weekend.

Best wishes, Mrs Lennon and the Brighstone team

This week's Collective Worship focus  
is: Putting on the right attitude

## Compassion

"Clothe yourself with compassion, kindness, humility, gentleness and patience."

Colossians 3.12

This week we have been showing compassion for members of the community who might be feeling lonely during this lockdown, by writing letters, making cards and drawing pictures for them. These will be popped through people's letterboxes over the next couple of weeks.



Lord Jesus,  
During your life on earth you showed compassion and kindness to so many people who were suffering and unhappy.

Thank you for people who have shown compassion and kindness to us and given us the courage to keep going even when times were tough.

Remind us this week, when we put on our school uniform, to put on the attitudes of compassion and kindness in all that we do.  
Amen



Ainslie	<b>Meadow</b> - working very hard at good listening and following instructions. <b>Alexander</b> - great imagination
Lambert	<b>Allina</b> - for her super maths and improved confidence. <b>Poppo J</b> - for always being helpful, a good role model & trying hard.
Robertson	<b>Jared</b> - for persevering with his reading. <b>Lucy</b> - for being a good Maths role model.
Macarthur	<b>Daisy</b> - for her contribution to the whole class - always helpful, kind and hard working.
Clover	<b>Henry</b> - showing compassion in the class, helping others. <b>Joseph</b> - for his excellent spelling score.
Sports Bee	<b>Meadow</b> - for showing great energy and effort in PE and lunchtime challenges

# SEMH

Social, Emotional & Mental Health

## Wellbeing Window

How did the decluttering go?



This week's task is: **SLEEP**

Make sleep part of your self-care routine.

Sleep can have a huge effect on how you feel, both emotionally and physically. Not getting enough can even cause major health issues. However, stress and other distractions can wreak havoc on our sleep.

What do you do to make sleep part of a self-care routine? Start by thinking about your nightly routine. Are you eating or drinking immediately before bed? If so, it is especially important to stay away from caffeine and sugar, which tend to keep you awake. Reducing stress is also key. If you have work-related stress, think about the best ways to calm yourself after a hard day or relax more while on the job. You might talk to your employer about lessening your workload or settle a disagreement with a colleague. Next, make sure your bedroom is the best possible place for you to get good quality sleep. It should be free of distractions (such as a television, laptop, mobile phone, etc.).



## Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.



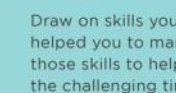
Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

# News from the classrooms

## Science News

On Tuesday morning, KS2 welcomed Mr. Jon Holland, a retired civil engineer, via Zoom, as part of our development of 'Science Capital' in school. We are hoping to further the children's interest in pursuing STEM (science, technology, engineering and maths) subjects and the careers that rely on these. Jon was very informative and the children were fascinated to hear about Weston-super-Mare's poo problem, and how his engineering solved it! They asked some great questions about his work. In December we will be hearing from a research scientist at Harwell Campus, about his work on genetic disorders. If you work in any STEM related job and would like to share your knowledge, or if you know anyone who could put us in touch with, please contact Mrs Denness.

## Lily on a roll!

With sporting fixtures between schools still not permitted, this half term we entered the National Schools Dice Golf Championships for some virtual sporting competition.

Last week, all of Year 5 and 6 got the opportunity to play the 18 holes - using a dice and a set of rules to follow for each hole.

The scores were then counted at the weekend, and we received the great news that Lily from Clover Class finished with the best score in the whole country and is the National Schools Dice Golf Champion, taking just 55 shots to complete the 18 holes, well done Lily!

## Design a Lab Coat Competition

Last term, several children entered a 'Design a Lab Coat' competition run by Bayer. We heard this week that Gemma Davis in the junior category, and Lucy Boyle in the infant category, got through to the second round of judging. Unfortunately, they didn't make the final round, but well done girls, for entering and being part of a national competition with hundreds of other entries. Their prizes are on the way!

## Doodle Maths

Well done to Lambert class, who are the top Doodlers this week!



## School Dinners

Children in **Year R, 1 and 2** are entitled to a 'universal' **free** school meal everyday.

Children in years 3-6 are charged at £2.15 per day.

<b>2nd Nov</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Pasta	Sausage Roll	Roast Pork	Chicken Wraps	Fish and Chips
Option 2	Veggie Tagine	Vegan Roll	Quorn	Veggie Wraps	Frittata
Dessert	Choc Brownie	Fruit and Yog	Iced Sponge	Cookie	Apple Sponge

If children from years 1-6 do not like what is on the menu, they can ask for a jacket potato with either beans, cheese, beans and cheese or tuna mayo. Fresh salad and fruit is offered everyday alongside the daily options.

## Christmas Menu



Wednesday 16<sup>th</sup> December 2020



Last day of this half-term is  
Friday 18th December

Back to school on Monday 4th  
January 2021

After the storm  
comes a rainbow

