



4th December 2020

Learning and Achieving Through
Love, Courage and Respect

Dear parents and carers,



Have you got your tree and decorations up yet? The winter darkness can make the evenings seem very long, but it always cheers the heart to see the colourful, bright and twinkling Christmas displays as you go out and about. Putting up Christmas decorations is one way to bring a smile to others in the community, and there are many more actions that will help to support each other and ensure that no-one is alone. Last week's Wellbeing Window task was to reach out to a loved one. Here at school the children sent cards to the community, and we are receiving some lovely feedback and messages. While it is important to not give things in the hope of something in return, it is heart-warming to know that our actions can have positive impacts.

Thank you for helping your children with the reverse Advent. We have collected lots of fruit and vegetables so far for the animals at the Isle of Wight Zoo. Do you know of any other charities or organisations that will benefit from our support? If so, please let us know.

As Christmas draws near, our thoughts turn to the story of the birth of Jesus. Each class is learning about different aspects of the story in their RE lessons, and the messages of hope and joy that it brings. We have learnt about the advent wreath, and what each candle represents.



Every year we look forward to performing our whole school production in the church, surrounded by the glorious Christmas Trees. We were disheartened to know that this couldn't take place this year due to the current restrictions. However, we are being creative about how we can still enable the children to celebrate Christmas and take part in a whole school performance. A letter came home today (a paper copy as well as via email) about our school Nativity play. We will be presenting a video performance, in which each bubble will separately perform a section of the play. This video will then be available to watch on our school website. The children are very excited, and are busy rehearsing. Please see the letter for more details, with a permission slip for your child to appear in the video.

I hope you have a lovely weekend, and I look forward to seeing you all again on Monday.

Best wishes, Mrs Lennon and the Brighstone Team

This week's Collective Worship focus
is: Coming to the Rescue

Compassion

What does the Bible say about coming to the rescue?

"Do not withhold good from those to whom it is due, when it is in your power to act." Proverbs 3:27



How can you show compassion
when you see others looking
lost, upset or lonely?



Thank you prayer

God of compassion,
You care for us more than we could ever
care for anyone.
Thank you that you sent Jesus, the Good
Shepherd, to bring us back to you.
Thank you that you come and find us
whenever we feel lost or alone.
Amen



Ainslie	Freddie C - for his great attitude to learning.
Lambert	Anna - for trying hard in all lessons and always being kind. Charlotte - for her perseverance in her Maths assessment.
Robertson	Wilbur - for his excellent English work. Leigh - for her outstanding progress with playing her French Horn.
Macarthur	Charlotte W - for her excellent English work.
Clover	Eryn - for her confidence and clarity when giving her Wolf speech and her great Maths work.
Bee-Haviour	Katherine - for demonstrating our school values so well. In particular showing great courage.
Sports Bee	Sienna - for her fantastic focus and effort during hockey and a great goal!!

SEMH

Social, Emotional & Mental Health

Wellbeing Window

Did you reach out to a loved one? This week the children have been writing and sending cards to members of our Community - the feedback we have had so far has been very heart warming! The cards have meant so much to people.



This week's task is:

Writing Lists....

Who doesn't love a list? At this time of year when there is potentially a lot to organise, things can get overwhelming. Start by writing lists for everything you need to do. Get everything out of your head and on to paper. There is a great sense of satisfaction when you can cross something off the list.

Suggestions for lists:

Things to do before Christmas
Presents to buy
Charities to donate to
Christmas Dinner
Christmas Cards to send

"If you think you're too 'small' to make a difference, try sleeping with a mosquito."

-The Dalai Lama

child mental health

Mental health is often a taboo subject, however it is important that we are willing to support children and young people. With an estimated 1 in 10 children suffering from some form of mental ill health in their childhood this is not something that can be ignored.

'Mental health is how we think, feel and behave.'

NHS Direct Wales, 2019

We all have mental health, and our social and emotional development as children will shape our experiences and responses as we get older. The more emotionally able and aware the more likely we are to experience good mental health.

What can help good mental health?

Throughout life we are faced with difficult and stress provoking situations which can often trigger the inbuilt instinct to fight, flee or freeze - this being the means by which humans have survived over thousands of years. We are presented with anxiety provoking situations from a very early age, although as we develop the problems that we are faced with increase in complexity.

For children and young people, there is a need to learn from the people around them about how to manage the stress responses such situations trigger in an appropriate manner as well as learning that the problem can be solved and that we can bounce back from difficult situations, otherwise known as resilience. Part of this is being supported to make mistakes.

Being loved and feeling valued with the opportunity to explore and develop interests are all part of social and emotional development that can ultimately lead to good mental health.

How common is mental ill health

A Public Health England document (2015) suggests that out of an average class of 30 15

year olds:

- three could have a mental disorder;
- ten are likely to have witnessed their parents separate;
- one could have experienced the death of a parent;
- seven are likely to have been bullied;
- six may be self-harming.

Issues in the home, loss (either bereavement or loss through separation), experience of abuse or bullying, being a young carer and experiencing significant issues at school can all increase a child's chances of experiencing mental ill health.

Self harm and suicide

When thinking of mental ill health, many people automatically think of self-harm and suicide. Whilst these are factors, there are significant numbers of children and young people who are not self-harming or contemplating taking their own life. There are a lot of myths surrounding self-harm and suicide and it is important that we are aware of what is truth and what are myths.

If a child or young person is talking about suicide then you must follow your safeguarding procedures - we must not ignore it and support must be provided, and this might include you.

Stigma

Many people of all ages suffering from mental ill health report that they have faced stigma from those around them, especially those they considered to be friends. Stigma is often based in a lack of understanding and knowledge about a particular subject which then develops into a fear and anxiety about dealing with that subject. When a lot of people have this fear and anxiety is when a subject becomes taboo and not talked about. It is important that you arm yourselves with knowledge and that it is included in the curriculum in your setting.

What helps?

Talking is often key - the initial conversation may be only vaguely linked to the issue at hand, but it builds up trust and the confidence of the young person involved. You may not have all the answers and you are not likely to be able to solve the problem so focus on feelings instead.

News from the classrooms

Clover Class

As the culmination of Clover Class' English learning journey on "wolves," The Brighstone Wolf Appreciation Society have invited the children to give a speech entitled "Why do people believe in 'The Big Bad Wolf?'" Everyone planned, wrote and delivered their speeches, which were then filmed. (Due to social distancing the children are not able to speak in person at the society!) This also gave them the valuable opportunity to evaluate their delivery and public speaking skills.

Eryn was awarded a Golden Book certificate for her confident delivery, while Olivia, Soul & Leo earnt Hive Points for their efforts.



Doodle Maths

Well done to Macarthur 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.

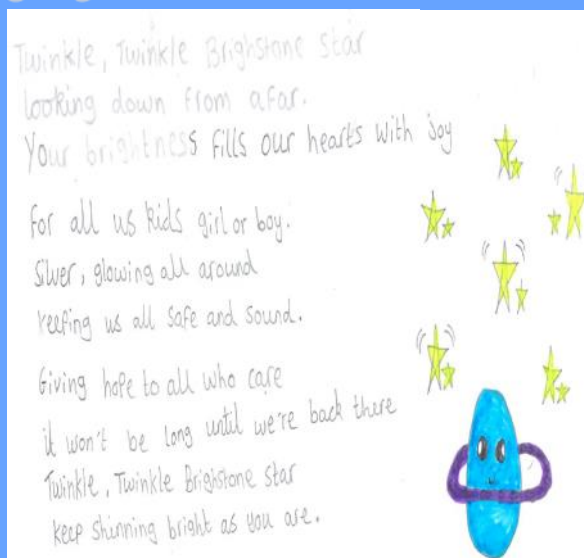
W/c 7th	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Curry	Beef Burger	Roast Chicken	Macaroni Cheese	Fish Fingers
Option 2	Veg Bolognaise	Quorn Burger	Lentil Pastry	Sweet pot curry	Veg pasty
Dessert	Fruit Crumble	Fruit and Yog	Drizzle cake	Choc orange cake	Vanilla short-bread

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.

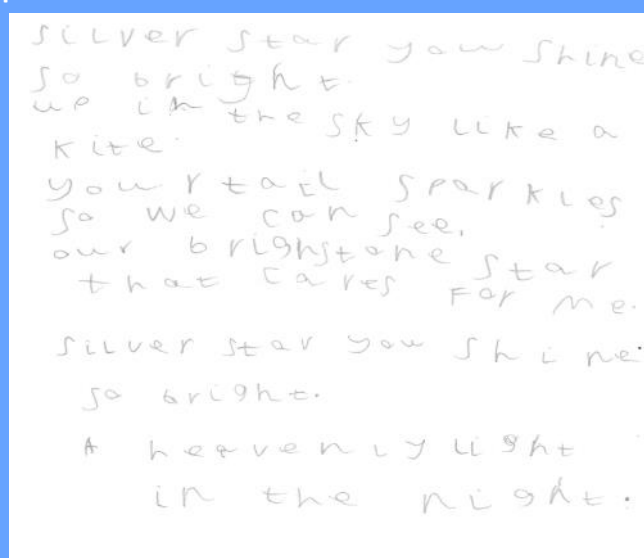
Congratulations



BSA Star Poem Competition winners



Daisy, Year 5



Florence, Year 1

Brightstone School Association

Christmas shop **Now Live** on Facebook

Please go to our BSA Facebook page and click the link for the Shop to join the group.

Comments will be looked at daily and arrangements made for collection of purchases. Payment can be made by cash, card or Paypal.

Paypal - brightstoneschoolassoc@gmail.com

Here at Dinosaur Isle we know it's been a year when many children have missed out on their school trips.

We are going to be open Friday & Saturday for the 3 weekends before Christmas (4th & 5th, 11th & 12th and 18th & 19th December)

We would like to offer all primary & pre school children entry for £1 when accompanied by a full paying adult. Just let us know the name of the school when paying.

Due to Covid restrictions we would ask that anyone wishing to come book first please. Email dinosaur@iow.gov.uk or message on our Facebook page.

Music Lessons

If any parent would like to talk to Rob about music or instrument hire / purchase then they can contact him anytime on 07974 442573

Robcarr93@yahoo.co.uk

Or message me on my fb site

Guitar Stars



You can support The Earl Mountbatten Hospice this Christmas. They have a Christmas fundraiser which you can take part in by clicking here: <https://www.mountbatten.org.uk/letter-from-father-christmas>



Reminders

The **gates** open from 8.15am - 8.25am then from 2.40pm to 2.45pm. Please maintain social distancing at all times. Once you have dropped off/collected your child, we ask that you please leave the playground to ensure that there is space for other parents to collect their children.

PE Kits are to be kept in school Monday to Friday.

Please make you send a letter/email to the office when a child returns to school from any period of **absence**. Failure to do this with 3 days of returning will mean that the absence is marked as unauthorised and could result in a fine from Education welfare.

Snack time - children are permitted to bring in fruit and water.

No food containing nuts is permitted in school.

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

Back to school on Monday 4th
January 2021