

The Buzz

22nd January 2021



Learning and Achieving Through Love,
Courage and Respect

Dear parents, carers and children,

Our **Wellbeing Wednesday** focus this week is 'What have you done today (or recently) to make you feel proud?' I can confidently say that you should all be proud of yourselves for working so well at home and in school, and getting to grips with Google Classroom and Zoom sessions – I know that some of you have found the use of new technology particularly tricky (Google Classroom has been a steep learning curve for us, as well!), alongside having to juggle remote learning with your own work. Everyone (parents/carers, children and staff) has been working extremely hard and we have been welcoming feedback and suggestions as to what has been going well and how we can further develop our remote learning provision to ensure that it is right for every child. Next week will be sending out a parent survey about remote learning – watch out for this dropping into your email inbox. We value a strong partnership between home and school, and welcome any feedback as part of this.



When everyone is usually in school, as part of the **planning, teaching and assessing cycle**, teachers use the knowledge of how much support the children have had to enable them to plan the next steps. During this period of remote learning, some parents have been providing comments as to how easy or difficult their child found the work, and this has been very helpful for teachers. Therefore, when submitting work, where possible please could you make a note (either on the work or in the private chat function) of how much support they have had; e.g. was it completely independent, did they have any support with a particular word or spelling, or did they need guiding through the whole piece? This additional information will be really appreciated, as it will enable the teachers to plan the appropriate support and challenge for your child. Many thanks for this.

Please can I add a reminder here about our ground rules during **Zoom calls**, and the fact that children should not be in their bedrooms when participating in the calls. Thank you.

We know that losing ourselves in a **good book** is the perfect escape (if/when you ever get the time...!) and we are always promoting the love of reading with the children. It may be difficult to get hold of books at the moment, so we would like to remind you that we have a selection of books in our school foyer that you are welcome to borrow. Whilst many prefer a 'real' book that you can hold (myself included!), there are also hundreds of free eBooks on a range of websites, including Oxford Owl <https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/> and Oak National Academy <https://library.thenational.academy/>. These books also come with additional fun activities and questions to help children's comprehension. When reading with your child (either reading to them or listening to them read) it is extremely beneficial to talk about the book and ask them questions. Your child's teacher will send you some questions that you could use. Enjoying and talking about pictures and poems is also really good for developing children's understanding and vocabulary.

Getting out into the big outdoors and enjoying nature is very important for wellbeing, and next week brings the **RSPB Big Garden Birdwatch** that we will be taking part in. Watch out for further details!



We hope you all have a lovely, restful weekend, and we look forward to seeing you (in person or via Zoom) next week.

With very best wishes, Mrs Lennon and the Brighstone Team

Courage

This week's Collective Worship focus is: 'Doing the right thing, not the easy thing'.

We are thinking about courage and how we sometimes need to be brave and do the right thing, not the easy thing. We watched



the story of Esther, the brave queen, who helped to save her people, the Jews, even though her own life could have been in danger.

"Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

Joshua 1:9

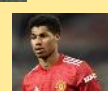
A Prayer for

Courage

Father God,
Help us to be strong and courageous.
Help us to speak out for others.
Help us to do the right thing, not just the easy thing.
Amen

Research heroes and heroines in history and today, who made the decision to follow a course of action that they believed to be right, rather than taking the easy option and doing nothing at all or staying silent instead of speaking out.

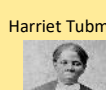
Gladys Aylward



Marcus Rashford



Rosa Parks



Harriet Tubman



Nicholas Winton



George Muller



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 18th	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza	Sausages	Roast Chicken	Chicken Curry	Fish fingers
Option 2	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Dessert	Fruit Crumble	Shortbread	Fruit & Ice cream	Choc Sponge	Fruit Salad

Shoeboxes?



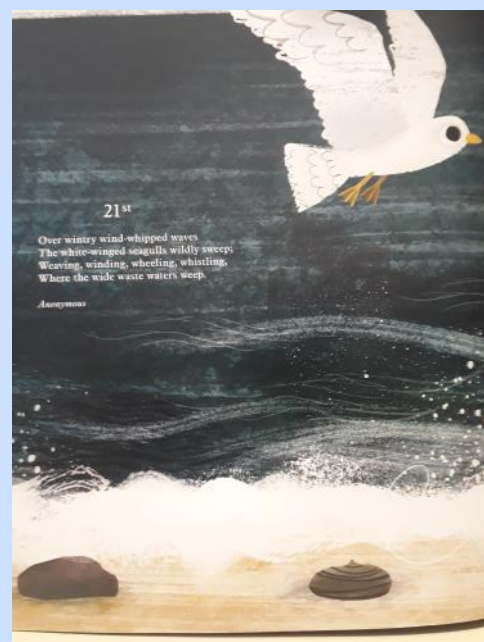
Poetry Corner

Welcome to Poetry Corner! We love to enjoy and play with words, so we have added this new feature to the Buzz.

We hope you enjoy the poems each week.

You may wish to have a go at writing your own poems. We'd love to see them!

Email them to school and we can put them in the Buzz.



Golden Awards

Ainslie	Freddie C, Alice, Alexander, Henry & Helena - for being very sensible during Zoom meetings!
Lambert	Lilli - for her puppet theatre production. Martha - for her expressive freeze frames and enthusiasm towards home learning. Reuben - for being a keen scientist and enthusiastic home learner. Grover - for persevering with his numbers.
Robertson	Felicity - for her confident use of the number line. Arya - for her beautiful London painting.
Macarthur	Bailey - for working extremely hard to catch up on work from Week 1.
Clover	Gemma - for her writing and delivery (via Zoom) of an excellent courtroom speech.

Well done everyone!

The last day of this half-term is
Friday 12th February

The first day of next half-term is
Monday 22nd February



Doodle Maths



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

SEMH

Social, Emotional & Mental Health

Wellbeing Window



This week's Activity is: **Proud Cloud**

Being proud of yourself is a way of promoting your self-worth. People who are proud of themselves tend to have a great passion for life, feel content and grateful, and are excellent at motivating others.

This week we are asking you all to think about (in the words of Heather Small): What have you done today (or recently) to make you feel proud? We think you should all be proud of your efforts with home learning and getting to grips with Google Classroom. You can draw your own clouds and fill it with your proud thoughts, pictures etc.

I'm proud of myself
because I took 5 minutes
for self-care

I'm proud of myself because I got
dressed today



Please see the list below of additional dates for flu catch up clinics:

25th Jan. Cowes Family Centre (PO31 7ET) 10:00 – 14:00

26th Jan. East Newport Family Centre 10:00 – 14:00

As these are drop in sessions there may be a short wait to see a nurse, social distancing measures will be in place and face masks must be worn. Please dress warmly as you may have to wait outside.

If further information is needed parents can email snhs.childreimmunisationteam@nhs.net or call the office on 821388.

Help and advice for Parents And Carers

Young people's advice for parents

YOUNGmINDS

We asked young people what they'd say to parents to help them support themselves and their family through the coronavirus pandemic. Here's their advice for you:

1. Don't check the news all the time or spend lots of time on your phone when you don't need to. Check the news once or twice a day for important updates and focus on doing positive stuff together the rest of the time.
2. Make the most of the opportunity for family time. Do activities together that help you bond, show an interest in your child's hobbies and consider choosing a new skill to learn together.
3. Listen to your child and find out what will help them as an individual.
4. Especially with teenagers, respect your child's boundaries. Find ways to connect and spend time together without being on top of each other 24/7. If your child doesn't feel like talking, let them know you're there and wait until they're ready.
5. Be patient with each other.
6. Remember you're doing your best as a parent. You will get frustrated and stressed – this doesn't mean you're a bad parent. It's okay to take some time for yourself.

Make a boredom jar. Ask your children what their favourite indoor activities are and use them to make a lucky dip or boredom jar. Write their ideas down on strips of paper and keep them in any container you've got, such as a bag, bowl, jar or hat. In moments of boredom or struggle, invite them to choose something they know they enjoy doing. Depending on their age, activities could include crafting, making playdough, dressing up, baking or cooking, watching their favourite film or playing a video or board game with you.

When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.



Other support for parents

It can be invaluable to seek the support of others who are in a similar position when caring for an anxious child. The following groups give advice and support to parents, carers and sufferers of anxiety disorders.

Anxiety UK

Anxiety UK offers support and information for anyone experiencing difficulty with any type of anxiety disorder. Our website has a plethora of information, we provide therapeutic services around the country and can put you in touch with therapists with specific training around children and young people. Our website has information on a range of anxiety problems that specifically affect children, along with an instant messaging service for support.
Telephone: 08444 775 774
Website: www.anxietyuk.org.uk

Depression Alliance

Depression Alliance is a UK based charity for sufferers of depression. Their website contains information about depression and they have details of local support groups available for sufferers.
Telephone: 0845 123 23 20
Website: www.depressionalliance.org

Mind

Mind is a national mental health charity which offers information on where to find support groups in your area for a whole range of mental health and emotional issues. They also give advice on where to go for more help.
Telephone Mind info line: 08457 660 163
Website: www.mind.org.uk

Youngminds

Youngminds focus on the mental health issues of children, recognising that many children have troublesome worries and fears. They publish a range of information to help parents, carers or other professionals who are worried about a child. They also provide a parent helpline and publish regular leaflets on specific issues to help parents.
Website: www.youngminds.org
Youngminds parenting information service: 0800 018 2138

Parentline Plus

Parentline Plus offer a 24 hour helpline to anyone involved in caring for children. It offers listening, support, information and guidance on all issues of concern, alongside parenting classes and workshops for parents to share ideas and learn new skills.
Website: www.parentlineplus.org.uk
Parentline: 0808 800 2222

Parent Lifeline

Parent Lifeline offers emotional support and understanding for parents under stress. The helpline can also put parents in touch with further help if they wish. Support groups, face to face appointments and parenting courses can be arranged locally.
Helpline: 014 272 6575
(Mon - Fri 9am - 1pm, 7.30 - 11.30pm)

ALL IN YOUR HEAD

by Safaa Benson-Effiom

A live theatrical online experience
Sunday 14th February at 7pm

"She returns to the centre, leaning in close to the camera. She smiles a small smile and nods more assuredly than before. She's made a decision. She turns and heads to the door. She opens it and goes to leave. Black."

All In Your Head, a project conceived by Lucy Dear, is a one woman show based on real women's accounts of coercive control and domestic abuse.

With calls to domestic abuse helplines doubling since lockdown, this important performance will be followed by a panel discussion with survivors of domestic abuse and representatives from women's organisations.

Creative Team

Safaa Benson-Effiom - Writer
Lucy Dear - Director
Naomi Sparrow - Actor
Helena Almeida - Sound Designer
Anna Reid - Designer
Cheryl Ndione - Producer
Anny Ma - PR Manager

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"This storm is making me tired," said the boy

"Storms get tired too," said the horse, "so hold on."

