

The Buzz

29th January 2021



Learning and Achieving Through Love,
Courage and Respect

Dear parents, carers and children,

We come to the end of another week of partial school closures and remote learning, in which the Prime Minister, in his announcement this week, stated that schools might be able to reopen on Monday 8th March. We all sincerely hope that this is the case, and we will continue to play our part in helping to reduce the transmission of the virus.

Our Wellbeing Wednesday focus this week was to complete the sentence 'I am amazing because...' The majority of children would have no qualms when talking about why they are amazing, but I can imagine all adults grimacing if you are asked to talk about why you are amazing. Why is this? Why do adults find it so difficult to praise themselves and their achievements? Well, I'm going to set you this as a challenge. Tell yourself why you are amazing. It might be something as simple as '...I managed to find the time to make myself a cup of tea', or '...I managed to send some work emails while at the same time helping my child to write in the passive voice', or even just as simple as '...I got out of bed today'. We carried out this activity at the start of our staff meeting this week, and our responses ranged from '...I shared my screen successfully in Zoom', '...I created my own recorded lesson and uploaded it to YouTube', '...I've kept up with my marking and feedback on Google Classroom' to '...I am still upright'. Everyone (parents, grandparents, staff, children) is amazing for coping with the many pressures that the current situation brings, and we have to remind ourselves to focus on the little daily successes. If nothing else, sharing these makes everyone smile.



Thank you to those parents who are letting their child's class teacher know how much help your child has received with pieces of work. This is really helpful as it enables the teacher to have a clearer picture of your child's understanding, knowledge and skills and what next steps they need. We would ask that you don't provide too much help all the time, though, as this gives a false picture of their understanding and achievements, and therefore the next set of work provided may not be suitable. The learning process is more important than a 'perfect' outcome. Remember, the teachers are more than happy to provide extra support for your child via email, Google Classroom chat or Zoom if and when needed.



We have been providing packs of resources where needed, and if you would like any particular provisions and resources for specific pieces of work, please let us know and we will be more than happy to provide them. These could include art and craft supplies, whiteboards and pens, paper/card, purple polishing pens, crayons, sharpeners, colouring sheets, sound charts, word mats, and more.

Gathering parental feedback is very important to us as a school as it enables us to share successes and make further improvements. You will have received an email earlier with links to a short online survey about remote education. We would appreciate as many responses as possible to help us with our remote education provision and to help us to provide further support for you. We thank you for your time in completing this.



I know that many parents are struggling with juggling remote learning with their own work pressures, and we are sharing top tips that may help – see our Facebook page that is regularly updated, as well as pages within this Buzz. Even though schools have to provide the recommended required number of hours for daily remote learning, we completely understand if it sometimes does not go to plan. Just do what you can when you can, and if all else fails, snuggle up under a blanket or duvet with your child and enjoy a story together. We hope you have a relaxing and stress-free weekend.



Best Wishes, Mrs Lennon and the Brighstone team

This week's Collective Worship focus is: 'Facing a challenge'

We are thinking about how you need to dig deep inside yourself to find courage when facing a challenge.

Courage

Father God,
Help us to be strong and courageous.
Help us to face our challenges.
Help us to help others to face their challenges.
Amen

Remember that you can access each week's CW PPT and video on the Church Links page on our website.



We watched a video about Derek Redmond who faced a challenge when he took part in the 1992 Barcelona Olympics.



"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

1. We have all faced challenges over the past few weeks and months. What challenges have you faced? How have you overcome them?

2. Set yourself a challenge for the coming week. Draw, paint or have a photograph taken of yourself completing the challenge. Write a few lines about your chosen challenge/

WE DON'T GROW WHEN THINGS ARE EASY, WE GROW WHEN WE FACE CHALLENGES.



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 1st	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza	Sausage Roll	Roast Chicken	Macaroni Cheese	Fishfingers
Option 2	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Dessert	Shortbread	Fruit Crumble	Fruit & Ice cream	Sponge cake	Cookie

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.

We think this poem sums up quite well the journey we are all currently on and reflects the class names of sailors quite well:

Seas of Learning

We are on a journey

- like crew upon a ship.

We'll sail the seas of home learning,
gaining knowledge on the trip.

We are hoping for smooth sailing,
though we are bound to hit bad weather.

We'll be ok as long as we
all learn together.



Everybody makes mistakes,
and sometimes I will get things wrong,
but our crew is all good at different things
and this together makes us strong!

We are navigating this challenge,
climbing aboard and sailing away,
charting the course for learning
and developing along the way!

Written by Mrs Aram adapted from the poem 'Seas of Learning' by Catherine Oehlman

Golden Awards

Ainslie	Myles - working hard with his writing. Henry - great concentration. Meadow - making good progress.
Lambert	Tommy - enthusiasm and self motivation. Violet - perseverance in Maths. Charlotte and Izzy R - enthusiasm in all of their learning and supporting each other with their home learning.
Robertson	Casper and Max F - fantastic work in Maths and using clocks.
Macarthur	Katherine - wonderful scientific investigating. Lauren - excellent DT project.
Clover	Ettienne - persevering to complete his Maths assessment task.

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 **Lambert class** who are the top Doodlers this week!

SEMH

Social, Emotional & Mental Health

Wellbeing Window

This week's Activity is: **Mindfulness**

Practising Mindfulness has been proven to improve the brain's ability to cope with adversity. There are lots of misconceptions when it comes to thinking about mindfulness. It is very different to meditation.

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Try this little activity ...

Sit in a room with your eyes closed.

Ask someone else to spray a perfume or deodorant at the other side of the room and, keeping your eyes closed, try to notice the exact moment when the smell reaches you.



Watching the birds can be very relaxing. Have a go this weekend and report what you see to the RSPB. Everything you need to know can be found on the link below.

<https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/>



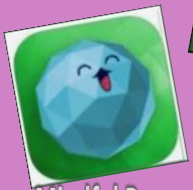
This year's theme is '**EXPRESS YOURSELF**'.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and **doing activities that make you feel good**. Looking after our own and our children's mental health has never been more important. Please share your 'express yourself' activities with us so that we can share them with our school community.

We will be sharing lots of information and positivity on our school Facebook page next week so please have a look. You do not have to have a Facebook account to access our page:

<https://www.facebook.com/BrighstoneCEPrimarySchool>

KS1

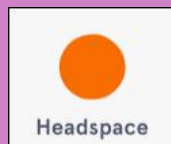


Mindful Powers



Chillpanda

Everyone



Headspace

KS2



Mindful Gnats



Smiling Mind

*Apps for
Mindfulness
and sleep*

COURAGE DOES NOT ALWAYS
ROAR. SOMETIMES COURAGE
IS THE QUIET VOICE AT THE
END OF THE DAY SAYING
I WILL TRY AGAIN TOMORROW.



HEALTHYPLACE.COM

Help and advice for Parents And Carers

NEVER ALONE

NSPCC 0800 800 5000 (24hrs)

Mind 0300 123 3393 (Mon-Fri 9-6)

Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)

Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)

Samaritans 116 123 (24hrs free)

National Domestic Abuse Helpline 0808 2000 247 (24hrs free)

Victim Support 0808 168 9111 (24hrs)

ChildLine 0800 1111 (24hrs)

Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5or8pm)

National Centre for Domestic Violence 0207 186 8270

Autism Support Hub

More help for IOW residents available

If you or someone you care for is feeling isolated or overwhelmed, especially as a result of Covid-19, you can get help from the Autism Support Hub.

The hub can be contacted as follows:

- 07498 50607
- @aimisleofwight
- Search IOW autism support hub
- support@aimisleofwight.co.uk

Help you can get from the hub includes peer support phone line, 5 days a week (3 evenings Monday, Wednesday and Friday 4pm - 9pm and 2 days Tuesday and Thursday 11am - 4pm).

FREE TAKEAWAY TUESDAYS

We know that feeding your family can be a struggle. During the pandemic, it may feel almost impossible.

West Wight Help Hub can assist! Collect a FREE, freshly cooked hot meal for each member of your family:

Tuesdays
West Wight Sports and Community Centre
12.30 to 1pm.
(No questions asked, no personal details taken.)

We can also help you with emergency grocery supplies. Call us on 752168 9.30 and 12.30 weekdays, we'll find the best way to support you.

There is no need to struggle alone; we're here to help.

West Wight

West Wight

Help Hub

COMMUNITY SUPPORT IN FRESHWATER, YARMOUTH, TOTLAND, SHALFLEET, THORLEY AND WELLOW

Our communities have come together during the pandemic to offer support to one another. We can help those who are isolated or experiencing difficulties with:

PRESCRIPTION DELIVERY

We offer help with medication deliveries on Mondays, Wednesdays and Fridays. Our volunteers deliver from 12:30pm. Please give 24 hours notice where possible.

PHONE SUPPORT

Our volunteers can provide a listening ear and to offer reassurance during this difficult time. They can also put you in touch with local services who can offer more intensive support.

HOT MEAL DELIVERY

Available to all. See inside for full details.

If you, or someone you know would benefit from support or if you would like to volunteer, contact:

01983 752 168

email help@westwight.org.uk

Hub phone line open Monday-Friday 9:30am - 12:30pm

For more information visit westwight.org.uk/coronavirus

Please keep this information for any future lockdown.

Telephone Support Line

Open to education staff and parents/carers
Tuesdays, Wednesdays and Thursdays 9.30am - 11.00am

Hampshire and Isle of Wight Educational Psychology (HIEP) are continuing to run a Telephone Support Line to help education staff and parents/carers during the current COVID-19 pandemic. The support line will be:

- confidential
- provided by educational psychologists
- for parents and carers of children and young people
- for staff in all settings
- for any queries related to the emotional wellbeing of children/young people and their families

What to expect

When you call, a member of our friendly support team will take your details and then ask an educational psychologist to call you back. Our psychologists are there to listen and to support with the issues that might be concerning you regarding the emotional wellbeing of a child or young person. Some people call us knowing what issues they need help with, whilst other people find it helpful to just talk through what is happening for a child or young person.

How to contact us:
Please phone the number for your local area:

Isle of Wight - 02392 443497

North (Basingstoke & North Test Valley) - 01252 814835

South (Fareham, Gosport & Havant) - 02392 443497

East (East Hants, Hart & Rushmoor) - 01252 814729

West (Winchester, Eastleigh, New Forest & South Test Valley) - 01962 876239

Free resources

HIEP have put together a collection of resources which are available to support our communities in managing anxiety and stress. Further information is available by phone and on our website.

www.hants.gov.uk/educational-psychology

Hampshire Services

COMMUNITY CONNECTOR WEST WIGHT

Are you, or someone you know, experiencing loneliness or isolation, want to make life better and get out in the community, but not sure how to take the first step?

Would you like information about what is happening in your local community and how you can get involved?

Would you like to be connected with appropriate informal or formal support services on your doorstep or across the Island?

Do you have an idea to make the community more connected or want to start up something new and need help to make that happen?

If you live locally or access the local community for any reason, your Community Connector can help.

Support from your Community Connector is free and open to any age; there is no time limit for how long he can work with you, so why not get in touch?

Your Community Connector is **Adam Tucker**

07498 496 719
adam.tucker@westwight.org.uk

Our Place

West Wight Sports & Community Centre

Adam Tucker
Community Connector

07498 496 719
adam.tucker@westwight.org.uk

Are you isolated or finding life difficult at the moment?

Adam can:

- Take time to get to know you and build a trusting relationship, using phone, video or socially distanced walks.
- Help you work towards your idea of a good life, and manage current challenges.
- Help you to access appropriate information, advice and support at the right time.
- Support you to become more connected and in control of your life.
- Help you to develop your skills, talents and abilities.

Get in touch to have a chat and find out more.
westwight.org.uk/community-connector

just ask!

Melanie Gardiner
Just Ask Support Officer
Freshwater Parish Council

07548 488 114
justask@westwight.org.uk

Mel can:

- Help you access local information and support.
- Help you access wider formal and informal services across the Island if needed.
- Offer practical support with accessing online services /completing applications / house or job searches.
- Simple form filling or signposting to appropriate services.
- Information on how you can get involved or volunteer within your community (including the Freshwater Parish Council Green Team - helping to improve our green spaces, encouraging wildlife and creating an edible landscape trail).

Adam and Mel are Foodbank voucher holders.

11 top tips for combining homeschooling with working from home

Whether you're juggling your job and your child's learning during ongoing school disruptions or have chosen to home educate alongside working, read our advice and parents' tips for combining homeworking and looking after your child.

<https://www.theschoolrun.com/working-from-home-with-your-child-at-home>



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 provide information 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. This 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: 0114 272 6575
(Mon - Fri: 9am - 1 pm, 7.30 - 11.30 pm)



Department
for Education



Lockdown lunches and meal plans

Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week. Please share this information with your parents/carers.

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>

