

# The Buzz

## 8th January 2021



Learning and Achieving Through Love,  
Courage and Respect

Dear parents and carers,

Christmas and New Year seems so long ago, but I hope that you all managed to have a restful and enjoyable time with your families where possible.

We hope that you are all keeping safe and well in this very tumultuous and strange week. I heard someone say "What a year this week has been" and I think that pretty much sums it up. After one day back at school, following the Prime Minister's announcement on Monday evening our lives changed once again. I would like to thank you all for your understanding when we contacted you that evening about school places for the next day. Further to the 'emergency home learning packs' that were given out for this week in line with guidance from the Department for Education, over the past few days we have been putting into place plans for more robust remote education provision for the rest of this half term, which will start on Monday 11th. This has included the staff learning all about Google Classroom (every day is a school day!). We hope you will enjoy using this multi-functional online learning platform to receive and submit work; we think it will make your child's home learning a bit easier to manage. More information about this was emailed out to you all, and further details can be found on our school website. If anyone has any questions about your child's remote learning, or if you need support with access to adequate technology, then please do not hesitate to contact us.



Google Classroom

Our Collective Worship theme for this half term is 'courage', which I think is apt in these times of worry and uncertainty. Seeing the recent news and statistics about the increase in Covid cases has led to greater anxiety, especially if there is someone close to us who has been affected by Covid. We all need to support each other to find greater courage within these difficult times. You will all be trying to juggle home learning with work pressures, and we are here to support you with this, either through practical advice or providing support for the mental health and wellbeing of you and your children. We will get through this together.

The new lockdown laws came into force on Wednesday 6th January, and it is so important that these are followed by everyone to help minimise the transmission of Covid and keep our families and staff safe:

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

We hope you manage to have a good weekend. Stay safe and keep warm!

Best wishes,

Mrs Lennon and the Brighstone Team



## Courage

This week's Collective Worship focus is: Epiphany

"Now after Jesus was born in Bethlehem of Judea in the days of Herod the king, behold, wise men from the east came to Jerusalem, saying, "Where is he who has been born king of the Jews? For we saw his star when it rose and have come to worship him."

Matthew 2:1-2



The wise men showed courage because they followed a star and travelled from afar to a distance land to worship the baby Jesus.

Lord, grant me tenacious courage as I go through this day.  
When I am tempted to give up, help me to keep going.  
Grant me a cheerful spirit when things don't go my way.  
And give me courage to do whatever needs to be done.

In Jesus' name, Amen.



## 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 11th	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	Shortbread	Fruit Crumble	Ice Cream	Sponge Cake	Cookie

# Safeguarding

At Brighstone Primary School, keeping children safe remains one of our top priorities.

Even during "lockdown" we remain absolutely committed to keeping children safe. If you have any concerns regarding the safeguarding of children, we are still here for you so please do not hesitate to contact us:

Email our safeguarding team on: [safeguarding@brighstoneprimary.org.uk](mailto:safeguarding@brighstoneprimary.org.uk)

If there is an emergency and you believe a child is in immediate danger, you must call **999**.

If your concern is urgent, please contact the Hampshire MASH (Multi Agency Safeguarding Hub) line on: 0300 3000 117 or email - [childrens.services@hants.gov.uk](mailto:childrens.services@hants.gov.uk)

Out of hours contact telephone number for Children's Services Phone 0300 555 1373

If you are unsure about anything to do with a child's safety you can call the NSPCC Advice Line on [0808 800 5002](tel:08088005002)

## Remote Learning

More information about our remote education provision during school closures is being sent out to parents via email, and it is also available on our website on the Covid-19 page.

We will be using the online multi-functional platform Google Classroom to set and receive work.

Instructions on how to use this will be emailed out to parents, as well as being available on our website and on the following links:

<https://www.youtube.com/watch?v=xsAM9RGShaA>

<https://www.youtube.com/watch?v=2l0wi-gmbys>

If you need any support or advice about remote learning, please do not hesitate to contact the school.

## Bottle Tops

If you have any plastic milk bottle tops, please bring them to the school entrance when you are out doing one of the permitted activities (while ensuring that you are within the lockdown laws).

These bottle tops will then be passed onto Ability Dogs 4 Young People where they will be used to raise money for this very worthwhile charity!



**Ability Dogs  
4 Young People**

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 **Macarthur Class**, who are the top Doodlers this week!

Well done to **Martha** and **Katherine** who have both achieved a 100-day streak!

# SEMH

Social, Emotional & Mental Health

## Wellbeing Window

This week's suggestion is **Self-care!**

With everything that is going on in the world right now, **self-care is VITAL!** Most people feel that they don't have the time to do something for themselves but just try one thing from the list of suggestions, it could be once a day or once a week, you choose:

- Take a walk
  - Take a hot bath
  - Watch reruns of your favourite TV shows
  - Give yourself a facial
  - Tidy your bedroom or living area
  - Write lists/goals
  - "Brain dump" into a journal
  - Write down three things you are grateful for
  - Do 10 minutes of stretching
  - Clean out your email inbox
  - Declutter
  - Have a hot drink and relax
  - Listen to a motivational podcast
  - Bake your favourite treat
- Do something for you. You won't regret it.

## MANAGING CORONA VIRUS (COVID-19) ANXIETY

 **For You**

- Avoid **excessive** exposure to media coverage
- **Connect** through calls/text/internet
- Add **extra time** for daily stress relief
- **Practice self-care**
- **Focus on your mental health**

**For Kids**

- Reassure them that they're **safe**
- Let them **talk** about their worries
- Share your own coping **skills**
- Limit their **news** exposure
- Create a **routine & structure**

**For Quarantine/Isolation**

- Keep in **contact** with your loved ones via social media, texts, and phone calls
- Create a **daily self-care** routine
- Keep yourself **busy**: games, books, movies
- **Focus** on new relaxation techniques

**Help Through Crisis**



If you need help with food, utilities and other essentials, or would like help accessing a support network or services please contact us on

**01983 823859**

or make an online application at [www.iow.gov.uk/helpthroughcrisis](http://www.iow.gov.uk/helpthroughcrisis)

## 10 INTERNET SAFETY TIPS FOR PARENTS

- 1** Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- 2** Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3** Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4** Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5** Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6** Help your child learn to **filter** information online and navigate fact from fiction.
- 7** Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8** **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9** Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10** **Learn more**: Explore reliable resources for parents so you can educate yourself.

### Please reach out for help

This lockdown may be a difficult time for you and your child/ren. Do please let us know if you are struggling and we will do our best to help you or point you in the direction of services available, please speak to Melissa on 740285 or email: [m.jones@brighstoneprimary.org.uk](mailto:m.jones@brighstoneprimary.org.uk)



# PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

*Your brain is like a muscle. When you learn, your brain grows.  
The feeling of it being hard is the feeling of your brain growing!*

## PRAISE



### FOR

EFFORT  
STRATEGIES  
PROGRESS  
HARD WORK  
PERSISTENCE  
RISING TO A CHALLENGE  
LEARNING FROM A MISTAKE

### NOT FOR

TALENT  
BEING SMART  
BORN GIFTED  
FIXED ABILITIES  
NOT MAKING MISTAKES

## THE POWER OF

### "YET"

### SAY

"YOU CAN'T DO IT YET."  
"YOU DON'T KNOW IT YET."  
"IF YOU LEARN AND  
PRACTICE, YOU WILL!"

# BRAINS can GROW

MY INTELLIGENCE,  
TALENTS, and ABILITIES  
are FIXED.

FIXED  
MINDSET

VS

I CAN DEVELOP  
MY INTELLIGENCE,  
TALENTS, and ABILITIES.

GROWTH  
MINDSET

## FAILURES AND MISTAKES = LEARNING

### SAY

"MISTAKES HELP YOU IMPROVE."  
"YOU CAN LEARN FROM YOUR MISTAKES."  
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

## RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR  
OWN THINKING AND THE  
MESSAGES YOU SEND  
WITH YOUR WORDS AND  
ACTIONS.



## ASK

"WHAT DID YOU DO  
TODAY THAT MADE YOU  
THINK HARD?"  
"WHAT NEW STRATEGIES  
DID YOU TRY?"  
"WHAT MISTAKE DID YOU  
MAKE THAT TAUGHT YOU  
SOMETHING?"  
"WHAT DID YOU TRY  
THAT WAS HARD  
TODAY?"

# MY GROWTH MINDSET STATEMENTS

I can CHANGE my MINDSET with my WORDS!



## INSTEAD OF:

I am not good at this.  
I am great at this.  
This is too hard.  
This is too easy.  
I am afraid I will make a mistake.  
I give up.  
I can't do this.  
This is good enough.  
I won't try because I might fail.  
I am not as smart as my friend.

## I CAN SAY:



I am not good at this YET, but I will learn.  
I practiced and learned how to do this.  
This will require effort and finding the right strategy.  
How can I make this more challenging?  
When I make a mistake, I will learn from it and get better.  
I will succeed if I put forth effort and find a better strategy.  
I need some feedback and help from others.  
Is it my best work? Can I improve it?  
If I fail I can try again until I succeed!  
I am in charge of how smart I am because I can grow my brain by learning hard things!