The Buzz Brighstone C.E. Sth January 2021 We have 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 Google Classroom access to adequate technology, then please do not hesitate to contact us.

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





NHS

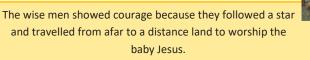


Courage

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



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				
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

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

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

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=2lowi-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!



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

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



Doodle Maths

doodlemaths

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!



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.

10 INTERNET SAFETY TIPS FOR PARENTS

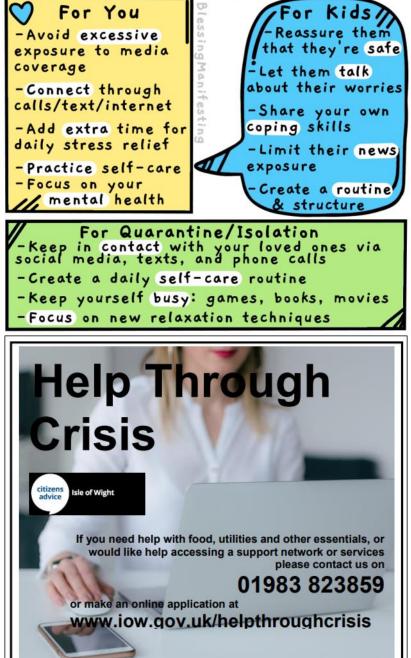
- Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- **3** Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 5 Teach your child what personal information they should not reveal online (YAPPY acronym).
- Navigate digital dilemmas with your child. Avoid using devices as rewards or punishments.

Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.

- 2 Take an **interest** in your child's favourite apps or sites. Co-view or cocreate at times.
 - Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- **6** Help your child learn to **filter** information online and navigate fact from fiction.
- 8 Balance green time and screen time at home. Focus on basic developmental needs.

10 Learn more: Explore reliable resources for parents so you can educate yourself.

MANAGING CORONA VIRUS (COVID-19) ANXIETY



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

PARENT'S GUIDE TO A GROWTH MINDSET **Big Life Journal**

Your brain is like a muscle. When you learn, your brain grows.

cange

I CAN DEVELO

RECOGNIZE YOUR

own mindset

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



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?"

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

TAI FNT **BEING SMART BORN GIFTED** FIXED ABILITIES NOT MAKING MISTAKES

THE POWER OF W YET W SAV

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

are **FIXED** FIXED GROWTH MINDSET MINDSET FAILURES AND MISTAKES = LEARNING

INTELLIGENCE

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

SAY

MY GROWTH MINDSET STATEMENTS I can CHANGE my MINDSET with my WORDS! INSTEAD OF: I CAN SAY: I am not good at this. I am not good at this YET, but I will learn. I am great at this. I practiced and learned how to do this. This is too hard. This will require effort and finding the right strategy. How can I make this more challenging? This is too easy. I am afraid I will make a mistake. 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 give up. I can't do this. I need some feedback and help from others. This is good enough. Is it my best work? Can I improve it? If I fail I can try again until I succeed! I won't try because I might fail. I am not as smart as my friend. I am in charge of how smart I am because I can grow my brain by learning hard things!