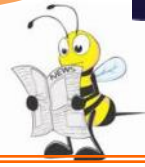


The Buzz

12th February 2021



Learning and Achieving Through Love,
Courage and Respect

Dear parents, carers and children,



Well, we all made it to **half term**! I would like to say a huge well done to everyone – children, parents, grandparents and staff – for getting through these last few weeks in such adverse circumstances. The expectations for remote education during this period of school closures are so much higher and everyone has stepped up to ensure that we have met these expectations. It hasn't been easy and there have been difficulties along the way (the technical side in particular has been a steep learning curve for many!). We would like to thank you for your understanding, and for keeping up the strong communication whenever you have had any queries or concerns. This period of time also hasn't been easy for mental health and wellbeing, with all the many pressures that people are under, so I would like to reiterate what we have been saying over the last few weeks: please go easy on yourselves and do what you can. When

it becomes a bit much, put the schoolwork away and go outside to play in the fresh air, or snuggle up to read a book or enjoy a fun film together.

The Prime Minister has stated a provisional date of **Monday 8th March** for schools to reopen to all children, which is to be confirmed nearer the time. As soon as we find out any further information, we will let you know. Let's keep our fingers crossed!

As you know, **Ofsted** carried out a remote monitoring visit over the last two days, as part of their programme of the monitoring of schools' remote education provision. I would like to say a huge thank you to all the staff for all their hard work when meeting with the inspectors, as well as to the children who met with them to read to them and talk about their learning. Thank you also to those of you who completed the parent survey, and for all your positive feedback. We have been told that the reports are being sent out 'in batches' so will be made available for parents by the end of March at the latest.



Thank you also to those of you who completed our own **parent survey**. We are collating the results and our responses, which will be sent out after half term.



Ainslie class were very excited to receive a special message from **Sir Ben Ainslie**—you can watch this on our Facebook page. Tomorrow Sir Ben Ainslie and his team will begin the races in the final of the Prada Cup in New Zealand, racing against Italy. Ainslie Class have been sending drawings of their boat and messages, and today we recorded a big shout out to the whole team during our zoom meeting. Good luck, Ben!

I am extremely delighted to share the news that **Mrs Aram** is expecting her first baby in July! Her class are very excited and I know you will all join us in wishing Mr and Mrs Aram many congratulations.



I would like to wish you all a very well deserved and relaxing half term break, and we look forward to seeing you (in person or remotely) on Monday 22nd February.

With very best wishes,

Mrs Lennon and the Brighstone Team



Courage



This week's Collective Worship focus is: 'Encouraging others'

We are thinking about how we can build each other up and encourage each other when we

are feeling down, or when we are struggling with something.

Dear Lord,

Help us to find ways to encourage other people that we are working with.

Help us to remember how it feels to be discouraged
And to try to have the courage to build other people up.
Amen

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



Think of and share some words and phrases that you could use to encourage each other.

'Be strong and courageous: do not be frightened or dismayed for the Lord your God is with you wherever you go'

Joshua 1.9

It might be when someone is struggling with some work, or if they are having a bad day, or if something sad or frustrating has happened to them.



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	Fish fingers
Option 2	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Dessert	Crumble	Shortbread	Ice Cream	Choc Sponge	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.

Well, the inclusion of last week's Snow poem in the hope that we have snow worked! Let's see if this one works for the oncoming of spring...

11th

WHEN

In February there are days,
Blue, and nearly warm,
When horses switch their tails and ducks
Go quacking through the farm.
When everything turns round to feel
The sun upon its back —
When winter lifts a little bit
And spring peeks through the crack.

Dorothy Aldis

Golden Awards

Ainslie	The whole class - for being resilient learners both at home and in school.
Lambert	Toby, Allina, Iris, Seren and Freddie H - for their great work and enthusiasm. Allina - Blue Peter Badge.
Robertson	Lyra and Lainey - for their valliant home learning in all subjects.
Macarthur	Elin - for her great writing and showing great courage and her Blue Peter Badge.
Clover	Eryn and Sonya - for consistent hard work and submitting tasks. Arianwen - Blue Peter Badge.

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

School starts at **8.25am** for those
attending



Doodle Maths



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

SEMH

Social, Emotional & Mental Health

Wellbeing Window



All children should have received their special (bee themed) gift by now. This is to promote their sense of belonging to Brighstone Primary School.

We are asking you to think about what you can be to "bee" your best? You can express this any way you like.

We would like to make a display for when the children come back to school so please send in any work for the Bee Display.



Contact:
SleepStudy@york.ac.uk
01904 339133
Website:
http://www.google.com/york.ac.uk/the-omp-sleep-study/home
Social Media:
https://twitter.com/OmpSleep
https://www.facebook.com/comp.sleep.study.334



Are you a parent with a child under 6?
Research needs you!
We're carrying out research into memory and sleep in parents.
You would be required to complete a memory game on your phone and answer some questions about your daily activities.
You would be entered into 3 prize draws if you complete the study.

The Department of Psychology at the University of York, are running a fully-online research study aimed at better understanding and raising awareness of the cognitive impact of the postpartum period on new parents with a youngest child under 6.

They have already recruited hundreds of participants and have had great feedback from parents, both that they find the study interesting and important, the tricky part is just reaching them.

We look forward to hearing from you.

Tom Hunter

PhD candidate in the Neuroscience and Psychology of Sleep

Room E/208, Department of Psychology,
University of York, YO10 5DD

Email: tjh554@york.ac.uk

Tel: 01904 322953

Web: <https://www.york.ac.uk/psychology/staff/postgrads/tjh554/>



CBBC has made an exciting revamp to the [CBBC YouTube Channel](https://www.youtube.com/cbbc).

Parents/Carers, you may be interested in this for entertainment at half term and outside of home-schooling hours now we're in lockdown.

They are uploading videos to it daily that are suitable for 5-11 year olds. They have all the top CBBC brands on here, with a wide range of genres from factual shows, news, dramas, comedy to entertainment. Programmes like Horrible Histories, Blue Peter, Newsround, The Next Step, Saturday Mash-Up, Operation Ouch, the Playlist, the Dumping Ground, Heirs of the Night and Jamie Johnson. We are also welcoming back Dani Harmer in the brilliant new programme My Mum Tracy Beaker.

If you and your children are interested in this, please subscribe to www.youtube.com/cbbc - (it's obviously completely free to subscribe!) and don't forget to watch the CBBC live daily and on the BBC iPlayer.

Ask for ANI



The government has launched the Ask for ANI (Action Needed Immediately) code word scheme to enable victims of domestic abuse to access immediate help from the police, or other support services, from the safety of their local pharmacy. It has been designed so that domestic abuse victims can get discreet help more easily and has been launched in response to surging levels of domestic abuse throughout the coronavirus crisis. Anyone of any gender can now go into a participating pharmacy (**All Boots Pharmacies on the Isle of Wight offer this service**) and ask for 'Ani', pronounced Annie, an acronym for 'Action Needed Immediately'. They will then be taken by a staff member into a private room where they will be helped and put in touch with the relevant support services.

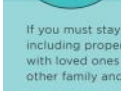


Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

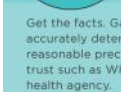


If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

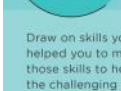
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Breakfast and afterschool club

Thank you for being patient with us due to the continuing Covid 19 pandemic.

We are now reopening Breakfast Club and Afterschool Club to children who are in attendance at school after half term starting on Monday 22nd February 2021.

We are able to offer spaces on Monday, Tuesday, Wednesday, Thursday and Friday.



Message from Mr Goldsmith

It has been great to see so many children taking part in the PE activities on Google Classrooms this half term, and I have enjoyed looking through your comments, pictures and videos.

It is really important to try and do 60 minutes of physical activity each day, so keep up the good work - whether it is the challenges on Google Classrooms, walking, jogging, cycling, or anything else - it all counts, so keep going!

This week in school we have been taking part in Healthy Heart Week in PE and were part of a Skipping challenge. If you have a skipping rope, why not try and see how many skips you can do in one minute during half term and send in your pictures/videos of you doing so to the Google Classrooms or to Tapestry.

I look forward to seeing your skipping efforts, and also to seeing you all again soon.



****Half Term Challenge****

Get active this half term and share your action shot to be in with a chance of winning a voucher from a local shop. Whether it's a home workout, cycle ride or walk in your local area let's all stay active!

Enter as many photos as you like, the more you submit the better your chances of winning! To enter send your action selfie to sports.unit@iow.gov.uk by midnight on Sunday 21 February.

5 winners will be selected at random and will be able to select a voucher to spend at Love Running, Rapanui, Wight Trash or Adrian's Bike Shop.

Please remember to stay safe this half term. Make space from people who aren't in your household or bubble when getting your action selfie!

