

# The Buzz

## 5th February 2021



Brighstone C.E.  
Primary School

Learning and Achieving Through Love,  
Courage and Respect

Dear parents, carers and children,

As I type this, the sun is shining and children are having fun playing outside at lunchtime. I have just been participating in Macarthur class Zoom, which had a wellbeing focus as part of **Children's Mental Health Week**. I really enjoyed hearing the children talk about what they were going to be doing this afternoon and evening to help themselves feel good. We heard about the children planning on going for walks to the beach, around the village and up to the downs (we are very lucky that we live in such a beautiful place), having a movie night, reading a book and playing games, and most children are hoping for a snow weekend (let's wait and see!). What are you going to do this weekend to help your wellbeing? You have all been working incredibly hard and I will reiterate what I said in last week's Buzz: do your best, but don't be afraid to take a step back and do something else if it isn't going to plan. Most importantly of all, don't beat yourself up. We are all in this together and are here to help.



Thank you to everyone who took part in the **parent survey about remote learning**. It is lovely to read so many positive comments, so thank you. We will collate the responses, see what can be (or is already being) addressed and provide some feedback, which I hope will help to address any queries. Schools have been provided with lots of information and training over the last few weeks, and staff have had to learn many new skills. It has been a steep learning curve for all of us and we have been sharing ideas, successes and improvements within school as well as across schools.

(Remote education provision is different in every school depending on each context and circumstances and there is no 'one size fits all'.) I am sure that you will join me in taking this opportunity to say a huge thank you to our extremely hard-working team here at Brighstone.

In their emails or in Google Classroom or Tapestry, teachers often share **top tips and advice about helping your child with their learning**. I have included some of these tips on p5 of the Buzz that you may find helpful in supporting your child's independence, perseverance and resilience.



Our Brighstone Primary community always shows lots of generosity and compassion; did you know that, since September 2020, we have all raised over £1,500 for charity! That is incredible and you all deserve to give yourselves a big 'well done'. You will see in this week's Buzz a **charity challenge for Captain Sir Tom Moore**, who sadly passed away this week. He set out to raise £1,000 by his 100th birthday, but ending up raising £39 million! He took small steps but look how much he achieved. We can all learn from his perseverance and determination when going for a goal or facing a challenge.

Tuesday 9th February brings **Safer Internet Day** and some of your child's learning will be based around this. Being safe on the internet is extremely important, and even more so during these days of remote learning. We all need to play our part in protecting children when they are online. There is advice on pages 4-5 of this week's Buzz.



There is only one week to go until the **half term holiday**, so hang on in there! I would like to wish you all a wonderful weekend and I look forward to seeing you next week, either in person or via Zoom.

With very best wishes,

Mrs Lennon and the Brighstone team



This week's Collective Worship focus is:  
'Overcoming fear'

We are thinking about how sometimes our fear can stop us from doing things.



This week, if you have to or want to do something brave, ask someone else to help you, or ask God to help you to be brave.

## Courage

Loving God,  
Give us courage to choose the path before us,  
Risking disappointment to find joy,

Risking failure to be creative,  
Risking rejection so that we might find love,  
Risking stumbling so that we might climb,  
Risking the journey for the sake of the homecoming,  
We ask in the name of Jesus,

Who risked living and dying for love of us,  
Amen

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

'Perfect love casts out all fear'



1 John 4.18



When we don't have the courage inside us to be brave, we can ask someone else to help us. We can also ask God.



## 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	Sausages	Roast Chicken	Chicken Curry	Fishfingers
Option 2	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Dessert	Crumble	Shortbread	Ice Cream	Choc Sponge	Fruit Salad

## 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.

I have included this poem in the hope that we have snow!

*Snow Towards Evening*  
by Melville Cane

Suddenly the sky turned gray,  
The day,  
Which had been bitter and chill,  
Grew soft and still.  
Quietly  
From some invisible blossoming tree  
Millions of petals cool and white  
Drifted and blew,  
Lifted and flew,  
Fell with the falling night.



## Golden Awards

<b>Ainslie</b>	Luna - independent writing. Kendall - showing great courage!
<b>Lambert</b>	Dan - being very kind. Anna - helping Ainslie class in PE. Emily - Great concentration and recalling facts about the Great Fire of London.
<b>Robertson</b>	Devon - excellent Science work. Arya - continued hard work and perseverance.
<b>Macarthur</b>	Jack - being kind in PE. William - fantastic work being sent in.
<b>Clover</b>	Olivia - for being showing courage and resilience.

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!

# SEMH

Social, Emotional & Mental Health

## Wellbeing Window

**5 DAY ELSA SUPPORT**  
**'EXPRESS YOURSELF' challenge**

**Day 1**

**Drawing or writing task -**  
Draw a picture of you and show how you are feeling right now.  
**Talking or doing task -**  
Tell someone how you are feeling today.

**Day 2**

**Drawing or writing task -**  
Listen to some music and paint or draw how it makes you feel.  
**Talking or doing task -**  
Create a dance routine to go with the music you listened to.

**Day 3**

**Drawing or writing task -**  
Visualise a place that makes you feel calm and relaxed. It can be a real place or a place in your imagination.  
**Talking or doing task -**  
Try to find lots of ways to help you relax today.

**Day 4**

**Drawing or writing task -**  
Draw pictures of all the facial expressions that you can make to reflect different emotions.  
**Talking or doing task -**  
Stand in front of a mirror and make as many of your facial expressions as you can.

**Day 5**

**Drawing or writing task -**  
Make a photo collage today showing photos that make you feel happy.  
**Talking or doing task -**  
Spend some time taking photos of things that make you feel happy.

**ELSA support**

This week's Activity is:  
**Express Yourself 5 Day Challenge**

## CALMING STRATEGIES FOR ADULTS



Well done to staff, parents and children for taking part in this year's Children's Mental Health Week. You still have 2 more days of the "Express yourself" challenge so make sure you celebrate on Sunday when you complete this. We all know the importance of talking about mental health and our

feelings so please continue to do this next week and beyond. The stigma surrounding mental health is really starting to diminish but let's help stamp it out forever. It really is okay not to be okay.

***Do not pay any attention to people's seemingly "perfect lives" on social media. It's not REAL, it's their highlight REEL!***

'Why fit  
in when  
you were  
born to  
stand out?'

Dr. Suess

## Captain Sir Tom Moore - Fundraiser



Since September 2020 we have raised over £1,500 for charity. We are taking inspiration from this wonderful man and we are challenging you to set a goal of doing 100 things. You can choose whatever you'd like to raise money for the Captain Sir Tom Foundation.

Some ideas:

100 laps of your garden, 100 star jumps, 100 minutes of silence, bake 100 biscuits or cupcakes to sell to your family, 100 minutes screen free, read 100 pages of a book, write a 100 word poem/story, 100 minutes of meditation. You don't have to do the 100 things all at once; break it down over a few days. Come up with your own ideas and ask your family members to sponsor you.

Donations can be made by clicking the link: <https://www.justgiving.com/fundraising/bps100things>

We have set a target of £100. When you donate, let us know what you did to raise the money. **Anyone can get involved!**

# KEEP CALM AND BE SAFE ONLINE

**Safer Internet Day**  
is Tuesday 9th February  
<https://www.saferinternet.org.uk/safer-internet-day/2021>

This is a perfect reminder to check your internet settings to make sure your children are protected online

## Top tips for navigating the infodemic



**1. Assess the source:**  
Who shared the information with you and where did they get it from? Even if it is a friend or family, you will need to vet their source.

**2. Go beyond headlines:**  
Headlines may be intentionally sensational or provocative.

**3. Identify the author:**  
Search the author's name online to see if they are real or credible.



**4. Check the date:**  
Is it up to date and relevant to current events? Has a headline, image or statistic been used out of context?



**5. Examine the supporting evidence:**  
Credible stories back up their claims with facts.



**6. Check your biases:**  
Think about whether your own biases could affect your judgment on what is or is not trustworthy.



**7. Turn to fact-checkers:**  
Consult trusted fact-checking organisations, such as the International Fact-Checking Network and global news outlets focused on debunking misinformation.

## Be smart on the internet



**S**

**SAFE**

Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.



**M**

**MEETING**

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.



**A**

**ACCEPTING**

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



**R**

**RELIABLE**

Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.



**T**

**TELL**

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.



You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

KidSMART

Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.



## 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.

## Age Restrictions for Social Media Platforms

action for children

Twitter  
Facebook  
Instagram  
Pinterest  
Google+  
Tumblr  
Reddit  
Snapchat  
Secret



LinkedIn



Whatsapp



Vine  
Tinder



Path



YouTube  
Foursquare  
WeChat  
Keep  
Flickr  
Kik



*Help and advice for Parents And Carers*

# Tips for protecting yourself on TikTok



## Switch to a private account.

The default setting when you register is public.



## Opt out of personalized data.

This prevents TikTok from gathering your data.



## Change all safety settings to "Friends."

This limits who can comment, duet with you and react to your videos.



## Change the "allow others to find me" toggle.

This prevents your account from showing up in searches.



## Enable restricted mode.

This helps block mature content.

SOURCE: Common Sense Media and Protect Young Eyes



# Top tips

Here are some top tips for remote learning.

You can remind your child of the following to encourage independence, perseverance and resilience:

- Sound out words to spell if they are unsure
- Write the word three times, differently each time, and then look to see which one they think is the correct one - they can then ask an adult for clarification. We do this in school and it works really well (we call it 'have a go')
- Ask your child to explain how they got to an answer in Maths as they can sometimes realise a mistake by looking carefully through
- Use the 5 B's - brain, board (resources given), book (work), buddy (someone at home) and then boss (contact the school for further support or clarification)
- Children use lots of resources in school to aid their understanding of a concept and I would encourage you to use resources at home too (I have seen children using pasta, dice, Numicon, number lines, number cards, word mats)
- Keep going - we are learning if we make mistakes! The learning process is more important than a 'perfect' end result

