

# The Buzz

## 23rd April 2021



Learning and Achieving Through  
Love, Courage and Respect

Dear parents, carers and children,

We have blessed with another **wonderful week of weather!** Long may it continue. I hope that you are managing to have the opportunity to go for walks in the countryside, which does wonders for mental health and wellbeing.



Improving children's  
mental health

On that note, there is a big focus on **mental health and wellbeing** across the country, and here at Brighstone we have been taking part in the Place2Be programme 'Place2Think'. While any and every member of staff can be approached by children if they have any worries or concerns, we also have our team of mental health champions who have been accessing the programme sessions. These are: Mrs Jones, Mrs Lennon, Mrs Sharp, Mrs Boyd, Mrs Cousins, Mrs Snow. Posters have been put up around the school showing children who they can talk to if they need a listening ear.

It is a known fact that **active travel** to school wakes up the mind and body. It also helps to reduce congestion and pollution and improve safety around the school gates. Active travel can increase the concentration of children by up to four hours, and there is a positive relationship between physical activity and academic performance and reducing anxiety and stress. It is recommended that 5 – 18 year olds get 60 minutes of moderate or vigorous exercise every day, and travelling actively builds this exercise into the daily routine. Here at Brighstone, we are working together with **Shift It** (<https://shift-it.uk/>) to put in place our 'School Travel Action Plan' through which we will be encouraging and supporting families to build in more active travel to and from school (see our website). To help with this, we will be sending out a parent questionnaire to find out current arrangements. Watch this space!



You will have noticed the appearance of pots, compost and seeds in the playground and on windowsills. The BSA have organised a **Tallest Sunflower competition** for the children: who can grow the tallest sunflower?! The children have sown their seeds, and once they have started to germinate, they will bring them home to plant them out. The closing date is 30th August. Who will have grown the tallest sunflower? Let's wait and see!

A few months ago, following a trial period, we purchased **Doodle Maths** and **Doodle English** due to popular demand. This is for children to practise the personalised activities closely linked to their ability. Just 5 minutes a day can make a huge difference. Part of how we learn is to revisit and retrieve previously learnt facts and knowledge, and this app is perfect for that. Here in school we can see a big difference in the children's ability according to whether they access the app at home or not. We strongly encourage your children to take part in the activities for at least 5 minutes every day, or even just a few times each week; this will make a big difference to their learning.



As part of the new **Blanchards development** in the village, the parish council have asked the school community to come up with a name for one of the roads. We welcome your suggestions, so please email the school office with your ideas!

Just a reminder that there will be **roadworks** along New Road during the week commencing 26th April, so please make extra time for your journey.

I would like to wish everyone a wonderful weekend, and I look forward to seeing you again on Monday.

Mrs Lennon and the Brighstone Team

## Collective Worship: Friendship

This week's Collective Worship focus is: **Sticking Together**



We have been learning how we are stronger together, and how our friends can support us. We made friendship bracelets. Each child was given a strand of wool, and they teamed up with two other children to make a friendship bracelet together. The strand of wool by itself isn't as strong as when it is plaited with others.

Prayer for friendship

Dear Lord Jesus,  
You have shown us through the Bible that you want to be woven into our lives as our friend.  
Thank you that we can talk to you at any time because You are always close to us.  
Thank you for our friends – we are stronger together!  
Amen



In the Hindu festival of Raksha Bandhan, sisters make friendship bracelets for their brothers. Can you make a friendship bracelet to give to a sibling or friend?

"There is a friend who sticks closer than a brother."

Proverbs 18.24



## 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.

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Option 1	Pizza	Beef meatballs	Roast Gammon	Cottage Pie	Fish fingers
Option 2	Jacket Potato	Veggie hotpot	Veggie stack	Cheese pasta bake	Vegan roll
Dessert	Cookie	Yoghurt and Fruit	Banana Sponge	Brownie	Ice cream

## Poetry Corner

### Friendship is...

Finding things to do together  
 Relying on each other  
 Impossible on your own  
 Enjoying being together  
 Never selfish  
 Depending on someone else  
 Sharing hopes and dreams  
 Happiness and laughter  
 Including others  
 Precious

What does friendship mean to you?



## Golden Awards

<b>Ainslie</b>	Zara - showing kindness. Samuel - being good friends to others.
<b>Lambert</b>	Christopher - enthusiasm and vocabulary choices. Grover - Independent Maths work.
<b>Robertson</b>	Arya and Devon - amazing collaboration in Science.
<b>Macarthur</b>	Bailey - for being a "rounding king" in Maths.
<b>Clover</b>	Gemma - all round effort in EVERYTHING this week!
<b>Sports Bee</b>	Toby B - great effort in Cricket and Athletics.

***Well done everyone!***

The last day of this half-term is  
**Friday 28th May**

The first day of next half-term is  
**Monday 7th June**



### Doodle

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



A huge well done to Martha in Y1, who has achieved her second 100-day streak!

# SEMH

Social, Emotional & Mental Health

## Wellbeing Window

### Happiness Chemicals and how to hack them



#### DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



#### OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



#### SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



#### ENDORPHIN

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



- |   |   |
|---|---|
| <input type="checkbox"/> Gratitude list                                   | <input type="checkbox"/> Message 3 friends    |
| <input type="checkbox"/> Practice an old hobby                            | <input type="checkbox"/> Clean for 20 mins    |
| <input type="checkbox"/> Make a playlist                                  | <input type="checkbox"/> Workout              |
| <input type="checkbox"/> Favorite dinner                                  | <input type="checkbox"/> Mail a letter        |
| <input type="checkbox"/> Take a walk outside                              | <input type="checkbox"/> Favorite movie       |
| <input type="checkbox"/> Hour without technology                          | <input type="checkbox"/> Deep clean           |
| <input type="checkbox"/> List of future plans                             | <input type="checkbox"/> Favorite dessert     |
| <input type="checkbox"/> Binge your fave TV show                          | <input type="checkbox"/> Clean junk drawer    |
| <input type="checkbox"/> Try a new recipe                                 | <input type="checkbox"/> Look at old pictures |
| <input type="checkbox"/> Dress up   | <input type="checkbox"/> Stop procrastinating |
| <input type="checkbox"/> Day w/o social media                             | <input type="checkbox"/> Plan a vacation      |
| <input type="checkbox"/> Listen to a podcast                              | <input type="checkbox"/> Try yoga             |
| <input type="checkbox"/> Brain dump                                       | <input type="checkbox"/> Read childhood book  |
| <input type="checkbox"/> Learn new skill                                  | <input type="checkbox"/> Vision board         |
| <input type="checkbox"/> Digital cleanse                                  | <input type="checkbox"/> Spa night            |
| <input type="checkbox"/> Choose your favorite challenges & do them again! |   |

## Self-Care Ideas

### Why is Self-care important?

Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit the good feelings to others. You cannot give to others what you don't have yourself.

While some may misconstrue self-care as selfish, it's far from that. When you pay adequate attention to your well-being, you're not considering your needs alone. You're reinvigorating yourself so that you can be the best version of yourself for the people around you. Everyone around you also benefits from the renewed energy and joy you exhibit!

#### REMINDERS

- **Long hair** must be tied back to help stop the spread of head lice (girls AND boys)
- Children should wear **black school shoes**, not trainers
- **Hair accessories** should be in school colours
- **PE Kits** must be worn for PE. PE t shirts are available from the school office for £4
- If your child will be collected by someone other than parents/carers you must **inform the school office**
- Food containing **nuts** MUST NOT be brought into school
- Your child will be marked as **late** if they arrive after 8.25am. Persistent lateness could result in a Fixed Penalty Notice
- **Face coverings** must be worn when coming into the office foyer (unless medically exempt)
- **Social distancing** must be maintained at all times and when talking to all members of staff
- Children must stay with their parents when arriving at school in the morning. Children running off will be sent back to their parents



# Free courses and resources

## For parents and those working with children



Following the great success of the online workshops last term, I am pleased to advise you of the next dates for the "90 Minutes to Family Calm" series of workshops as one-off's or as a course this term.

As always, the topics focus on managing feelings and emotions and supporting us with our own and our children's self-regulation.

The workshops will be available to join on Tuesdays either 10:00-11:30 AM OR 6:00-7:30 evenings:

- ❖ **Brain Training for Calm** - 27<sup>th</sup> April (how our brains work and how they affect our ability to achieve calm)
- ❖ **Taming the Emotions Monster** - 4<sup>th</sup> May (how to avoid & manage meltdowns through becoming an emotion coach)
- ❖ **Sensible About Our Senses** - 11<sup>th</sup> May (understanding about sensory triggers - & how our senses affect our behaviour)
- ❖ **Bucket Filling for Self-Esteem** - 18<sup>th</sup> May (A fun perspective on how to feel good about ourselves & help our children to build self-esteem)
- ❖ **Relaxing Kids** - 25<sup>th</sup> May (Building Confidence & Resilience through Relaxation – steps to relaxing for children)

If you would like to join any of these 90 minute zoom sessions please ensure you book a place by e mailing [info@thecrossley.co.uk](mailto:info@thecrossley.co.uk) as follows:

- o **Tuesday 27<sup>th</sup> April morning or evening** - please e mail before Monday 26<sup>th</sup> April to book a place & register.
- o **Tuesday 4<sup>th</sup> May morning or evening** - please e mail before Friday 30<sup>th</sup> April to book a place & register.
- o **Tuesday 11<sup>th</sup> May morning or evening** - please e mail before Friday 7<sup>th</sup> May to book a place & register.
- o **Tuesday 18<sup>th</sup> May morning or evening** - please e mail before Friday 14<sup>th</sup> May to book a place & register.
- o **Tuesday 25<sup>th</sup> May morning or evening** - please e mail before Friday 21<sup>st</sup> May to book a place & register

Or book once for all four!  
This course is fully funded through Adult Community Learning.

**Penny Crossley** MA(Ed)  
Behaviour & Parenting Consultant  
Licensed Thrive Practitioner & Course Leader  
37 Queens Road, Shanklin, IOW PO37 6DQ  
Tel: 01983 961164  
Mob: 07977 041 539  




### SUPPORTING YOUR CHILDREN AND THEIR WELL-BEING

Would you like to better understand your children and support their well-being?

You may even have already seen and heard about some of the great work 'The AIM Group' have been doing to support many of the schools within Portsmouth and Winchester Dioceses.

In light of new statistics, the government have committed more money to personal development initiatives and want to help all parents, families and carers identify early warning signs and triggering factors that can be detrimental to children's emotional and physical well-being.

There are different focused topics including: Children's Mental Health, Behaviour that Challenges, Dyslexia, ADHD and ADD, Adverse Childhood Experiences, Self Harm and Suicide, Bullying in Children, and many more contributing factors that you can learn and understand about at your own pace online over a six week period (from the point of registering). Plus you can do as many of the courses as you like too (just one at a time)

Each month we have 300 spaces available that are fully funded and available to anyone:

- Aged 19+ (August 31st 2020)
- Living in the UK/EU (Past three years)
- Not studying another government funded course

#### GET IN TOUCH TO FIND OUT MORE:

Please get in touch with Chris Greenfield by calling 0203 900 3091 extension 213 or you can email him on [christopher.greenfield@theaimgroup.co.uk](mailto:christopher.greenfield@theaimgroup.co.uk)  
'He can then ensure you are correctly assigned to your child's school account'



## InnerWorld Work

THE ONLINE PARENT & CARER  
FREE SUPPORT RESOURCE CENTRE

A website created by parents/carers for parents/carers and those working with children. Some very useful resources on how to understand your child's behaviour

<http://www.innerworldwork.co.uk/>

# CAN YOU GROW THE TALLEST SUNFLOWER?

Children will be bringing home a sunflower seedling that they have sowed at school in readiness for the competition.



## TALLEST SUNFLOWER COMPETITION



1st Prize - £30 Garden Centre Voucher  
2nd Prize - £15 Garden Centre Voucher

closing date 30th  
august 2021.

winner to be announced 3rd  
september 2021.

Send your photos with  
measurements to the BSA email:  
[brighstoneschoolassoc@gmail.com](mailto:brighstoneschoolassoc@gmail.com)  
or post photos on our Facebook  
page.

BRIGHSTONE SCHOOL ASSOCIATION

## After School Sports Clubs

2.45-3.45pm

Mondays - Summer Sports - Years R/1/2

Tuesdays - Gymnastics - Years 5/6

Wednesdays - Football - Years 3/4

Thursdays - Football - Years R/1/2

Fridays - Football - Years 5/6



## "I'm borrrrrred"

Make a boredom jar. Ask your children what their favourite indoor activities are and use them to make a lucky dip or boredom jar. Write their ideas down on strips of paper and keep them in any container you've got, such as a bag, bowl, jar or hat. In moments of boredom or struggle, invite them to choose something they know they enjoy doing. Depending on their age, activities could include crafting, making playdough, dressing up, baking or cooking, watching their favourite film or playing a video or board game with you.



# News from the classrooms



Lambert class have been painting sunflowers, in the style of Van Gogh, as part of their plants topic. They were learning how to add texture and shading to their paintings.

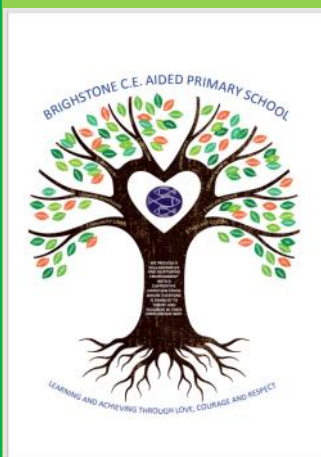


Reception  
Forest  
School



The whole school were making friendship bracelets together as part of our Collective Worship focus of 'friendship' and 'collaboration'. In Clover class, they had to give instructions, one to follow and one to observe & give feedback. Some even did it with their eyes closed! They then reflected: What did we do that made us good collaborators? What did other people do or say that you liked and would like to try to help you become an even better collaborator?

## Our Vision Statement



**We provide a collaborative and nurturing environment with a supportive Christian ethos where everyone is enabled to thrive and flourish in their own unique way.**

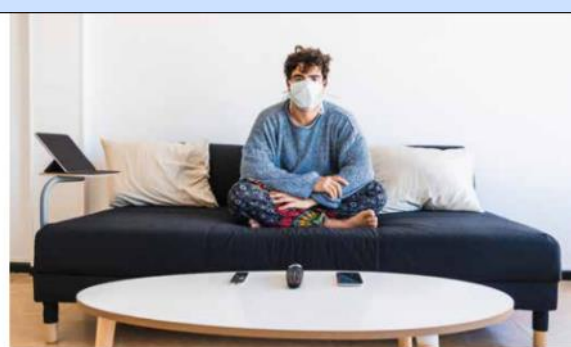
As a school community, we are exploring our vision statement in more detail. Each week we will focus on a different aspect of it. This week we have been focusing on 'collaborative'. The children have been discussing what this means, and what it might look like in school.

Discuss the word 'collaborative' as a family. What do you think collaboration means? What do you think it looks like? What might we see?

For more information about our vision statement, see our website: <https://www.brighstoneprimary.org.uk/our-vision-and-values/>



## Be prepared for self-isolation



### What is self-isolation?

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19).

It is different to lockdown and social-distancing.

### Why self-isolate?

If you have COVID-19 you need to make sure you don't pass it on to anyone else. Self-isolating helps break the chain of transmission, protecting people at risk. Self-isolating will help us return to a more normal way of life sooner.

If you have been in close contact with someone who has the virus:

- it could take up to 10 days for your own symptoms to appear;
- you could pass the virus onto other people, including those who are vulnerable to very serious illness.

**You are required by law to self-isolate if you test positive or are contacted by NHS Test and Trace.**

[keeptheislandsafe.org](https://www.KeepTheIslandsSafe.org)

### Self-isolating dos and don'ts

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>✓ <b>Do</b> plan for self-isolation in advance. Ask friends and family to help.</li> <li>✓ <b>Do</b> call the Isle of Wight Coronavirus Helpline on <b>01983 823600</b> for help collecting food and medicine.</li> <li>✓ <b>Do</b> use online delivery services.</li> <li>✓ <b>Do</b> arrange for someone to take care of your pet, eg, someone to walk your dog. Call the helpline on <b>01983 823600</b> if you need to.</li> <li>✓ <b>Do</b> check to see if you qualify for financial help <a href="https://www.iow.gov.uk/IWtestandtracesupport">www.iow.gov.uk/IWtestandtracesupport</a></li> <li>✓ <b>Do</b> stay in touch with others by phone, email and other devices – it's important for your mental wellbeing to keep in contact.</li> <li>✓ <b>Do</b> ask for help if you need it.</li> </ul> | <ul style="list-style-type: none"> <li>✗ <b>Don't</b> go to work, school or public places.</li> <li>✗ <b>Don't</b> use public transport or taxis.</li> <li>✗ <b>Don't</b> go out to get food and medicine.</li> <li>✗ <b>Don't</b> have visitors in your home, including friends and family – except for people providing essential care.</li> <li>✗ <b>Don't</b> go out to exercise (within your own private garden is fine. Getting fresh air is important).</li> <li>✗ <b>Don't</b> leave the house other than to have a COVID-19 test.</li> </ul> |
|---|---|

### If you need support:

Call the Isle of Wight Coronavirus Helpline on 01983 823600 for support with food and medicine. They can help if you don't have friends and family to support you.

Get the latest information about COVID-19 on the Isle of Wight including support for Islanders at [keeptheislandsafe.org](https://www.KeepTheIslandsSafe.org)

Get more information about self-isolation at [keeptheislandsafe.org/self-isolation](https://www.KeepTheIslandsSafe.org/self-isolation)

[keeptheislandsafe.org](https://www.KeepTheIslandsSafe.org)

### Staying COVID safe

COVID-19 hasn't gone away.

It doesn't matter whether we've had the vaccination or not, we all need to keep doing everything we can to keep ourselves, our families, friends and the Island safe.



**If you're going out, plan ahead, and keep a safe distance from people not in your household.**



**Keep washing your hands, it's an easy way to stay safe. Wash often and use soap.**



**Wear a face covering when required.**



**Let fresh air in and meet outside. Fresh air dilutes the virus particles.**



**Be patient and kind to others.**

If you have difficulty understanding this document, please contact us on 01983 821000 and we will do our best to help you.

07708 821000

[keeptheislandsafe.org](https://www.KeepTheIslandsSafe.org)



# Music



WIGHT MUSIC TUITION ARE DELIGHTED  
TO ANNOUNCE...

WE HAVE A FANTASTIC NEW VOCAL TUTOR  
FOR THE SUMMER TERM

## SINGING LESSONS

LEARN TO SING ROCK, METAL, POP,  
FOLK, CLASSICAL, BLUES, FUNK,  
THEATRE, JAZZ!

---

PAIRED OR INDIVIDUAL LESSONS AVAILABLE

CONTACT [CAROLINE@IWMT.ORG.UK](mailto:CAROLINE@IWMT.ORG.UK)

TELEPHONE 07785 778222

OR COMPLETE OUR ONLINE APPLICATION FORM AT  
[WWW.IWMT.ORG.UK](http://WWW.IWMT.ORG.UK)

Dear Parents/Carers,

Wight Music Tuition is now the service provider for Music at Brighstone Primary School. At Wight Music Tuition, we care about all children's educational needs in Music and will deliver a high quality affordable service.

WMT has now taken over the invoicing and full service. The advantage of this is that you can liaise directly with tutors and our business administrator/manager. Lesson plans/tuition videos can be sent directly to parents and any queries you may have can be answered quickly.

10x Group lessons (20mins) = £80

10x individual lessons (20mins) = £122

To sign up for music lessons please apply at [www.iwmt.org.uk](http://www.iwmt.org.uk) Lessons will continue to take place in school (as was the case before the Covid pandemic), and can start as soon as next week. On behalf of all WMT members we are looking forward to teaching in schools again.

If you would like an informal chat with Caroline, please feel free to phone or email as follows:

Caroline Hales - 07785778222 [caroline@iwmt.org.uk](mailto:caroline@iwmt.org.uk)

Best wishes

Robert Carr - WMT director