

The Buzz

7th May 2021



Learning and Achieving Through
Love, Courage and Respect

Dear parents, carers and children,

The month of **May** is upon us, and with it brings blue skies, lambs, blossom and sunny days (as well as some frosty mornings, still!). There is a feeling of hope in the air which is helped with the promise of better times to come as we continue along the 'roadmap' out of lockdown. I would like to thank you all for following the rules currently in place, including social distancing when dropping off and collecting your children, and the wearing of face coverings when entering the school foyer. Please be reminded of the steps out of lockdown, and that overnight stays at friend's houses are still not allowed until 17th May at the earliest.

We would like to share with you the opportunity for your children to take part in **The Big Ask**. Rachel de Souza is the Children's Commissioner for England. Her job is to speak up for children in England, stand up for their rights, and make sure that the people in power listen to what children need and want.



As Rachel de Souza states: "It's time to give something big back to young people like you after COVID — and we need your help to do it."

The Big Ask is the largest ever survey of children and young people in England. The information will be used to show the government what you think, and what children need to live happier lives. This

survey will only take you 5-10 minutes and the closing date is Wednesday 19th May. Please click on the link to access it: <https://www.childrenscommissioner.gov.uk/thebigask/>

A big focus in school at the moment is building children's **independence**. This might include: thinking how they could help themselves before they ask for help from the adult in the room (e.g. using resources, looking in their books, or asking a friend), fastening their own coats, and working as independently as possible. There are also lots of ways in which you can help with this. This might include your child tidying their own bedroom and making their own bed, getting their bag and coat ready in the mornings, and carrying their own bags to and from school. This all helps the children to become more resourceful, resilient and ready to further develop and grow.



Spring is a time for new beginnings. This might include moving house, starting a new project, or getting a new job. **Mr Wilson** has made the decision to move onto pastures new to teach secondary age children, so will be leaving Brighstone at the end of this academic year. We will all be very sad to see him go, but we wish him all the very best as he embarks on his new adventure.

I hope you all have a lovely weekend and we look forward to seeing you again on Monday,

Mrs Lennon and the Brighstone team

STEP 1 1 March	STEP 2 15 March	STEP 3 1 May	STEP 4 17 May
1. Education Schools and colleges open to all students. Primary school children return.	2. Education Schools and colleges open to all students. Secondary school children return.	3. Education Schools and colleges open to all students. All school children return.	4. Education Schools and colleges open to all students. All school children return.
5. Family Contact Children and young people can visit family and friends. Children and young people can visit family and friends.	6. Family Contact Children and young people can visit family and friends. Children and young people can visit family and friends.	7. Family Contact Children and young people can visit family and friends. Children and young people can visit family and friends.	8. Family Contact Children and young people can visit family and friends. Children and young people can visit family and friends.
9. Travel Children and young people can travel. Children and young people can travel.	10. Travel Children and young people can travel. Children and young people can travel.	11. Travel Children and young people can travel. Children and young people can travel.	12. Travel Children and young people can travel. Children and young people can travel.
13. Sports Children and young people can play sports. Children and young people can play sports.	14. Sports Children and young people can play sports. Children and young people can play sports.	15. Sports Children and young people can play sports. Children and young people can play sports.	16. Sports Children and young people can play sports. Children and young people can play sports.

Collective Worship: Friendship

This week's Collective Worship focus is: **Supporting one another**

We heard the story of five friends who did everything together. One day, one of the friends couldn't walk so they did everything they could to help him. They took him to Jesus, climbed up onto the roof, made a hole in the ceiling and lowered him down amongst the crowd, where Jesus then healed him.



We talked about how we support our friends when they need our help. Every class then made a friendship paper chain which we have joined together to make one long friendship chain for the whole school, showing that we are all here to support and help each other.

A Prayer for Good Friendship

Let our friendships be strong, Oh Lord,
That they may become a blessing to others.
Let our friendships be open, Oh Lord,
That they may be a haven for others.
Let our friendships be gentle, Oh Lord,
That they may bring peace to others.
For Jesus' sake,
Amen

How do you support your friends? What do you say to them? How do you help them?



"Encourage one another and build each other up."

1 Thessalonians 5.11



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.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sausage Roll	Sweet & Sour Chicken	Roast Pork	Chicken Pizza	Fish and Chips
Option 2	Tomato Pasta	Bean Chilli	Quorn	Veggie Curry	Quiche
Dessert	Apple Crumble	Yoghurt and Fruit	Sponge Slice	Choc Cake	Shortbread

Poetry Corner

"Who's that tickling my back?"
said the wall.

"Me," said a small caterpillar,
"I'm learning to crawl."

Ian Serraillier



Golden Awards

Ainslie	Henry - good concentrating
Lambert	Ila - for gaining confidence in her own ability. Flo - trying hard in English.
Robertson	The Whole Class for fantastic behaviour at Ventnor Botanic Gardens. Molly and Charlotte - good work and focus in Maths.
Macarthur	Clarita - clear and effective speaking when presenting her group's character.
Clover	Jack - for really pushing himself in English and Maths.
Sports Bee	Amelia - for always showing the School Games Values in PE lessons and after-school clubs.

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 **Robertson class** again,
who are the top Doodlers this week!



SEMH

Social, Emotional & Mental Health

Wellbeing Window



It's Mental Health awareness week next week. The focus this year is Nature. The thought is that nature can be so good for us; getting out and about in the fresh air and taking in all that nature has to offer.

The Wellbeing challenge this week is a "Mindful Walk":

Get out for a walk, notice the sounds that you can hear, notice the smells you can smell, try to notice things you wouldn't usually notice in your surroundings; how many different colours can you find? How many different creatures can you see? Mindfulness is about being present in the moment. Try to stay in the

moment when you go for your walk. Try writing a to-do list of all the things you need to do when you get home so that you're not thinking about them whilst out on your walk; also try to leave your phone in your pocket.

If you would like more information about mental health awareness week, please visit: <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

And remember, mental health is not fixed:



The Mental Health Continuum



Looking after your mental health on the Isle of Wight: <https://www.iwmentalhealth.co.uk/>

If you have any urgent concern or requests, contact Crisis Support on 01983 522214

Online Gaming - is it addiction??

When should I be worried?

While there is no exhaustive list of signs and every young person is different, a young person may be negatively impacted by gaming if they are:

- Feeling regularly exhausted and disengaged at school – experiencing poor concentration, irritability and worsening academic performance
- Prioritising gaming over important daily activities like sleeping, eating and washing
- Only socialising online and finding in-person interactions difficult to manage, enjoy or feel interested in
- No longer keeping up with other interests they used to enjoy alongside gaming
- Talking a lot about gaming to the point that they find it difficult to talk or think about much else

If you're worried about your child's gaming, start by opening up a conversation to find out what's going on and how they're feeling – and think with them about whether there are strategies you can work on together that might help. If your child is regularly experiencing these feelings and behaviours and it's already been going on for a while, it might be helpful to speak to a professional about what support they need.

It's a good idea to seek professional advice if your child is:

- Finding it difficult and seriously distressing to end a gaming session, including experiencing feelings of anger, aggression (towards themselves or others), agitation and anxiety that are hard for them to manage when they do finally stop

YOUNGMINDS

More information on the YoungMinds website

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gaming/?>



Free Courses for Parents

As part of the “90 minutes to Family Calm” Series (fully funded through ACL)

The next workshop session is all about understanding our eight senses & how they impact our behaviour.



SENSIBLE ABOUT OUR SENSES

(Tuesday 11th May)

Anyone (over 19) can join these sessions without costs - join just one or sign up for all.

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

Enrolment with ACL is now open to join on Tuesdays either 10:00-11:30 am OR 6:00-7:30 evenings – the following two after this will be:

- | | | |
|--------------------------------|---|--------------------------------------------------------------------------------------------------------------------------------------|
| Bucket Filling for Self-Esteem | - | 18 th May (A fun perspective on how to feel good about ourselves & help our children to build self-esteem) (Primary Age) |
| Relaxing Kids | - | 25 th 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 before Monday 10th May at the latest!

Or book once for all

Enrolment to be completed just once for any number of sessions per academic year

I would love to see you - and hope you will find it interesting and helpful.

Penny Crossley

Tel: 01983 861164

Mob: 07977 041 539

Wessex Cancer Trust Events

Drive-in Cinema

**Sat 5th & Sun 6th June 2021
Sandown Airport**

Sat 5th June 10:00 Jurassic Park 13:30 The Greatest Showman 17:00 Dirty Dancing 20:30 Bridesmaids	 WESSEX CANCER TRUST	Sun 6th June 10:00 The Lion King (2019) 13:30 Mamma Mia! 17:00 Grease 20:30 The Hangover
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www.wessexcancer.org.uk/event/drive-in-cinema-2021/

ICRTouch Fidelity Host Rhodes Dickson ROTH LAW FindUsOnWeb

**RAINBOW RUN
BUBBLE FUN
2021**

40th BIRTHDAY

**Sunday, 18th July
Sandown Airport**

3K Fun Run • Powder Paint • Giant Inflatables • Bubble Stations

Walk, run or dance your way through the Island's happiest 3K and help us celebrate our 40th birthday!

Sign up today at
www.wessexcancer.org.uk/event/rainbow-2021

Reg Charity Number: 110216

Kindly sponsored by
ARID
Design & Management Consultants

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
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



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
- Guidance regarding drinks in school <https://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/>

News from the classrooms



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. So far we have focused on 'collaborative' and 'nurturing'. The children have been discussing what this means, and what it might look like in school.



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

Music



Music Centre Re-Starting

The IW Music Hub Music Centre will be re-starting on Saturday 15 May at Cowes Enterprise College, 10am-12.30pm. We run a range of string groups, windbands and brass bands for players of all standards as well as a ukulele group and youth choir, and a percussion group and a jazz group for more advanced players.

If your child would like to join a group please complete the following form by Friday 7 May - <https://forms.gle/SpPbXnSwfeFv3avo8>

We will be in contact with further details of which group your child has been assigned to and the exact time of the group in the week beginning 10 May.

There is a membership fee of £35 for the term - 9 sessions.

We look forward to seeing your child on 15 May



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
TELEPHONE 07785 778222

OR COMPLETE OUR ONLINE APPLICATION FORM AT
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 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

Best wishes

Robert Carr - WMT director



What 3 letter word fits inside the word?

Example: F _ _ _ FUL answer: EAR

No	Question	Answer
1	S _ _ _ DAL	CAN
2	V _ _ _ AGE	ANT
3	S _ _ _ LTH	TEA
4	W _ _ _ ARE	ELF
5	AN _ _ _ IC	GEL
6	H _ _ _ ALL	OLD
7	G _ _ _ ER	RAT
8	S _ _ _ LIFY	IMP
9	LIB _ _ _ L	ERA
10	CRU _ _ _ E	SAD

This month's quiz:

Timebank Tree Quiz

Answer the clues to find the native tree names



This xmas decoration bears a berry...



Left in the grate...



Anyone for a cricket bat?



A precious metal provides corporal punishment...



A stoned fruit grows here



Sounds like you need your deckchair here...



provides food for squirrels...



From little acorns...



Your grandparents are your ...

ADULT COMMUNITY LEARNING

ALL COURSES ARE FOR ADULTS 19+



For further information or to book a place on any /all of these sessions please contact:

info@thecrossley.co.uk or phone 01983 861164

90 Minutes to Family Calm Series

Join our **FREE** (fully funded) online classes! – **Join one or join them all....**



BRAIN TRAINING FOR CALM

– 27th APRIL

TAMING THE EMOTIONS MONSTER

– 4th MAY

SENSIBLE ABOUT OUR SENSES

– 11th MAY

BUCKET FILLING FOR SELF-ESTEEM

– 18th MAY

RELAXING OUR KIDS

– 25th MAY



April & May Tuesdays:
either :

mornings 10-11:30

or evenings 6-7:30

Booking & enrolment required to secure a place on any or all these sessions.

*enrolment required **just once** (for any number of sessions) per academic year



ADULT COMMUNITY LEARNING

ALL COURSES ARE FOR ADULTS 19+



For further information, or to book a place on this course* please contact:

info@thecrossley.co.uk or phone 01983 861164

Would you like to understand how our senses affect our behaviour?



Join our zoom class

Sensible about Our Senses

What are our sensory 'triggers' ?

Why some children may have difficulty sitting still; listening; paying attention.....

Tuesday 11th May

Either 10:00-11:30am

or

6:00 –7:30 pm

*Booking & enrolment required before **Friday 7th May** to secure a place on this session

*enrolment required **just once** (for any number of sessions)

