

The Buzz

10th September 2021



Brighstone C.E.
Primary School

Learning and Achieving Through
Love, Courage and Respect

Dear parents, carers and children,

Last week, we welcomed Tracy Dove from Zoologica into each class to talk to the children about their class animal. This week I received a lovely email from Tracy saying thank you to the staff and pupils for making her feel so welcome. She said that the children were a joy to work with, and they were so interested and extremely polite. This feedback was wonderful to read, and shows that our values and vision are embedded throughout the school in every thing we do. We as a staff are extremely proud of the children, and I am sure that you are, too!



This week I had the pleasure of attending a BSA meeting. The passion and commitment of the BSA members is clear to see, and it was great to see some new members. Throughout the year, the BSA organises a range of exciting activities to raise funds for the school (thank you!). Sarah and Katherine joined us in Golden Worship this morning to present the winners of the Tallest Sunflower competition (well done, Myles and

Freddie!). We know that some sunflowers unfortunately didn't make it, so there are plans to slightly amend the competition next year to give them more of a fighting chance! On Saturday 25th September we see the Round the Island Relay Race return, in which staff, parents and friends of Brighstone Primary School run a relay around the Isle of Wight, against Nine Acres Primary School. We have won it for the past few years; let's support our runners and hope that we win again! If you would like to sponsor the runners, please visit the BSA Facebook page for more details, and there are sponsor forms available in the school office. (If you are one of the runners, please can you let Lucy Brodie know your section times as soon as possible?) Go, Team Brighstone!



Sunday 12th September sees the Brighstone Village Big Thank You Day, to say thank you to everyone for helping each other out during the past year and a half of Covid and lockdowns. This is a fun afternoon with a range of events taking place in various locations in the village (see the poster on our school Facebook page for further information). We have some KS2 children representing the school with a country dancing display, taking place at 1.25pm and 2.45pm in the Methodist Church grounds. They have shown great commitment in giving up their lunchtimes to rehearse this week, so please come along to support them and to enjoy the other events on offer. We would love to see you there!

On Wednesday we welcomed Reverend Jackie into Collective Worship. After worship, we discussed Harvest Festival, which is coming up on Wednesday 6th October. A range of ideas were discussed and I will let you know nearer the time what the arrangements will be.

I hope you all have a lovely weekend!

Best wishes, Mrs Lennon and the Brighstone team

Collective Worship - Thankfulness

This week's Collective Worship focus is: **Thanking God for people who help us**

This week we focused on different people who help us in school. We thought about how the following people help us: the cleaners, LSAs, teachers, cooks, caretaker, office staff, safeguarding lead, ELSA support, bus escort, headteacher, and of course, all the children! We said a prayer of thanks for these people, and read this acrostic poem. Which of the poem's line mean more to you? Can you think of your own lines for this poem?

THANKFULNESS IS...

Thinking of good things
Happy memories
All creation praising God
Not taking anything for granted
Keeping focused on the positive
Feeling blessed
Understanding the sacrifices people make for us
Living joyfully
Not complaining
Expressing gratitude to God
Saying thank you to those who help us
Showing gratefulness by our deeds.

Our school prayer

We thank you, God, for your unfailing and never ending **love** for us.

Lord Jesus, please give us the **courage** to be lights in the world.

Holy Spirit, please help us to have the **respect** to show God's love to others and the world around us.
Amen

St. Paul said of his friends:

"Every time I think of you I give thanks to my God."

Philippians 1.3



Your challenge this week is to say thank you to all the people who help you in school. What can you do to help other people?

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 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Mac 'n' cheese	Garlic chicken	Roast pork	Beef meatballs	Fish fingers
Option 2	Veggie sausages	Cheesy risotto	Vegetable pastry	Veggie lasagne	Soft taco
Dessert	Oatie biscuit	Muffin	Ice Cream	Choc cake	Rice pudding

Poetry Corner

Let's Be Thankful

Let's be thankful for this day
For our friends and for our play.
Let's be thankful, let's be glad,
For our food and the things we have.
Let's give thanks for you and me
And our home and family.

Grammar and Spelling Matters

Each week we will include a mini grammar or spelling lesson so you know what your children are learning!

Your	You're
Adjective. Refers to something that belongs to you. For example: • Is that your laptop? • I love your shoes! • Your garden is huge.	Contraction of "you are".  For example: • You're so funny! • You're a brilliant teacher. • Call me when you're free.

Reminders

Only plain water (no squash or flavoured water) in reusable water bottles.

Long hair must be tied back (both boys and girls), and hair must be kept away from eyes.

Only fruit provided for snacks, and healthy items in lunch boxes.

Golden Awards

Koala	Samuel ~ for being extra kind and helpful with the new children. Reception children ~ for settling in so well.
Polar Bear	Martha, Henry & Rosie ~ for their fantastic "feelings" vocabulary. Samuel ~ for settling in so well to Polar Bear class.
Lemur	Jared ~ for coming in to school with a smile everyday.
Chimpanzee	Nelly & Randal ~ for settling in so well and trying so hard with spellings.
Orangutan	James ~ for settling in to Year 6 in such a calm and happy way. Anna ~ for settling in to Brighstone Primary so well.
Bee-Haviour	Emily ~ for showing our school values by being so kind and helpful with Mrs Eastaff at lunchtime.
Sports Bee	Myles ~ for showing the games values so well.

Whole school dates

Sunday 12th Sept - Big Thank You Day, Brighstone Village 1-5pm
W/c - 13th September - After school clubs start
Tuesday 14th 10am-12pm - Gardening with Mrs Johnstone (more info below)

Facebook

A reminder that lots more information will be shared throughout the week on our school Facebook Page. This is an open page so you do not have to have an account to check it. If you do have a Facebook account make sure you like and follow our page:

<https://www.facebook.com/BrighstoneCEPrimarySchool>

Wellbeing Window

Every journey begins
with a single step.

Maya Angelou

If you or someone you know is struggling with their mental health, take the first step today and click the link below.

Local and national support services/advice for mental health.

<https://www.iwmentalhealth.co.uk/local-mental-health...>

The first step is always the hardest!

Remember - mental health is
changeable:

MENTAL HEALTH CONTINUUM MODEL			
HEALTHY	REACTING	INJURED	ILL
Normal fluctuations in mood Takes things in stride Good sense of humour Consistent performance Physically & socially active Confident in self & others Drinking in moderation	Nervousness, irritability Sadness, overwhelmed Displaced sarcasm Procrastination Forgetfulness Trouble sleeping Low energy Muscle tension, headaches Missing an occasional class or deadline Decreased social activity Drinking regularly or in binges to manage stress	Anxiety, anger Pervasive sadness, tearfulness, hopelessness, worthlessness Negative attitude Difficulty concentrating Trouble making decisions Decreased performance, regularly missing classes/deadlines, or over work Restless, disturbed sleep Avoidance, social withdrawal Increase use of alcohol-hard to control	Excessive anxiety Panic attacks Easily enraged, aggressive Depressed mood, numb Cannot concentrate Inability to make decisions Cannot fall asleep/stay asleep Constant fatigue, illness Absent from social events/classes Suicidal thoughts/intent Unusual sensory experiences (hearing or seeing things) Alcohol or other addiction
Nurture support systems.	Recognize limits, take breaks, identify problems early, seek support.	Tune into own signs of distress. Talk to someone, ask for help. Make self-care a priority. Don't withdraw.	Seek professional care. Follow recommendations.

Gardening Volunteers Needed

Being outdoors is good for mind, body and soul. If you have some spare time:



Over this school year I will be working with the children to set up an Eco School Committee where we will come up with ideas to turn our school into one that puts our environment FIRST. We already recycle everything we can and avoid plastics as much as possible but there is a lot more we can do with the school grounds. We can get the vegetable garden up and running, plant wild flowers, renovate a potting shed and work towards an interactive outdoor classroom which will bring our learning outside.

However, we need your help. Some of the preparation work will not be appropriate for little hands so I would like to organise a weekly volunteer morning

throughout the Autumn term. Each Tuesday morning between 10.00 and 12.00 I will be working initially in the disused vegetable garden at the right hand side of the school. Tools need to be sorted and audited, beds cleared, the green house cleaned and a fuzzy kiwi fruit restrained!

If you can help then please sign up at the office to volunteer and join in our quest for becoming an eco school. Thank you! Mrs Johnstone.