

The Buzz

1st October 2021



Brighstone C.E.
Primary School

Learning and Achieving Through
Love, Courage and Respect

Dear parents, carers and children,

Well, it seems that autumn has well and truly arrived! Despite the wet and windy weather, it has been great to see so many children coming to school on their bikes and scooters this week as part of **Bike to School Week**. Cycling and scooting to school is an excellent way to get energised ready for learning. Even if you can't cycle or scoot all the way from home, just parking a few streets away from school and travelling the rest of the journey on foot or two wheels makes a huge difference to our bodies, to our mental health and wellbeing, and to the planet! We hope that more children are now inspired to continue to travel in this way over the coming weeks and months.



This week, Mrs Johnstone led an **Eco-Schools Collective Worship**, in which she launched our Eco-School Committee. Children from each class will have the opportunity to be voted onto the Committee, where they will be the voice for the children across the school in making a difference. They will choose what their first focus will be; it could be a range of choices, including how to save paper, how to ensure that we don't waste water, 're-wilding' parts of the grounds, saving electricity, not wasting food, and more! Watch this space to find out who our Eco-School Committee members are.

Last weekend saw parents and staff from our school **race around the island** against parents from Nine Acres Primary School. It was a very exciting day, which started at 5am and finished at 4pm. This year, Nine Acres won the relay, with a lead of 10 minutes - well done! Everyone who took part did an amazing job, and I would like to extend a huge thank you to the runners, organisers (BSA) and the support team. It was a perfect example of team spirit. I would also like to say a massive thank you to all those who have donated. So far, on our online fundraising page, we have raised an incredible **£605** which will go towards a new trim trail on the school field. I know that there are still some donations to come in from individual runners, and there is still plenty of time to make an online donation: <https://www.rocketfund.org/outdoor-play-equipment-2>. Thank you, again.



Next week, we will be celebrating our Harvest Festival. We thought we would celebrate it with a difference this year: we will be holding it outside in a garden, with views of the surrounding fields and downs. Where better to celebrate our wonderful world and the crops that it provides for us! Parents are invited along; see the letter that has been sent out separately. However, if the weather is too wet, we will hold the service in church, to which parents unfortunately won't be able to attend due to shortage of space for social distancing. Let's keep our fingers crossed for dry weather!

On Thursday we will also be celebrating National Poetry Day. Children are invited to bring along a favourite poem to share with their class. If you also have a favourite poem, we would love to share them on Facebook!



I hope everyone has a lovely weekend! Best wishes, Mrs Lennon and the Brighstone team

Collective Worship - Thankfulness

This week's Collective Worship focus is: **Giving thanks even when times are difficult**

This week we watched the story of Paul and Silas, who were put into prison for telling stories about God. Even though this was a horrible experience for them, they continued to praise and worship God; they even sang!



We talked about how it can be very hard to be thankful when things are tough for us, and it is even more difficult to sing! Singing spiritual songs has been the way people of faith have lifted their hearts in the worst of times for thousands of years. We all know that we feel better when we sing along to our favourite songs; I wonder which songs make you feel better when life is difficult?

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



As you go about your daily life, remember to be thankful for the good things that happen to you. When things go wrong, try to stay hopeful and positive like Paul and Silas.

'Always be thankful.'
1 Thessalonians 5.16



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

Waiting at the window by AA Milne



These are my two drops of rain
Waiting on the window-pane.

I am waiting here to see
Which the winning one will be.

Both of them have different
names.

One is John and one is James.

All the best and all the worst
Comes from which of them is
first.

James has just begun to ooze.
He's the one I want to lose.

John is waiting to begin.
He's the one I want to win.

James is going slowly on.
Something sort of sticks to John.

John is moving off at last.
James is going pretty fast.

John is rushing down the pane.
James is going slow again.

James has met a sort of smear.
John is getting very near.

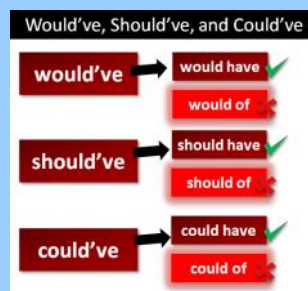
Is he going fast enough?
(James has found a piece of fluff.)

John has quickly hurried by.
(James was talking to a fly.)

John is there, and John has won!
Look! I told you! Here's the sun!

Grammar and Spelling Matters

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



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.
No dogs allowed on the school grounds, unless carried.

Golden Awards

- Koala** Jax - for being such a calm and careful member of the class and showing respect for our classroom.
- Polar Bear** Violet - for always being ready to learn and willing to take on new challenges.
- Lemur** Grover - for his learning behaviour in Maths, having a go at challenging work and remaining determined.
- Chimpanzee** Felicity - for her fantastic number spellings, writing numerals as words.
- Orangutan** Avy - for how he offered sensible and thoughtful ideas during class discussions.
- Bee-Haviour** Ila - for showing super courage this week and facing a fear!
- Sports Bee** Leigh & Jack T - for demonstrating the School Games values.

Whole school dates

- Wednesday 6th October: Harvest Festival at 10.30am
- Tuesday 12th October: Flu vaccines
- Thursday 14th October: School Photos
- Friday 15th October: BSA - Glow Disco Last day of term
- Monday 1st November: Back to school
- BSA - Pumpkin Competition

Lots more information about school can be found on our Facebook Page. It is an open page so you don't need to have a Facebook account to access it.

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

facebook

SEMH

Social, Emotional & Mental Health

Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

Wellbeing Window

Learn how to make your own coping skills wheel here:

<https://www.thepathway2success.com/how-to-make-a-coping-strategies-wheel/>

