

The Buzz

10th December 2021



Brighstone C.E.
Primary School

Learning and Achieving Through
Love, Courage and Respect

Dear parents, carers and children,

What a busy week it has been, with the children busy rehearsing for the Nativity in their classes, RE learning journeys taking place, and then Christmas Jumper Day today. Thank you for your donations: £66.70 has been raised for Save the Children! The children all enjoyed a fun afternoon's worth of activities in the hall today, followed by fun in the snow (provided by a snow machine...). Thank you to the BSA for organising this in lieu of the Christmas Fayre.



On Monday morning, the children entered the hall with 'oohs' and 'ahhs' when they saw the magnificent Christmas tree. Thank you to the BSA and their children who decorated it last Friday. There are some lovely photos of the tree on the BSA Facebook page.

Following last week's Y6 letters of application, I am proud to announce the following successful appointments:

Head Girl	Katherine	Head Boy	Thomas
Deputy Head Girl	Charlotte	Deputy Head Boy	William
Sports Captains	Clarita and Caspar	Sports Crew	Charlie, Anna and Tobias
Deputy Sports Captains	Jasmine and Leo	Hive Captains	Daisy, Connie, James and Leila
Librarians	Dominic and Elin	Buddies	Jasmine, Leo and Lauren



(There are some vacancies for sports crew and buddies for any other Y6 children who would like to apply.)

Congratulations to them all!

You will be aware that there have been some more positive Covid cases in school this week. Thank you for enabling your children to take regular tests to help minimise the transmission. Thank you for your understanding regarding the cancellation of the live performances. While this is disappointing, it was, unfortunately, a necessary step. However, we will be recording the performance next week and we hope to have the finished video ready for the end of term for you to share and enjoy with your family.

If your child is currently at home with Covid, remote education is emailed for your children to complete if they are well enough. Completed work can be put in their homework books or on paper to be returned to school when their period of self-isolation ends. Please contact the school or your child's class teacher if you have any questions about this.

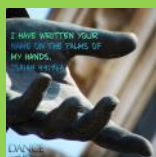
I hope everyone keeps safe.

Best wishes, Mrs Lennon and the Brighstone team

Collective Worship - Trust

This week's Collective Worship focus is: **Trusting God**

Hands are one of the most expressive parts of our bodies. We can communicate with them without using words.



To show that God will never forget us, the Bible uses picture language and tells us that it is as if our name is written on the palm of His hands.

Think of someone special to you, who you will never forget. Trace their name in the palm of your hand with a finger from your other hand. Close your eyes and imagine the person's face. Close your hand holding that person safe, and say a silent prayer to thank God for them.



The Lord's Prayer

Our Father,
Who art in Heaven
Hallowed be thy name
Thy Kingdom come
Thy will be done
On earth as it is in Heaven
Give us this day our daily bread
And forgive our trespasses
As we forgive those who
trespass against us
And lead us not in to temptation
But deliver us from evil
For thine is the Kingdom
The Power and the Glory
Forever and ever
Amen



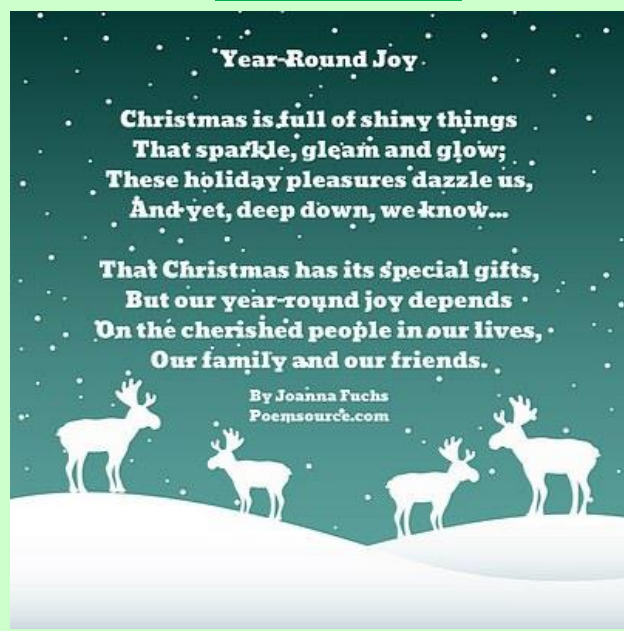
School Dinners

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	Chicken Filo Pie	Roast Gammon	Beef Bolognese	Fish Fingers
Option 2	Veg Burrito Wrap	BBQ Beans	Sweet Potato and Chickpea Roast	Butternut Squash and Tomato Bake	Meat-Free Nuggets
Dessert	Raspberry Ice Cream	Brownie	Shortbread	Fruit Crumble	Cake

Poetry Corner



Grammar and Spelling Matters

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

Fronted Adverbials			
Definition: Words or phrases put at the beginning of a sentence, in order add more detail to the main part of the sentence			
Time	Place	Reason	Manner
Adverbials	Adverbials	Adverbials	Adverbials
Yesterday	At home	To help	Sadly
Before long	Over the hill	Because of his life	Sadly
On Monday	Under the sea	To relax	Heavily
All of a sudden	Around the clock	Understandably	Curiously
Immediately	At last	Seeing his chance	Reluctantly
Suddenly	For hours	Under pressure	Carefully
Already	Back at the house	To organize herself	Heavily
In the blink of an eye	Close to	To manage this	Admiringly
Later	Over the sea	Being brave	Quickly
Eventually	Whenever he was	Not knowing why	Superbly
Years ago	From the start	To make it worse	Passionately
Once upon a time	Through the night	Supporting her friend	Loveably
Soon	Under the moon	To break the circle	Perfectly
Now	Outside the door	In desperation	Unfortunately

Christmas Jumper Day



Save the Children
CHRISTMAS JUMPER DAY

We raised £66.70 for Save the Children

Thank you for your support

Golden Book

Koala	Skye - for her careful thinking and sharing her ideas in our RE days.
Polar Bear	Whole class - for working as a team and helping each other learn the script for our Nativity.
Lemur	Emily - for improving her learning behaviours and showing great enthusiasm in class.
Chimpanzee	Nelly - for organising the class dance for the Nativity.
Orangutan	Elin - for her thoughtful observations about the Gospels of Matthew and Luke and their portrayal of the Nativity.
Sports Bee	Izzy - for always being a good team player and following the School Games Values.

Whole school dates

Friday 17th December: Brass Concert (information to follow next week)
Tuesday 21st December: Last day of term
Tuesday 4th January 2022: Back to school

Last day of term

Christmas Party Day

Children can wear party clothes!



How might Christmas affect my mental health?

Christmas is a wonderful time of the year for many, but for some it can be very stressful and upsetting.

Whether or not Christmas is part of your life, your mental health might be affected by it happening around you. It's a time of year that often puts extra pressure on us, and can affect our mental health in lots of different ways.

For example, if you:

- feel alone or left out because everyone else seems happy when you're not
- wish you didn't have to deal with Christmas or find it stressful because of other events in your life
- feel frustrated by other people's views of a 'perfect' Christmas, if these feel different to your experiences.
- you want to celebrate with someone who's struggling.

The festive period could affect your mental health in other ways too.

For example:

- Your mental health problem might make it hard for you to spend Christmas how you want.
- Difficult and stressful experiences at Christmas could make your mental health worse.
- Enjoying Christmas might also affect your mental health; for example, if it triggers hypomania or mania.
- It can be harder to access services that normally help you. Some of these services may be closed during the Christmas period.
- Your experiences of last Christmas, during the coronavirus restrictions, may affect how you feel about this Christmas.
- If you celebrate other religious festivals or holidays, you may feel overlooked if it feels like Christmas is given special attention.
- New Year may also feel like a hard time, if it makes you look back at difficult memories or worry about anything in the coming year.

For more information or for help with yours or loved ones' mental health click the link: <https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>

