

# The Buzz

## 7th January 2022



Brighstone C.E.  
Primary School



Learning and Achieving Through  
Love, Courage and Respect



Dear parents, carers and children,

Happy New Year! It was lovely to welcome you all back on Tuesday 4th January. I hope that you all had an enjoyable and safe Christmas and New Year. Jack Frost visited this week, leaving a silver frosting everywhere, to the great excitement of the children.

As you will know from the national news, Covid levels are continuing to rise across the country. Even though we don't currently have any Covid cases in school, we are continuing to be cautious and our health and safety measures (following national guidance) remain in place. This includes ensuring adequate ventilation in classrooms, cleaning of common 'touchpoints' and the wearing of face coverings for staff in communal areas. Whole school gatherings are still paused, and we have two bubbles in place: KS1 (Koala class and Polar Bear class) and KS2 (Lemur class, Chimpanzee class and Orangutan class). This is to avoid the limiting factor of class bubbles on teaching and intervention groups. However, we are constantly reviewing this and will keep you fully informed of any changes. Our updated Covid risk assessment and outbreak management plan can be found on our website: <https://www.brighstoneprimary.org.uk/covid-19/>



This week, the children have thrown themselves wholeheartedly into their classroom learning! They are starting their new topics, and the topic webs will be available today via email and on the class pages on our school website. The children are showing great enthusiasm; it is wonderful to see the discussions that take place about their learning. For example, Chimpanzee class had a great debate about the continents and whether it would ever be possible to create a permanent settlement on Antarctica!

Yesterday you will have received an email about clubs that are available this half term. The letter is also available on our school website: <https://www.brighstoneprimary.org.uk/clubs/> and replies are via text on a first come, first served basis. We aim for a variety of different clubs each half term and are based on staff availability and bubbles on a rotation system for each key stage. Children in receipt of pupil premium funding are entitled to one free club each half term as part of our Pupil Premium Strategy.



I hope that everyone keeps safe and well over the weekend, and I look forward to seeing you on Monday.

With best wishes,

Mrs Lennon and the Brighstone Team



## Collective Worship - Perseverance

This week's Collective Worship focus is: **Epiphany—Pushing Through**

This week we learnt about the magi who visited the baby Jesus. They journeyed for many miles and showed great courage and perseverance on what must have been an arduous journey. While it is unknown when they arrived, some believe that it was 12 days after Jesus' birth, on 6th January. This period in the Christian calendar is known as Epiphany, which means 'to show', 'to make known' or 'to reveal'.

We talked about the strange and unusual gifts that the magi gave to Jesus: Gold, linked with kingship; frankincense resin, linked with divinity and holiness; and myrrh, another resin with a bitter perfume, associated with suffering and mourning.

If you were taking a gift to Jesus as the wise men did, a gift that was a symbol to show that you knew what his life on earth would be like, what would you take?



An Epiphany Blessing

May the joy of the angels,  
The eagerness of the shepherds,  
The perseverance of the wise men,  
The obedience of Joseph and Mary,  
And the peace of the Christ-Child  
Be yours this Epiphanytide and always.  
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 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza	Sausage & Mash	Roast Chicken	Beef Lasagne	Fish fingers
Option 2	Veggie Bolognese	Veggie Noodles	Vegetable Pie	Veggie Curry	Veggie Burger
Dessert	Flapjack	Shortbread	Yoghurt cake	Brownie	Ice Cream

### Poetry Corner

#### Birch Trees

The night is white,  
The moon is high,  
The birch trees lean  
Against the sky.

The cruel winds  
Have blown away  
Each little leaf  
Of silver grey.

O lonely trees  
As white as wool...  
That moonlight makes  
So beautiful.

John Richard Moreland



### Grammar and Spelling Matters

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

#### What is a suffix?

A suffix is a word part that is  
**added**  
**after**  
the root or stem or base word.

Examples of suffixes

happy + **ness** = happiness

danger + **ous** = dangerous

reason + **able** = reasonable

hope + **less** = hopeless

care + **ful** = careful

just + **ify** = justify



prefix	base word = root	suffix
A group of letters added to the <b>BEGINNING</b> of a word to make a new word.	The root or base word is the word you are adding a prefix or a suffix to.	A group of letters added to the <b>END</b> of the word to make a new word.
un	help	ful

## Golden Book

Koala	Helena, Alice, Alexander and Georgia - for beautiful manners using loud "please" and "thank you" at the dinner hatch.
Polar Bear	Dan - for making excellent progress in Maths and English and having a fantastic attitude to learning.
Lemur	Charlotte - for participating more in class discussions and showing great enthusiasm for learning.
Chimpanzee	Wilbur - for always having such a fantastic attitude to learning and always trying his best.
Orangutan	Clarita and Jasmine - excellent cooperation and teamwork and for encouraging each other to succeed.

#### Whole school dates

Friday 18th February - Last day before half term  
Monday 28th February - First day back

#### Road Diversion

Limerstone road is now OPEN!





*Social, Emotional & Mental Health*

With the New Year comes the temptation to hop on board the change train of 'self-criticism', head to carriage 'unrealistic expectations', and 'comparing to others' and trundle on to destination 'new and improved you'. Purchase a ticket for the change train and find... a more vibrant, healthy, driven, goal smashing, habit breaking, 100 billion new skills acquiring you by December 2022. With all this expectation you can arrive feeling overwhelmed and a little disappointed.

**This year we hope you can**

1. Accept who you are
2. Nourish your body
3. Bring intention into your actions
4. Take time for yourself

### **Accept who you are**

Resist the urge to strive for an entirely new you in 2022. Instead accept you last year, today and tomorrow.

Approach personal growth, habit change and goals with a kinder self-talk that cares for your mental wellbeing.

Evaluate the relationship you have with yourself. Ask would you speak to somebody else in the way you speak about yourself? The relationship you have with yourself is crucial to your own wellbeing and to creating healthy and happy relationships with others.

**5 habits to improve the relationship with you in 2022**

- Invest in yourself by spending 15-30 minutes each day doing something you enjoy
- Write down positive things about yourself when your inner critic finds faults
- Act as if you were your own best friend and be kind and supportive when you stumble or feel you have failed
- Do something to wind down and relax at the end of each day
- Take a few minutes each day to appreciate the small wins you have achieved

Here's to taking time to accept yourself in 2022.

Being kind to yourself regularly is one of the best things you can do.

Source: <https://www.mentalhealth.org.uk/blog/new-year-theme-for-yourself-2022>



### Why good attendance matters

Regular school attendance is an important part of giving children the best possible start in life. The aim should be to attend 100% of the time.

Students who miss school frequently can fall behind with their work and do less well in exams. Good attendance also shows potential employers that a young person is reliable.

Research suggests that students who attend school regularly could also be at less risk of getting involved in antisocial behaviour or crime. Below is a table showing how children's percentage attendance equates to the amount of school time missed.

Attendance during one school year	Equivalent Days	Equivalent Sessions	Equivalent Weeks	Equivalent Lessons Missed
95%	9 Days	18 Sessions	2 Weeks	54 Lessons
90%	19 Days	38 Sessions	4 Weeks	114 Lessons
85%	29 Days	58 Sessions	6 Weeks	174 Lessons
80%	38 Days	72 Sessions	8 Weeks	228 Lessons
75%	48 Days	96 Sessions	10 Weeks	288 Lessons
70%	57 Days	114 Sessions	11.5 Weeks	342 Lessons
65%	67 Days	134 Sessions	13.5 Weeks	402 Lessons

It is also important to arrive at school on time. If a child arrives late to school every day, their learning begins to suffer. Below is a graph showing how being late to school every day over a school year adds up to lost learning time over one academic year.

