

The Buzz



1st March 2024



Learning and Achieving Through Love,
Courage and Respect

Dear parents, carers and children,

What a great time we had at the **BSA's Family Quiz** last Friday! We had a hall full of teams as it was fully booked. There were questions suitable for all ages, and some amazing raffle prizes on offer (thank you to all who donated these). Thank you to Larni (Max's mum) who was quiz-master extraordinaire and led a really fun evening. The extra dance-off went down particularly well. Almost £300 was raised, which is incredible.

You will have received an email today from Richard, the chair of the BSA, with information about the next **BSA meeting**. Please do come along, either in person or via Teams, so you can find out about the next event and provide support. The BSA is invaluable for helping the school and parents with the money raised, so all help is welcome.

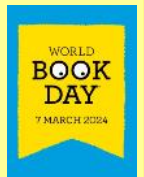


We are delighted to announce the pitter-patter of tiny feet! **Mr and Mrs Aram** welcomed baby George to the world last weekend. We wish them huge congratulations and we can't wait for cuddles!

The children were very excited this morning to take part in a **Hive day**. It was a fun-filled morning focusing on mental health and online safety. The children took part in a range of activities organised by Mrs Jones and Mr Goldsmith, and there was a 'buzz' around the school (sorry...) as the children were looking for clues around the building, followed by calm as they took part in yoga activities in the hall. As I was sitting at my desk, I was jolted by the blast of fun music coming from the playground, to which the children were dancing enthusiastically to get their endorphins flowing. It was wonderful to see the children, from the youngest to the oldest, all working together throughout the morning. Well done to all, and thank you to Mrs Jones and Mr Goldsmith. There are more details and photos about the morning later in this Buzz as well as on Facebook.



Just a reminder that **World Book Day** is coming up on Thursday 7th March. This will be a fun-filled day of book activities. Children are welcome to come in wearing comfy PJs, a book and a teddy to snuggle up with. They will have the opportunity to take part in book quizzes and to share stories with each other. They have also been asked to bring in a book to swap with others; they can then take home a book brought in by someone else. This is a great way to have a new book (and free!). The flyer was emailed this week with more information.



We hope to be arranging visits to the village library over the next few weeks. Boni, our link, is keen to show the children around. Joining a library is another great way to expand the children's collection of books and reading materials.

I hope you have a wonderful weekend, despite all this rain...

With very best wishes, Mrs Lennon and the Brighstone team

Collective Worship - Justice

This week, we have been thinking about Making Wise Decisions.

We discussed different words for JUSTICE and INJUSTICE. The children suggested lots of words, including fair, truth, honesty and right.

We heard about a case in an African country about farmers cutting down trees to grow food for their families, and discussed how it was really difficult for the judge to decide between what was right and fair for the farmers themselves and for the animals who lost their habitats. There wasn't an easy answer.

We thought about if we had ever had to make a decision where there was no easy answer. We considered the qualities needed to make a wise decision, such as:

Having empathy

Keeping a cool head

Asking the right questions to get to the truth

Allowing everyone to have their say

Not taking sides or jumping to conclusions

A Prayer for Wisdom

Leader: Father God, when we feel confused about a decision we need to make,

All: Give us a clear head.

Leader: When we are tempted to jump to a conclusion,

All: Give us patience to hear both sides.

Leader: When we are not sure about the truth,

All: Give us your wisdom.

All: Amen



"Learn to do right. Seek justice."

Isaiah 1.17



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 **£2.90** per day.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza	Turkey chilli	Roast beef	All day breakfast	Fish fingers
Option 2	Tomato pasta	Macaroni cheese	Cheesy veg crumble	Veggie breakfast	Quorn nuggets
Dessert	Apple crumble	Choc biscuit	Marble cake	Carrot cake	Ice cream

Poetry Corner

I Am The Song

I am the song that sings the bird.
 I am the leaf that grows the land.
 I am the tide that moves the moon.
 I am the stream that halts the sand.
 I am the cloud that drives the storm.
 I am the earth that lights the sun.
 I am the fire that strikes the stone.
 I am the clay that shapes the hand.
 I am the word that speaks the man.

Charles Causley

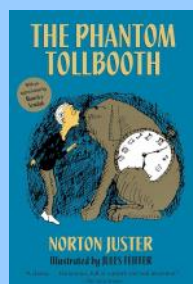


Reading Recommendations

Each week we will include a book recommendation from a child and/or adult.

This week, Bram recommends:

I would like to recommend 'The phantom tollbooth' by Norton Juster. My daddy recommended it to me because he read it when he was a boy. I like it because the boy Milo meets all these strange creatures/people and goes on a journey with them. The most exciting bit is when he gets put in jail with a wick (a witch without a 't'!) and then he escapes by pressing the escape button which is inside the cell! This is a great book for children who like strange things!



Safeguarding

If you have a concern about a child you can call the police on 999 if you feel they are at risk of immediate harm

You can contact the NSPCC:

Contact the NSPCC Helpline

If you have any concerns at all about a child's safety or wellbeing, don't hesitate to contact us.

Call us or email help@nspcc.org.uk

0808 800 5000

[Find out more](#)

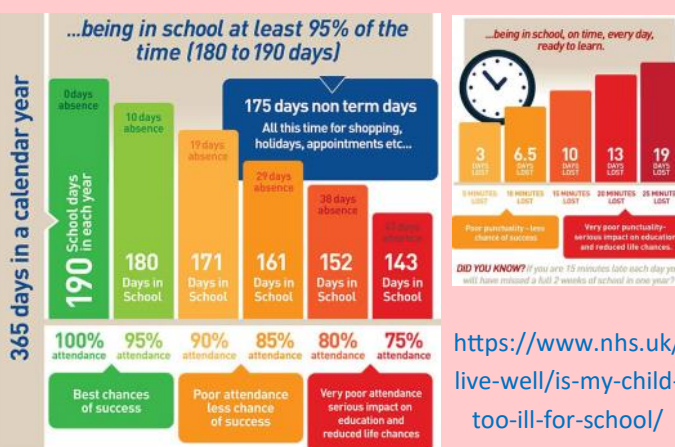
Or call children's services 0300 300 0117

Attendance Matters!

Week Commencing 26th February
 Whole School attendance target: **96.5%**

Actual Attendance: 86.78%

Late marks this week: 1



Hive Morning



All children took part in various activities this morning with the focus topics being mental health and online safety. Children worked in their Hives which meant they spent time with children across all year groups. The older children are very good at helping the littles ones out. We saw a lot of great collaborations across the morning. With Mrs Jones and Miss Bacon the children learned about the importance of, and how to maintain good mental health. They discussed eating a healthy (colourful) diet, moving their bodies, getting out in nature, checking in with friends and positive self talk. They chose to either make a positive affirmations fortune teller or do 'Pokemon' yoga. The children really enjoyed this, more videos can be found [here](#).

With Mr Goldsmith, Mrs Eggleton and Mrs Brear the children were set a codebreaker activity which saw them searching the school for clues to solve the puzzles that gave them some rules about online safety: Be nice to each other online, Keep your personal information private, use strong passwords, think before you press send, if you are worried - tell a trusted adult, people aren't always who they say they are. They then worked in their hives to make posters to advise others about online safety. The morning was finished off with a whole school dance-athon to get their bodies moving and the endorphins flowing.



SEMH

Social, Emotional & Mental Health



CHALLENGE THOUGHTS

Challenge negative thoughts that come into your mind. Learn how to problem solve effectively



SHARE THINGS

Don't be afraid to share things with your family or friends.



WORK ON YOURSELF

Make sure that you take some time to work on your own well being



SET GOALS

Set goals that you want to achieve. Be proud of yourself when you achieve your goals



HEALTHY BODY

Look after your body as well as your mind. Nutrition plays a large role within this



EXERCISE

Exercise is great for helping to boost mood, increase well being and reduce stress and anxiety



MANAGE STRESS

Take time to learn some coping strategies that can help you to deal with stress



RELAX

Find time to relax. Make sure that you dedicate some time each week for yourself. Meditate, try yoga or practice deep breathing



TALK TO SOMEONE

Don't be afraid to talk to someone about any issues that you might be experiencing. Make sure that you seek the right advice



SLEEP

Make sure that you are getting a good amount of sleep. Get into a regular pattern

Online Safety

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.



2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.



3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.



4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.



5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.



6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.



7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.



8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.



9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.



10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.



Respect Charter

at Brighstone C.E. Aided Primary School

At Brighstone C.E. Aided Primary School, we believe staff, parents and children are entitled to a safe and protective environment in which to learn and work. We strive to ensure that our school offers a warm and nurturing environment. All members of the school community and visitors should demonstrate mutual respect, to feel safe, work together and to use restorative approaches as the foundation of our practice. Any behaviour that may lead to feelings of harassment, alarm or distress to members of our community, will not be tolerated and action taken.

Expectations

- That all adults set a good example to children at all times, showing them how to get along with all members of the school and the wider community.
- That no one - staff, governors, parents, carers, volunteers or children - be subjected to abusive behaviour or any form of threats from visitors on the school premises.
- That physical attacks and threatening behaviour, abusive or insulting language, verbal or written (including on social media), to staff, governors, parents, carers, volunteers, children and other users of the school premises will not be tolerated and may lead to a ban from school premises and/or police action.

Types of behaviour that are considered serious and unacceptable

This is not an exhaustive list but seeks to provide illustrations of such behaviour:

- Shouting, either in person or over the telephone
- Speaking in an aggressive/threatening tone
- Physically intimidating; e.g. standing very close
- The use of aggressive hand gestures/exaggerated movements
- Physical threats
- Shaking or holding a fist towards another person
- Swearing and name calling
- Pushing
- Slapping, punching, hitting or kicking
- Racist, homophobic or other hateful behaviour
- Sexist comments or sexual innuendo
- Disrespecting religion or belief
- Inappropriate communications (posting on Social Networking sites, emails or letters, etc.) which could bring the school into disrepute or be deemed as bullying, harassment and/or a hate-related comment

The school reserves the right to take any necessary actions to ensure that members of the school community are not subjected to any form of abuse in line with policy and procedure. If you choose to engage in these behaviours you may be asked to leave the site or the police may be called.

Thank you for your understanding and support



Brighstone School Association

MOTHER'S DAY

Gift
£3 each

Special

The children are being given the opportunity to purchase a special gift for a loved one for Mothers Day

Please NB all gifts are the same - colour may vary

If you would like your child to purchase a gift, please see the email sent home and return the form/money in a named envelope or order through our pta events page by 1st March.
pta-events.co.uk/brighstoneschoolassociation/

NB the gift will come home with your child on 8th March

If your message is **urgent** or about **attendance** contact Mrs Pelosi in the **office**:
01983 740285
office@brighstoneprimary.org.uk
Office Hours 8am - 4pm

If you would like to speak with the **Headteacher** Mrs Lennon, you can find her at the school gate every morning or you can call 740285 to make an appointment with her



For **general enquiries** you can call or email the office, text the school messaging service or send a message to our school **Facebook** page: <https://www.facebook.com/BrighstoneCEPrimarySchool>
Our Facebook page is open so you do not need a personal account to view it

If you have concerns about your child's **learning** and progress, email the class teacher in the first instance and allow at least 1 working day for a reply:

Years R, 1 & 2 - teacher.bumblebee@brighstoneprimary.org.uk
Years 3 & 4 - teacher.honeybee@brighstoneprimary.org.uk
Years 5 & 6 - teacher.ivybee@brighstoneprimary.org.uk

If you have concern regarding **safeguarding** or your **child's mental health and wellbeing** please contact Mrs Jones. You can speak to her on the playground every morning, call into the school office or email m.jones@brighstoneprimary.org.uk
safeguarding@brighstoneprimary.org.uk

Our **Newsletter** is published every Friday with key information for parents and carers. You can find it on our school website: <https://www.brighstoneprimary.org.uk/category/the-buzz/>

Contact us



If you have a **safeguarding** concern about a child outside of school hours you can call the police on 999 if you feel they are at risk of immediate harm or contact Children's Services on 0300 300 0117

Please be reminded that all children need to wear the correct PE kit on PE days.
The correct PE kit is also needed for sports clubs.
Socks and hair accessories must be in the school colours.

School Day Timings

The school day is as follows:

8.25am: Gates open

8.30am: School starts

3pm: School ends

3.10pm: Gates close

Many thanks.



Key dates this year

2023-2024 academic year

- Tuesday 5th March: Parents Evening 3.15pm - 6pm
- Wednesday 6th March: Parents Evening 3.15pm - 5pm
- Thursday 7th March: World Book Day
- Thursday 28th March: Last day of term
- Friday 29th March - Friday 12th April: Easter holidays
- Monday 15th April: Back to school
- Monday 29th April - Wednesday 1st May: Y4 residential at Tile Barn
- W/C 13th May: Y6 SATs
- Friday 24th May: Last day of term
- Monday 27th - Friday 31st May: Half term
- Monday 3rd June: School closed for staff development day
- Tuesday 4th June: Back to school
- Wednesday 18th - Friday 21st June: Y6 residential in London
- Friday 12th July: Reports go home
- Tuesday 16th July: Parents Evening 3.15pm - 6pm
- Thursday 25th July: Last day of term
- Friday 26th July: School closed for staff development day

Term dates are also available on our school website.

