

The Buzz



5th November 2021

Learning and Achieving Through
Love, Courage and Respect

Dear parents, carers and children,



I would like to take this opportunity to say a huge thank you to everyone who was able to come along a help out on our Spruce up our School day (which actually turned into three days!). Due to the dedication and support of the following people, we were able to achieve a huge amount! Some people were so dedicated that they turned up on subsequent days. All in all, we spent three days sprucing up our school! Thank you to: Marianne Johnson, Sam and Tom Cambridge, Tracy and Richard Dove, Mike Freeman (caretaker), Simon Lennon, Beata, Josh and Sofia Brough, Linzi Denness and her children, Fiona Johnstone, and the children in the holiday club (who helped



to move all the PE equipment to Mr Goldsmith's new shed!). We completed the following: cleared and cleaned the gutters, re-stained the Y6 portico, re-stained the benches around the playground, cleared the plants and weeds in Lobster Lagoon and outside the Y2 classroom, weeded and cleared the two beds by the front gate, cleared the weeds and plants behind the basketball hoop, cleared the



weeds in the Reception garden, built the new climbing frame for Reception, cut the long hedge along the length of the playground, cleared behind the Roy Bromley rooms, moved the PE equipment to the new PE shed, and painted and seasoned the chalkboard in the playground. Thank you, also, to the teachers who came in to sort out their own inside and outside learning environments for their classes. We hope that this spruce up day will become a regular event in subsequent holidays, so, if you weren't able to help out this



time, watch this space for the next date! (See our open Facebook page for more photos.)

This week, Mrs Johnstone met with the newly elected Eco-Committee for their first meeting. The children will be making decisions on what we should be focusing our attention on first, in order for us to do our bit for the environment. We will provide updates in the Buzz and on Facebook.



Today, Lemur and Chimpanzee class went for a walk up to the downs as part of their English and Art lessons exploring the book 'Where My Wellies Take Me' by Michael Morpurgo. They focused on using their senses and descriptive vocabulary to describe the environment around them, as well as creating observational sketches of natural objects. The sun was shining, the sea was sparkling in the distance, and everyone had a wonderful time. The children's artwork was exemplary, as was their behaviour. Well done! Photos will be on Facebook next week.



During the week beginning Monday 15th November, we will be celebrating Inter Faith week. The values of Inter Faith week are: cooperate, learn, respect, talk, reflect, appreciate, volunteer, make friends and celebrate. As part of this week, we will be welcoming some visitors from different faiths into school, and finding out about their faith, different religious celebrations and more!

I was very impressed by all the wonderful pumpkins created for the BSA competition. They were very impressive; well done! The Glow Disco on the last day of term was also a great success. See the BSA Facebook page for photos of both these events. Thank you to the BSA for organising these.

I hope everyone has a wonderful weekend and a safe and fun Bonfire Night. Best wishes, Mrs Lennon and the Brighstone team

Collective Worship - Trust

This week's Collective Worship focus is: **Knowing our friends will support us.**

This week we explored what 'trust' means. We talked about how we can be there for our friends, to support them and provide encouragement and a listening ear.

We read this acrostic poem about trust. Which line do you think is the best way of describing trust and why?

Trust is...

Taking someone at their word
Relying on someone to support you
Unbreakable promises
Showing that you can be trustworthy
Treasuring good friends

Almighty God,

Be to me a solid rock to stand on,
a strong tower to shelter in,
and a firm anchor to hold me safe in the storms of life.

Amen



"Two people are better than one... If one person falls, the other can reach out to help." Ecclesiastes 4.9-10



How can you show that you are trustworthy?

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.

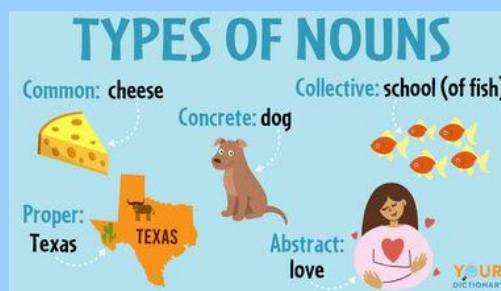
W/c 8/11	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza	Sausage & Mash	Roast Chicken	Beef Lasagne	Fish fingers
Option 2	Veggie Bolognese	Veggie Noodles	Vegetable Pie	Veggie Curry	Veggie Burger
Dessert	Flapjack	Shortbread	Yoghurt cake	Brownie	Ice Cream

Poetry Corner



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.

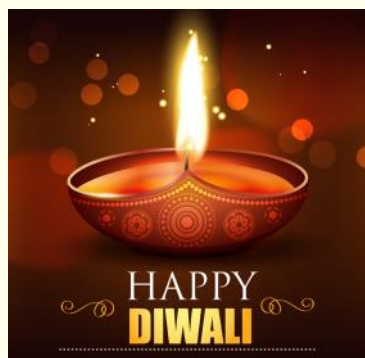
Only fruit provided for snacks, and healthy items in lunch boxes.
No dogs allowed on the school grounds, unless carried.

Golden Book

Koala	Kieran - excellent concentration and writing in Science.
Polar Bear	Lilli - for being a superstar all year! She always works hard and is so helpful!
Lemur	Anna - for her fantastic explanations during Science. Caspar - for great work in English.
Chimpanzee	Wilbur - for his great vocabulary and problem solving in Science. Mia, Robin and Alfie for being lovely new additions to the class!
Orangutan	Asya - for being self motivated to make progress with her writing.
Sports Bee	Max B and Sam - for showing great dedication and courage during PE, making up a dance together.
Bee-Haviour	All Bees in school. Behaviour has been FANTASTIC this week with very few behaviour reports!

Whole school dates

Tuesday 9th November: Parents Evening
Wednesday 10th November: Parents Evening
Tuesday 21st December: Last day of term
Tuesday 4th January 2022: Back to school



What is Diwali and why is it celebrated?

The five-day festival celebrates the victory of light over darkness. Hindus across the world are celebrating Diwali. The five-day festival of lights is one of the most popular holidays in India, and Thursday is the main day of festivities, when the faithful pray to the Hindu goddess of wealth.

SEMH

Social, Emotional & Mental Health

Wellbeing Window

NEW

What happens next?

Depending on whether you are already known to mental health services and what your needs are at the time of your call, you may be put in contact with:

- Your doctors surgery – A next day doctors appointment maybe be arranged or you might be directly booked into an appointment
- IAPT services (Improving Access to Psychological Therapies) – such as italk services, Talking Change Psychological Services or Steps to Wellbeing
- Your local safe haven – these are places where you can go in the community to receive urgent mental health support
- Voluntary mental health helplines e.g. Young Minds, SHOUT, No Limits, MIND, Kooth, Samaritans, Domestic Violence support, SANE, Bereavement support, drugs and alcohol, debt advice or housing support services
- Your local mental health teams for extra support to meet your needs
- An emergency mental health response.

How to access the service?

Go online at: 111.nhs.uk or



To find out more about the mental health triage team, visit: southernhealth.nhs.uk/help-crisis



Mental Health Triage Team



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Who are we?

The mental health triage team are a group of mental health professionals who help and support you with your mental health should you need it. If you live in Hampshire or the Isle of Wight, you can talk to the team by calling 111 or go online at 111.nhs.uk, 24 hours a day, 7 days a week.

What do we do?

The service is open access, which means you can ask for help 24 hours a day and 7 days a week. The team have a wide range of skills to help support your mental health in the best way they can. The mental health triage team can also help access 'Safe Places' in the community for short-term support.

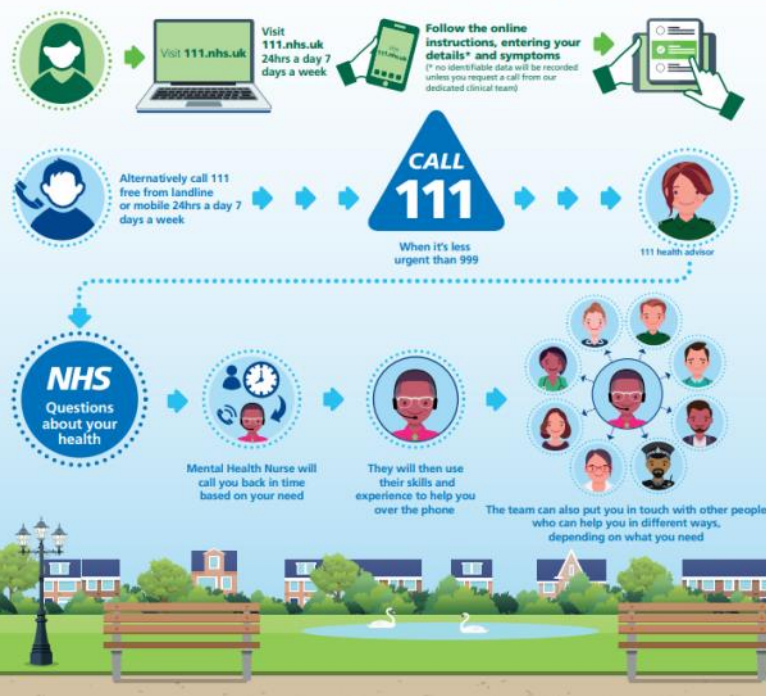
Who do we support?

The mental health triage team are here to support every one of all ages, as long as you live in Hampshire or the Isle of Wight (including Portsmouth and Southampton).

How the service works

When you first call NHS111 a call handler will ask you a series of health questions that will help the mental health triage team make sure they give you the right support and advice.

A mental health nurse will then call you back and have a conversation about your mental health needs. They will then use their skills and experience to help you over the phone or they will put you in contact with different teams who can help to make sure you get the right care at the right time.



Southern Downs Services

