

The Buzz

21st June 2024



Brighstone C.E.
Primary School



Learning and Achieving Through
Love, Courage and Respect

Dear parents, carers and children,



Our **country dancers** did our school proud on Saturday at Shorwell Midsummer Fair, and they delighted the crowd with their dances: Pat-a-Cake Polka, I Want to be Near You and Oxo Reel. The windy, blustery conditions didn't put them off (although it did mean that we couldn't perform the maypole dance, unfortunately). They enjoyed an ice lolly at the end, as a thank you for their hard work (and for committing themselves to lunchtime rehearsals for the past few weeks). Well done to all of them! What superstars you are!



Reception Bumblebees have been green-fingered recently. Although their potato plants didn't do too well over the dry half term break, this week they dug up 62 new potatoes of all shapes and sizes! They steamed them with a little mint from the garden and enjoyed them, with or without butter. Visit our Facebook page for more photos and the children's quotes about how delicious they found them.



Friday was **Y1/2's final lesson in their History unit**: Which monarch was the most historically significant - Queen Elizabeth I or Queen Victoria? They discussed the reasons why each was significant and in pairs, children wrote the reasons down for each queen. Then they had a debate, followed by a secret ballot. Visit our Facebook page to find out the results!

Our Y6s had a fantastic time on their **London residential**. We packed a lot in to the three days: Natural History Museum, London Eye, river cruise, self-guided sight-seeing walking tour, Matilda, and Legoland! The children were fantastic ambassadors for our school, and we all enjoyed every minute of it. Well done to all for making the trip so pleasurable and memorable. See our Facebook page for all the details and more photos (thank you to Mr Goldsmith for being our photographer)!



The **BSA** are holding their next meeting on Monday 24th June. Please do come along; all are welcome. See p6 for more details.

Have a fabulous weekend, and see you all in Monday. With best wishes, Mrs Lennon and the Brighstone team

Collective Worship - Truth and Truthfulness

This week, we have been thinking about 'Not Hiding the Truth'.

The children watched a story called 'The Truth According to Arthur', in which Arthur and the truth were not the best of friends. Arthur tried to stretch, bend and hide the truth to prevent his mum from finding out that he had accidentally scratched her car while riding his big brother's bike, which he had been told not to...

Why did Arthur lie about scratching his mum's car?

Why was Mum happy with Arthur in the end?



Why were The Truth and Arthur not friends?

In the end, he realised that honesty was the best policy and owned up to it. His mum forgave him, because he told the truth (but he was not to ride his big brother's bike again!).

Have you all been honest today?

How could you be more honest?

How would you feel if someone wasn't honest with you?

Dear God,

Please help us to tell the truth,
To never steal or cheat,
Or hide from the things that we have done wrong.

Give us the strength to be brave and honest
So that we can be the best versions of ourselves.
Amen.



Three things cannot long be hidden: the sun, the moon and the truth.

Buddha



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 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pizza	Beef Burger	BBQ Chicken	Turkey Lasagne	Fish Fingers
Option 2	BBQ Quorn Fillet	Vegetarian Burger	Cheese Ploughman's	Veggie Chilli	Quorn Dippers
Dessert	Crispy Bar/Fruit	Jelly	Cake	Ice Cream	Flapjack

Poetry Corner



Reading Recommendations

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

This week, Bram recommends: *The Count of Monte Cristo* - Children's version

It's a really good book and it's fun to read. I like to read it in the car but you don't have to. It's a bit scary but exciting.



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

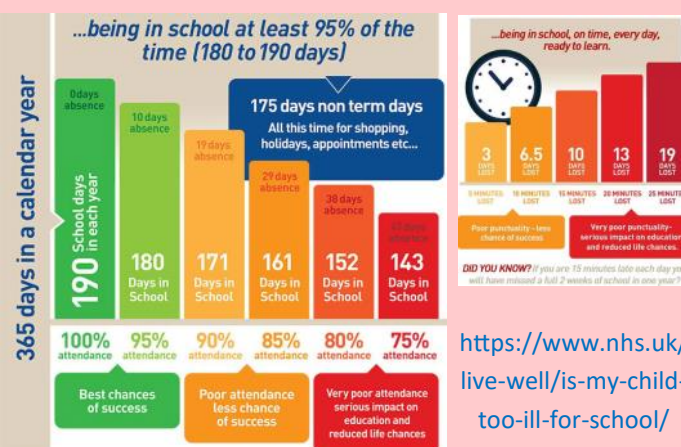
Attendance Matters!

Week Commencing 17th June 2024

Whole School attendance target: **96.5%**

Actual Attendance: 95.22

Late marks this week: 7



Golden Book

Bumblebee	Ellis for his enthusiasm and hard work in RWI lessons. Bram for his love of learning, shown in his reading this week and when thinking very carefully about texts. Bethan for her fantastic manners and ability to be relied upon if a job needs doing. Holly for her love of learning in Maths, and perseverance in her Maths quiz.
Honeybee	Quinn for creating an amazing plant in Science and discussing the features so precisely. Sammy for excellent participation in Maths.
Ivy bee	Poppy J for thinking outside the box in Computing. Excellent understanding of Micro:bit coding. Lucy W for always coming in with a cheerful smile and willing to help with any task needed.
Sports Bee	Alexander for doing a great job after filling in at the last minute for the Year 5&6 school cricket team.
Behaviour Bee	Charlie for doing the right thing when it is not easy.
Other	Country Dancers: Bethan, Holly, Tristan, Alyssa, Helena, Ruby, Alice, Freddie K, Lilli, Martha, Anna, Poppy J, Tom and Izzy. Easter Card Design winners: Freddie K, Ruby, Holly, Jacob, Toby W, Devon



SEMH

Social, Emotional & Mental Health

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Bamsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUp
Wednesday

The
National
College

Online Safety

How too Much Screen Time Affects Children



Psychosocial Risks

There is a lack of social interaction and engagement with family and peers.



Language Delays

There are fewer vocalizations and less babbling from infants. Significant expressive and receptive language delays in preschool children.



Physical Health

There are increases in childhood health disorders such as obesity and diabetes.



Impediments with Life Skills

Children are experiencing an inability to tie shoes, swim, ride a bike, or build blocks when exposed to too much screen time.



Advertising Concerns

On TV, there are food related advertisements that lead to more snacking and higher rates of being overweight in young children.



Poor Sleep Quality

Children have decreased quality and quantity of sleep resulting in increased behavioral concerns at home and school.



Next meeting:

Monday 24th June at 7pm

The meeting will be held in Mrs Baker's classroom, and a Zoom link has been shared for those who can't attend in person. See the email for further information. All welcome!





*Brightstone
CE
Primary
Presents...*

SCIENCE DAY 2024

MONDAY
22ND
JULY

After the spectacular success of our Science Day last year, parents, grandparents and friends are invited to come and speak about what they do, and how science is involved, with one of our classes.

Last year we welcomed: vets; a fishmonger; an aerospace engineer; a water drainage expert; a wind turbine designer; a food technologist and enjoyed a visiting natural history museum.

ALL contributions are welcome than you- even if you participated last year. We'd love to host you in a different class.

Please contact Mrs Denness via the school office.

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

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:

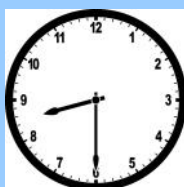
8.25am: Gates open

8.30am: School starts

3pm: School ends

3.10pm: Gates close

Many thanks.



Key dates this year

2023-2024 academic year

- Friday 5th July: Sports Day
- Tuesday 9th July: Transition Day
- Friday 12th July: Y6 Leavers' Service at Portsmouth Cathedral
- Friday 12th July: Reports go home
- Tuesday 16th July: Parents Evening 3.15pm - 6pm
- Friday 19th July: Sports Day (back-up day)
- Friday 19th July: Summer Sizzler
- Monday 22nd July: Science Day
- Wednesday 24th July: Forest Day
- Thursday 25th July: Last day of term; Y6 Leavers' Service in St Mary's Church
- Friday 26th July: School closed for staff development day

Term dates are also available on our school website.

STOP PRESS: School Term Dates for 2024-2025

Please note that the school will be closed on the following days in the next academic year:

Day 1: Monday 2nd September 2024

Day 2: Tuesday 3rd September 2024

Day 3: Monday 2nd June 2025

Day 4: Monday 28th July 2025

Day 5: Tuesday 29th July 2025

Term dates are available on our school website:

<https://www.brightstoneprimary.org.uk/calendar/>

