

The Buzz

19th July 2024



Learning and Achieving Through
Love, Courage and Respect



Dear parents, carers and children,



Last week, **Marnie Marie's** visit to us with Platform One was fantastic. There was just the perfect combination of great music and interaction with the children for a wonderful afternoon. The children were really engaged, with toes tapping, hands clapping and heads nodding all around. The children asked good questions too, showing how inspired they were. It was also very special for us to see Marnie again, as she is an ex-pupil of our school. She was amazing and had a little group of fans wanting to come and give her gifts at the end. (See more photos on our Facebook page.)



Years 1, 2 & 5 had excellent workshops on **Fire Safety**. Y5 learned about the causes of house fires and worked out where the dangerous fire points in a kitchen could be found. Did you know that smoke alarms at home need testing once a week? The children have been given the challenge to look up to their ceilings to find the smoke alarms at home. Y1&2 played a game to see if we knew what was safe to play with or not, and watched some videos and songs about what firefighters do and what they have on their fire engines that helps them. Theo and I were asked to try on the uniforms; we had one minute to get them on, which is all the time that firefighters have when they get the call! We then had to see who was the quickest at taking them off. Theo won! Bram was very good at re-enacting a phone call to the emergency services, and the children have been tasked with learning their addresses just in case. They were very enjoyable and informative sessions, and we would like to say a big 'thank you' to the firefighters who led them. (See more photos and information on Facebook.)



Over the last few weeks in the run up to the Paris Olympics, Mrs Sharp set the whole school a challenge: can we metaphorically **Run to Paris** by accumulating laps around the field? Each class have been running every day, collectively accruing the miles. The distance to Paris is 359 miles; the children have smashed that by running 378.1! Well done!



Today saw our own sporting event: **Sports Day**. The morning activities included a range of field events, and the track events took place in the afternoon. All the children were amazing. A huge well done to them, a huge thank you to Mr Goldsmith for organising it, and thank you to parents and families for coming along to cheer them on. See Facebook on Monday for photos galore!

We will hopefully see some of you at the **Summer Sizzler** later. With best wishes, Mrs Lennon and the Brighstone team

Collective Worship - Truth and Truthfulness

This week, we have been thinking about 'Having the courage to be honest'.

St Paul wrote: "Speak the truth in a spirit of love".



Speak the truth in a spirit of love.

This can sometimes be tricky, as we don't want to upset people, but hiding or covering up the truth can sometimes make things worse.

Two children carried out a puppet show with Barney and Bella, in which we saw the potential consequences of Barney not telling the truth to one of his fellow football team players.

Have you ever had a friend say one thing to your face, and then you hear later that he or she said something quite different to another person?

Have you ever done that yourself?

How might that make us feel?

Open and Closed Books Prayer



Dear Father,
We are sorry for the times when we have not been truthful to others
And have said one thing to them and another to someone else.

Help us to be like an open books, so that others know that we mean what we say.

Help us to say difficult things in a loving way.
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 2	Monday	Tuesday	Wednesday	Thursday <small>NO baguettes</small>
Option 1	Pizza	Beef Bolognese	Roast Pork	Fish fingers
Option 2	Veggie Bolognese	Veggie Burrito	Quorn Roast	Veggie nuggets
Dessert	Cookie	Cake	Jelly	Choc Shortbread



Poetry Corner

It's Sports Day Time

It's Sports Day Time!
Fasten your laces,
Toes behind the line,
The sun is shining,
It's Sports Day time!
It's time to have races,
It's time to have fun,
On your marks, get set...
Jump! Skip! Run!
It's time for a cold drink,
It's time for a rest,
Well done everyone,
You've all done your best!



By Sara Fox

Reading Recommendations

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

This week, Annie and Lucy W recommends:

I recommend *Wolves* because it tells you all about wolves and what they do. Did you know that female wolves give birth to pups in dens?

Annie



I recommend *Boy in the Tower* by Polly Ho-Yen because it makes you think about how lucky you are.

Lucy

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

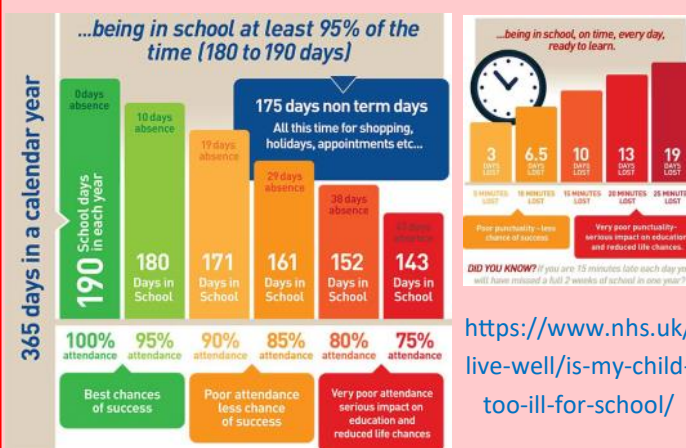
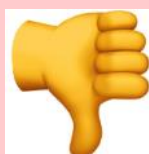
Attendance Matters!

Week Commencing 15th July 2024

Whole School attendance target: **96.5%**

Actual Attendance: 91.09%

Late marks this week: 4



Golden Book

Bumble Bee	Ralph for always doing what he has been asked to do, straight away. Theodore for his respect of our golden rules in class this week. Skye for her love of learning in RE when we learnt about Joseph and his Technicolour Dream Coat.
Honey Bee	Oscar S for making really positive changes and coming to school so well.
Ivy Bee	Iris for her happiness and surprise at discovering she could multiply fractions! Arya for her concentration and thoughtful comments during our RE unit on Peace. Max B for his consistently high level of questioning, response and engagement in all subjects.
Sports Bee	Max C for brilliant contributions in PE, clubs and fixtures throughout Year 6.
Bee-haviour	Ellie for taking on a personal challenge and showing great determination and perseverance.



SEMH

Social, Emotional & Mental Health

What Parents & Educators Need to Know about **WORRY AND ANXIETY**

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.



THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.



Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®

Online Safety

Childnet
International

www.childnet.com

Be smart on the
internet



S

SAFE

Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.



M

MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.



A

ACCEPTING

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



R

RELIABLE

Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.



T

TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

You can report online abuse to the police at www.thinkuknow.co.uk

THINK
U
KNOW



www.kidsmart.org.uk

KidSMART



Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.





Brighstone School Association

ICE CREAM FRIDAYS

28 June,
12 July,
19 July - at
the Sizzler!



Ice cream tubs
£2



Push ups
£1.50

After school
treats!

Enjoy

Made with PosterMyWall.com

BRIGHSTONE SCHOOL
ASSOCIATION

19th July 2024



SUMMER SIZZLER

HOT DOGS DRINKS FAMILY GAMES

ENTRY £5 PER FAMILY | GATE OPENS AT 5PM

Made with PosterMyWall.com

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:

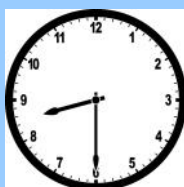
8.25am: Gates open

8.30am: School starts

3pm: School ends

3.10pm: Gates close

Many thanks.



Key dates this year

2023-2024 academic year

- Friday 19th July: Sports Day
- Friday 19th July: Summer Sizzler
- Monday 22nd July: Science Day
- Tuesday 23rd July: Summer Music Concert at 1.45pm
- Wednesday 24th July: Forest Day
- Thursday 25th July: Last day of term; Y6 Leavers' Service in St Mary's Church at 1.30pm; Y6 Splash Party 3.15pm - 5pm
- 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.brighstoneprimary.org.uk/calendar/>

