

Newsletter

Issue 25

25.03.2022

Our School Blog...

What a busy week! It has been the turn of Angels and Hope to take to the pool. We are so proud of all of our swimmers including some who showed tremendous amounts of courage to overcome their fears. There have been so many stories of children challenging themselves in the pool and being recognised for their determination.

All of our children showed off their talents, and challenged themselves in the classroom by completing our spring assessments in Reading and Maths this week. These assessments help us to track the children's progress throughout the year and help us identify areas where we can provide additional help. They have attacked these challenges with their usual determination and vigour showing off all of their new learning.

On Wednesday, we celebrated World Maths Day. The children across the school learnt that maths is everywhere with the story of Plentiful. Thank you to Miss Mewton for organising all of the fantastic activities. She observed fantastic outdoor learning opportunities in Key Stage One and was impressed with the art children explored in maths throughout in Key Stage Two.

It was fantastic to welcome so many of you in to school this week to celebrate the progress of your children. We were pleased to be able to offer face to face consultations for the first time in a little while and hope that you enjoyed being back in school. If you missed the opportunity, please get in touch with your class teacher to book in for a meeting.

We wanted to remind you that if you are struggling to access Ed Shed for homework spelling practice and wish to access an alternative, please see our class pages on the website. Here you will find a list of spellings and activities to support your child develop their spelling knowledge.

With the great weather looking to continue into next week the sports fixtures are coming thick and fast. This week our Football and Netball teams travelled to Tywardreath. The Year 3/4 team putting in a dominant performance to come out 5-0 victors. The Year 5/6 team and a number of new faces worked hard for their 2-1 win and the Netball team showed determination and courage but could not overcome a strong team losing 5-3. Next week, we welcome Gorrnan Haven to Bishop Bronescombe—we hope to see lots of you there to support.

Enjoy a sunny weekend

Miss Jane and Mr Hobbs.

Supporting Ukraine

As a school, we have decided to support the Holy Trinity Church in collecting items for the Ukraine. We feel it's important to encourage the children to be 'courageous advocates' and help wherever they can. Over the next two weeks (22nd March - 1st April) the school will be a collection point for these items. If you are able, it would be great to be able to donate lots of items together as a school to support this work. We also have a Ukraine prayer tree in school, if any of your children would like to write a prayer to put on the tree, this would be warmly encouraged.

SUPPORTING UKRAINE

HOLY TRINITY PARISH CHURCH
ST AUSTELL

DONATION ITEMS NEEDED CAN YOU HELP?

- Personal hygiene items (soaps, dental, shampoo, deoderant)
- Sanitary products (pads, tampons)
- Medical supplies (first aid, bandages, plasters, tourniquet, slings, crutches, wheelchairs)
- Baby essentials (nappies, wipes, milk, bottles, dummies & baby food)
- Medicine (paracetamol, antiseptic cream, ibuprofen, cough medicine)
- Foil blankets

As you will be aware, the COVID guidance has changed and this now means that there has been some changes to our risk assessment and COVID procedures.

What changes have been made in school?

- Regular cleaning and ventilation will continue to be in place in classrooms.
- Children will be supported to continue maintaining good hygiene measures through regular hand washing or sanitising and reminders about the importance of 'catch it, bin it, kill it'.
- School staff are no longer eligible for twice weekly testing.
- There is no longer a requirement for staff to wear masks.
- Face-to-face Collective Worship will resume but this will take place in phases to reduce numbers of pupils in the hall at once.
- Children attending breakfast club and after-school provision will no longer be separated in 'bubbles'
- Pupils will no longer be asked to sit in class 'bubbles' at lunch times whilst eating.

What do I do if my child tests positive?

Whilst self-isolation is not a legal requirement, it is necessary for us to protect other pupils and staff from possible infection with COVID-19. Therefore, it is recommended that children remain at home if they have tested positive for 5 days as outlined in the guidance here <https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts>

It is advised that if your child tests negative on an LFD test on day 5 and 6, they can return to school as usual providing they are well enough. If your child tests positive but remains well enough to engage in remote learning at home, work will be set via your child's class dojo portfolio where teachers will upload a daily timetable and list of lessons due to be completed. As always, if you experience any difficulties accessing this, please do not hesitate to contact us.

We recognise that this guidance has changed somewhat from the procedures in place previous to half-term and encourage you to contact the school office if you have any further questions.



This week, we celebrate Noah who has shared his talent for swimming. Deby (his swimming instructor) said that Noah really stood out during the week. He has made so much progress, which everybody has noticed. He is a natural swimmer with great technique and a lot of potential. Potkyth are currently looking into potential sponsorship for Noah to allow him to continue to share his talents with others.

Well done Noah- we are all so proud of you!

Our school vision is at the heart of all we do at Bishop Bronescombe and we feel it is important to sharing the achievement of a child who has worked hard to share their gifts and talents.



This week's achievers

Well done to the children below for following our BB Rules for Life. This week, we are celebrating our achievements in **history**.

Little Doves

Joseph

For excellent recall during flash backs and study of the Great Fire of London

Little Fish

Finley

For sharing your love of history learning with your family at school and telling them all about the Great Fire of London

Little Lambs

Harvey

For amazing recall of facts about the Great Fire of London

Peacocks

Bethany

For how you demonstrated your knowledge and love of local history in the Cornwall topic

Pelicans

Scarlett

For showing a keen interest in the history of Cornish mining - you created a super picture too!

Phoenix

Alfie

For demonstrating fantastic teamwork skills and enthusiasm during our outdoor learning activities about Cornish mining. Well done

Angels

Ralph

You have a wonderfully curious mind, and you worked well when comparing the Ancient Egyptians and the Mayans. You retrieved lots of facts about both civilisations.

Never lose your wonderful sense of curiosity!

Faith

Dylan

For your concept map, showing how the Mayans were able to be so self-sufficient. It was full of details!

Hope

Tyler

For giving a fantastic explanation as to why you felt that the Mayan achievement of musical instruments was the least important when ranking on your Diamond 9 sheet

This week's achievers...



This week, we learnt about and celebrated the Christian value courage. We read the story of David and Goliath and talked about how we can show the bravery that David showed in our every day lives. Why not talk to your child about what Jesus teaches us to do when we feel worried or scared.

Little Doves

Isabelle

For tackling your NFER quizzes despite feeling nervous

Little Fish

Liam

For having the courage to share your answers for questions during class discussions

Little Lambs

Joseph

For performing a piece of poetry in front of the whole class

Peacocks

Ellie

For having the courage to ask for help when there are things that you need support with

Pelicans

Max S

For asking for help with your tessellations

Phoenix

Louise

You've been very brave this week by helping us with jobs in the morning to take your mind off your worries.

Well done

Angels

Lucas

You've really challenged yourself this week to embrace swimming; Miss Edney is so impressed you were able to get into the deep end! Well done! We are all really proud of you.

Faith

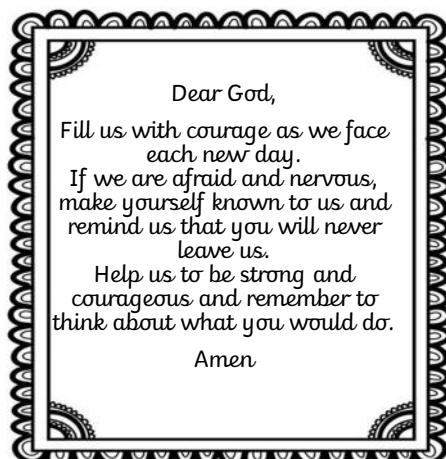
Ella

For having the courage to really apply yourself during assessments this week. Your determination and courage to do your very best has been amazing to see!

Hope

Taylor

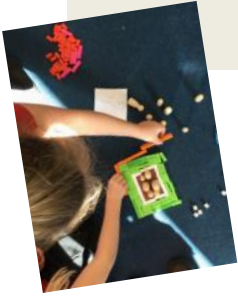
For being so brave and courageous during swimming this week - you tried so hard when facing your fears.



Amazing Work



World Maths Day



On Wednesday 23rd March, the whole school celebrated World Maths Day. During the day, children got the chance to experience maths in a range of contexts including outdoor learning, arts and sports.

A huge thank you to all of the teachers for organising so many brilliant activities and to the children for their fantastic engagement and positivity.



Miss Mewton



BB Sports News

FOOTBALL

Year 3/4. BB 5-0 Tywardreath

Another excellent display of talent for BB with some new faces sharing their gifts! It was great to see our mixed side come together and Sennen leading the way with a thunderous penalty that rifled in the back of the net. Jens, despite having cross county was once again unplayable and was selfless in his play.

Well done Caleb for your debut in goal, not conceding is very impressive! He were supported by a rock solid defence of Connor, Eddie, and Archie. Riley and Jamie worked hard the other end and Jamie was rewarded with 3 good goals.

Max again another debutant and was enthusiastic and skilful all at once with some lovely footwork and an assist, very unlucky not to score also!

Well done year 3/4.

Man of the match - Max S

Year 5/6. BB 2-1 Tywardreath

Another opportunity for our BB oldies to share their gifts and the fresh faces of; Annie, Aston and Johnny all supported on the way to what was a well-earned victory. Annie was passionate both on and off the pitch ensuring those boys were working hard!

Ben, Lucas and Ben A were all solid at the back and ensured Tywardreath had a limited number of chances... it was a good strike that put them in front. But In true BB style the boys showed 'perseverance' and 'courage'. They quickly got themselves back level through excellent play by an unplayable Ellison, who jinxed down the right and put it on a plate for Shay to finish; his first of 2 goals. From then it was all one way with combinations of Korey and Lucas creating lots of chances, but once again it was the quality and determination of Ellison who put in the final cross for Shay to finish, which settled the game and brought back the win.

Man of the match - Ellison (Mr D = proud dad too)

NETBALL

The BB netball team put up a good fight against Tywardreath this week. They represented our school brilliantly and really demonstrated our Christian Values throughout. It was great to see their confidence improving as the match went on. Mrs Provis was particularly impressed with the teamwork shown between Emma and Clara in the shooting circle - well done girls!

The final score was 6-3 to Tywardreath but nevertheless, a great match to watch and for the children to be part of.

As always, we are really proud of you all!

Miss Mewton and Mrs Provis

Important information

FRIDAY 8TH APRIL

BB Kids wraparound will not be running on the last day of term.

School spaces available for September 2022



Are you looking for a school that offers a nurturing environment where children learn play and thrive?



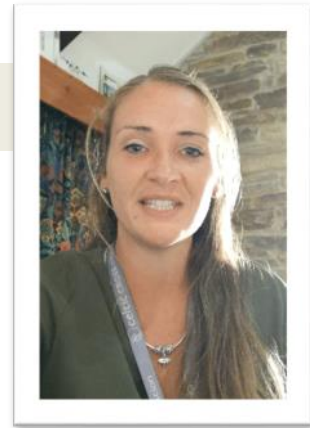
Come and have a look around Bishop Bronescombe C of E School and check out our fantastic Early Years Provision

School Spaces Available

For further details please contact the school office on 01726 64322
bishopbronescombe.secretary@celticcross.education



Parent Support Bulletin



PSA Bulletin

This week let's talk about 'Discipline'

How do we discipline?

You may have seen in the news this week that 'smacking' has been a topic of conversation recently. It is likely that each of us as parents have our own varying experiences of childhood; some of us will have encountered physical punishments and others less so. It is also likely that your own childhood experiences have shaped some of your parenting morals, beliefs and habits.

When I talk with parents about how they manage 'difficult behaviours' that are displayed by their children, I ask a couple of key questions: "What is the function of the behaviour?" for the child and as the adult "Are you seeking to Punish or Discipline?"

Have you ever heard it said that 'we took away smacking but did not come up with a replacement' or 'in my day, a good smack would have worked' ...

In response to this, my argument is that 'old-fashioned' punishment can be replaced by more effective compassionate discipline.

Punishments can be considered anything which uses 'Blame, Shame or Pain' and ultimately FEAR which does not create long term behaviour change.

Discipline means 'to learn' and we can teach by using consequences.

It can also be much more productive if we try to understand the function and cause of the behaviours.

Anger outbursts and meltdowns are signs that the child is not managing their emotions. These often impact on the whole family, eat away at the relationship you have with your child and can lead parents to feeling overwhelmed or 'stuck'. As the adults it is our role to help children learn how to manage their emotions as they grow.

We can use the 'Emotional Cup' analogy as a tool to help us understand what makes us erupt

Think about your own 'cup' and the stressors that fill it each day. Imagine that you do not empty any of that stress and tomorrow you wake and continue adding to it. The cup will overflow. This will be your meltdown. The same applies to children.

Consequences must always be

- Respectful (delivered calmly)
- Related to the misbehaviour (not willy-nilly consequences!)
- Reasonable in duration
- Revealed in advance (give a warning so the child has time to make the right choice)

Repeated back (get the child to repeat back to you both the RULE and the CONSEQUENCE for not following the rule)



Parent Support Bulletin continued...



Their 'stressors' are anything that fills their cup. **Cup fillers** tend to cause the production of Cortisol in the brain (a stress hormone).

Examples could be, worries, changes to routines, demands, hectic schedules, transitions, sensory stimuli or even exciting / stimulating things!

Remember a person's cup may well not be empty at the start of the day, so could easily overflow with very little cup fillers being added.

How do we each empty our cups and how do we help our children to do so?

A Cup emptier will essentially calm the nervous system.

- ⇒ Relaxation techniques – work on slow breathing! We massively underestimate the power of slow deep breaths when we are beginning to feel stress
- ⇒ Activities which bring joy – anything that absorbs attention and brings pleasure
- ⇒ Calming sensory feedback – work out what calms and soothes (its different for each of us)
- ⇒ A warm drink? Dim lighting? Relaxing music? A cuddle? Lavender bath? Being outside in nature?
- ⇒ Social connection – this helps us to feel safe as opposed to alone. 'Time in' can be more valuable than a 'time-out'. Calm, warm body language, a smile and a soothing tone of voice will all help. Sometimes social connection is not possible face to face but can still be achieved by a call / msg / engaging online.
- ⇒ **Exercise** – this will literally burn off cortisol and stimulate the production of happy hormones
- ⇒ **Rest** – Many of us are not very good at 'Switching off' and we are therefore not role-modelling this to our children. We need to stop being busy all of the time. We need to stop multi-tasking. Rest is different to sleep. Try factoring in some 'down-time' to just chill doing something calming. Read a book (without the TV on), listen to some music whilst laying down, take a bath without distraction, bird watch, enjoy the garden, watch a movie (but leave other devices away from reach)

When we forget to focus on the cup, we can experience more meltdowns / outbursts. Practice removing cup fillers and adding cup emptier's to your day!

How to contact me:

It's never too soon to make contact if you have any concerns. You can reach me via text on the PSA mobile 07903 613074 or via email, teri-anne.old@celticcross.education

Normal working days are Tuesday and Wednesday 8.00-16.00 and Thursday 8.00-13:00



Dates for your diary...

Monday 28th April -

Doves Fire Station Visit (3pm collection @ Fire Station)

Tri-golf at Poltair

Tuesday 29th April -

Lambs Fire Station Visit (3pm collection @ Fire Station)

BB vs Gorran football/netball matches

Wednesday 30th April - Fish Fire Station Visit (3pm collection @ Fire Station)

Friday 8th April - No BB Kids

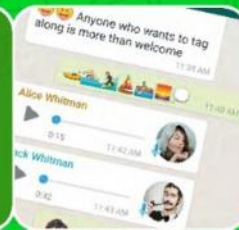
2022 Inset Days Mon 6th June 2022 / Mon 25th Jul 2022 / Tues 26th Jul 2022



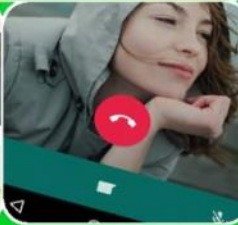
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WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos, videos and documents, as well as make voice and video calls through an Internet or Wi-Fi connection. The free app offers end-to-end encryption, which means that messages can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not even WhatsApp can read them.



AGE RESTRICTION
16+



What parents need to know about

WhatsApp



AGE LIMIT CHANGE

Since May 2018, the minimum age for using WhatsApp is 16 years old if you live in the European Union, including the UK. Prior to this, the minimum age was 13, which still applies for the rest of the world. WhatsApp has not yet stated whether it will take action against anyone aged between 13 and 16 who already hold accounts under the old terms and conditions, such as closing their account or seeking parental permission.

SCAM MESSAGES

Occasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters pretending to offer prizes to 'lucky people' encouraging recipients to click on a link to win a prize. A common scam involves messages warning recipients that their WhatsApp subscription has run out with the hope that people are duped into providing their payment details. Other scam messages include instructions to forward the message in return for a reward or gift from WhatsApp or another person.

FAKE NEWS AND HOAXES

WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp.

THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING

Cyberbullying is the act of sending threatening or taunting text messages, voice messages and videos, with the aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to chat simultaneously, but there is the potential for people to hurt others with their comments or jokes. The 'only admin' feature gives the admin of a group chat greater control over who can send messages. Whilst this can be good for one-way announcements, the group admin has the power to block somebody from responding to an offensive message in a chat, which could result in a child being upset and unable to reply.

CONNECTING WITH STRANGERS

To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also need to have the app downloaded. WhatsApp can find contacts by accessing the address book of a device and recognising which of those contacts are using WhatsApp. If your child has shared their mobile number with somebody they don't know, they can use it to get in touch via WhatsApp.

LIVE LOCATION SHARING

WhatsApp's 'Live Location' feature enables users to share their current location in real time to their contacts in a chat, allowing friends to show their movements. The feature, which can be found by pressing the 'attach' button, is described by WhatsApp as a "simple and secure way to let people know where you are." Location-sharing is already a common feature on other social apps, including Snapchat's Snap Map and Facebook Messenger and can be a useful way for a child to let loved ones know they are safe. However, if your child is in a group chat with people they do not know, they will be exposing their location.



National Online Safety

Top Tips for Parents



CREATE A SAFE PROFILE

Even though somebody would need your child's phone number to add them as a contact, as an extra security measure we suggest altering their profile settings to control who can see their profile photo and status. The options to choose from are 'Everyone', 'My Contacts' and 'Nobody'. We suggest selecting 'My Contacts' or 'Nobody' to ensure their profile is protected.

EXPLAIN HOW TO BLOCK PEOPLE

If your child has received spam or offensive messages, calls or attachments from a contact, they should block them. Messages and status updates sent by a blocked contact will not show up on the phone and will stay undelivered. Blocking someone will not remove this contact from the contact list - they will need to be removed from the phone's address book. To block a contact, your child needs to open the person's chat stream and tap on the settings.

REPORT SCAM MESSAGES

Advise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report the number as spam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2) Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam'.

LEAVE A GROUP

If your child is part of a group chat that makes them feel uncomfortable or has been added to a group they don't want to be part of, use the group's settings to show them how to leave. If someone exits a group, the admin can add them back in once, if they leave again, they cannot be added again.

USING LIVE LOCATION SAFELY

If your child needs to use the 'Live Location' feature to share with you or a friend, advise them to only share it for the amount of time they need to. WhatsApp gives the options of either 15 minutes, one hour or eight hours. However, your child can choose to stop sharing at any time.

DELETE ACCIDENTAL MESSAGES

If your child has sent a message to the wrong chat or if a message they sent has contained a mistake, they can delete it. To do this, simply tap and hold on the message, choose 'Delete' and then 'Delete for everyone'. The app allows seven minutes to delete the message after it has been sent, but it is important to remember that recipients may have seen and screenshot a message before it was deleted.

SET TIME LIMITS

A 2017 study found that by the age of 14 the average child will have sent more than 35,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat. Although it is inevitable that your child will use technology, you can still set boundaries. This is not easy, especially since teens use their devices for both schoolwork and free time, often simultaneously.

SOURCES: <https://www.theguardian.com/technology/2018/may/07/whatsapp-plans-to-raise-under-16s-the-my-story-is-how>; <https://www.independent.co.uk/news/technology/whatsapp-updates-18185183a-privacy-features-forward-messages-app-downloads-a8456011.html>