

Newsletter

Issue 20

11.02.2022

Our School Blog...

This week, we welcomed Mr Rogers and Mr Connolly into our staff team. Mr Rogers will be working in Faith class this term and Mr Connolly will be supporting Miss Easlick and Mr Keyes in Phoenix class. We're looking forward to working with them; both members of staff have already shared their love for sports and being outdoors and have developed good relationships with the classes.

Home Connect in Key Stage Two

Reading is a huge priority at Bishop Bronescombe and the introduction of Accelerated Reader across Key Stage 2 last year has given us lots of information about the children and their reading habits. We are keen to share as much of this as possible with you so over the next few weeks, you will receive instructions on how to set up **Home Connect** thanks to our reading lead, Miss Moore. **Home Connect** will allow you to track your child's progress and monitor their reading from home, and ensure that the valuable engagement you have with your child during their reading journey in Key Stage One continues as they move through the school. For further information, please see a letter explaining further detail about Accelerated Reader and how it works. If you have any further questions, please don't hesitate to contact your class teacher.

Cross Country

A huge congratulations to all who represented the school in the cross country event this week. We are extremely proud of the amazing effort from those who took part! A special thanks also goes to Mrs Manton, Mr Rogers and Mrs Allen for accompanying the children.

Safer Internet Day was celebrated on Monday. A huge thanks to Mr D for organising this important day and further information can be found later in the newsletter.

Have a restful weekend.

Miss Jane and Mr Hobbs

On Friday 4th March our school kitchen is having the hot trolley replaced. This will result in a change to the previously published menu (for this day only). The new options have been added to ParentPay, but if you have already ordered for 4th March, you will need to re-select your child's choices.

Apologies for any inconvenience this may cause.

A polite reminder that we are a nut free school!

With immediate effect, we need to add strawberries to the list of prohibited foods in school.

Thank you for your understanding with this.

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 **Computing**

Little Doves

Laurence

For creating a great online safety spell

Little Fish

Benji

For having a really good understanding of how to stay safe whilst online

Little Lambs

Bentley

For answering lots of questions this week when thinking about online safety.

Peacocks

Sienna

For showing great competency in using the coding programmes and was a real asset during our Internet Safety Day.

Pelicans

Max M

For amazing and excellent ideas for how to stay safe online.

Phoenix

Mia

For her excellent e-safety gaming guide and her knowledge about how to stay safe on the internet.

Angels

Skyla

For working well using 2Design and Create to produce a 3D model of her own packaging design based on the brief she had chosen, which was for a Valentines sweet box.

Faith

Alfie M

For sharing his game recommendation with us during internet safety day and previously sharing his talents when he created a Shang settlement using a computer programme!

Hope

Noah and Reece

For working collaboratively when using 2Design and Create to design and make a vehicle using the moving points feature.

This week's achievers...

This week, we learnt about and celebrated the Christian value compassion. During Collective Worship, we learnt of the story of the Good Samaritan and the teachings of Jesus to love your neighbour as yourself. The children reflected maturely on the importance of being compassionate towards others; not just those we are close to. We discussed how this is not always easy but that with faith, we can learn to show compassion even in difficult times.

Love YOUR
neighbor
as yourself.
MATTHEW 22:39

Little Doves

Seb

For always setting a good example and being kind to others differences

Little Fish

Darcie

For being a kind, considerate and compassionate member of the class

Little Lambs

Macey

For always showing compassion and care towards others

Peacocks

Ellie

For showing so much compassion and kindness to her peers. She always looks out for others and will help them when needed

Pelicans

Scarlett

For always showing kindness and respect to her peers

Phoenix

Molly

For showing that she is caring and empathetic towards others

Angels

Elouisa

For the way in which you so naturally care for your classmates, and the listening ear you're able to provide, when the people around you need someone to talk to. It's wonderful to see someone with such a kind heart, Elouisa. It's a true strength of yours.

Faith

Alfie T

For being an incredible friend and always showing compassion towards his class mates. We are lucky to have you as part of Faith Class.

Hope

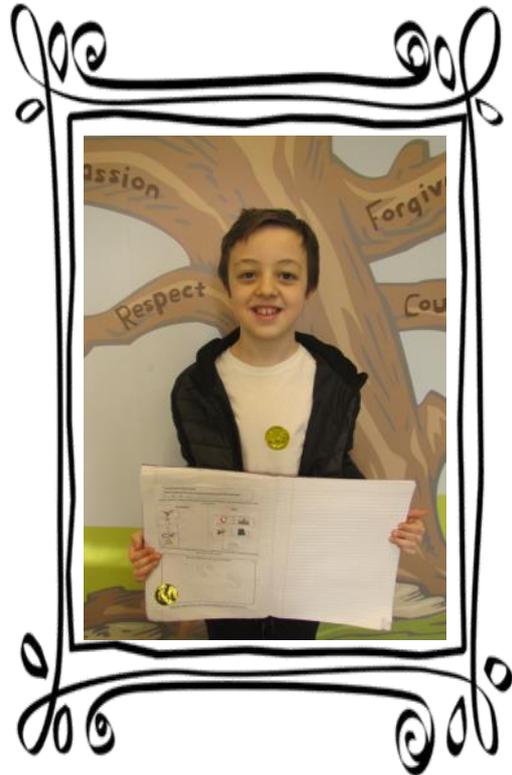
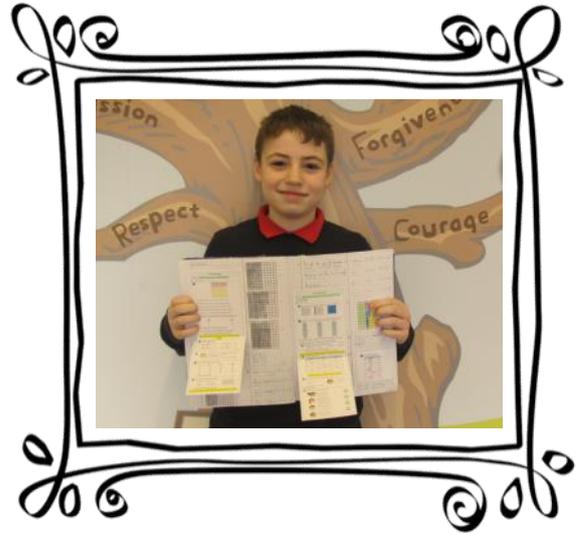
Henry

For always being so kind and caring towards others. You are always checking in on people and have such a caring nature - thank you!

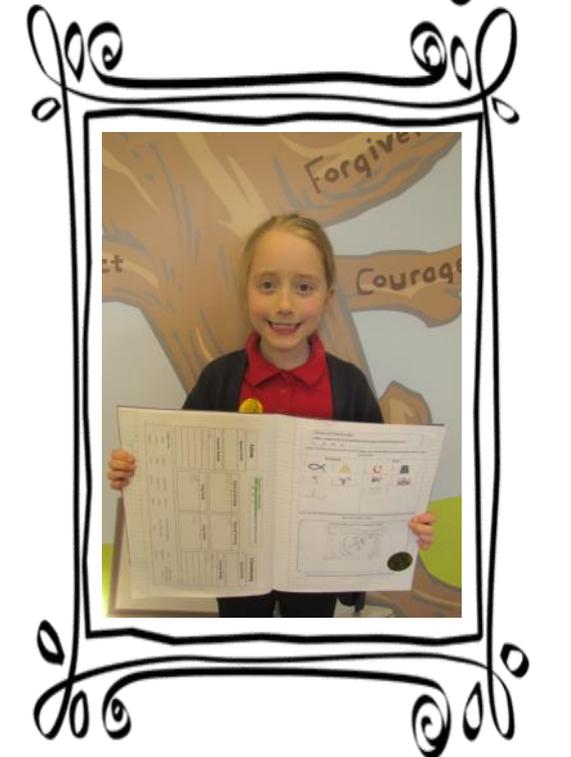
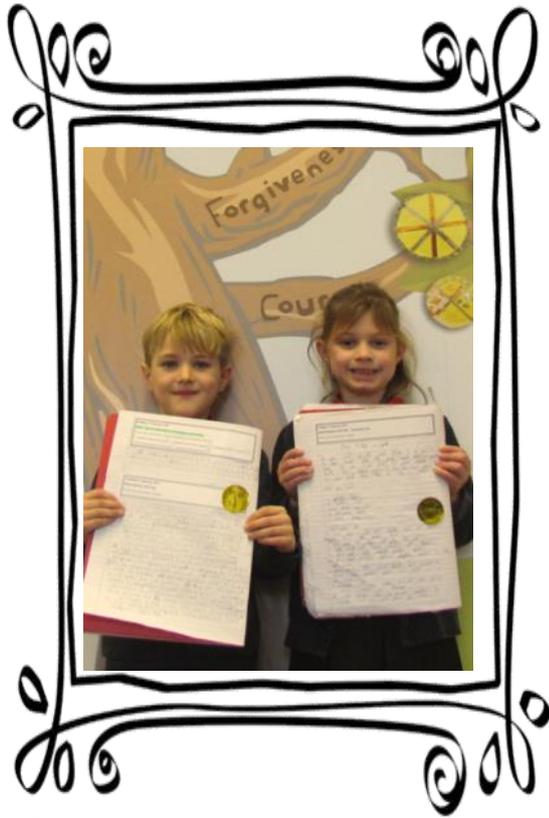
Dear Lord,
Thank you for teaching us about compassion in the story of the Good Samaritan. We pray together that we have compassion of Christ within in our hearts. Teach us to be kind, gentle, loving and caring just as you hope we will be.
Amen.



Amazing Work



Amazing Work



Dates for your diary...

Monday 21st February - Half term

World Book Day - Thursday 5th March

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

Awesome News

Well done to everyone who took part in the cross country on Tuesday.

What an amazing effort and great achievement for all who took part! Thank you to Mrs Manton, Mr Rogers (who has started in Faith Class this week)and Mrs Allen for your help.

Thank you to all the supporters who turned up to cheer the children on. It was a tricky course and they all gave 100% commitment and showed great respect to each other and other schools by supporting when not racing.



Safer Internet Day

Safer Internet Day 2022 was celebrated on 8th February with the theme 'All fun and games? Exploring respect and relationships online'.

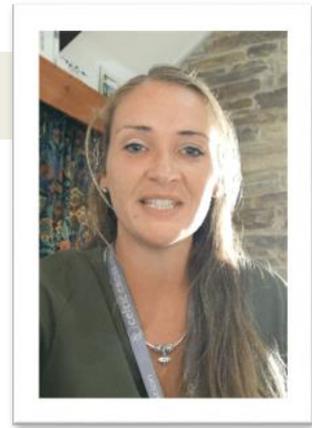
From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers. We were lucky enough to celebrate in school and the children produced some beautiful work from, private online profiles, safer internet spells, gaming reviews and tips to play safe online. I was blown away with the effort.



Well done to everyone who got involved and continue to stay safe online!

ICT with Mr D

Parent Support Bulletin



PSA Bulletin

This week let's talk about 'Children's Mental Health'

The theme of this year's Children's Mental Health Week is **Growing Together**.

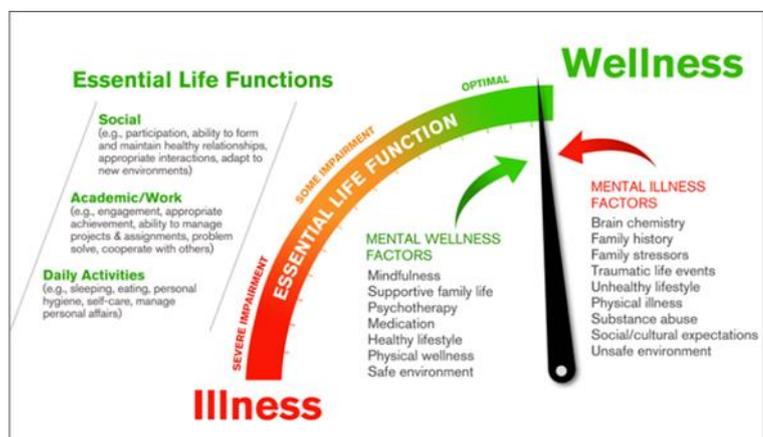
Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

- 1 **Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
- 2 **Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- 3 **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
- 4 **Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- 5 **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
- 6 **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
- 7 **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
- 8 **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
- 9 **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
- 10 **Some ways to start a conversation about feelings might be:**
 - "How are you feeling at the moment?"
 - "You don't seem your usual self. Do you want to talk about it?"
 - "Do you fancy a chat?"
 - "I'm happy to listen if you need a chat."

As **parents and carers**, you play an important role in your child's mental health. There are lots of great resources and ideas about ways you can support your child [here](#).

For parenting advice from child mental health experts on practical tips to support children's wellbeing and behaviour you may like to take a look at [Parenting Smart from Place2Be](#).

Mental health continuously shifts, changes, and evolves during a lifetime. We can identify the current state of a person's mental health in relationship to how a person is functioning in the world. This picture includes some of the factors that contribute to various states of mental health.



If you are concerned about your child's mental health, ask the following questions:

- **INTENSITY:** How intense are your child's behaviours, thoughts, or emotions?
- **FREQUENCY:** How often does your child feel or behave this way?
- **DURATION:** How long do these individual episodes or periods last?
- **FUNCTIONALITY:** Above all else, how well is your child functioning in life? Is your child impaired in

Thriving "I got this."	Surviving "Something isn't right."	Struggling "I can't keep this up."	In Crisis "I can't survive this."
Calm and steady with minor mood fluctuations	Nervousness, sadness, increased mood fluctuations	Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness	Disabling distress and loss of function
Able to take things in stride	Inconsistent performance	Exhaustion	Panic attacks
Consistent performance	More easily overwhelmed or irritated	Poor performance and difficulty making decisions or concentrating	Nightmares or flashbacks
Able to take feedback and to adjust to changes of plans	Increased need for control and difficulty adjusting to changes	Avoiding interaction with coworkers, family, and friends	Unable to fall or stay asleep
Able to focus	Trouble sleeping or eating	Fatigue, aches and pains	Intrusive thoughts
Able to communicate effectively	Activities and relationships you used to enjoy seem less interesting or even stressful	Restless, disturbed sleep	Thoughts of self-harm or suicide
Normal sleep patterns and appetite	Muscle tension, low energy, headaches	Self-medicating with substances, food, or other numbing activities	Easily enraged or aggressive
			Careless mistakes an inability to focus
			Feeling numb, lost, or out of control
			Withdrawal from relationships
			Dependence on substances, food, or other numbing activities to cope

Parent Support Bulletin

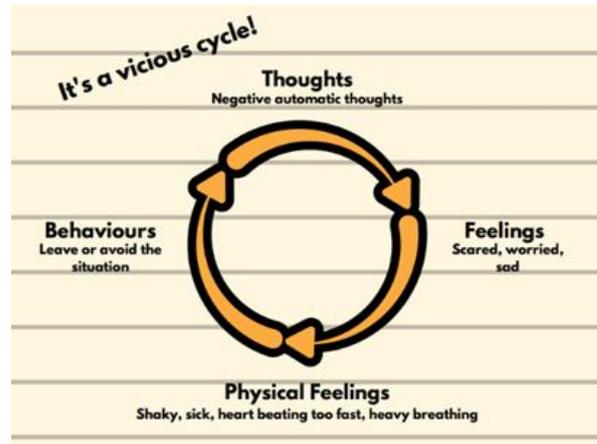
Our children are never too young to start learning about mental health and **self-care**. If we create a culture around them where it becomes normal to talk about how we feel and importantly what we can do to help ourselves feel 'better', we are more likely to help our children to grow to become resilient young adults. We can do this by **role-modelling** and prioritising our own wellbeing. Children will often mimic what they see. It is not 'selfish' to find time for parent self-care and activities which are good for your wellbeing – in fact – it is the exact opposite.

Here are some common topics that parents often come to speak with me about with regards to their child's mental health and some of my favourite resources to signpost parents to:

- [Anxiety and worries](#)
- [Low Mood](#)
- [Stress](#)
- [Unhelpful / negative thinking](#)

How to nurture a child's mental health

© 2019 Mental Fills Counseling Store



Anna Freud National Centre for Children and Families

shout 85258
here for you 24/7

Feeling overwhelmed? Struggling to cope?

**24 hours a day
7 days a week**

Text AFC to 85258

Text the free, confidential textline

All texts are answered by trained volunteers, with support from experienced clinical specialists

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. terri-anne.old@celticcross.education

Normal working days are Tuesday and Wednesday 08:00-16:00 and Thursday 08:00-13:00

Behaviours That Challenge Virtual/On-line Support Group

Do you find your child's behaviour sometimes challenging?
Would some friendly support and advice be helpful?

If you would like to be able to talk in confidence and meet other parents/carers experiencing similar challenges, then do come along. Your child does not need to have a diagnosis for you to attend this group.

You can join the group using the link below:

14th February at 1.00 – 3.00 pm
Senior Parenting Worker Rachel Wilson-Powell will be facilitating the Passionate about being Calm Workshop

14th March at 1.00 – 3.00 pm - Guest Speaker - SENDIASS

Microsoft Teams meeting
Join on your computer or mobile app
[Click here to join the meeting](#)
Or call in (audio only)
+44 20 3443 8327 467470000 United Kingdom, London
Phone Conference ID: 667 517 093#
[Find a local number](#) | [Reset PIN](#)
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For further information please contact
Julie [@attwell](mailto:julie.attwell@cornwall.gov.uk) Email: julie.attwell@cornwall.gov.uk



7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY. ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3

PLAY AGAIN?
YES NO

How does this game/app work?
Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.



Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



4

5

Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.



Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7

Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

