

Newsletter

Issue 23

17.03.2023



Share Your Gifts

Our School Blog...

On Tuesday I had the pleasure of taking a group of children to Truro Methodist Church for a 'Sing In'. It was a real pleasure to hear them perform alongside pupils from schools across the county. It also made me appreciate how lucky we are that the children at BB love to sing. We often have visitors comment on the wonderful singing they hear if they have been fortunate enough to have visited whilst a collective worship is taking place.



I think we are all hoping that this week's industrial action will be the last and that some sort of resolution can be found between the NEU and the Government. Many thanks for your continued understanding during any disruption that we have had. At this stage, no future dates are planned and further strikes have been cancelled in Wales and Scotland. We will of course keep you informed of any new information as soon as we have it.

We would like to say an early thank you and good luck to the wonderful Mrs Staff who will be leaving us at the end of term after having been poached by a local school to teach full time. During her short time with us she has become a key part of the BB team. Well done for securing yourself a permanent teaching post Mrs Staff and we are sure we will still see you in and around our community. Mrs Staff's teaching hours in Hope class will be covered by the very experienced Mrs Bray during the summer term and she has already been working with some of our Year 6 pupils in her time as School Led Tutor.

Have a great weekend

Mr Gynn

Dates for your diary

Thursday 23rd March - Family Worker drop in session/coffee morning (8.45-10.30am in the school hall)

Friday 24th March - BB Friends book sale (3.15pm in the school hall)

Friday 31st March - Egg rolling!

Friday 31st March - Last day of the spring term ***No BB kids after school club on this day***

Monday 17th April - First day of the summer term

Tuesday 25th April - KS2 RNLI Safety talks

Monday 8th May 2023 - Additional Bank Holiday for the King's Coronation (school closed)

2022-23 Inset Days - Mon 24th July 2023, Tues 25th July 2023

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 science

Little Doves

George

For being extremely inquisitive during the plant hunt and finding lots of different types of plants

Little Fish

Georgia

For your care and effort in producing a beautifully presented, detailed diagram of a plant and it's life cycle

Little Lambs

Harry

For asking lots of questions during our plant hunt and showing lots of interest

Peacocks

Joe

For your fantastic contributions to science-themed whole class reading lessons

Pelicans

Rylee

For asking engaging questions and showing a real interest in our egg investigation

Phoenix

Christian

For your inquisitiveness and ideas when planning investigations

Angels

Joey

For being able to explain to your classmates how sound travels when creating your string telephone in science this week!

Faith

Sienna

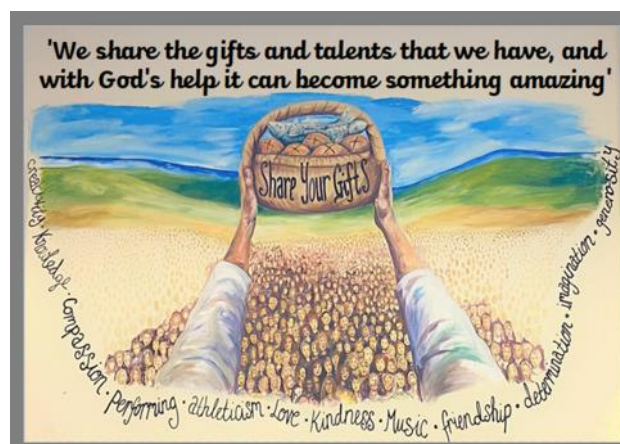
For always contributing to class discussions and showing excellent maturity

Hope

Ralph

For working scientifically during our exploration of forensics

Our school vision is at the heart of all we do at Bishop Bronescombe. We feel it is important to share the achievements of children who have worked hard to share their gifts and talents.



This week's achievers...



This week, we learnt about and celebrated our school vision of respect

Little Doves

Beatrice

For consistently showing respect by listening to and following instructions with thought and care

Little Fish

Charlie

For always being a respectful, polite and well-mannered member of Fish class

Little Lambs

Winnie

For always showing respect to adults and peers

Peacocks

Bethany Smith

You always show respect to adults and other children. You're so polite, helpful and caring

Pelicans

Jessica

For always showing respect to the school and your peers

Phoenix

Eleanor

For consistently showing respect to adults and peers and being so polite and thoughtful

Angels

Millie

For simply being a respectful, kind and thoughtful member of Angels class. Thank you!

Faith

Isaac C

For always treating people fairly and for treating others as you would like to be treated

Hope

Ella

For always showing respect during lessons and going over and above in all that you do

Dear God,
Thank you for giving us the curiosity to ask questions and learn more about our wonderful world. Thank you for giving us the means to test our ideas and help us to always want to learn more.

Amen



Thank you to all those that have donated already....if you haven't, it's not too late! There's still time to donate, using the link below:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=11247>

Knock knock
Who's there?
Scott
Scott who?
Scott nothing to do with you!
Macey, Pelicans

What do you call a cow with no legs?
Ground beef!
Alex, Peacocks

Why wasn't the skeleton allowed in the disco?
Because he had nobody to dance with!
Caleb, Phoenix

How do you put an elephant in the fridge?
Open the door, put the elephant in and close it!
How do you put a giraffe in the fridge?
Open the door, take the elephant out, put the giraffe in and close it!
Jenson & Jamielee, Faith

Why was the tomato so slow?
Because he couldn't ketch-up
Rory, Little Doves

What do you call a bear with no teeth?
A gummy bear!!
George, Little Lambs

What do you call a man with no nose?
Nobody knows!
Terrie, Phoenix

HAHA!

HAHA!

HAHA!

HAHA!

Summer term clubs

Below is the timetable for the extra curricular clubs for the summer term.

Clubs will be held weekly, commencing Monday 24th April and will run from 3.15pm until 4pm. Clubs for the second half of the summer term will commence on Monday 5th June (running until w/c Mon 3rd Jul).

Clubs have been set up via a preference based system, to register your child's preferences, follow the link below. Please note - this does not guarantee your child a place on the chosen club. If you are unsuccessful in securing a place on a club, please EMAIL bbr-secretary@rainbowacademy.org.uk and we will add you to the waiting list. Places will be confirmed via email before the end of term.

<https://bishopbronescombecofe.parentseveningsystem.co.uk> or follow the link from the school website www.bishopbronescombe.co.uk You will need to enter your child's name and date of birth to log into the system.

The booking request system will open at 6pm on Friday 17th March, and close again at 6pm on Monday 20th March.

If your child is given a place on an 'invite only' club, requested by a teacher (reading/maths), these clubs will take priority over the below clubs, as they are intended to help with their learning.

Monday

Tennis with Miss Caff

- KS1 (Y1/Y2)
- Collection from KS2 lower playground

Kwik Cricket with Mr Connolly

- LKS2 (Y3/Y4)
- Collection from KS2 lower playground

Computing with Mr Scott

- UKS2 (Y5/Y6)
- Collection from KS2 bottom playground

Netball with Miss Mewton and Mrs Provis

- Y4/Y5/Y6
- Collection from KS2 top playground

Tuesday

Golf with Mr D

- YR (Rainbows/Stars)
- Collection from Rainbows/Stars classroom door

Rounders with Miss Edney

- Y3/Y4/Y5
- Collection from KS2 lower playground

Thursday

Summer sports with Gσ Active

- YR/Y1
- Collection from KS2 lower playground

Legσ with Mrs Lowe

- KS1 (Y1/Y2)
- Collection from Lambs classroom

Athletics with Mr Rogers

- Y5/Y6
- Collection from KS2 lower playground



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.

- 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)



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.



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 emptiers to your day!



Neurodiversity Celebration Week

Did you know Jamie Oliver is dyslexic?




"Being dyslexic or having special needs is not an excuse or reason for you not to prosper"

- Jamie Oliver, Chef / Restaurateur

www.neurodiversityweek.com


Did you know Billie Eilish has Tourette's?



Billie Eilish, Singer / Songwriter

www.neurodiversityweek.com

Did you know Daniel Radcliffe is dyspraxic?




"It has never held me back. Some of the smartest people I know are people who have learning disabilities"

Daniel Radcliffe, Actor

www.neurodiversityweek.com


"To be different is not a weakness. It's a strength in many ways, because you stand out from the crowd"



- Greta Thunberg on why her autism is a strength

www.neurodiversityweek.com

Did you know Will.i.am has ADHD?



"Music brings control to my thoughts. I am here to let you know that you can be anything you want to be"

- Will.i.am, Singer / Producer

www.neurodiversityweek.com

March 18th is STOP Child Exploitation awareness day.

Click below to access a really useful guide to help spot the warning signs of grooming/exploitation:

<https://stop-ce.org/what-is-ce/spot-signs/>



Coffee/Drop in Morning with Parent Support and Family Worker service

Do you need some support and advice to understand your child's needs and behaviours?

Advice on positive parenting and how to keep your child safe?

Support with budgeting and debt advice?

To understand the importance of routines for your family?

We are running drop-in sessions with no appointment necessary.

Please feel free to pop along on **Thursday 23rd March 2023, 8:45am to 10:30am** to talk to an Early help hub family worker or meet with our school SENCo and/or Parent support advisor.

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, told@rainbowacademy.org.uk

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



POLTAIR

EASTER HOLIDAY SUPER CAMPS

Take part in fun and exciting sporting activities!
Meet new friends, get active and have fun!

10:00AM - 2:00PM

MONDAY 3RD - THURSDAY 6TH APRIL 2023
&
TUESDAY 11TH - FRIDAY 14TH APRIL 2023

FOR CHILDREN IN SCHOOL YEARS 5|6|7|8

THERE IS NO CHARGE FOR THOSE STUDENTS IN RECEIPT OF FREE SCHOOL MEALS, HOWEVER, FOR ALL OTHER STUDENTS THERE IS A CHARGE OF £6.00 PER DAY.

A LIGHT BREAKFAST & LUNCH IS PROVIDED.

TIME MOVE
Healthy Program

QR code



'Sprint for Seals' 3km family fun run is back on Sunday 14th May 2023!

Sprint for Seals 2023
CORNISH SEAL SANCTUARY

Join us for a hilly 3km run around our beautiful site at the Cornish Seal Sanctuary to raise money for our new seal pools

£15 entry per participant (includes exclusive t-shirt and medal plus day entry to the Sanctuary)

And, don't forget, our top three fundraisers will each receive a special prize, too!

10 Cornish Seal Sanctuary, Gweek, TR12 6UG
11 Registration from 8.30am
12 Race from 9am - 10am
13 For more information call: 01326 221361

Limited places available, book your tickets on our website now!

To register your interest, please email: leanne.webb@sealifetrust.com

FUND OUR FUTURE

Cornish Seal Sanctuary
sealsanctuary.sealifetrust.org
@cornishsealsanctuary

Kindly sponsored by
CORNWALL COUNCIL



STORIES SONGS

4 • 5 • 6 APRIL

HOLIDAY CLUB
10AM - 12.30PM
HOLY TRINITY CHURCH

GAMES

CRAFTS

+ FREE LUNCH!

Come and explore some of the great superheroes of the Bible!

OPEN TO CHILDREN IN SCHOOL YEARS 1-6

SIGN UP VIA:
<https://www.staustellparish.uk/superheroes>



WHEAL MARTYN CLAY WORKS

BRITISH SCIENCE WEEK

British Science Week Family Event
Saturday 18 March 2.00-3.30pm

We are celebrating British Science Week 2023!

Get involved in a family fun STEM activity session exploring this year's theme of 'CONNECTIONS'. Our Learning Space will be transformed into a Research Laboratory full of busy minds and hands. Activities will suit tots to teens.

2.00pm - 3.30pm Drop in throughout the session

The workshop is included with a Museum Admission ticket or a valid Annual Pass. Like to know more? Contact gmartin@wheal-martyn.com

Until 31 March 2023, residents of Cornwall can purchase annual admission to Wheal Martyn for a discounted rate of just £9.00 per adult and £5.00 per child (those under 5 go free). Bring proof of address.

ST AUSTELL PL26 8XG 01726 850362
www.wheal-martyn.com

WHEAL MARTYN CLAY WORKS

ARTS COUNCIL ENGLAND



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rainbow RUN

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The brightest fun run for everyone!

Saturday 17 June 2023 @ RAF St Mawgan, Newquay
Visit www.chsw.org.uk/rainbow to sign up

Register early for discounted tickets
You can also take part virtually!

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