

Brambleside Primary Newsletter

Issue 18 - Fri 7th Feb 2020

Year 4 - Viking Day



On Thursday 30th January, Year 4 had an amazing Viking day. Olaf the Viking came into school and made us laugh, taught us about how to be a vicious Viking warrior, taught us about the gods and told us a saga about the sneaky god Loki and Odin the good one. We had a fantastic battle. Half of the group were on the Anglo-Saxons' side and half were on the Vikings' side. We got to use shields and spears! Overall, I thought it was marvellous because we got to learn so much.

By Noah H, 4BF

Crazy Hair Day - Fri 14th Feb

Don't forget that Friday 14th February is Crazy Hair Day in conjunction with Aaron having his long hair cut off for charity.

Children are invited to wear crazy hair and donate a £1 which we will donate to Aaron's Just Giving Page.

If anyone would be able to donate, Aaron would be very grateful and the page to do so is here:

<https://fundraise.cancerresearchuk.org/page/aarons-beat-cancer-page>



Used Book Sale Friday 14th February After school - in the Hall

We are having a Used Book Sale after school on Friday 14th Feb in the Hall. Come and buy some bargain books! All monies raised will be reinvested in to our school library.

Dates For Your Diary

Fri 14th Feb - Crazy Hair Day

(Children are invited to wear crazy hair and wigs, with a suggested donation of £1 which we will donate to Cancer Research UK).

Fri 14th Feb - Used Book Sale - after school in the Hall

Mon 17th Feb - Half Term

Mon 24th Feb - School reopens

March 2020

Thurs 5th March - World Book Day

Mon 9th March - School Class Photos

Fri 20th March - FOBs Mother's Day Present Room

Thurs 26th March - Rock Steady Concert
9.00am to 11.00am (more details to follow)

April 2020

Wed 1st April - Parent Consultations

Thurs 2nd April - Parent Consultations

Mon 6th April - 17th April - School closed for Easter break

Mon 20th April - School reopens

28th April - Year R - Royal and Derngate Trip





FIND YOUR BRAVE
#ChildrensMentalHealthWeek
www.childrensmentalhealthweek.org.uk

DEAR PARENTS AND CARERS,

3-9 FEBRUARY 2020 IS CHILDREN'S MENTAL HEALTH WEEK

The week is run by children's mental health charity **Place2Be** to focus on the importance of children and young people's mental health. This year's theme is **FIND YOUR BRAVE**.

WHAT'S IT ALL ABOUT?

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. **FINDING YOUR BRAVE** can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

We all have times when we need to **FIND OUR BRAVE**.

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to **FIND THEIR BRAVE**.

- 1. **Remind your child that bravery comes in many forms and everyone is different.** What's brave for them might not feel brave to someone else.
- 2. **Chat with your child about a time when you've had to FIND YOUR BRAVE.** It might have been something big or small.
- 3. **Praise your child when they FIND THEIR BRAVE.** Maybe they've kept going at learning a new skill or tried something outside of their comfort zone which boosted their confidence.
- 4. **Point out examples of bravery in books and films** to your child and talk about how trying out different ways of being brave will help them feel good.
- 5. **Reassure your child that not feeling brave is OK too** and that there are times when it might be more difficult to be brave.

At children's mental health charity **Place2Be** we want all children to think about how they look after their minds.

Let your child know that if they are not sure about something, they should talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website www.place2be.org.uk/contacts

Follow us:

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Brambleside Primary - @bramblesidepri

Picture News



Question: Who should decide what's best for our health?

News: A virus named the coronavirus has started to spread from China. Previously, it had never been seen in humans before and it is spreading more widely to different parts of the world.

British Value: Rule of Law

Missing: Myrtle The Turtle!



If found, please return to her home in the Art cupboard.

Last seen wearing a pink shell and sporting a stylish blob of paint on her left flipper.

Myrtle is very friendly but awfully shy and thinks she can talk to humans.



Safeguarding

If you ever have any concerns regarding the safety and wellbeing of our children, please contact the school and ask for Mrs. Eaton-Brown, (Designated Safeguarding Lead). Mr. Brown and Mrs. Goosey are also trained Designated Safeguarding Leaders. Alternatively contact the Multi Agency Safeguarding Hub on 0300 126 1000.