



BROOKE HILL ACADEMY NEWS

A SNAPSHOT OF OUR WEEK.

Well that's Term 1 done! I can't believe how quickly it has passed. There has been so much going on over the term with trips, exciting learning opportunities, sporting success and welcoming families into school. Both children and staff are ready for a break.

It was lovely to see so many families in school this week, to review the progress made by children, at Parents' Evening. If anyone was not able to make it, please contact your child's class teacher and we will happily host a meeting early next term. Please also remember that we operate an open door policy and parents are always welcome to pop in for any clarification or have a look at what we are up to.

Year 6s attended Warning Zone this week. This is a brilliant trip which teaches children about the potential dangers in society and how they can keep themselves safe.

Last night Miss Taylor hosted a Harry Potter event which was simply brilliant. The children looked fantastic and the buzz and excitement during the activities was a pleasure to see. We are already planning the next!

Please have a lovely break and enjoy some downtime as a family. We look forward to seeing everyone back on the 30th.

Anna O'Shaughnessy



w/c 30th October

MON - French Knitting, Outdoor & Adventurous, Creative/Messy Play, Story Telling & Curry after school clubs, FDS KS2 Football

TUES - KS2 Football Club

WEDS - KS1 Gymnastics & Rec/KS1 FDS football clubs only

THURS - Open the Book Assembly, Soft Toy Making KS2 Gymnastics, KS2 RYDA Street Dance clubs only

FRI -

Term 2 starts on Monday 30th October

HOUSE POINT TOTALS FOR THIS WEEK

Stocks

Castles

Horseshoes

Acorns

281

329

207

231



PRIDE OF BROOKE HILL AWARD

Apple Class - Caleb

Willow Class - Nicole / Bethany

Maple Class - Zachary

Acer Class - Harry

Chestnut Class - Joshy G

Rowan Class - Bodhi

Redwood Class - Abi

Elder Class - Joshua

Hazel Class - Callie

Oak Class - James



Flu Immunisations

The Community Immunisation team will be in school on Tuesday 21st November to administer the nasal spray flu vaccine to the children, from reception to year 6. If you wish your child to receive the vaccine you must complete the on-line consent form, which can be found at www.leicsandrutlandimms.co.uk.

The code for Brooke Hill Academy is LE137358. Full information can be found in the letter to parents sent via ParentMail.

The consent system will close two working days before the vaccination session. You will not be able to submit a consent form on the day.

If you have not completed the on-line consent your child will not receive the vaccine.

If your child is in year 6, please note that the closing date for secondary school applications is 31st October 2023.



WAS YOUR CHILD BORN BETWEEN 1 SEPTEMBER 2019 AND 31 AUGUST 2020?

If so, your child will be eligible to start primary school in September 2024

Rutland residents must submit an application to Rutland County Council by the closing date of 15 January 2024

If you live in Rutland, you need to submit your application for a primary school place to Rutland County Council, even if you wish to apply for a place at a school in another local authority area.

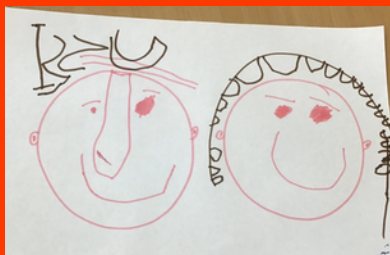
A letter has been posted out by Rutland County Council to all parents/carers of eligible children, known to the authority, and who are resident in Rutland, detailing the primary school application process. If you live in Rutland but do not receive a letter you must contact Rutland County Council's Admissions Service as soon as possible:

Telephone: 01572 722577
Email: admissions@rutland.gov.uk
Website: www.rutland.gov.uk/admissions

If you do not live in Rutland you must contact the Council where you live for further information.

Year 3 and 4

This term Year 3 and 4 have loved learning all about the Anglo-Saxons. Where they came from, how they lived and their beliefs. Next term, we are really looking forward to learning about the Vikings.



Pre-School

The children in Blossom Class have been in a very creative mood this week. We've been learning to play the instruments loudly and softly by matching to our music cards, thinking about how we show emotions in our drawings by drawing portraits of very important people in our lives and using nature to create leaf art.

Look out for the Pre-School Stay and Play sessions which will be every Wednesday from 3.40pm after half term. Come along with your little one to experience a bit of Pre-School life.

Open to current Pre-Schoolers, children who will be joining us later this year or next and new faces too!

To book a place contact:
office@brookehillacademytrust.education



HAPPY BIRTHDAY TO EVERYONE WHO HAS HAD A BIRTHDAY THIS WEEK.

THEVINDU, VIOLET, MAX S, MATILDA, ROWENA, EMILY, KATY, OLIVER, JOA, CASSIDY AND MAX G.

Years 1-6

Please return the completed trip consent forms, that have been sent home, to your child's class teacher as soon as possible.



Willow, Maple and Acer class

Wow, we have come to the end of our first term!
Well done to everyone for working so hard and embracing every learning opportunity.

We have had a fantastic last week writing a character description in Literacy and using some amazing adjectives! We have also been learning about the human body and what it means to be healthy in Science, which the children have really enjoyed. Willow Buds have been learning all about Autumn and how to find and represent the numbers 1,2 and 3. They have been working so hard and impressing all their teachers!

Well done to everybody for their hard work this term, we hope you all have a wonderful break!



This week has been another busy one in Year 5/6! The children have been creating their stained glass windows in art after researching and designing them over the last few weeks. They are absolutely beautiful and we're looking forward to enjoying them on a display for the whole school to see.

Year 6 visited the Warning Zone this week on Tuesday. The Warning Zone is a charity run organisation that delivers crucial messages to children in a fun way using stimulating and memorable experiences. The children covered the following topics and many more:

- Internet Phishing
- Cyber Bullying
- Image Sharing
- Cookies, Viruses, Online Gaming and Spam
- Online Privacy



The children had a wonderful time and were excellent ambassadors for our school.





A little bit of magic



Online safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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