

Brimrod Primary School Newsletter

Friday 30th April 2021



Brimrod Primary School Values

Challenge, Aspire, Create and Achieve.

This Week's winners:

Good to be green: Year 1

Attendance: Nursery

Punctuality: Year 6

Sports Class of the Week: Year 5

This Week's Home Learning Superstars!!!!

Year 1 Rayyan Ul-Haq

Year 2 Zac Johnson


Year 3 Fatima Umer Butt

Year 4 Ghulam Butt

Year 5 Ali Irfan

Year 6 Safaa Ali



	Attendance	Punctuality
	No. of sessions missed	No. of late marks
Nursery	1	7
Reception	18	5
Year 1	6	3
Year 2	17	4
Year 3	9	21
Year 4	5	5
Year 5	10	6
Year 6	6	0
	Attendance Stars Nursery	Punctuality Stars Year 6

Well done!! We have no red figures for attendance!!

Come on Year 3. Lets see if we can be in school on time next week!!



This week, we have been discussing the meaning of the word **aspire**. Many people think that our **aspirations** are just what we want to do or be when we grow up. However **aspirations** are about being the best version of ourselves that we can be. They are long term, medium term and short term and are about getting better at things and improving..

What could you aspire to be or do this week?

Aspire definition: to direct your hopes or ambitions towards achieving something.



Year 3 completed their aspiration tree with long term and short term aspirations.



Challenge 2



Our challenge this week is for everyone to get into school on time every day unless they have an appointment.

You can do it!!



News and Notices

Friday 30th April 2021



Brimrod Primary School Values

Our school values here at Brimrod are very important and are part of everything that we do. It is important to us that you, as parents, are aware of these values and how they run through our curriculum as well as our way of being.

Challenge, Aspire, Create and Achieve.

Monday 3rd May—May Day

Can I just remind all parents that school is closed on Monday as it is the May Day Bank Holiday.

Walk to School Achievements

Children who have walked to school once a week during April have **achieved** their Mount Everest WOW badges today. Everyone will be **aspiring** to **achieve** the Northern lights badge by walking to school at least once a week throughout May.

Lateral Flow Tests

Can I please remind all parents that if your child is sent home due to having one of the main symptoms of Covid and they are given an LFT test by a doctor or anyone else, they still need to book and get a PCR tests even if the LFT test shows negative.

School Photographs

Please can all orders and money for photographs be sent into school by Friday 7th May in the sealed envelope provided. Alternatively, you can order yourself online. Thank you

In order to get everyone involved with Euro 2020, which starts on June 11th, we will be having a friendly competition with the hope of raising a little money for the school.

Each class has been given a Euro 2020 sticker album with the aim of filling it. The class that fills their sticker album in the most is the winning class and will receive a brand new football for their class to use during break times.

School will be running a swap shop where children from each class has the opportunity to buy stickers for their class sticker album. Stickers will be 20p each or £1 for 7. All money raised from the competition will go to the school.

The competition ends on Friday 11th June.

Dates for the diary

Monday 3rd May - May Day Bank Holiday - School closed

Friday 7th May - Photograph orders and money due in

Friday 14th May - Deadline for parent applications to join our mental Health and Well-Being team.

Friday 28th May - School closes for half term holiday

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Brimrod Science Week



Reception
Learning about the life cycle of a caterpillar



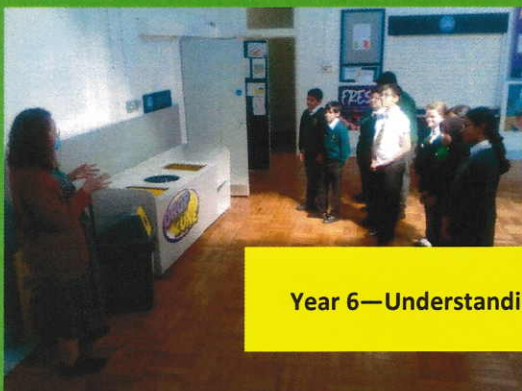
Year 1
Investigating flowers and how they smell



Year 2
Painting herbs and flowers for their sensory garden



Year 4
Creating rainbows



Year 6—Understanding sustainability



BY NATIONAL ONLINE SAFETY WE BELIEVE IN EMPATHY. EMPATHY IS THE ABILITY TO UNDERSTAND AND SHARE THE FEELINGS OF OTHERS. IT IS A SKILL THAT CAN BE DEVELOPED AND IMPROVED. IT IS A SKILL THAT CAN BE USED TO HELP OTHERS AND TO HELP OURSELVES. IT IS A SKILL THAT CAN BE USED TO BUILD A BETTER ONLINE COMMUNITY. IT IS A SKILL THAT CAN BE USED TO BUILD A BETTER WORLD.

LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TACKLER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.

FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS UNDERSTANDING HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING, PERHAPS DEVELOP A MENTAL PICTURE OF THEM. SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SIEGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FEELING HARD, OFFER HELP, EVEN IF THE HELP IS A LISTENING EAR OR SAYING, "I UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU."

TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIVES DOES NOT ADD VALUE.

BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.

UNDERSTAND THE IMPACT OF YOUR WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE EASIER TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING NEGATIVE COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, A NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR, UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND

National Online Safety

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATHAM, ANNA IS PASSIONATE ABOUT PEACE PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING INTO THE CURRICULUM, BUILT CULTURE.

For further info, check out these online resources too

<https://www.themix.org.uk/>

Please see the school website for more information on online safety and the school policies.