



Bressingham Primary Newsletter

**25th May
2022**

Dates

Please note that there will be further information sent about many of these events nearer the time- thank you.

Friday 27th May- **Jubilee Day in school- information in this newsletter**

Monday 30th May-Friday 3rd June
Half term break

Week beginning 13th June – **The new half term's clubs start for those who have places- Parentmail sent by Friday 10th June to those who have places- information in attached letter**

Tuesday 21st June- **Year 5 and 6 visit to Redgrave and Lopham Fen**

Wednesday 22nd June- **Year 3 and 4 visit to Redgrave and Lopham Fen**

Monday 27th June **Sports Day**
(parent-carers invited in the afternoon)

Tuesday 28th June **Reserve Sports Day**

Thursday 30th June- **Year 1 and 2 visit to Time and Tide Museum**

Wednesday 6th- Friday 8th July-
Year 5 and 6 residential trip to Hilltop

Friday 22nd July **End of year celebration assembly and end of term**

Tuesday 6th September **Start of autumn term**

Stars of the week



Year R: Ruby
Year 1: Astrid
Year 2: William
Year 3: Jacob D
Year 4: Henry
Year 5: Teddy
Year 6: Amelia T

Jubilee Day in school- this Friday

The children are looking forward to our Jubilee Day on Friday, when we will share a special picnic lunch and celebrate the Queen's Platinum Jubilee.

Everyone has been practising singing the National Anthem and some have started making bunting for the occasion.



Art



Planting

The potatoes and onions are growing well!



Early Years also have an allotment area...



...and Year 2 have been creating a bug hotel in Science!



Thank you also to Maya B's Mum for the lovely plants that she has donated to the school: they are beautiful.

Mental health and wellbeing

There is a new number to phone for urgent mental health advice:

If you need urgent mental health help, call 111 and choose option 2



Mental health crisis support 24/7 for people of all ages in Norfolk and Suffolk

In recent assemblies we have been refreshing and deepening children's understanding of how to help their own mental health and wellbeing again, looking particularly at gratitude- being thankful- and connectedness- being able to share with others in good times and bad.

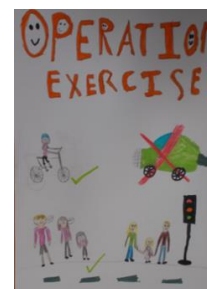
The posters we have made for these are included here, in case you are interested to look. If you are worried about your child's mental wellbeing, please do speak to your child's teacher.

Mental health	Gratitude	Being thankful
<p>We respect ourselves</p> <p>How can we show our thanks? Look outside to appreciate and give thanks to our environment. Share with someone. Say that something is beautiful. Thank people if they help you. Call someone to say thank you. Do something nice for someone else spontaneously. Return a kindness. Make a friendship bracelet. Smile. Compliment someone. Remain positive and make the best of a difficult situation.</p>	<p>Remember to stop and stare...</p> <p>...be thankful for a wonderful world</p>	<p>Give compliments</p> <p>What a joy! What a life! What a chance! (Abba- thank you for the music)</p> <p>Use positive affirmations I'm grateful for/thank you for... The things I can do (colouring, drawing, making, playing the drums...) Things I have (food, medicines when I need them, toys, a comfortable bed, sweets) The special people in my life and what we do together All the wonderful things in nature God For bad days- not every day is a good day and it's part of life 😊</p>

Mental health	Connectedness	Helping each other
<p>Be kind and collaborative</p> <p>How many different ways can we help each other?</p>	<p>Use positive affirmations</p>	<p>Togetherness</p> <p>5 trusted adults</p> <p>Talk to someone who you trust and who is positive: - family - family friends - adults who work at school - doctors, nurses - counsellor</p>

Operation Exercise

Please remember to walk or cycle from home or the village hall for...



It's a great chance to enjoy talking with your children and with friends, as you go, whilst avoiding trying to park nearer to school. The walk takes about 10 minutes.

The children are keen to earn extra marbles for a class treat by having the largest proportion of children taking part in Operation Exercise.



Please see the office section below for lots of information about Coronavirus, internet safety, support for children and families, and more.



Dog rose

Thank you all for your support of our wonderful children and school.

Dawn Gudde

Notes from the office...

School Uniform

Thank you for keeping to the school uniform list.

To place an order for items with the school logo, please follow the link:
www.brigade.uk.com

Car parking and safety outside school- for our children and families and for those living near the school

Thank you- this generally seems to have been much better.

Please also keep being aware of pedestrians and cyclists, and park only in permitted places. Thank you.

Nut free school



We are a nut free school. Please be aware that children can have nut allergies, so please do not include any items containing nuts in snacks or in lunches; these can include snack bars or spreads, amongst other foods. Thank you.

Free School Meal Information, from Norfolk County Council

How to apply:

Parents are encouraged to apply on line and information and a link to the on line application service is provided at www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk

Coronavirus link:

[People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Internet Safety

The following resources provide guidance for parents and carers to keep children safe online. They will, amongst other things, support parents to talk to their children about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

[Thinkuknow](#) by the National Crime Agency - Child Exploitation and Online Protection command (NCA-CEOP) provides resources for parents and carers and children of all ages to help keep children safe online.

[Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](#).

[Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations. National Society for the Prevention of Cruelty to Children (NSPCC) has [guidance for parents and carers](#) to help keep children safe online.

[UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#).

The following sites are also good to look at with children:

For younger children...

<https://www.bbc.co.uk/cbeebies/grownups/six-tips-teaching-children->

[technology?collection=parenthoo](https://www.bbc.com/ownit)
[d-tips-and-tricks](https://www.bbc.com/ownit)

For older children...

<https://www.bbc.com/ownit>

Support for mental health

Norfolk has a website and telephone number that may be useful for you or for someone you know of for mental health support: www.justonenorfolk.nhs.uk/mentalhealth or 0300 300 0123.



Early Help Hub

The Early Help Hub for South Norfolk, in Long Stratton, is a good point of contact for many different services, should you have any urgent needs or worries:

<https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub>

See Something, Hear Something, Say Something

Norfolk have launched a campaign for awareness of possible abuse, entitled *See something, hear something, say something...*



If children are worried about something

Childline 0800 1111

www.childline.org.uk

NSPCC www.nspc.org.uk

CEOP www.ceop.police.uk

Just One Number 0300 300 0123
www.justonenorfolk.nhs.uk

Young Minds
www.youngminds.org.uk

Samaritans 116 123
www.samaritans.org

Kids Helpline
www.kidshelpline.com.au

Guidance from the local authority for schools, about Covid19:

- If you are eligible, please take up the offer to [get vaccinated](#).
 - Ensure good [ventilation](#) is in place.
 - Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
 - Put used tissues in the bin immediately and wash your hands afterwards.
 - Wash your hands with soap and water or use hand sanitiser regularly throughout the day.
 - Make use of face coverings where recommended (e.g. on school transport when respiratory virus rates are high).
 - If you have [symptoms of a respiratory illness](#), and a high temperature, or do not feel well enough to attend your setting, stay at home and avoid contact with people until you are well enough to resume normal activities and no longer have a high temperature (and no longer need medication to reduce a temperature).
 - [Children and young people \(aged 18 years and under\) who have mild symptoms of a respiratory infection](#) such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.
- Adults and children who have experienced diarrhoea or vomiting should stay away from school for two days after symptoms have gone.
 - If you do have access to tests and [test positive for COVID-19 and are an adult](#) you should stay at home and avoid contact with other people for at least 5 days after the day your test was taken (or longer if you are still poorly/have a temperature), which is when you are most infectious. Or for 3 days [for children and young people aged 18 and under](#) (or longer if you are still poorly/have a [high temperature](#)). More detail is available on GOV.UK.