

# Brunswick Park Primary School

## e-Newsletter no. 43



Friday 1 February 2019

Tel: 020 7525 9033

[www.brunswickparkprimary.co.uk](http://www.brunswickparkprimary.co.uk)

This month's Focus Value is *Loyalty*

Dear Parents and Carers

It's already February! To mark January's rapid passing and the end of Dry January/Veganuary, Brunswick Park Primary School has pledged to become Fizz Free in February. Fizz Free February is a campaign launched by Southwark Council as part of its strategy to improve children's health. As you may be aware, Camberwell Green Ward in Southwark has the highest childhood obesity rate in the country, with over 50% of children in Year 6 classified as being overweight or obese. The Council wants to encourage positive, healthy habits from a young age, and it is promoting giving up all fizzy drinks in February to decrease sugar consumption, reduce weight, protect teeth and save money. There is more information about Fizz Free February below, and a downloadable daily record chart available on our website (address at the top of the page) so children and families can track their progress. We will celebrate our Fizz Free success at the end of the month - good luck!

In addition to information about where the children have been and what they have done, in this newsletter there is information about what all the children are learning at the moment. We want to help you support your children's learning in school, so on every newsletter from now you will find details of what all the children are learning at the time. On this newsletter, there is also a Maths Challenge that all children can try between now and the end of the Half Term break. Anna Newbold, our Curriculum Lead, is making the Curriculum section of our website more parent-friendly. In March we will ask you how well these changes have helped you support your child; if you would like to give constructive feedback in the meantime, please email me using the address on the last page of this newsletter or leave a message at the School Office. Finally, Tuesday 5 February is Safer Internet Day. You will have received a letter via ParentMail earlier today, and there are details in this newsletter of how Brunswick's children will participate. For parents and carers, I have included a guide to help you manage 18+ rated computer games such as Grand Theft Auto, which though totally unsuitable for Primary aged children they still sometimes access. Whilst technology is doubtless essential in our lives today, your vigilance is key in protecting young children from the harm it can do if misused.

With best wishes for a peaceful and enjoyable weekend.

Susannah Bellingham

Head Teacher

## Upcoming Dates

**Don't forget!**  
All dates and News are  
on the school's website -  
address at the top of  
this page.

**Fizz Free February: 1-28 February**

**Scholastic Book Fair: 7-13 February**

**Safer Internet Day: 5 February**

**FoBS Valentine's Cake Sale: 14 February**

**Half Term: 18-22 February**

**Parents' Evenings: 1 and 2 March**

**Year 3 Gorsefield Residential: 20-22 March**



# Are you ready for Fizz Free February?

Fizz Free February is coming to Brunswick Park Primary School for the first time. Will you be making the pledge to #gofizzfree?

Friday 1 February marks the start of Fizz Free February meaning it's time to ditch sugary drinks for 28 days.

Launched by Southwark Council in 2018, Fizz Free February is a great way to reduce your sugar intake by cutting out fizzy drinks. By going fizz free for all of February, it can help you on your way to drinking less sugary drinks for the rest of the year too.

Through this campaign, Brunswick Park aims to raise awareness of the health implications of drinking fizzy drinks which often contain high amounts of sugar. Latest data Public Health England on the nation's diet shows that sugar now makes up 13.5% of 4 to 10 year-olds and 14.1% of teenagers daily calorie intake respectively, while the official recommendation is to limit sugar to no more than 5%<sup>1</sup>.

**In April 2018, the NHS's National Child Measurement Programme showed that a shocking 33 per cent of children aged 10 and 11 in Camberwell Green ward are considered obese, while a further 51 per cent are overweight.**

**Similarly, 18 per cent of four and five year olds in Camberwell Green are obese, and another 34 per cent are carrying more than they should be.**

**It means the area has the highest rate of childhood obesity and excess weight of all council wards in England.**

To join in, just pledge to give up fizzy drinks for 28-days and tweet us using #gofizzfree. You can also take part by signing up on our website.

The hard truth about soft drinks:

1. You can save £438 a year if you stopped drinking one bottle of soft drink, per day for a year
  2. Drinking just one 330ml can of fizzy drink a day could add up to over a stone weight gain per year
  3. Tooth decay is the leading cause for hospitalisation among 5-9 year olds in the UK, with 26,000 children being hospitalised each year due to tooth decay - in other words, 500 each week
- For more reasons why you should quit fizzy drinks visit the Fizz Free February website.

Cllr Evelyn Akoto, Southwark Council cabinet member for community safety and public health said: "I am so pleased that Fizz Free February is reaching other parts of the country. It is a fantastic way to cut down on sugar and make positive changes. Good luck to everyone going fizz free this February!"

Notes to editor

Fizz Free February is an initiative launched by Southwark Council in 2018 in response to child and adult obesity rates in the borough. Fizzy drinks are often high in sugar, a significant factor in weight gain.

1. <https://www.gov.uk/government/news/phe-publishes-latest-data-on-nations-diet>
2. GULP-based on £1.20 per bottle at 365 days
3. GULP

# MAKE YOUR HOME A FIZZ FREE ZONE

Forget fizzy drinks this February



SAVE  
MONEY



LOSE  
WEIGHT



KEEP  
YOUR  
TEETH



Make your pledge  
to #gofizzfree

Find out more at  
[southwark.gov.uk/  
gofizzfree](http://southwark.gov.uk/gofizzfree)

@lb\_southwark facebook.com/southwarkcouncil @southwarkcouncil

## Pledge to #gofizzfree this February

Download your daily record chart from

<http://brunswickparkprimary.co.uk/bpps-newsroom/fizz-free-feb/>

*Southwark*  
Council  
southwark.gov.uk

# Safer Internet Day 2019



Our internet, our choice - Understanding consent in a digital world



[www.saferinternetday.org.uk](http://www.saferinternetday.org.uk)



At Brunswick Park Primary School we are marking Safer Internet Day on **Tuesday 5 February 2019.**

Safer Internet Day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community.

It calls upon our pupils, parents, carers and teachers to join together in helping to create a better internet.

More information can be obtained from the letter sent to parents and carers today via ParentMail and at [www.saferinternetday.org.uk](http://www.saferinternetday.org.uk)

**A reminder - when choosing books to read, is your child using WHICH?**

## W.H.I.C.H

## Book?



**W**ords. Can I read a random selection?

**H**ave I read the author before?

**I**nvestigate the blurb and title. Do they interest me?

**C**heck I understand. Read the first few pages. Do I know what's happening?

**H**ave I checked with an adult?

AGE RESTRICTION  
**18+**



# What parents need to know about **GRAND THEFT AUTO (GTA)**



**grand theft auto**

Grand Theft Auto is an action-adventure video game series where players control criminals and wreak havoc in order to complete missions and progress through the game. During the early stages of the game, it solely focuses on completing missions to go up a level. However, as the game grew more popular the makers of GTA decided to introduce a narrative to each edition of the game. The aim of this was to increase user engagement, making gamers believe that they were not just playing as the character, but they became the character. Grand Theft Auto is accessible on a number of devices including: PlayStation and Xbox, desktop computers, PSP, Nintendo DS, and Mobile.



## Top Tips for Parents

### THE RISK - PLAYING WITH STRANGERS

When buying GTA V you automatically have access to Grand Theft Auto Online, a version of the game that allows players to play online. They can play alone, invite players to a game, or be involved in public 'sessions' where people will be picked at random to play. When you first load into a game you are automatically placed into an open lobby, meaning you play with random people. The social club is GTA's very own social platform where users can bet money, share in-game photographs (which users can like and comment on), and even message other users directly.

#### What parents can do

To prevent your child playing with strangers on the game, you can change the settings to ensure they only play with their approved friends list. Upon signing up to the 'social club', it automatically sets a player's visibility settings to 'everyone', meaning their name and profile information is made public. Parents can alter this by changing the visibility settings to 'only me'.



### WARNING!

Due to the nature of the game and the age restrictions, GTA includes content that is inappropriate for anyone under the age of 18, including sex, nudity, violence, profane language, and substance abuse. These are the main components that make up the game - you have to do certain things and witness certain things in order to move on in the game. Exposing your child to this type of content could affect their morals and understanding of right and wrong. Additionally, your child could become desensitised to similar situations, reinforcing the fact they would find it hard to differentiate between right/wrong and good/bad.

### THE RISK - ONLINE HACKERS

Hackers can make money by helping users cheat in the game. They can do a number of inappropriate things, including killing people, stealing weapons, spawning money into the game, and even raping other characters. Spawning money tends to be a gamer's most popular choice, being able to buy \$100,000,000,000 (of in-game currency) for as little as five US dollars.

#### What parents can do

Actively monitor your child's online activity. These websites are very easy to find, meaning children and young people can easily navigate their way to these websites and pay for hackers. Not only is this an illegal activity, but you have the risk of giving your personal information to someone who may misuse it.

### THE RISK - ADDICTION

Addiction is a risk with any game. Game developers use persuasive design techniques to force users to invest their time, and often money, in a game. Within GTA, your character is able to progress through the game for completing missions within a certain time frame, encouraging children to keep returning to the game. Gaming addiction is now a recognised health condition and the side effects are concerning, including sleep deprivation, decreased attention span and erratic emotional behaviour.

#### What parents can do

There are a number of things you can do if you are concerned about your child's screen time, including setting time limits within the home, especially during meal times and before bedtime. Talk to your child and ask why they are spending so much time on the game, and encourage healthy alternatives such as outdoor activities and spending quality time with friends and family.

### THE RISK - LIVE CHAT

When playing GTA online, players have the option to use a microphone to broadcast their voice live to other players involved in the 'session'. These live voice chats are not moderated, meaning anything could be said, including inappropriate language, as well as verbal forms of bullying.

#### What parents can do

Talk openly with your child about not giving away personal information. Also remind them that conversations can be recorded, which could damage their online reputation. Depending on the device/platform, there will be ways to mute conversations. Make yourself aware of the device's/platform's individual settings and ensure that your child knows how to block and report.

### THE RISK - MICROTRANSACTIONS

By completing missions and partaking in certain activities you earn in-game currency. This allows you to buy things such as prostitutes, vehicles, weapons, ammo, new outfits, cars, apartments and more. However, the items that are available to buy often have a high price that require a lot of game time, meaning the items are pretty unrealistic to buy.

#### What parents can do

If you do not want your child to make payments, ensure your card is not associated with their account. If you are happy for your child to make payments in the game, but want to limit spending, we suggest purchasing a pre-paid gift card for your child. These can be purchased in specific amounts which will allow you to limit how much your child spends and removes the need for a credit or debit card to be used with their account.

#### SOURCES:

<https://www.imdb.com/title/tt2103188/parentalguide>  
<https://www.telegraph.co.uk/gaming/news/grand-theft-auto-v-has-made-money-film-history/>  
<http://www.techaddiction.ca/addiction-to-video-games.html>



**National Online Safety**

A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

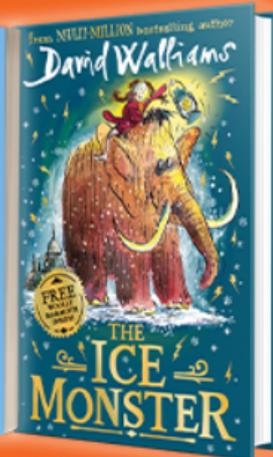
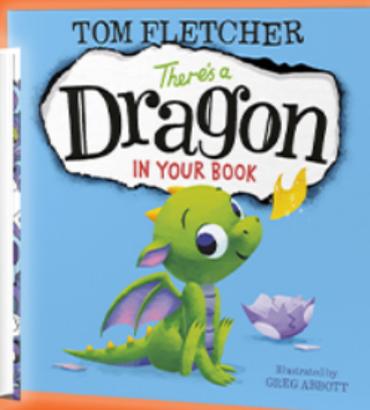
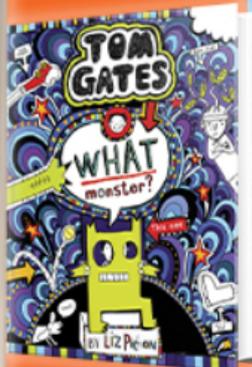
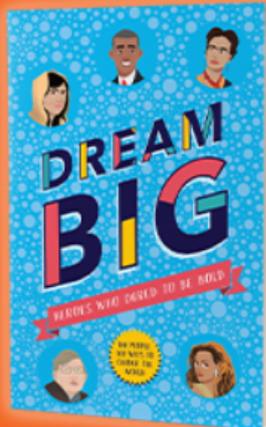
Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061



Get excited! It's <sup>our</sup>

 SCHOLASTIC

BOOK FAIR!



Brunswick Park is pleased to announce that we will be hosting a Scholastic Book Fair from Thursday 7 February - Wednesday 13 February.

This travelling book shop gives children the opportunity to browse, select and buy interesting reads written by a range of well-known children's authors. Prices are reasonable and those among you who like a bargain will be thrilled to hear that early bird vouchers can be bought in advance through the scholastic website:

<https://bookfairs.scholastic.co.uk/gift-vouchers>

Get a £6 Gift Voucher for £5

Get a £24 Voucher for £20

Get a £30 Voucher for £25



Everyone loves a bedtime story!

On Wednesday 13 February, we will be holding a Pyjama Day to emphasise the importance of reading and sharing stories.

For a small donation of between 50p and £1, children and staff are invited to wear their best PJs or onesies to school so they can relax and enjoy a story sharing session with their teachers.

# Upcoming FoBS Event:



NURSERY, RECEPTION and YEAR 1

# BEDTIME STORY DAY

★ WEDNESDAY 13<sup>TH</sup> FEBRUARY ★



Children come in your pyjamas or onesies

★ You are invited to make a donation of £1 to buy books for school ★



Bring your teddy to snuggle up with for story-time  
Come with your favourite story book to share



Special Story-Readers visiting from years 5/6

Parents/carers warmly invited at

2.30pm



Come to share story-time, hot chocolate and cookies with your children. Bring a story to read out if you would like.



# What are we learning?

At Brunswick Park we follow the Literacy Curriculum, where high-quality texts are linked to Science and Humanities topics. Please see the website for more information about the other subjects.

Nursery	We are reading Traditional Tales including Jack and the Beanstalk, Goldilocks, The Little Red Hen and the Billy Goats Gruff.
Reception	We are reading the Magic Paintbrush and learning about Chinese New Year as well as creating our own artwork.

	English text	Science	Humanities
Year 1	The Odd Egg by Emily Gravett	Animals Including Humans - finding out what animals bodies are like, what they eat and our senses	Space Travel and the 1969 Moon Landing
Year 2	The Minpins by Roald Dahl	Animals Including Humans - life cycles and how to stay healthy	A study of India and how it compares to the UK.
Year 3	Escape from Pompeii by Christina Balit	Forces and Magnets - how magnets work and how forces make things move	The Roman Empire and its effect on Britain
Year 4	The Selfish Giant by Oscar Wilde and Alexis Deacon	Electricity - making circuits and learning about conductors and insulators	A study of London and its landmarks, using maps and coordinates
Year 5	Unspoken by Henry Cole	Materials - States of matter and reversible and irreversible changes	Rivers and their effect on the landscape.
Year 6	Skellig by David Almond	Living things and their habitats, including food chains	The Windrush

**Above are current texts and topics that the children are learning. There are more details on the Curriculum Section of the school's website.**

**Trips and visits are planned at school to support these topics.**

**Please use this information at your local library or use it to plan trips, visits and activities of your own.**

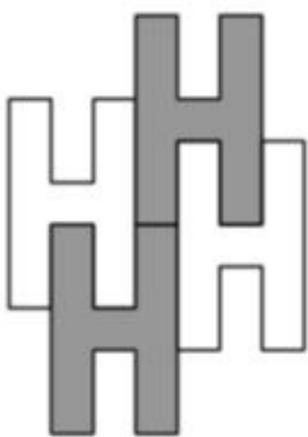
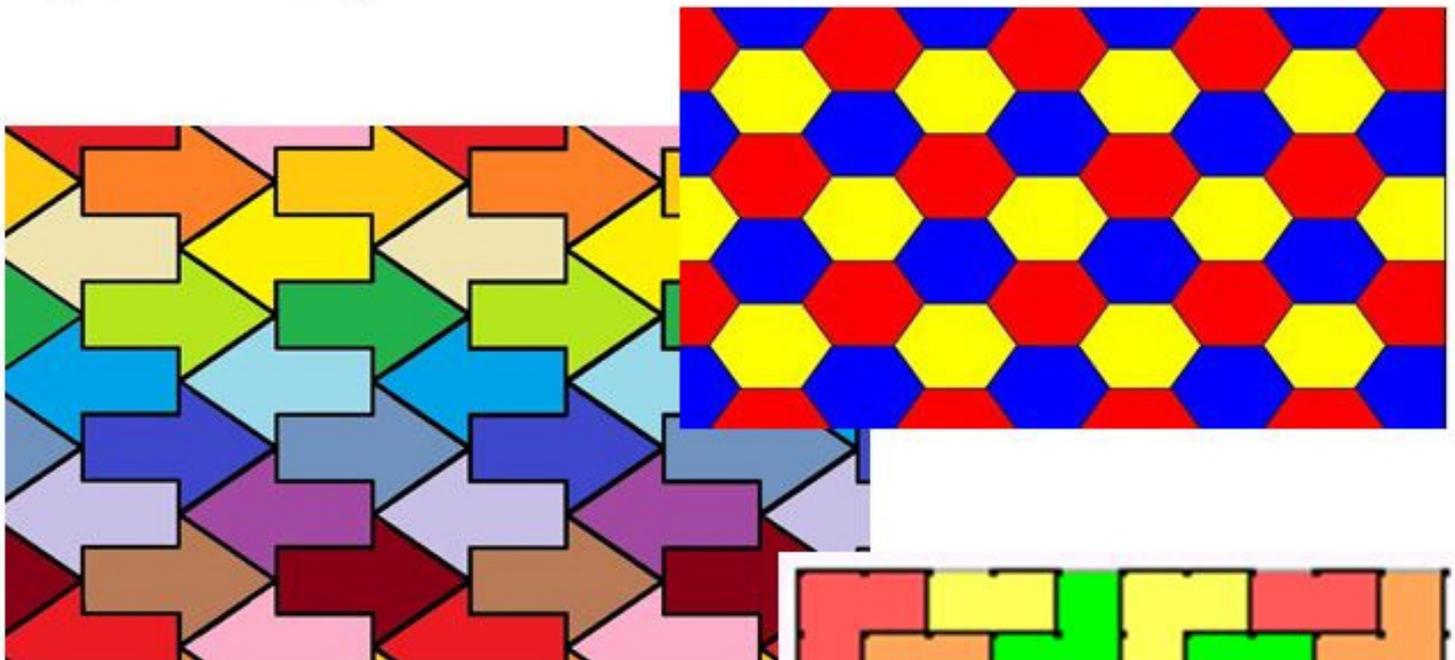
## This Half Term's Maths Challenge:

### Tremendous Tessellations

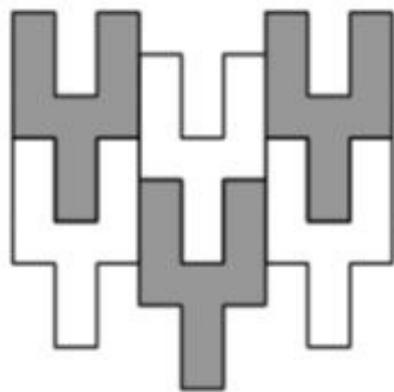
Design, draw and colour your own tessellating pattern, like the ones below. Using your geometry skills, draw your original shape and then repeat! Hand them in to your teacher, or straight to Mrs. Fallon or Mrs. Adebisi. There will be a display of the most creative patterns.

#### Definition:

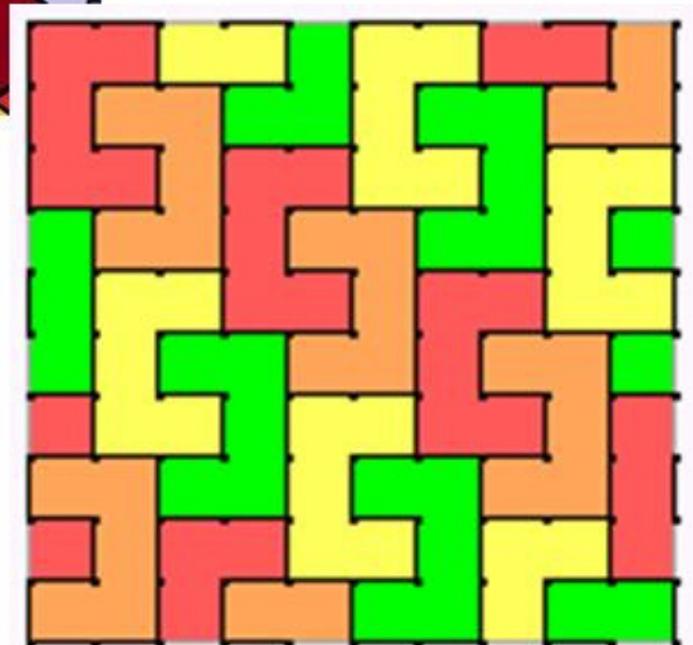
**Tessellate:** to cover a surface by the repeated use of a single shape, without gaps or overlapping.



H-shapes



Y-shapes



E-shapes

# Recent Trips and Visits

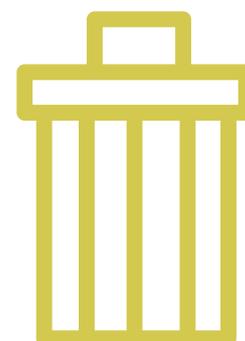


Year 1 went to Greenwich on 22.1.19 to visit the Royal Observatory and find out about what the planets are like. They followed Ted and Plant around the solar system in the Planetarium, found out about how scientists learn about space, and stood on the Meridian line..

On Tuesday 29 January Year 1 took part in a drama workshop with an actor from **Perform**.

We acted out what would happen if the whole world was covered in rubbish!

We learned a lot about what to do with our recycling and had a lot of fun!





# Year 6 Junior Citizenship Trip



Last week Year 6 pupils went to the Old Kent Road Fire Station for Junior Citizenship workshops. During their final year with us at Brunswick Park we prepare the children for life at secondary school and the increase in independence this brings. Children need to know how to act in an emergency and how to keep themselves safe in London. Here is some of their learning:

' I learnt that when there is a fire you should crawl on your hands and knees, and during a fire before you leave a room you should touch a door knob with the back of your hand and if it is cold then it is probably safe to leave.' Hannah

' You have to be 25 years old to buy a knife in Southwark, everywhere else you only have to be 21.' George

' I learnt that in road safety that a red triangle is a warning sign. It sometimes has a picture like a man digging to show that there is construction work happening.' Rayanna

' I learnt that if a dog comes up to you and you feel afraid, you should look up and not at the dog, then the dog will probably walk away.' Yassir

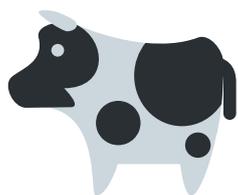
' When you ride the bus you need a zip card if you are 11 - 15 years old.' Aisosa

' When you are going on the tube you should not run up or down the escalators.' Nadira

**Sharon Rogers of the Metropolitan Police, one of the workshop organisers, said, 'It was lovely working with the children and I'm so impressed with how well they all behaved.'**



**Year 2 visited Vauxhall City Farm this week to take part in a 'Meet the Animals' workshop to support learning in their Science topic: Animals Including Humans. As you can see, they loved meeting sheep, alpacas, guinea pigs, hens, goats and even an enormous plastic cow!**



# Year 3 Sharing Assembly



In their Sharing Assembly this week, the children presented their Mae Jefferson Artwork based upon a quote from the book, 'If you believe it, and work hard for it, anything is possible'. Children incorporated into their art their aspirations, and what they want to be and do when they grow up. They also played the recorder and sang, danced and performed a short play for Chinese New Year. Thanks to all those parents, carers and family members who came along to support their children, and to the staff and children for their hard work.





**Parents and carers of children in Reception - please ensure your children are dressed warmly during the cold weather.**

**The children play and learn outdoors whatever the temperature and in all weathers, including the upcoming snow. Thank you.**



Our parent and toddler Stay and Play group - (also known as Auntie Lynn's house!) - started again for spring term on Wednesday 16 January.

All parents and carers with children under the age of 3 are welcome to join us from 9.00-11.00 for play, songs, fun and games. Stay and Play is a great way for your pre-Nursery age children to make friends, socialise, and spend time in a safe and stimulating environment.

If you would like to join us, please come to the Nursery at 9.00 on Wednesday mornings and ask for Lynn. You will be made very welcome.

## Upcoming FoBS Event:



Friends of Brunswick School (FOBS)

# VALENTINES CAKE SALE

THURSDAY 14<sup>TH</sup> FEBRUARY

3.30pm

IN THE KS1 and KS2 PLAYGROUNDS

All cake donations welcome

Please bring cakes to the school office on the morning of 14th  
February (no nuts please!)

If you can help out at the cake sale please come  
at 2pm on the day

or text/phone Kate on 07989 377 407

Many thanks for your support



## Reminders to all Parents and Carers

### Correct School Uniform:

Please ensure your child comes to school in the correct uniform. All children must wear black shoes, black or grey school trousers or skirts and socks and Hijabs should be plain white, black or grey. Grey or black shorts or purple checked summer dresses can be worn in warm weather.

### Punctuality:

Please ensure your child arrives to school on time every day; arriving late is embarrassing and missed learning time affects achievement and stops your child from reaching his or her potential.

### Parking:

Please park carefully when dropping off and collecting your children. Parking carelessly puts children at risk. Wardens patrol for the children's safety and welfare.

## Safeguarding Information

The designated team for Safeguarding at Brunswick Park Primary is  
Susannah Bellingham  
Fiona O'Malley and  
Andrea Inniss-Griffith.

If you have any concerns about any child, please contact us. We are committed to Safeguarding all children and members of our school community and take all concerns seriously.

For your information, key school policies are available on request from the School Office and can be downloaded from the school Website under the 'Our School' tab.

Please check the website for further details about what children have been doing and learning in school.

Missed a newsletter? All newsletters are available for download from the School Website under the 'News' tab.

<http://www.brunswickparkprimary.co.uk>

## Attendance Update

**Congratulations to Class 6B for 99% attendance last week, and to 6B (98%), 2B (97%) and 5A (97%) for the highest attendance so far this academic year.**

109 children have 100% attendance from 5.9.18 to the present.

### Well done!

Whole School Attendance for W/B 21.01.19: 96.5%

Whole School Attendance from W/B 05.09.18: 96.31%

**Whole School Attendance Target = 97%**

## Right to Reply:

**01/02/19: Please email the address below to give us constructive suggestions or comments, including your name and your child's class.**

**Thank you.**

**office@brunswickpark.southwark.sch.uk**