

# Brunswick Park Primary School

## e-Newsletter

 @BrunswickParkPS



**Brunswick Park**  
Primary School

Friday 18 March 2022

Tel: 020 7525 9033

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

March's Focus Value is **PATIENCE**

Dear Parents and Carers

Welcome to Science Day's Newsletter! The images and Twitter posts speak for themselves; we have had a successful day celebrating the role science plays in our lives, and we have many children who have interests in and aspire to careers that involve science and the other pillars of STEM (Technology, Engineering, Maths). We know that costumes do not make themselves, and thank you warmly for your creative thinking, and therefore your commitment to the promotion of science and STEM.

There is news of competition winners for World Book Day and Gymnastics, and plenty of information about activities to do during the Easter Break. But before we get there, I have two requests: we would love to have more parent and carer volunteers in school. We need your assistance with supporting children's reading and their play. If you are able to give us some of your time, even if it is only a little, please contact Anna Newbold via the School Office. We also need volunteers to run extra-curricular clubs for the children, so if you have skills to share and can commit to running a club, please contact Anna. We are very lucky to have parents and carers with such a wide skills set, and the children would really appreciate your sharing it with them.

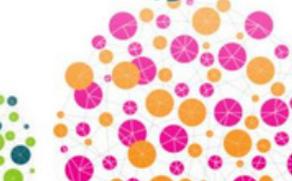
On Wednesday and Thursday next week are our Parents' Evenings. Following your feedback, we are offering mixed virtual and in-person appointments on both days, bookable via Eventbrite. Letters have been sent with all the details, but if you missed them, they are on the home page of our website [www.brunswickparkprimary.co.uk](http://www.brunswickparkprimary.co.uk). Do please book a slot; your children have great work and learning to share with you, and staff are on hand to answer your questions.

Finally, next year's term dates are available at the very end of the Newsletter. Please use them to plan holidays and time away in 2022/23.

With best wishes for a safe, healthy and peaceful fortnight ahead.

Susannah Bellingham  
Head Teacher

11-20 March  
Week  
Science  
British



BRITISH  
SCIENCE  
WEEK

GROWTH





The school has received complaints about some parents and carers moving the barriers on Picton Street and Hopewell Street, driving on the pavements and pulling up and parking near the barriers when Picton Street is closed to traffic to keep Brunswick's children safe.

It is illegal to do this, endangers our children and **must stop**. Police and Council Traffic Enforcement Officers have been informed.

## School Lunches

As the cost of living goes up, so do costs for schools. Our gas and electricity bills go up just like everyone else's at home, and the price of food for schools goes up too.

Southwark Council puts money into school budgets to pay for school meals for children up to the end of Year 6. It has chosen to do this to promote healthy eating, as Southwark has problems with poor dental health and childhood obesity. It also means that all children receive a healthy lunch regardless of income or status, which is fair.

The cost of school meals has risen suddenly by 9%, but the amount of money given to schools to pay for meals has not changed. Children's meals now cost £2.35 per day; £11.75 per week per child. We have adjusted our spending accordingly, but are concerned that children are not eating enough of their lunches to make them value for money. We know that parents and carers expect their children to eat a good and healthy lunch at school.

### **This means that we will:**

- **encourage all children to eat an appropriate amount of food for their age and development**
- **encourage all children to eat vegetables and/or salad, even if they do not like them very much**
- **encourage children to use cutlery and a napkin correctly**
- **encourage good table manners: finishing food before getting up, talking with empty mouths, behaving calmly**

### **and we need you to:**

- **teach your children to use a knife and fork**
- **encourage your children to try foods they may not like very much at first - children need to eat a food 10 times before a taste for it is established**
- **promote good table manners**

Thank you for your help. We have the children's best interests at heart.

To learn, they need to be properly nourished.

## What to do if you're upset by the news

<https://www.bbc.co.uk/newsround/13865002v>

<https://www.savethechildren.net/news/ukraine-5-ways-talk-children-about-conflict-0v>



The door designs are now our Library Displays!



## World Book Day Classroom Door Competition Winners

Winners were judged by the school's Junior Leadership Team, and are

EYFS: Reception with Colour Monsters

KS1: 1A with the Naughty Bus

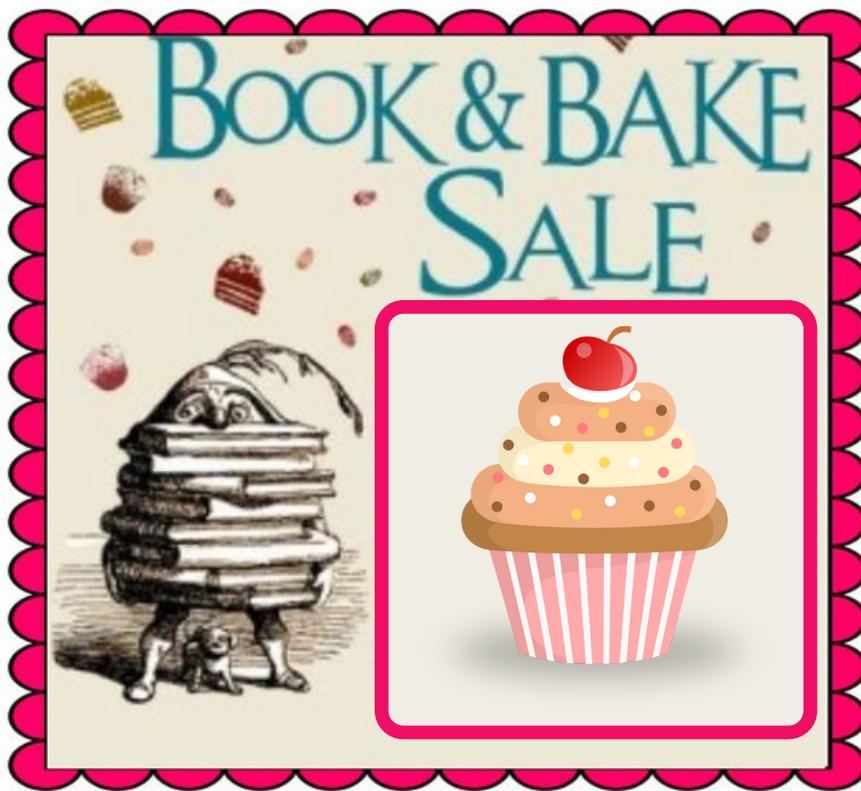
2A with Sail and the Whale

LKS2: 4A with Spy Dog

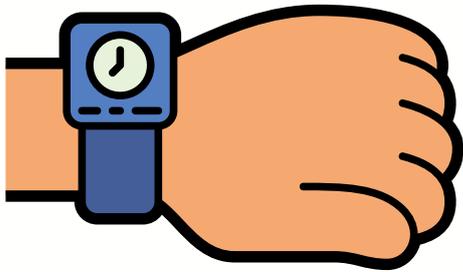
UKS2: 6A with Diary of a Wimpy Kid

Prizes were new books for the book corner in each class.





Our next Book and Bake sale is on  
Tuesday 29 March on Bantry Street at 3.15pm



**You need to arrive by 08:55!**

**Thank you - children's punctuality  
continues to improve!**

Teachers provide learning for the children from the moment they arrive; the earlier they arrive in the classroom the greater the opportunity for them to learn.

Arriving at 08:45 gives children the calmest start to their day.

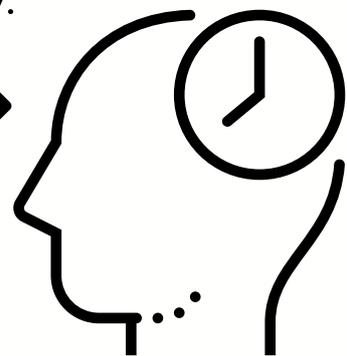
**School gates open at  
08:45 for Soft Start**

**Bell rings at 08:50**

**Gates close at 08:55**

**If children arrive after  
08:55 they go to the School  
Office to be marked late**

Caroline Champion will be in touch with those parents and carers whose children arrive persistently late, to explore support and refer to Family Early Help if necessary.



# Lifelong Learning



Southwark Adult Learning Service 2022



Southwark Adult Learning Service 2022



Apply for this course if you plan to:

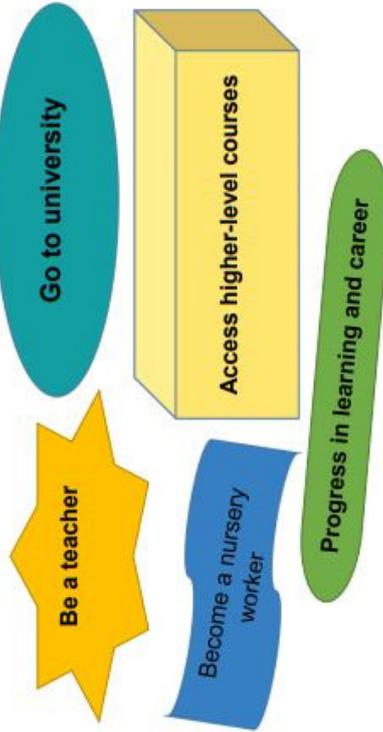


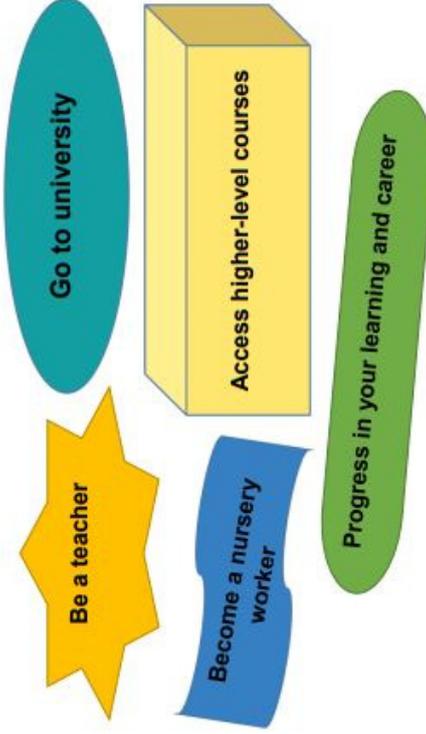
Figure 1

FREE online or face-to-face courses: enrol NOW!  
Day and evening classes available - make your career move with us!  
Must be 19 or over

Call: **020 7358-2100**  
Email: [adult.education@southwark.gov.uk](mailto:adult.education@southwark.gov.uk)  
[www.southwark.gov.uk/adultlearning](http://www.southwark.gov.uk/adultlearning)



Apply for this course if you plan to:



FREE online or face-to-face courses: enrol NOW!  
Day and evening classes available - make your career move with us!  
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Call: 020 7358 2100  
Email: [adult.education@southwark.gov.uk](mailto:adult.education@southwark.gov.uk)  
[www.southwark.gov.uk/adultlearning](http://www.southwark.gov.uk/adultlearning)





## Your online mental wellbeing community

Kooth is an online app designed to support children and young people's mental health and wellbeing.

It is aimed at children and young people between the ages of 10 and 25, and can be found at [www.kooth.com](http://www.kooth.com)

Qwell moves on from Kooth, and is an online app designed to support adults' mental health and wellbeing. It is for adults over the age of 25, and can be found at

[www.qwell.io](http://www.qwell.io)



## Alongside you when you need us

Free, safe and anonymous mental wellbeing support for adults across the UK



## Gym Competition Success!

On 27 February two teams of Year 3 and 4 pupils competed against other Southwark Schools.

The B Team finished sixth and the A Team placed fourth.

On 6 March two teams of Year 5 and 6 pupils competed.

The B Team finished fourth and the A Team finished third.

All of the children were amazing and had worked hard to memorise routines.

They performed really well and represented Brunswick with outstanding behaviour too.

# Family Healthy Lifestyle Programme



## alive n kicking

Our Free Alive 'N' Kicking, family health and lifestyle programme is a 12 week course specifically designed to help families make healthier choices around food and exercise.

- Group classes and activities
- Delivered throughout Southwark
- Weekly On-line Catch Up sessions available
- Nutrition support on topics such as: healthy snacks, portion control
- Weekly physical activity sessions for the whole family

To get involved in this **FREE** programme

Contact our Healthy Lifestyle Hub

Email: [Southwark.referrals@nhs.net](mailto:Southwark.referrals@nhs.net)

Tel: **0333 005 0159**

[www.southwark.everyonehealth.co.uk](http://www.southwark.everyonehealth.co.uk)

...for children aged 5 -17 years, delivered by Nutritionists and Physical Activity Specialists

**Southwark**  
Council  
[southwark.gov.uk](http://southwark.gov.uk)

**everyonehealth**  
because everyone matters



## WHO'S MISSING? IS IT YOU?



Are you missing out on social activities, class or opportunities because you're looking after someone in your family or a friend who is ill, disabled, or has a mental health problem or an addiction?

You might be a young or young adult carer and there's support available for you.

Find out more at [Carers.org/young-carer-support](http://Carers.org/young-carer-support)

## Young Carers Action Day

**16 March 2022**

On Young Carers Action Day we are asking people to see who is missing out because they are a young or young adult carer. We want them to take action and help tackle young and young adult carer isolation.

Find out more:

[Carers.org/YCAD](http://Carers.org/YCAD)

#YoungCarersActionDay



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## Free Easter Holiday Family Activities with the London Wildlife Trust

at the Centre for Wildlife Gardening 28 Marsden Road SE15 4EE

Monday & Tuesday 4th&5th April 10 till 3

### *Brilliant Birds*

A fun two day course for families living in Southwark to discover garden birds, make nests, find out about spring migration, play games, learn to use binoculars, stories and crafts.

Monday&Tuesday 11th&12th April 10 till 3

### *Marvellous Minibeasts*

A fun two days for families living in Southwark to discover the important little animals in our garden and have fun exploring different habitats such as the pond, the log pile and the trees. Games, crafts, trails, animal Olympics. Supports school learning too.



Funded by



Limited places. To book visit <https://www.wildlondon.org.uk/events>

Email [dwallace@wildlondon.org.uk](mailto:dwallace@wildlondon.org.uk)  
or phone 07740 717930



**Kinship Hub**

Kinship Hub is a community-based service aimed at supporting kinship carers across London and the UK. Kinship carers are people raising relatives or children within their network, who, for one reason or another, are unable to live with their parents. It is estimated that kinship carers prevent approximately 64,000 children from entering the care system each year; however, unlike foster carers and adopters, they receive very little support from Local Authorities.



Kinship Hub runs the Kinship Carers Cooking Club, a weekly group where children and carers can get together and cook a meal from scratch. The project involves delivering ingredients and recipe cards to kinship families (delivery currently available in South London only) and then facilitating a group cooking session on Zoom later on the same day. We also in-person cooking sessions every month, based in South London. The sessions are open to any UK based kinship carer and their children. Session dates can be found at: <https://www.kinshipcarershub.org/news-and-events>

Kinship Hub also offers free online webinars to kinship carers and children on a range of topics from managing contact safely, to promoting a positive sense of identity, life story work and building resilience.

More recently, we have launched our employability program through our catering company, Kinship Kitchen. The aim of this program is to train kinship carers in food safety and provide paid employment opportunities for them through our catering company, while at the same time generating income to sustain our other community projects.

Kinship Carers can self-refer at [www.kinshipcarershub.org/contact](https://www.kinshipcarershub.org/contact), or can be referred by a social worker or other supporting professional. For more information please contact Director Anna-Lou Manca on 07792 320 549 or email [info@kinshipcarershub.com](mailto:info@kinshipcarershub.com).

Website: <https://www.kinshipcarershub.org/>

Facebook: @kinshiphubLondon

Instagram: @kinship\_hub

Twitter: @kinshiphub



**Kinship Hub**



**ARE YOU A KINSHIP CARER  
RAISING A RELATIVE OR A  
FRIENDS' CHILD?  
JOIN OUR FREE KINSHIP  
CARERS COOKING CLUB  
WHERE YOU AND YOUR  
CHILD(REN) JOIN OTHER  
KINSHIP FAMILIES TO  
SOCIALISE AND MAKE  
HEALTHY AND DELICIOUS  
MEALS TOGETHER!**

**How it works:**

- We will deliver your ingredients to you every week with a recipe card.
- We will send you a link to join a group cooking session on Zoom, where together with other kinship families we will all cook a healthy meal.
- Once a month we will meet in person to socialise, have fun, and of course cook!

**REGISTER AT:**

[WWW.KINSHIPCARERSHUB.ORG/CONTACT](http://WWW.KINSHIPCARERSHUB.ORG/CONTACT)

OR FOR MORE INFORMATION PLEASE EMAIL

[INFO@KINSHIPCARERSHUB.COM](mailto:INFO@KINSHIPCARERSHUB.COM) OR CALL

07792320549



# 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 the continuing impact of COVID-19 to the war in Ukraine, 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.

### FIND OUT WHAT YOUR CHILD KNOWS

1  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 have seen.

### RIGHT TIME, RIGHT PLACE

2  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.

### KEEP IT AGE APPROPRIATE

3  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 is happening – but again, do stay aware of their emotional state.

### EMPHASISE HOPE

4  Upsetting content can make us feel angry, scared, upset, 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.

### MONITOR REACTIONS

5  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.

### CONSIDER YOUR EMOTIONS

6  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.

### SET LIMITS

7  Managing screentime and content can be difficult at the best of times, 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 and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.

### TAKE THINGS SLOWLY

8  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.

### ENCOURAGE QUESTIONS

9  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.

### FIND A BALANCE

10  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.

### BUILD RESILIENCE

11  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.

### IDENTIFY HELP

12  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.



 National Online Safety®  
#WakeUpWednesday



@BrunswickParkPS



Inclusion Team  
@InclusionBPPS



EYFS  
@EyfsBPPS



Year 1  
@Year1BPPS



Year 2  
@Year2BPPS



Year 3  
@Year3BPPS



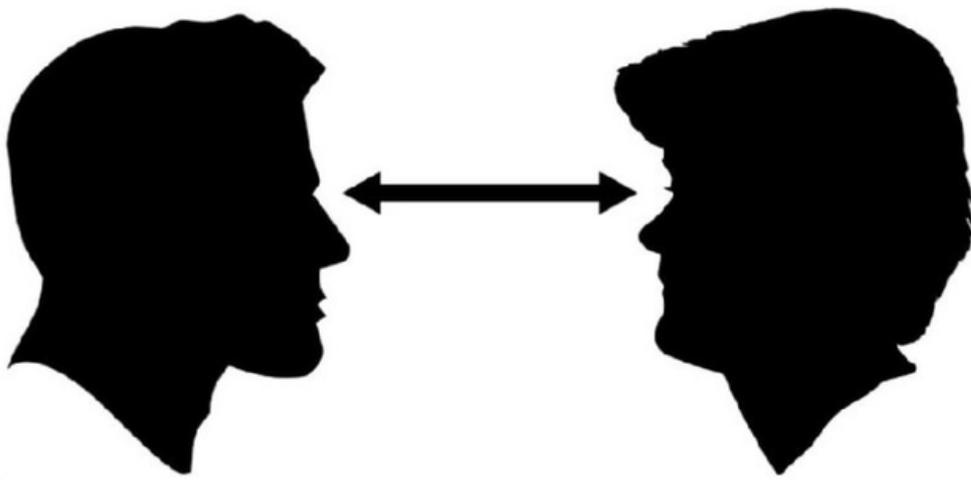
Year 4  
@Year4BPPS



Year 5  
@Year5BPPS



Year 6  
@Year6BPPS



Encourage your child to make and maintain eye contact with the other person when speaking; they may find this uncomfortable at first, but persevere and give them praise when they do



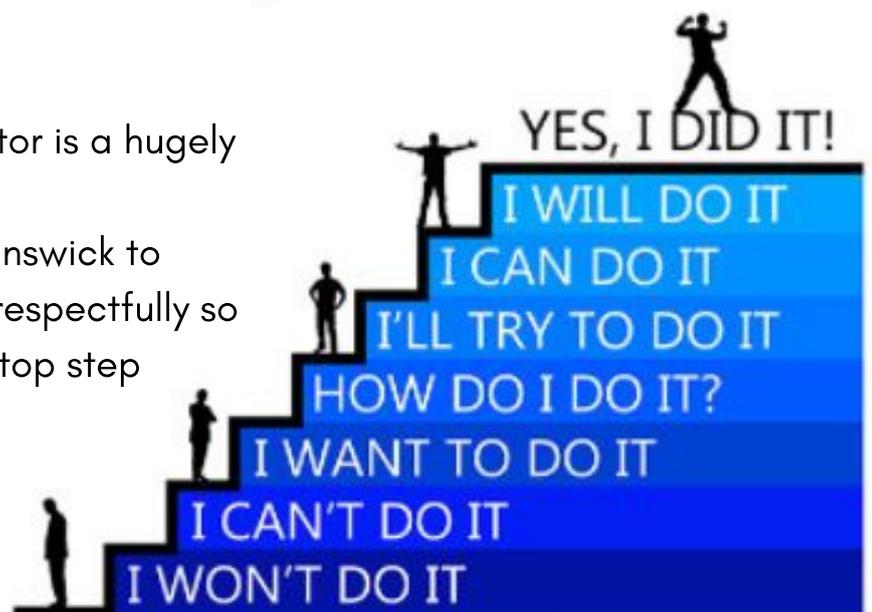
Encourage your child to answer questions in full sentences and to make 2-way conversations where possible



Praise your child when they talk to people with confidence to develop their self-esteem and belief in the power of effective communication

Being an effective communicator is a hugely powerful life skill.

We want every child at Brunswick to communicate confidently and respectfully so they feel they are on the top step



# Term Dates 2021/2022

## Autumn Term

**HALF TERM 1:** Wednesday 1 September 2021 to Friday 22 October 2021

**INSET DAY ON WEDNESDAY 1 SEPTEMBER - CHILDREN RETURN ON THURSDAY 2 SEPTEMBER**

**HALF TERM BREAK:** Monday 25 October 2021 to Friday 29 October 2021

**HALF TERM 2:** Monday 1 November 2021 to Friday 17 December 2021

## Spring Term

**HALF TERM 3:** Tuesday 4 January 2022 to Friday 11 February 2022

**INSET DAY ON TUESDAY 4 JANUARY - CHILDREN RETURN ON WEDNESDAY 5 JANUARY**

**HALF TERM BREAK:** Monday 14 February 2022 to Friday 18 February 2022

**HALF TERM 4:** Monday 21 February 2022 to Friday 1 April 2022

## Summer Term

**HALF TERM 5:** Tuesday 19 April 2022 to Friday 27 May 2022

**INSET DAY ON TUESDAY 19 APRIL - CHILDREN RETURN ON WEDNESDAY 20 APRIL**

(May Day bank holiday will be taken on 2 May)

**HALF TERM BREAK:** Monday 30 May 2022 to Friday 3 June 2022

**HALF TERM 6:** Monday 6 June 2022 to Friday 22 July 2022

**INSET DAYS ON WEDNESDAY 20 AND THURSDAY 21 JULY; QUEEN'S PLATINUM JUBILEE BANK HOLIDAY FRIDAY 22 JULY - LAST DAY IN SCHOOL FOR CHILDREN IS TUESDAY 19 JULY 2022**

**Children finish at 2.00pm on 17 December 2021, 1 April 2022 and 19 July 2022**

# Term Dates 2022/2023

## Autumn Term

**HALF TERM 1:** Thursday 1 September 2022 to Friday 21 October 2022

**INSET DAYS ON THURSDAY 1 SEPTEMBER AND FRIDAY 2 SEPTEMBER -  
CHILDREN RETURN ON MONDAY 5 SEPTEMBER**

**HALF TERM BREAK:** Monday 24 October 2022 to Friday 28 October 2022

**HALF TERM 2:** Monday 31 October 2022 to Friday 16 December 2022

**INSET DAY MONDAY 31 OCTOBER - CHILDREN RETURN ON TUESDAY 1 NOVEMBER**

## Spring Term

**HALF TERM 3:** Tuesday 3 January 2023 to Friday 10 February 2023

**INSET DAY ON TUESDAY 3 JANUARY - CHILDREN RETURN ON WEDNESDAY 4 JANUARY**

**HALF TERM BREAK:** Monday 13 February 2023 to Friday 17 February 2023

**HALF TERM 4:** Monday 20 February 2023 to Friday 31 March 2023

## Summer Term

**HALF TERM 5:** Monday 17 April 2023 to Friday 26 May 2023

(May Day bank holiday will be taken on 1 May)

**HALF TERM BREAK:** Monday 29 May 2023 to Friday 2 June 2023

**HALF TERM 6:** Monday 5 June 2023 to Friday 21 July 2023

**INSET DAY MONDAY 5 JUNE - CHILDREN RETURN ON TUESDAY 6 JUNE**

**Children finish at 2.00pm on 16 December 2022, 31 March 2023 and 21 July 2023**

### 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 or plain black trainers, 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:

Picton Street is now closed to traffic from 08:30 - 09:15 and 15:00 - 16:00. If you arrive by car please factor this in, as you will need to park elsewhere and walk into Picton Street.

### Safeguarding Information

The designated team for Safeguarding at Brunswick Park Primary is  
Susannah Bellingham  
Caroline Champion and  
Thomas Moudiotis.

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>

## Have you booked your slot for Parents' Evening on 23 or 24 March?

Slots available via Eventbrite - see

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

Whole School Attendance Target: 97%

#### Right to Reply:

18/03/22: 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](mailto:office@brunswickpark.southwark.sch.uk)