

# Brunswick Park Primary School



Brunswick Park  
Primary School

## e-Newsletter



Friday 27 January 2023

Tel: 020 7525 9033

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

January's Focus Values are **POSITIVITY** and **RESILIENCE**

February's Focus Value is **HONESTY**

Dear Parents and Carers

Welcome to this fortnight's Newsletter. Today is Parent Mental Health Day, and this letter contains information to support parents in looking after their mental health. For easy reference it is also sent out to parents and carers separately. There is information about Half Term and family learning activities, and the Term Dates for 2023-24 so you can plan ahead. Please do not book holiday in term time, even if the tickets are cheaper, as it cannot be authorised. For various reasons following the pandemic, school attendance across the country has fallen. Children still need to be in school on time every day to recover the learning they lost, build resilience and form good working habits.

Children from Reception to Year 6 had a great time at the panto on Wednesday, which has been shared on Twitter. Feedback from Reception children includes:

I liked the slap in the face. - Mollie  
I liked the slap on the bottom. - Alhassan  
I liked the baby giant. - Jack  
I really liked the music. - Oscar  
I liked it when they fell down. - Dominic  
I liked the silly hen at the end. - Blaise

I liked the giant when he looked through the letterbox. - Harper-Rose  
I liked the Gruffalo. - Michael  
I liked all the different noises. - Elyssa  
I liked it when they laid the egg. - Zoella  
I liked the part when Jack got scared. - James  
I liked the song at the end. - Rosa  
I liked the golden egg. - Sylvie  
I liked that they had all the pictures at the front and then they turned them around so you could see inside. - Jude  
I really liked it when the bean stalk grew. - Cora

Our future theatre critics clearly thought it deserved 5 stars.

The drinking fountains in the Key Stage 2 Playground are now repaired - thank you for supplying your children with bottles of water - and the Sports Hall boilers are now working again so PE lessons are not so chilly.

It is Safer Internet Day on 7 February. This year it's about managing your life online, and having conversations about safe internet use. Included in this letter is information from Joshua Bowdery, our Computing Leader, and factsheets about Twitter and building online resilience at home.

A reminder that Tuesday 31 January is the last day barriers will be put out on Bantry and Hopewell Streets, as cameras have been installed to track road use when Picton Street is closed to traffic. If you choose to drive at restricted times, you risk a warning and fine.

And finally, due to strike action, school is closed on Wednesday 1 February. Parents whose children have been offered a childcare place for that day have received an email and a text about it, to which the School Office should have received a response by Noon today. Thanks as always to those who have let us know.

With best wishes for a peaceful fortnight ahead.

Susannah Bellingham

Head Teacher



**Teacher members of the National Education Union are taking strike action on Wednesday 1 February.**

**All details of how this will affect Brunswick Park have been sent to parents and carers. Missed them? Please check your inbox.**

**SCHOOL IS CLOSED TO MOST PUPILS ON WEDNESDAY 1 FEBRUARY**

**TERM DATES ARE ALWAYS ON THE NEWSLETTER AND WEBSITE: NOW AVAILABLE FOR 2023-24**

**SAFER INTERNET DAY: 7 FEBRUARY**





Some of our children are playing versions of Times Tables Rock Stars at home that are out of date.

It's important that they use the latest versions of the app and website to ensure they receive the most secure, feature-rich and enjoyable experience of Times Tables Rock Stars.

Some of the versions are so far behind that they're missing out on key updates.

**The solution?**

If using the website at home, visit [play.ttrockstars.com/reset](https://play.ttrockstars.com/reset) to load the latest version in your device's browser, or update the Times Tables Rock Stars app from your provider's app store.

Thank you!

A promotional poster for Safer Internet Day 2023. The text 'Safer Internet Day 2023' is in large blue font on the left. To the right is a cartoon smartphone character with a face, arms, and legs, holding a globe. Below the character is the date 'Tuesday 7 February'. The main message 'Want to talk about it?' is underlined in blue, followed by 'Making space for conversations about life online' in orange. The website 'www.saferinternetday.org.uk' is listed in blue, with 'in partnership with:' in orange below it. At the bottom are logos for the European Commission, INHOPE, insafe, and the UK Safer Internet Centre.

Safer  
Internet  
Day 2023

Tuesday 7 February

Want to talk about it?

Making space for conversations  
about life online

[www.saferinternetday.org.uk](https://www.saferinternetday.org.uk)  
in partnership with:

European Commission INHOPE insafe UK Safer Internet Centre

## Safer Internet Day 2023

Safer Internet Day 2023 will take place on 7 February 2023, with celebrations and learning based around the theme:

**'Want to talk about it? Making space for conversations about life online'**

Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

In the UK, we are celebrating by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive.

That is why we are asking parents, carers, teachers, government, policymakers, and the wider online safety industry to take time to listen to children and young people and make positive change together.

This year we are hoping to answer the following questions:

- What issues really matter to children and young people?
- What changes do they want to see?
- How can we all work together to advocate for them moving forward?

With your help, Safer Internet Day 2023 can be a springboard for conversations that shape how we talk about and respond to online issues, not just for one day, but throughout the whole year.

Safer Internet Day 2023 – WWW

[Safer Internet Day 2023 - UK Safer Internet Centre](#)



Safer Internet Day 2023 – Parents section

[Parents and carers - UK Safer Internet Centre](#)





**Our free taster sessions this term are:**

Centre	Beginner Classes <small>(Date confirmed for free taster session when you apply)</small>	
Christchurch Methodist Church 114 Lower Addiscombe Road <b>Croydon</b> CR0 6AD	Wednesday Friday Saturday	4.30 pm 5.15 pm 2.00 pm
Mitcham Parish Church Church Road <b>Mitcham</b> CR4 3BU	Friday	5.00 pm
Peckham Park Road Baptist Church 121 Peckham Park Road <b>Peckham</b> SE15 6SX	Thursday Saturday	5.15 pm 11.45 am
St Peter's Church Pickford Lane <b>Bexleyheath</b> DA7 4RT	Monday Saturday Saturday	7.15 pm 2.15 pm 4.15 pm
Trinity Methodist Church 265 Burrage Road <b>Plumstead</b> SE18 7JW	Monday Saturday	4.15 pm 4.15 pm
<b>Zoom Online Classes</b>	Friday Tuesday	5.30pm 6.30pm

Bookings for taster sessions are strictly taken on a first-come-first-served basis.

- Free introductory session for beginners, aged 5 and up, with classes starting this term (see over for timetable)
- Advanced classes available now for children of all ages with experience of music
- Children learn to read, write and play music **from the very first lesson**
- Lessons held locally after school or on Saturday, OR why not try our new ZOOM classes!
- Keyboards provided at every face-to-face lesson. Pupils need their own keyboard for ZOOM classes.
- All our teachers hold DBS enhanced certificates

**KEYBOARD/PIANO  
LESSONS  
FOR CHILDREN**

**FOR MORE INFORMATION:**

- ✉ [admin.sln@soundstepsmusic.co.uk](mailto:admin.sln@soundstepsmusic.co.uk)
- ☎ 020 8648 5534
- ☎ 07957 731 945
- 🌐 [www.soundstepsmusic.co.uk](http://www.soundstepsmusic.co.uk)



**Come and join us, and make music!**



GET RID OF AND  
DONATE

**OPEN HOUSE**

FREE CLOTHING, HOUSEHOLD,  
TOYS & BOOKS

Come and choose what you need.  
All items are FREE

**WHEN?**

Starting Monday 17th October  
Open House - Coffee Morning at 10:00 - 11:30  
No items will be available outside of these times or on other days

**WHERE?**

St. Faith's Community Centre  
Red Post Hill, Dulwich  
London SE24 9JQ

Train: North Dulwich Station  
Bus: 37 or P4

**CONTACT US**

**07944 102 112**

[WWW.GETRIDOFIT-DONATE.COM](http://WWW.GETRIDOFIT-DONATE.COM)



**Open House is still running on Mondays**



**CERTIFICATE OF  
APPRECIATION**

Awarded to

*Brunswick Park School*

In recognition of your donation of  
milk bottle tops for the charity  
Water Search and Rescue Team (WSART)

from

*Maidstone Lions Club*

Charity no. 1182988

**Recycling pays off - Greta in Year 4 co-ordinated  
Brunswick's contribution to the Lions Club Charity**



SAVE THE CHILDREN'S

CHRISTMAS JUMPER DAY



# CONGRATULATIONS

BRUNSWICK PARK PRIMARY SCHOOL

Thank you for pulling on your most Christmassy jumper and making it the best. Day. EVER!

You've raised

£ 235

Coach Christmas  
Jumper HQ,  
Save the Children



Save the Children Fund is a charity registered in England & Wales (213890), Scotland (SC039570) and Isle of Man (199). Registered office: 1 St John's Lane, London, EC1M 4AB.

MAD ABOUT  
FOOTBALL



# BETHWIN

## FOOTBALL

WEDNESDAY  
4:30-6:30pm

Free!

Bethwin Adventure  
Playground, SE5 0AH

Astro - NO STUDS!

AGE 10-15

FOR FURTHER  
CONTACT:

07706344545



Course Title	Code	Venue	Day	Time	Start date	Weeks	Materials
<b>Family Pottery</b> - Have creative fun with clay with your school age child -(2 max)	FL2013	TC	Monday	4pm-5.30pm	09/01/23	5	£5.00 material fee
<b>Reduce, reuse and recycle</b> -creative fun for all the family	FL2003	TC	Monday	1pm-3.30pm	13/02/23	1	Nil
<b>Reduce, reuse and recycle</b> -creative fun for all the family	FL2004	TC	Tuesday	1pm-3.30pm	14/02/23	1	Nil
<b>Family learning -Creative Creatures</b> fun for all the family	FL2010	TC	Saturday	12pm-2.30pm	04/03/23	2	Nil
<b>Family Textiles</b> - Exploring textiles, suitable for all ages. Each week we will develop a different textile skill	FL2015	TC	Monday	4pm-5.30pm	20/02/23	5	Nil

Southwark adult learning Service  
Thomas Carlton Centre  
Alpha Street London SE15 4NX

For more information and to book a place please contact  
**Kate Bagnall**  
Family Learning Manager

[Kate.Bagnall@southwark.gov.uk](mailto:Kate.Bagnall@southwark.gov.uk)

phone  
020 7358 2100

Enrol now for  
**FREE**

**FAMILY LEARNING ACTIVITIES**



**Spring 2023**  
@ Thomas Carlton Centre  
Corner of Choumert Road and Alpha Street





# February Half-Term

## Tues 14th

## Wed 15th

### FUN ACTIVITIES SUCH AS:

- Art & Craft
- Music
- Drama
- Fitness
- Story Telling
- Board Games
- Cooking

OUR ACTIVITIES ARE  
ONLINE AND IN PERSON



## OUR CENTERS

ST GEORGE'S CoFE PRIMARY SCHOOL  
Coleman Rd, SE5 7TF

ST GILES  
St Giles Parish Hall,  
161 Benhill Road. SE5 7LL

SPECIAL NEEDS & DISABILITIES (SEND)  
PROGRAMME  
Camberwell College of Arts Foundation -  
Modular Building, 1 Wilson Rd, SE5 8LU

TEENS CENTRE @ UNITED REFORMED CHURCH  
Love Walk, Camberwell, SE5 8AE

THE CLUB ROOM  
Samuel Lewis Trust Estate,  
Warner Road, SE5 9NE

AMOTT ROAD BAPTIST CHURCH  
Amott Road, SE15 4HU

ST PAUL'S CHURCH HALL  
Lorrimore Square,  
Lorrimore Rd, SE17 3QU

DAWSON HEIGHTS ESTATE  
Community Centre  
Overhill Road, SE22 0PW

FREE FOR  
AGES 0-16

PETER  
MINET  
TRUST

Funded By

Impact  
on Urban  
Health



Book your place today!

[holidayclub@springcommunityhub.org.uk](mailto:holidayclub@springcommunityhub.org.uk)

WhatsApp/call/text

07988138997





PARENT MENTAL  
HEALTH DAY  
27th January

# PARENT MENTAL HEALTH DAY BALANCE PACK

27TH JANUARY 2022

stem4

supporting teenage mental health  
registered charity No. 1144506



# What is #PMHD?

stem4's Parent Mental Health Day (PMHD) encourages understanding and awareness of the importance of parents' mental health and its impact on the whole family system. With this year's theme being 'balance', the day aims to get parents and carers to take a moment to reflect on the balance they have in their lives and to take positive steps to make change.

## The #PMHD story

The past two years have been like no other, with huge impact on the nation's mental health. With ever-changing restrictions, uncertainties, multiple roles, health, educational, economic and social impact, it is easy for parents and carers to overlook their own mental health as they juggle daily tasks.

Parent Mental Health Day is here to shine a light on the unsung heroes who have parented under changed circumstances throughout the pandemic, but now need some focus on themselves. By getting parents, carers and employers engaged in discussions, PMHD aims to challenge the stigmas surrounding parents' mental health and start a discussion about how they are coping.

## #PMHD 2022: #TiptheBalance to Positive

As the pandemic continues for far longer than anticipated, with constant challenge and strain causing inevitable exhaustion, #PMHD 2022 will focus on practical ways parents and carers can regain equilibrium in their lives and #TiptheBalance towards positive mental health.

stem4, a charity that supports young people to build positive mental health, is proud to be the UK founder of Parent Mental Health Day in 2022.



## What's inside?

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## #TiptheBalance to positive: for yourself

Anxiety or feeling overwhelmed makes our body tense. Learning to relax is a helpful way to calm the brain and body's anxiety.

1 Keep a 'brain dump' diary. When you start to overthink, just 'dump' all the many worried or negative thoughts you have in there. Close your diary and keep your thoughts there, not in your head.

2 Go for a calming walk. Imagine you are leaving behind your worries at each step. Make sure you walk until you feel relaxed.

3 Sit somewhere comfortable, close your eyes and very slowly think of relaxing as many muscles as you can. Start with your feet and work very slowly all the way to the top of your head.

4 If you can't sleep, just rest your head comfortably against the pillow and feel each hair as it rests on the pillow. Now gently move down each part of your body, really slowly feeling how each part feels heavy and comfortable against the bed.

## #TiptheBalance to positive: for your family

If you are feeling tense or stressed, this is likely to affect your family dynamic. Why not take a moment to plan something you can do with other family members to create a positive, supportive environment?

1 Make a plan to cook/bake something you enjoy together. Research recipes, check what ingredients you already have at home, and arrange a time to prepare the food together.

2 Plan a relaxing night in with a movie and popcorn. Decide what you will watch beforehand and set aside time for it. Maybe get some snacks you don't usually have in the house. Then put all phones and distractions away and cosy up together to enjoy the film.

3 Get together with a family member to sort books/clothes for a charity collection. Not only will you be spending time together, you'll also be decluttering your home, and also doing something for the greater good by donating things you no longer need.

4 Make an effort to pay each family member a compliment at least once a day. By showing that you acknowledge their strengths and positives, you will help to foster a supportive environment and show that you care. Plan some of the things you might like to say and do in the five minutes you have left aside.



## #TiptheBalance to positive: at work (for employees)

Sometimes when we are worried, we change the things we do to try and help us feel better. Often this may be doing things less, which may help for a little bit but sometimes in the long-term can make it harder for us.

- 1 Set yourself a goal for something you want to achieve at work. Write yourself the steps you have to take to make this goal happen, starting from easier to harder—this is called an 'exposure hierarchy'.
- 2 Create a personal strengths diary and try and put one of those strengths into practice every day. Do something you are good at and note down all the positives it makes you feel. If you are struggling, just think about projects you have worked on and see if you can find any positive feedback you received. You could keep all positive feedback in a separate folder that you can always refer to when you need a mood boost.
- 3 If you can, go outside on your lunch break. Even if it's just for a quick 5/10 minute walk around the local park, getting some fresh air and a change of scenery will help you feel energised when you get back to work. While you're outside, take the time to notice the architecture or buildings around you.
- 4 If you are working from home, make sure to take regular breaks throughout the day and maybe use this time to practise a musical piece (or learn a new instrument!). Even just a few minutes at a time will help you improve over time.
- 5 Take a five to fifteen minute break and catch up with a colleague or your team. You don't necessarily just have to talk about work.

## #TiptheBalance to positive: at work (for employers)

Workplaces are not only where work is done, but are places where employees thrive. Working from home and hybrid working can sometimes challenge personal growth if connections are reduced.

- 1 Promote taking a 15 minute break in the day to encourage employees to do something they enjoy, as well as create an opportunity for others to find out what that something is.
- 2 Create a 'recognition and praise' board for managers and employees to contribute to about each other.
- 3 Create a work fitness challenge on the day. For example, walk 1,000 more steps than you usually do (you could also make an opportunity for this to happen, for example host a 'walking meeting'). Provide prizes for winners or create a leader-board.
- 4 Ask employees to contribute ideas to an office 'care pack' which can be given out at the start of the following week.
- 5 Provide opportunities to have ten minute 'energy' chats with colleagues. An 'energy chat' should boost mood by finding out and focusing on something a person finds energising (an interest or passion, a book they love, the joys of parenthood...).

## Boost your mental health with MINDYOUR5



Looking after your mental health is as important as looking after your physical health and yet, whilst we know what we should do to be physically fit, we don't often know what we should do to develop our mental fitness.

Just as five fruit and veg a day maximises your physical health, try five mental well-being activities to maximise your mental health.

The categories that make up MINDYOUR5 are equally important and a regular balance of these will contribute significantly to your mental well-being.

To keep positive mental health and #TiptheBalance to positive, practise the five categories in the MINDYOUR5 model developed by Dr. Krause. This can be done by making sure you:

- Do your 'five a day' everyday (one task from each category and cover all five).
- Develop a balanced focus on each category long term.

MINDYOUR5 can be done on your own, at work or at home. Why not make #PMHD a MINDYOUR5 day?

H	<b>for Healthy Practice</b> — this focuses on the fact that looking after your physical health is vital for good mental health. Healthy practice includes the importance of good diet and sleep.
A	<b>for Activity</b> — this is not only about the importance of regular activity including sport, but also includes other types of activity such as art, music or drama, as well as the ability to regulate activity through relaxing, having breaks, yoga, martial arts and learning to be mindful.
P	<b>for Positive Thinking</b> — this highlights the importance of how your interpretation of a situation will determine its outcome. If your perspective is negative, the outcome of your thinking will be negative.
P	<b>for Positive Emotions</b> — this states the relevance of emotional understanding, regulation and expression.
Y	<b>for Your Connections</b> — this category explores the importance of connectivity — forming relationships with family and friends, connecting with others positively and ways to boost social confidence and care.

Learn more on how to MindYour5 at [www.mindyour5.co.uk](http://www.mindyour5.co.uk)



## TAKE5 to calm

No matter where you are or what you're doing, stem4's Take5 Breathing Exercise is a simple, easy way of calming yourself. Take a moment out of your day, sit somewhere comfortable, relax as best you can and do the following exercise.

- 1 Stretch out your hand and trace your thumb with a finger from the other hand.
- 2 Breathe in as you move upwards and breathe out as you move downwards on the inner side of your thumb.
- 3 Repeat for each finger.




Watch the video here:

<https://www.youtube.com/watch?v=gAjCw22xHo>



parentmentalhealthday.co.uk

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  @stem4org

#PMHD #ParentMentalHealthDay #TiptheBalance

Why not share one of your own activities? If you've found a great way to #TiptheBalance, share it with us on Twitter or Instagram and we might repost it! If you do try any of our activities, be sure to tag us too.

Head to [www.parentmentalhealthday.co.uk](http://www.parentmentalhealthday.co.uk) for more information on the pandemic impact on family mental health, as well as tips on how to work towards an equilibrium.

## stem4 Webinar for Parents and Carers

#TiptheBalance to Positive:  
Looking after Parent and Carer  
Mental Health

- Thursday 27th January 2021 – 7pm via Zoom
- Register for free:  
<https://bit.ly/stem4webinarsPMHD>
- For more information, please email  
[education@stem4.org.uk](mailto:education@stem4.org.uk)



Sign up to the webinar here: <https://bit.ly/stem4webinarsPMHD>

parentmentalhealthday.co.uk



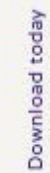
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## Further resources

### Try our Combined Minds app

Combined Minds is a FREE app developed for teenage mental health charity stem4 by Dr. Nihara Krause, Consultant Clinical Psychologist, to help families and friends support young people with their mental health.

Combined Minds helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. As important influencers in the lives of young people, this provides positive impact on their mental health.



Please note that none of the stem4 apps substitute for seeing a mental health professional / GP. Please see a suitably qualified professional for assessment and advice on treatment.

## stem4's digital portfolio



Calm Harm is a free app to help teenagers manage or resist the urge to self-harm.



Clear Fear is a free app to help young people manage the symptoms of anxiety.



Move Mood is a free app to help teenagers manage symptoms of depression.

## Get in touch



**stem4**  
supporting teenage mental health  
registered charity No. 1314506

For more information about stem4 and what we do, check out our website [stem4.org.uk](http://stem4.org.uk) or email us at [enquiries@stem4.org.uk](mailto:enquiries@stem4.org.uk)

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# What Parents & Carers Need to Know about

# TWITTER

AGE RESTRICTION

13+

## WHAT ARE THE RISKS?

Twitter is a social media network which allows users to post short messages ('tweets') of up to 280 characters. Tweets can consist of text, photos, videos, audio, links, polls and GIFs – often linked by hashtags if they share a common theme or message. Hashtags receiving high levels of interest are said to be 'trending'. Twitter users can engage with other people's posts by liking, retweeting (sharing) or tweeting back (commenting on). Since the entrepreneur Elon Musk acquired Twitter in October 2022 for \$44 billion, he has implemented several major changes to the platform.

## INTERACTION WITH STRANGERS

Tweets are public by default, meaning that anyone can view and interact with posts, follow someone and send direct messages. The concern here is that young people may therefore connect and communicate with strangers. Some individuals may follow a young person's Twitter account simply because they have similar interests; however, others may turn out to have more sinister intentions.

## FIXATION ON VIEW COUNT

Twitter has recently introduced a 'view count' feature – telling users how many people have seen their tweet (even if they haven't reacted to it). Previous research has found that unfavourable comparisons with other social media users can cause young people to experience feelings of insecurity, jealousy and low self-esteem – leading to an obsession with increasing their numbers.

## TROLLS AND BULLYING

The anonymity offered by fake profiles encourages some users to send tweets designed to provoke a reaction; to disrupt conversations; to spark an argument; or to harass the recipient. Such trolling and bullying can impact the mental wellbeing of both the target and anyone who witnesses it. Encourage your child to come to you if they experience such behaviour on Twitter, or if they see it taking place.

## PAID-FOR VERIFICATION

Previously, if a Twitter profile displayed a blue tick icon, it meant that the owner – usually a celebrity or a major organisation – had been verified as genuine. Now, however, anyone can pay for a Twitter Blue subscription to receive the tick, with the platform carrying out limited checks on the account's authenticity. This could easily lead to more fake accounts impersonating real people or companies.

## CONTENT MODERATION CHANGES

In late 2022, Twitter stated that their 'policy enforcement will rely more heavily on de-amplification of violative content: freedom of speech, but not freedom of reach'. No policies have changed yet, but this wording suggests they may limit who can see posts rather than removing them. While supporting free speech, this could encourage an environment where some toxic content remains online.

## HIJACKED HASHTAGS

The hashtag (#) is one of Twitter's most recognisable facets, allowing users to find specific trends or topics. But the sheer volume of tweets each hour can rapidly distort a hashtag's meaning; an initially innocent search term can quickly end up returning inappropriate results. This is common with 'trending' hashtags, as people know that using them will get their tweet seen by a larger audience.

## Advice for Parents & Carers

### SET ACCOUNTS TO PRIVATE

To reduce some of the fear of your child's tweets being seen and shared by anyone, you can always make their account protected. This means that your child has to give approval for another user to view their posts. You can change Twitter's privacy settings so that your child can't be messaged directly by other people on the platform and their geographical location won't be shared.

### EXPLORE THE NEW SETTINGS

Previously, any user could reply to anyone else's tweets. However, the new conversation settings let your child determine who can reply to their posts – either by selecting everyone (the default option), people they follow or only people they mention (using the @ symbol). This improvement has given users extra control, providing them with more protection from trolls and online abuse.

### FOSTER CRITICAL THINKING

It can be difficult for anyone to ascertain if something online is real or false, but particularly for young people. Encourage your child to check several reputable sources to determine if a story they've seen is true; remind them to watch out for scams and think about the message's possible motive. Emphasise that it's not a good idea to retweet something if they aren't sure it's correct.

### PAUSE BEFORE POSTING

It's important that young people think about what they're about to post and whether they might regret it later. Twitter has developed 'nudges': little prompts which appear if someone is about to tweet using harmful or offensive language. These nudges promote more positive online behaviour by giving users an opportunity to pause and consider their words before they post something.

### ENGAGE SAFETY MODE

When Safety Mode is activated, Twitter checks for abusive or spammy behaviour such as hurtful language or repeated negative replies. The platform then flags these suspect accounts and blocks them from responding to your child's tweets. The autoblock function then prevents these accounts from interacting with your child's again for seven days.

### BLOCK, REPORT OR MUTE

If someone is upsetting your child on Twitter, you can block and report them. Blocking stops them from messaging or following your child, while reporting an account alerts Twitter to investigate possible misuse. The 'mute' feature, meanwhile, keeps tweets from a specific account (or which include certain words) out of your child's timeline. The other user won't know that they've been muted.

### BE CAREFUL WHO TO FOLLOW

As accounts are no longer being as rigorously verified under the 'blue tick' system, it's essential that young Twitter users understand what this means. In terms of people not necessarily being who they claim. Anyone who your child only knows online is still a stranger, regardless of how long they've been communicating for. Remind your child never to disclose personal information on social media.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: <https://blog.twitter.com/common-thread/en/topics/stories/2022/how-twitter-is-nudging-users-healthier-conversations> | [https://blog.twitter.com/en\\_us/topics/product/2022/twitter-blue-update](https://blog.twitter.com/en_us/topics/product/2022/twitter-blue-update) | [https://blog.twitter.com/en\\_us/topics/company/2022/twitter-2-0-our-continued-commitment-to-the-public-conversation](https://blog.twitter.com/en_us/topics/company/2022/twitter-2-0-our-continued-commitment-to-the-public-conversation) | <https://scholarworks.lib.csusb.edu/cgi/viewcontent.cgi?article=2133&context=etd>



# 12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

## WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

### 1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

### 2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

### 3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

### 4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version - by saving it to a removable USB drive or similar device, for example.

### 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

### 6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' - such as your birthplace or a pet's name - in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

### 7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

### 12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency - even if they appear to come from someone you know.

### 11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates - so by ensuring each device is running the latest version, you're making them more secure.

### 10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure - criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

### 9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at [www.haveibeenpwned.com](http://www.haveibeenpwned.com) (yes, that spelling is correct!). It's useful if you're worried about a possible attack - or simply as motivation to review your account security.

### 8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun - so as long as you keep safety and security in mind, don't stop enjoying your tech.

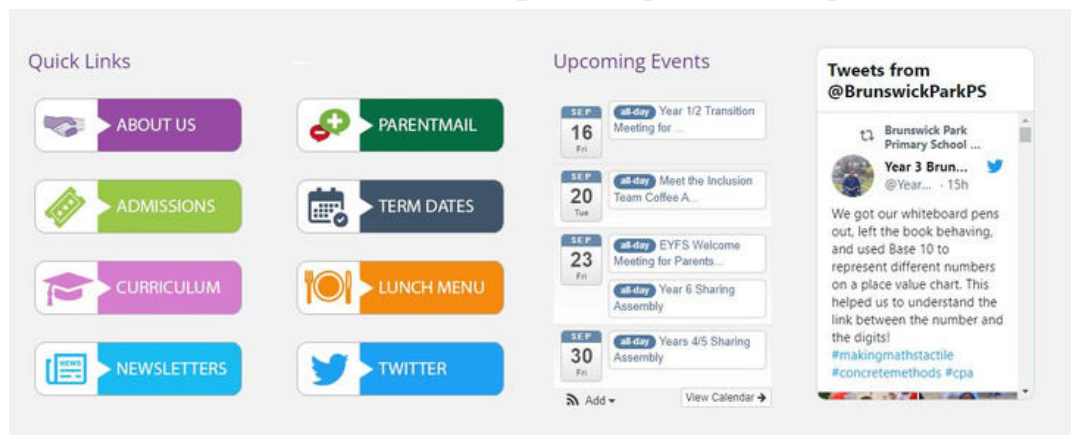
## Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



**NOS**  
National Online Safety®  
#WakeUpWednesday





On the Homepage of Brunswick's website there is the Events Diary, our Twitter Feed and Quick Links to all the information you need. Please use it to stay up to date; it is there to help you.

## Uniform

Sweatshirts, cardigans, bookbags and swimming hats are available to buy or collect from the School Office on **Wednesdays from 3.30–4.00pm**. If you choose to pay in cash, please bring the right money as we cannot give change. If you choose to pay online via ParentMail, please pay for your item/s before coming to collect them.

**Age 13 - adult sweatshirts = £10.00**

**All other sweatshirts = £8.00**

**Age 13 - adult cardigans = £13.00**

**All other cardigans = £11.00**

**Book Bags = £4.00**

**Swimming Hats = £1.00**

**Clothing with the old shoulder logo is available at the reduced price of £5.50**



### [Making payments for goods and services at school](#)

Payments for uniform, trips, Breakfast Club, top-up fees and Nursery After School Club can all be made either in cash at the School Office, or online, via ParentMail.

To pay for uniform online using ParentMail, you need to log in to your account and pay for the item/s before you collect them from the School on Wednesdays.

To pay for all other services – trips, Breakfast Club, top-up fees and Nursery After School Club – make sure your ParentMail account is registered to pay for the services you need, then you can pay for them online.

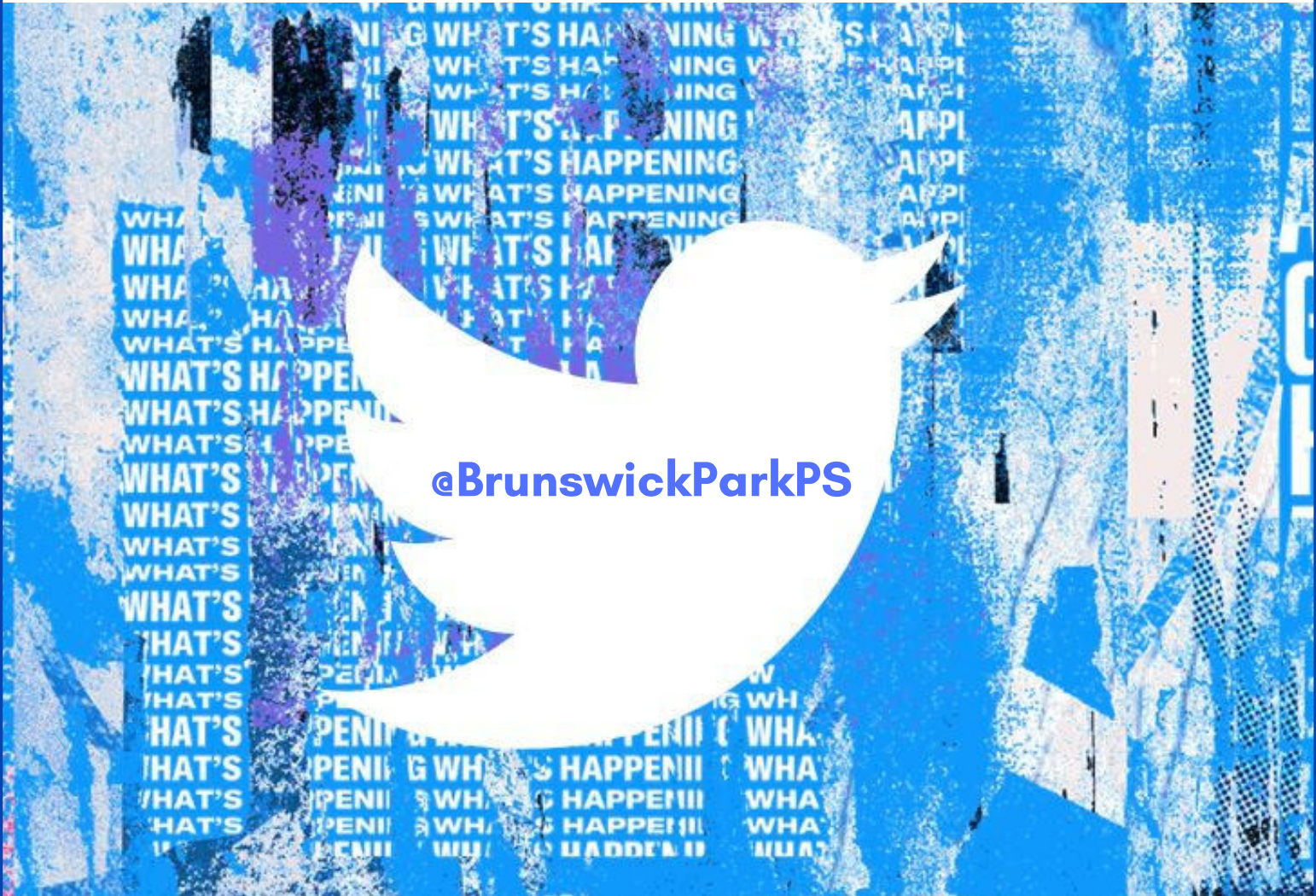
If you need support to register, please see the School Office Staff.

**WE HOPE THIS HELPS!**



# Follow us on Twitter

Classes and Year Groups Tweet regularly throughout the week to keep parents and carers up to date with what the children are learning and doing. Here are this year's Twitter usernames:



[@BrunswickParkPS](https://twitter.com/BrunswickParkPS)



Resource Base  
[@ResourceBaseBP](https://twitter.com/ResourceBaseBP)



EYFS  
[@EyfsBPPS](https://twitter.com/EyfsBPPS)



Years 1 and 2  
[@Years1and2BPPS](https://twitter.com/Years1and2BPPS)



Year 3  
[@Year3BPPS](https://twitter.com/Year3BPPS)



Years 4 and 5  
[@Years4and5BPPS](https://twitter.com/Years4and5BPPS)



Year 6  
[@Year6BPPS](https://twitter.com/Year6BPPS)



## The Play Shelter After School Club @ Brunswick Park

**£55 per week**

**£20 per day**

**3.30 - 6.00pm Monday - Friday**

To register your child, contact the Centre Manager on **07905 007964**  
or visit the After School Club in the Dining Hall.

email: [admin@theplayshester.co.uk](mailto:admin@theplayshester.co.uk)

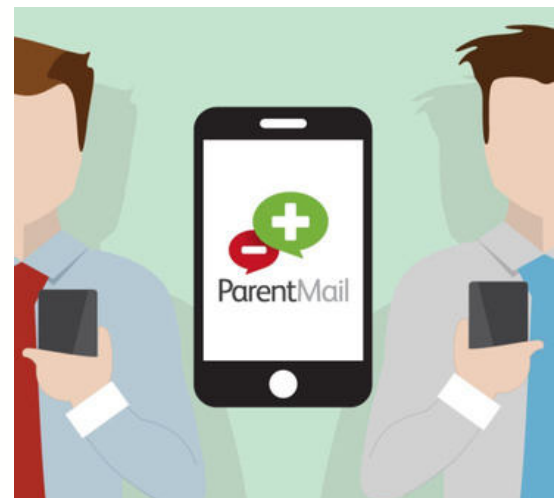
website: [www.theplayshester.co.uk](http://www.theplayshester.co.uk)

## Brunswick Park Breakfast Club

**Reception - Year 6**

**£12 per week**

regardless of the number of days children attend,  
payable a week in advance at the School Office  
and online via ParentMail.



**7.45am until the start of the school day, Monday - Friday**

In the Dining Hall, run by Brunswick's own staff: Mikaela, Linda and Karen  
Nursery Breakfast Club details are on the next page



# Term Dates 2022/2023

## ACADEMIC YEAR 2022-2023

### DO NOT BOOK HOLIDAY IN TERM TIME

#### 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**

# Term Dates 2023/2024

## ACADEMIC YEAR 2023-2024

### DO NOT BOOK HOLIDAY IN TERM TIME

#### Autumn Term

**HALF TERM 1:** Monday 4 September 2023 to Friday 20 October 2023

**INSET DAY ON MONDAY 4 SEPTEMBER**

**CHILDREN RETURN TO SCHOOL ON TUESDAY 5 SEPTEMBER**

**HALF TERM BREAK:** Monday 23 October 2023 to Friday 27 October 2023

**HALF TERM 2:** Monday 30 October 2022 to Wednesday 20 December 2023

#### Spring Term

**HALF TERM 3:** Monday 8 January 2024 to Friday 9 February 2024

**HALF TERM BREAK:** Monday 12 February 2024 to Friday 16 February 2024

**HALF TERM 4:** Monday 19 February 2024 to Thursday 28 March 2024

#### Summer Term

**HALF TERM 5:** Monday 15 April 2024 to Friday 24 May 2024

(May Day bank holiday will be taken on 6 May)

**HALF TERM BREAK:** Monday 27 May 2024 to Friday 31 May 2024

**HALF TERM 6:** Monday 3 June 2024 to Thursday 25 July 2024

**INSET DAYS MONDAY 22, TUESDAY 23, WEDNESDAY 24, THURSDAY 25 JULY**

**LAST DAY IN SCHOOL FOR CHILDREN IS FRIDAY 19 JULY 2024**

**Children finish at 2.00pm on 20 December 2023, 28 March 2024 and 19 July 2024**

#### Public Holidays:

Monday 25 December 2023:	Christmas Day Holiday
Tuesday 26 December 2023:	Boxing Day Holiday
Monday 1 January 2024:	New Year Holiday
Friday 29 March 2024:	Good Friday
Monday 1 April 2024:	Easter Monday
Monday 6 May 2024:	May Day Bank Holiday
Monday 27 May 2024:	Spring Bank Holiday
Monday 26 August 2024:	Summer Bank Holiday



## 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 Campion 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 and Twitter 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

**Highest attendance of the fortnight is Reception B with 100% and Reception A with 99.6%**

**Lowest attendance of the fortnight is Class 1/2B**

**Class with the most lateness is Class 4/5C**

**Whole school attendance of the fortnight is 94%**

If your child needs to be absent from school for exceptional reasons, you need to complete an Exceptional Leave Request Form in good time beforehand, available on the website and from the School Office.

*Remember - don't book holiday in term time - even if the tickets are cheaper - as it cannot be authorised.*

**Whole School Attendance Target: 97%**

### Right to Reply:

**27/01/23: 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)