

# Brunswick Park Primary School



**Brunswick Park**  
Primary School

**e-Newsletter**

X @BrunswickParkPS

Instagram brunswickparkps

Friday 26 April and Friday 10 May 2024

Tel: 020 7525 9033

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

May's Focus Value is **DEMOCRACY**

Dear Parents and Carers

Welcome to this double issue of the Summer Term's Newsletter. Whilst the Spring Holiday now seems distant memory, I hope you had an enjoyable break with your families, and wish those who celebrate a belated happy Easter and Eid. Thanks go to the BPFA and our wonderful volunteers for their after school event on 19 April to mark Eid. The food was delicious, and the event was a valuable expression of our school community's cohesion.

In these extremely challenging times for school budgets, we are ever-grateful for the BPFA's fundraising work, which is explained below. The graph shows clearly the results of the Association's excellent work on behalf of the school's children, and the recent planting around the school is a visible result. If you have donations for the BPFA International Day on 7 June, please take them to the School Office.

The Summer Term is very busy, so to keep you well informed, this Newsletter will focus on upcoming dates for your diaries. There are statutory assessments in the EYFS, Year 1, Year 4, Year 6 and for some children in Year 2 for which children need to be in school every day on time. Tracy Sherry, our Attendance Officer, has written to you to explain the support we offer parents and carers to ensure children come to school on time every day and what attendance percentages mean. Pupil attendance should be 96%+; 95% is a cause for concern and 90% is persistent absence. I have included a copy in this edition in case you missed it.

I am pleased to welcome our new Music Teacher, Reece Evans, who has been working with us for the last week and has been getting to know the children, noting their confidence and enthusiasm, which is encouraging.

Finally, thanks go to Year 2, who made a profit of £135 for UNICEF from their enterprising Keyring Sale, to Dr Rebecca Thom, a kidney transplant doctor and parent who shared information about her work with the children in a Friday assembly and to the parents and carers who came to Anna Newbold's Art History Club Exhibition on 26 April. The children were justly proud of their excellent work, and were keen to explain how they made it.

There are plenty of trips and visits coming up, including to art galleries, that support and enrich children's learning across the curriculum. Thank you as always for your support with these; we cannot offer them without your help.

With best wishes for a peaceful and enjoyable fortnight ahead.

Susannah Bellingham, Head Teacher

**DIARY DATES ARE BELOW AND ON THE WEBSITE**

**PLEASE CHECK YOUR CHILD'S CURRICULUM LEAFLET FOR DATES RELATING TO THEIR CLASS**

**TERM DATES ARE ALWAYS ON THE NEWSLETTER AND THE WEBSITE**

*Learning for living through respect, support and challenge*

# Dates this term

## Tests, Assessments and Reporting:

End of Key Stage 2 SATs: 13-16 May  
Year 1 Phonics Screening Check and Year 2 Rescreen: 10-14 June  
Year 4 Multiplication Tables Check: 3-14 June  
Annual Reports: 28 June  
Parents' Evenings: 3-4 July

## BPFA Events:

BPFA International Day: 7 June  
BPFA Summer Fair: 6 July

## Year Group Events:

Year 5 Sharing Assembly: 17 May  
Year 4 Sharing Assembly: 24 May  
Year 3 Sharing Assembly: 7 June  
Year 2 Sharing Assembly: 14 June  
Year 1 Sharing Assembly: 21 June  
Year 6 Intensive Swimming:  
Year 6 Exploring London: 28 June, 1 July, 5 July  
Year 6 Talent Show: 17 July  
Year 6 Graduation: 19 July

## School Events:

Class Photographs: 4 June  
Sports Week: 17-21 June  
Summer Concert: 9-10 July  
Carnival: 12 July

**FREE  
EVENT**

**THURS  
30TH MAY  
2024**

**10.30AM-12PM**

A free,  
friendly  
workshop for  
families to  
enjoy singing  
together!

**SCAN TO  
SIGN UP**



London Youth Choirs is a registered charity no. 1151714



**COME & SING!**  
City Hope Church, SE16 2JY



Made for families with children aged 6-11yrs, children outside these ages (siblings) also welcome. **Free refreshments provided.**  
For more info please contact Ishani (Monday-Thursday) at:  
[engagement@londonyouthchoirs.com](mailto:engagement@londonyouthchoirs.com) or **07549 435 102**

 Bermondsey,  
Canada Water  
 P12, 1, 281

# Young Artists' Summer Show

This year Brunswick Park Primary School entered the Royal Academy Young Artists' Summer Show 2024.

The Academy received over 21,500 submissions from across the United Kingdom.

We are thrilled to announce that Michael Mahile in Year 1's submission was selected his portrait will be displayed in the online exhibition as well as at the Royal Academy of Arts in London.

Artworks were judged by a panel of artists and arts professionals, Michael's artwork will be displayed between 16 July and 11 August. Well done Michael; we are so proud of you!



**RA**

**Young  
Artists'  
Summer  
Show**

# PE Competition Update

## Intra Schools Athletics

Pupils in Years 3, 4 and 5 took part in an Athletics event organised by the London PE and School Sports Network.

They took part in a mix of Track and Field events recording their own scores as they went.

The results have been collected, and will be placed against other local schools who also took part.

We will share the results once they have been published; however it was great to see the children encouraging and supporting each other to do their best. It was also fantastic to see an ex-BPPS pupil, Sam, working as a sports coach for the PE network.



## Tag Rugby

A team of Year 6 pupils was recently crowned champions of Tag Rugby in Southwark - an amazing feat considering we have only just begun to learn the game!

We will now be representing Southwark at the London Youth games in June.

## Cricket

We have also taken part in two cricket competitions recently. Unfortunately, rain stopped play for the girls' team, which was a shame as we had won our opening two fixtures! The boys came up against very tough opposition from Dulwich Wood, Redriff and St Joseph's.

Despite the results not going our way, the boys gained valuable experience about the sport and the many rules involved.

We are awaiting a new date for the completion of the girls' cricket tournament.

## Gymnastics

The Year 5 and 6 gymnastics team finished second in the recent Southwark Schools competition which was hosted here at Brunswick. All of the gymnasts performed brilliantly and managed to remember all of their routines.

**Congratulations to all of the children who have taken part in a competition recently. We have upcoming inter-school events in Football, Gymnastics and Athletics; details will be shared soon.**

# PE After School Clubs

We have a few spaces left in the following after school clubs:

- Football Year 3/4 and Year 5/6
- Gymnastics Year 1/2, Year 3/4 and Year 5/6
- Basketball Years 4 to 6
- Multisport Years 2/3

Basketball and Multisport clubs are free of charge thanks to funding we have secured from London Sport.

Please register for all clubs online at [www.bookwhen.com/brunswick](http://www.bookwhen.com/brunswick)

We are unable to accept children into a club unless they are registered beforehand, even if the session is free.



**GOJAGS**  
SOUTHWARK JAGUARS GIRLS FOOTBALL

SOUTHWARK JAGUARS  
GIRLS FOOTBALL TEAM

# OPEN DAY 2024

DO YOU KNOW A GIRL THAT IS INTERESTED IN PLAYING FOOTBALL WITH SOUTHWARKS NEWEST GIRLS FOOTBALL TEAM?

24TH JUNE 2024

SCAN ME

ACTIVE COMMUNITIES NETWORK

THE PEANUT SCHOOL

SOUTH WARK JAGUARS FOOTBALL CLUB EST. 2023

# CAMBERWELL CONDORS



## CRICKET

### SUMMER COMMUNITY SESSIONS

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TUESDAYS 7.00pm-8.00pm

14th May until 22nd July 2024 (10 weeks)

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**Kennington Park, St Agnes Place, SE11 4BB**

- All sessions are free to students from Camberwell Primary Schools
- Open to boys and girls
- Level 2 qualified & DBS checked coaches
- Opportunities to take part in competitive matches



## PLATFORM

Supporting young people to progress  
through and in cricket

Please contact Matt Golding (Hub Supervisor) to confirm your place: 07340488629

[matthew.golding@platform-LDN.org](mailto:matthew.golding@platform-LDN.org)



Have you signed up to

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

It doesn't cost you anything, and raises money for the BPFAs whilst you shop. Sign up and nominate the **Brunswick Park Families Association CAMBERWELL** as your charity, so every time you shop, the Brunswick Park Families Association gets a donation, which supports your children at the school.

Follow this link or QR code to sign up:

<https://www.easyfundraising.org.uk/causes/brunswick-park-families-association>



## Brunswick Park Families Association fundraising 2023/4



# We want to hear from you!

Are you a young person with SEND?

Are you a parent or carer of a young person with SEND?

Do you work to support young people with SEND?

This is your opportunity to have your voice heard!



Survey open until  
Friday 21st June 2024!



**Southwark Independent Voice**

*Empowering families - creating brighter futures*



Southwark SEND and Inclusion Strategic Partnership Board wants to hear from you to understand how to support young people with SEND better.

**Please help by doing this survey.**

## Getting ready for Walk to School Week

We're good at walking to school at Brunswick Park - most children do - and to encourage as many children as possible to keep active by walking to school, Ms MacDonnell will lead Walk to School Week at Brunswick Park from 20 May:





## **A message from Tracy Sherry: School Attendance Matters**

As we enter the final term of this academic year, I remind all parents and carers of the importance of daily school attendance, and to thank you for ensuring your children attend school on time every day. Children have a legal entitlement to 190 days' education per year; parents and guardians are responsible for ensuring their children receive it. If children do not receive their entitlement to education, they are at a disadvantage.

We know booking a family holiday is more expensive during school holiday times. We also know that where possible, children should have the opportunity to enjoy a holiday. Therefore, to support you to maintain your child's school attendance and avoid unauthorised absences, we plan staff training at the end of the year so term finishes at a time before flights and holidays are at their most expensive. We make sure you have our Term Dates well in advance so you know when you can book time away. In addition, Exceptional Leave can be granted in exceptional circumstances, for which parents and carers need to apply and provide evidence. The form is available on the website and in the School Office.

Attendance at Brunswick Park Primary School is improving, and we are determined to return it to the level it was before the pandemic, which was 96%. This is now our target, and our progress towards it is featured in this Newsletter. We would love to reach it this term.

It is our duty to support parents and carers to help their children access their entitlement to education, so remind you that when holiday is taken during term time, the Local Authority can impose a penalty notice of £60 per child per parent. With our support, we want you to avoid the need to pay this penalty.

We aim to give all our children the best life chances possible. Regular school attendance supports success in later life.

Attendance below 95% is a cause for concern. 90% and below - missing 1 day in 10 - is persistent absence. As always, I am here to discuss any concerns or worries you may have regarding barriers to your child/ren attending school regularly. You are welcome to contact me to arrange a meeting to discuss and resolve them.

**Tracy Sherry - Attendance Officer**

# ATTENDANCE MATTERS

Pupil absence and lateness account for lost learning. Lessons start at 09:00. We need to make sure as many children as possible are present in school on time every day.

## What YOU must do:

Try to telephone the school before 8.45am each day of your child's absence.

Tell the school in advance of any medical appointments, and bring in appointment cards/letters/texts.

If you are not sure whether your child is well enough to attend school, consult the NHS guidance:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Children should be kept at home only if they have a serious illness or injury.

If a child has a minor ailment, e.g. headache or stomach ache, you should bring your child in and inform the teacher in person or via the school office.

These ailments are not considered serious enough to warrant absence from school.

If the child's condition worsens, we will contact you.

Have a backup plan for if your child misses transport to call on a family member, neighbour or friend.

**If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!**

## What WE will do:

Check your child's attendance every day.

Phone home to discuss your child's attendance with you.

Invite you into school for attendance meetings if we are concerned.

If we cannot establish a reason for absence, then we may make a welfare home visit.

Celebrate good and improving school attendance.

**Tracy Sherry is our Attendance Officer.**

**Bev Swack is our LA Family Early Help Practitioner.**

## Children need to:

**Arrive at school by 08:50**

**Be seated in the classroom by 08:55**

**If children are not in their classrooms by 08:55 they are late.**

**All children, on time, every day, learning.**

**Your child is entitled to 190 days' education per year.**



# 5 Week Skills Development Workshop for Parents, Carers and Volunteers (Arts and Crafts)

Free for parents  
parents, carers and  
Volunteers.

Tuesday 7<sup>th</sup> May - 4<sup>th</sup>  
June 2024  
12:30pm - 2:30pm

Venue: The Lewington centre,  
9 Eugene Road. SE16 2RU

Email to register,  
Signup on website

For more info contact:  
02035369609/073946622602

[www.parentskills2go.org/](http://www.parentskills2go.org/)[admin@parentskills2go.com](mailto:admin@parentskills2go.com)



presents...  
**PARENT SPACE**



**A monthly in person and  
zoom coffee morning for  
parents and carers who have  
children with special needs.**

**Date: 08/05/2024  
05/06/2024  
03/07/2024**

**Time: 9:30am-11am**

**Advice, Tips  
and Support**

**Crèche and  
Refreshments also  
provided!**



**For more details or to register please contact:**

**admin@parentskills2go.com.org or www.parentskills2go.org  
Phone: 073946622602 /02035369609**

**Venue: The Lewington centre, 9 Eugene Road. SE16 2RU**



# 10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

## 1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

## 2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

## 3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

## 4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

## 5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

SMILE

## 6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

## 7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

## 8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

## 9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

## 10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Peristone Grammar School.



# What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

## WHAT ARE THE RISKS?

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)

# What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

## WHAT ARE THE RISKS?

### MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

### SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

### DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

### FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outshine any suspicions they may have.

### SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

### MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

## Advice for Parents & Educators

### ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

### BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

### CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

### KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

### Meet Our Expert

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



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Source: See full reference list on guide page at [nationalcollege.com/guides/shopping-apps](https://nationalcollege.com/guides/shopping-apps)

# What Parents & Educators Can Learn from the OFCOM MEDIA REPORT 2024

Each year, Ofcom - the UK's regulatory body for communications - produces an overview of children and parents' media experiences over the course of the previous year. At the time of writing, the latest of these reports, 'Children and parents: media use and attitudes 2024' has just been published, and we've plucked out some of its most thought-provoking findings regarding online safety.

## ONLINE LIVES

**99%**

of 8-17s had regular access to the internet

**65%**

of 13-17s prefer short videos to films and TV

**34%**

experienced harassment or bullying online

**11-18s**

felt more confident communicating online (71%) than in person (53%)

**87%**

of 8-17s felt pressure to be popular on social media

## SCREEN TIME

By children's age group, the percentage of parents who felt less able to manage their child's screentime were ...



## POPULAR PLATFORMS

Most used by children ...

Under-12s

Over-12s

YouTube **89%**

YouTube **88%**

WhatsApp **37%**

WhatsApp **82%**

TikTok **35%**

TikTok **78%**

Snapchat **27%**

Snapchat **73%**

Instagram **22%**

Instagram **69%**

## ONLINE GAMING

**68%** of children played video games online

Who did these children most commonly play with?

**74%** played with someone they know

**32%** played with strangers

## ONLINE SAFETY IN SCHOOLS

**93%** 8-17s had at least one lesson about online safety

**93%** of children are aware of at least one thing they can do to stay safe online

**91%** children found these lessons useful

**78%** of 8-17s were aware of age restrictions for apps

**40%** admitted to faking their age to bypass these limits

## PARENTAL CONCERNS

The things that most commonly worry parents and carers about their child being online include ...

**77%** seeing age-inappropriate content

**70%** being harassed or bullied

**68%** seeing pro-self-harm content

**62%** having their data gathered by companies

**59%** being influenced by extreme views

**55%** having their reputation damaged

**51%** being pressured to spend money

## DEVICES MOST USED TO GO ONLINE

Age Group	Percentage
3-4s	<b>67%</b> use tablets
5-7s	<b>77%</b> use tablets
8-10s	<b>73%</b> use tablets
11-15s	<b>95%</b> use phones
15-17s	<b>97%</b> use phones

#WakeUpWednesday

The National College



# What Parents & Educators Need to Know about HELLDIVERS 2



## WHAT ARE THE RISKS?

Within weeks of release, Helldivers 2 had become one of 2024's biggest gaming success stories. The sequel to a top-down shooter from 2015 has smashed sales expectations, owing to its frantic gameplay and tongue-in-cheek humour. However, the game comes with several risks to younger players, as indicated by its 18+ rating.

### PEGI 18 RATING



Due to its intense violence and the presence of in-game purchases, Helldivers 2 carries a PEGI 18 rating. While players are generally fighting fantastical enemies like giant bugs and robots, their characters can be killed in various gruesome ways, up to and including dismemberment. It's certainly worth considering whether such a game is appropriate for younger players.

### IN-GAME PURCHASES

In Helldivers 2, players can use real money to buy in-game currency, with which they can unlock cosmetics and new weapons. At the time of writing, all the in-game items can be acquired without spending so much as a penny – but excited young players wanting to keep up with their friends may still feel the temptation to purchase new weapons more quickly, rather than laboriously earning the in-game currency through play.

### VOICE CHAT AND MESSAGING

Helldivers 2 is always played online with others, who often use voice chat or in-game texts to coordinate, strategise or just joke around. This does mean that children who play without their friends will be put in contact with strangers. Unfortunately, this represents a roll of the dice, as the game can't control how people treat each other online. However, you can easily report other players for abusive behaviour via the game's 'Social' tab.

### FRUSTRATION TRIGGER

The thrill of barely scraping through a dangerous mission in one piece is integral to Helldivers 2's appeal. To accentuate this feeling of achievement, the game includes some very difficult levels that could prove to be too hard for some players – even those who are legitimately old enough to play. Losing streaks can be incredibly annoying, so repeatedly failing in missions could easily provoke frustration or anger in younger players.

### LACK OF ACCESS

The game is available on PC and PS5, but not (as yet) on other consoles. Some people will naturally be disappointed they can't get involved and might look for similar alternatives to play on their own console – alternatives which may contain similar levels of violence and gore but lack the same balanced approach to user misconduct and in-game purchases as Helldivers 2.

## Advice for Parents & Educators

### GIVE IT A GO FIRST

Helldivers 2 is a third-person shooter with intentionally humorous elements, but much of its comedy is rooted in satire which may go over the heads of some players. Consider playing the game first yourself – while shooting bugs and robots feels too unrealistic to be upsetting, seeing your character get torn to pieces may be too much for young players.

### SET EXPECTATIONS

At the time of writing, Helldivers 2 costs £34.99. It could turn out to be an expensive and wasteful purchase if a player gets irritated and gives up shortly after receiving the game. If a young person tends to become frustrated easily, it's worth considering whether Helldivers 2 is really the game for them.

### CONSIDER ALTERNATIVES

If playing on Xbox – where Helldivers 2 isn't available – consider something like Halo: The Master Chief Collection as an alternative. One of its game modes – Firefight – replicates Helldivers' mechanics to some degree. Alternatively, younger players may be better suited to the more light-hearted Deep Rock Galactic, which sees them play as fantasy dwarves in space, involving far less gruesome violence.

### KEEP AN EYE ON PAYMENTS

Many titles offer in-game purchases, but Helldivers 2's are comparatively cheap. You'll still need to monitor your payment information (or use a prepaid card on the account), in case your child buys the in-game currency in bulk; on the whole, however, the game's selling methods are far less egregious than most similar titles on the market.

### MONITOR COMMUNICATION & ADJUST SETTINGS

Thanks to an in-game "Ping" system (allowing players to highlight important details without speaking), communication isn't as integral to Helldivers 2 as it is in other games. You can turn off the chat options in-game on PC, or on the PS5's own settings, and feel more secure in the knowledge that your child won't be speaking to people they don't know.

### Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the games media industry for five years. As well as being an avid long-time gamer, he is also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published on sites including IGN, TechRadar and many more.



# What Parents & Educators Need to Know about

# TOWNSHIP



## WHAT ARE THE RISKS?

Despite launching in 2011, Township remains popular with children and adults alike. A city-building game with farming elements, it tasks players with developing their settlement and unlocking new features along the way. Aimed at the more casual gamer, it's mostly child friendly – but there are still some related risks to be mindful of.

## MISLEADING PUBLICITY

Township's developers have previously faced criticism for advertising the game on social media by using clips of gameplay which can't actually be found in the final product. This may well lead to a child or young person downloading the game with severely misplaced expectations of what they'll be playing.

## IN-GAME ADVERTS

While it's common for mobile games to feature in-game advertisements for other products and services, Township employs a particularly egregious strategy seen in several similar products. It offers users in-game currency in exchange for watching such adverts, which can obviously encourage young people to willingly expose themselves to marketing material.

## IN-GAME PURCHASES

The game's core concept of building up a settlement to increase its population and income can feel slow paced at first – and players are incentivised to spend real-world money to move things along more quickly. That can mean handing over anything from £1.99 to £19.99 for these in-game boosts; amounts that can rapidly add up to a considerable sum if left unchecked.

## TIME-CONSUMING GAMEPLAY

Township's gameplay loop of acquiring resources and reinvesting them into your little community is a fun one – but this rewarding sense of making progress can lead to players spending far more hours staring at the screen than they realise. There are also special in-game events which run for a limited time, designed to entice players into even longer gaming sessions.

## ONLINE MULTIPLAYER MODE

After reaching level 19, players in Township can form a 'co-op' and unlock the option to exchange goods with up to 30 other users. Online multiplayer modes are nothing new, of course – but neither are the potential risks they pose to children and young people. Chances are, youngsters will be interacting with complete (and possibly much older) strangers within the game environment.

## Advice for Parents & Educators

### DISCUSS THE GAME IN ADVANCE

While older children may notice and understand that Township might be marketed in a potentially misleading way, it could be worth explaining to prospective younger players how and why the game differs from what's been advertised. This will help them to manage their expectations and avoid any possible disappointment if they do decide to download and play it.

### MONITOR SPENDING AND SCREEN TIME

More modestly priced in-app bundles can be a welcome treat for a child wanting to speed up their progress in Township, but it's wise not to leave a linked payment method active in case a youngster gets carried away. Likewise, to prevent Township from causing an increase in screen time, parental controls on most devices allow limits to be placed on how long a game can be played each day.

### BE WARY OF EXTERNAL SITES

Township's makers state that all in-game ads are age-appropriate: children won't be shown adverts recommending more violent titles, for instance. Even so, clicking on these adverts can take players out of the game and onto external sites that have nothing to do with Township or its developers; this raises the risk of children encountering inappropriate content or being tempted by online purchases.

### TALK ABOUT ONLINE STRANGERS

Township's online multiplayer mode (as with any game which includes that functionality), is an avenue through which a child could be contacted by people who they don't actually know. It's worth reminding young Township fans, therefore, not to give out any personal information to strangers online – whether that's within the game itself or in the social networks associated with it.

## Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. A regular visitor to the App Store to try out new games and tools, he's also a parent who prioritises online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



The National College

# Keeping up to date with Brunswick Park on Social Media



Resource Base  
@ResourceBaseBP



EYFS  
@EyfsBPPS



Year 1  
@Year1BPPS



Year 2  
@Year2BPPS



Year 3  
@Year3BPPS



Year 4  
@Year4BPPS



Years 5  
@Year5BPPS



Year 6  
@Year6BPPS



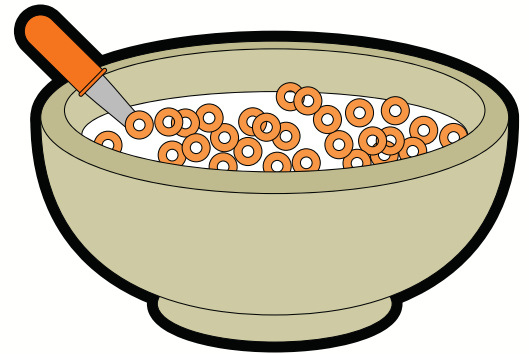
Whole School  
on X @BrunswickParkPS  
on Instagram @brunswickparkps

## Brunswick Park Breakfast Club

### Reception - Year 6

**£15 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 available from the School Office

# Term Dates 2023/2024

## ACADEMIC YEAR 2023-2024

**DO NOT BOOK HOLIDAY IN TERM TIME**

**CHILDREN ARE ENTITLED TO 190 DAYS' EDUCATION PER YEAR**

### 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

# Term Dates 2024/2025

## ACADEMIC YEAR 2024-2025

**DO NOT BOOK HOLIDAY IN TERM TIME**

**CHILDREN ARE ENTITLED TO 190 DAYS' EDUCATION PER YEAR**

### Autumn Term

**HALF TERM 1:** Monday 2 September 2024 to Friday 25 October 2024

**INSET DAY ON MONDAY 2 SEPTEMBER**

**CHILDREN RETURN TO SCHOOL ON TUESDAY 3 SEPTEMBER**

**HALF TERM BREAK:** Monday 28 October 2024 to Friday 1 November 2024

**INSET DAY ON MONDAY 4 NOVEMBER**

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

**HALF TERM 2:** Monday 4 November 2024 to Friday 20 December 2024

**INSET DAY ON FRIDAY 20 DECEMBER 2024**

**LAST DAY OF TERM FOR CHILDREN IS THURSDAY 19 DECEMBER 2024**

### Spring Term

**HALF TERM 3:** Monday 6 January 2025 to Friday 14 February 2025

**HALF TERM BREAK:** Monday 17 February 2025 to Friday 21 February 2025

**HALF TERM 4:** Monday 24 February 2025 to Friday 4 April 2025

### Summer Term

**HALF TERM 5:** Tuesday 22 April 2025 to Friday 23 May 2025

(May Day bank holiday will be taken on 5 May)

**HALF TERM BREAK:** Monday 26 May 2025 to Friday 30 May 2025

**HALF TERM 6:** Monday 2 June 2025 to Tuesday 22 July 2025

**INSET DAYS MONDAY 21 AND TUESDAY 22 JULY**

**LAST DAY IN SCHOOL FOR CHILDREN IS FRIDAY 18 JULY 2025**

**Children finish at 2.00pm on 19 December 2024, 4 April 2025 and 18 July 2025**



On the Homepage of Brunswick's website there is the Events Diary, our X (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.

### 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.

Uniform can now be bought online directly from MAPAC via this link:

<https://www.mapac.com/education/parents/uniform/brunswickparkse57qh>

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!**

## Uniform - sales in school and online via MAPAC

Sweatshirts, cardigans, bookbags and swimming hats are still 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.

**YOU CAN BUY UNIFORM DIRECT FROM MAPAC FOR DELIVERY TO YOUR HOME:**

**USE THIS LINK - also on the school website -**

<https://www.mapac.com/education/parents/uniform/brunswickparkse57qh>

**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**



# SCHOOL UNIFORM, PE KIT AND PE DAYS

All children are expected to wear full school uniform daily, and the school PE kit on PE days.

Nursery and Reception children do not get changed for PE, so do not need school PE kit.

**Children in Years 1-6 need school PE kit.**

**They come to school in their PE kit on PE days.**



**School PE kit is:**

**white T-shirt or white polo shirt**  
**black shorts/leggings/joggers**  
**school jumper/cardigan**  
**white/black/grey socks**  
**black trainers or plimsolls**



**Please do not send your child to school in non-uniform clothing.**

<b>Year Group</b>	<b>PE Day</b>
Nursery	Thursday
Reception	Friday
Year 1	Monday
Year 2	Tuesday
Year 3	Thursday
Year 4	Wednesday
Year 5	Friday
Year 6	Wednesday
Resource Base	Tuesday



## 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 monitored by Council cameras 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, or risk a warning/fine.

## 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, X (Twitter) and Instagram 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>

**Whole School Attendance 29.04.24 - 10.05.24 94.95%**

**Highest class attendance 6B 99.43% and 1B 97.77%**

**Most minutes' lost learning due to lateness - 3B with 10.43% of pupils arriving late**

**Most punctual 2A with only 1.48% of pupils arriving late**

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 unless circumstances are genuinely exceptional. Evidence must be provided.**

**Children are entitled to 190 days' education per year.**

**Whole School Attendance Target: 96%**

## Right to Reply:

10/05/24: 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)