



Newsletter

Friday 31st March 2023

<https://brookburn.manchester.sch.uk>

Message from Mrs Holden, Head of School



Dear parents/ carers,

This has certainly been a busy term and it has been a pleasure to see how enthusiastic and engaged all the children have been in their learning. Can I thank you for giving up the time to complete surveys, come to focus groups, volunteer for trips, and of course for all your support with your children's learning. The children and the team are all definitely ready for a well deserved break and we all look forward to seeing everyone back and ready for the summer term.

Thanks again, Mrs Holden



welly walk

Thank you to everyone for getting behind the welly walk PTA fundraiser. The rain overnight made for very muddy conditions but at least it stayed dry for the walk itself.

A HUGE thank you to the PTA for organising the event and to the parents, grandparents and carers who volunteered to help on the day. Don't forget to collect your sponsorship money if you haven't already done so and bring in to school after Easter.



Great British Spring Clean

All Brookburn children have been busy making the school grounds and surrounding area a little bit cleaner. Armed with litter pickers and bin bags, the children have cleared the playgrounds, den, woods and streets surrounding the school of litter as we took part in the Great British Spring Clean. We are sure you will agree they have done a super job!



Happy Retirement!

Mrs Collins leaves us today after **32 years** at Brookburn. We held a special assembly and the whole school thanked her for the support she has given us all over the years. We wish Mrs Collins a very happy and healthy retirement and look forward to hearing about her adventures! Mrs Collins would like to thank our Brookburn family, be it colleagues, pupils or parents for their thoughtful cards, gifts and good wishes.



On Monday the UNICEF Councillors joined forces with the ECO councillors to plant some wild flower seeds around the school grounds. This was after a suggestion by a child that we needed to encourage more wildlife to Brookburn. We're looking forward to welcoming bees and butterflies to our school.



Year 4 Football Competition

A group of Year 4 pupils took part in a football competition this week. The team played against 6 other teams and finished in 4th place. Well done to them all!



EYFS Raffle

Congratulations to Oscar in Reception who is now the proud owner of a Manchester City kit after winning the EYFS raffle





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Please note that the school will be **closed** on **Monday 8th May** due to the additional bank holiday for the Kings Coronation.

2023-2024 Term Dates are now available to view on our website: <https://brookburn.manchester.sch.uk>

Take a look at the latest digital Families magazine for ideas of activities to keep the family occupied over the Easter holidays:



[Families Magazine](#)

LOADS TO DO Loads to Do have pulled together a fantastic list of fun-packed activities so you don't have to go searching. There's everything from family events, arts and crafts and children's theatre shows to activity trails, outdoor events and sports activities. You'll find free activities at local libraries and free swimming sessions at many leisure centres too. Visit the website:

<https://loadstodo.co.uk/guides/schoolhols/>

MCRactive are offering thousands of FREE places for children to access a variety of activities & a FREE meal over the Easter Holidays in Manchester for those on benefit-related free school meals.



To book your child's space: Sign up for an MCRactive Go account <https://www.mcactive.com/>. Once signed up, log into your account – Find Activities – Search by Category 'MCR Holiday Activity' When asked: enter code 62449 to book free eligible activities.



Childcare Surveys

Manchester City Council are asking for parents help with their new



Childcare Surveys 2023. The information received will be used to inform childcare sufficiency assessments for the City. This will help them to better understand demand for childcare, identify gaps and develop solutions. The survey deadline is Monday 24th April 2023 and there are two surveys to complete; one for parents/carers of children aged 0-5 years: <https://surveys.manchester.gov.uk/s/parentsurvey0to5/> and one for parents/carers of children aged 5 years and above: <https://surveys.manchester.gov.uk/s/parentsurvey5plus/>

Many thanks



A quick reminder that we are a **NUT FREE SCHOOL** so children should not bring any food items containing nuts.

This is because there are several children in school with severe nut allergies. Thank you for your support with this matter.

SOUTH WEST MANCHESTER CRICKET CLUB



INCLUSIVE JUNIOR CRICKET SESSIONS

Join us for our cricket sessions. We welcome young people of all abilities, whether you have cricket experience or are completely new to the sport.

Training - SWMCC
Ellesmere Road, Chorlton M21 0SG.
Mondays: 6:00 - 7:30pm



FOR MORE DETAILS CONTACT:
Phil Marshall m: 07779 116 165 e: juniors@swmcc.org.uk
Mairiad O'Grady m: 07970 723 990 e: juniors@swmcc.org.uk

GIRLS CRICKET



SOUTH WEST MANCHESTER CRICKET CLUB IN CHORLTON SET UP A GIRLS SECTION IN 2021. WE ARE LOOKING FOR PRIMARY SCHOOL GIRLS OF ALL AGES TO JOIN IN OUR FUN SESSIONS RUN BY FEMALE COACHES.

AN ALL GIRLS TEAM WILL BE ENTERED INTO THE SOUTH MANCHESTER JUNIOR CRICKET LEAGUE FOR THE 2022 SEASON.

Indoor training - Chorlton High South
Mondays 6pm to 7pm
from November 2021 till March 2022.

Outdoor training - SWMCC
Commencing: April 2022
Ellesmere Road, Chorlton, M21 0SG.



FOR MORE DETAILS CONTACT:
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COMING UP NEXT!

17th-21st April

Week 3 Menu

17th April

Woodwind lessons (am)
Guitar lessons (pm)
Steel Pan lessons (pm)

19th April

Strings lessons (am)
Y4 swimming lessons (pm)

24th-28th April

Week 1 Menu

24th April

Woodwind lessons (am)
Guitar lessons (pm)
Steel Pan lessons (pm)
Ghyll Head Parent Meeting
5.15pm - 6.00pm

1st-5th May

Week 2 Menu

1st May

Bank Holiday - school closed

2nd May

Woodwind lessons (pm)
Reception and Year 6
Health Checks

3rd May

Strings lessons (am)
Reception and Year 6
Health Checks

4th May

School Closed to Children
(Teacher Day)

8th May

Bank Holiday - school closed

9th-12th May

Week 3 Menu

Key Stage 2 SATs



Class 3B's

assembly was a roaring success!

The children spoke with confidence about what they have learnt during their time in year 3, from Picasso to the Stone Age - it's been quite a journey! They finished with a Bollywood dance which was LOTS of fun.

Meanwhile, Year 4 showcased their learning in their class assembly this week. They shared pieces of writing, some art-work, a historical news report and even an anti-bullying rap!

Thank you to the parents and carers who came to watch, and of course the children for sharing their learning with confidence and clarity.



Congratulations to Year 5 completing their Bikeability Bike Right training. Now they will be safer on their cycles! 42 children trained over 7 days in all kinds of

weather! Well Done!



The Place2Be website has a range of parenting support and information including practical tips to support children's wellbeing and behaviour on a wide range of topics. To find out more visit: <https://parentingsmart.place2be.org.uk/>

Term Dates

2022-2024

Fri 31 Mar

Break up **2 pm**

NO After School Club

Summer Term

Mon 17 April

Return to school

Mon 1 May

School closed Bank Hol

Thu 4 May

School closed

polling day

Mon 8 May

School closed Bank Hol

Fri 26 May

Break up normal time

Tues 6 Jun

Return to school

Friday 21 July

Break up **2 pm**

NO After School Club

2023-2024

Autumn Term

Fri 1 Sep

Inset Day

Mon 4 Sep

Inset Day

Tue 5 Sep

School open to children

Fri 20 Oct

School closes normal time

Mon 30 Oct

Return to school

Thu 21 Dec

School closes 2pm

No Dolphins after school

Spring Term

Mon 8 Jan

Return to school

Fri 16 Feb

Break up normal time

Mon 26 Feb

Return to school

Thu 28 Mar

Break up 2pm

No Dolphins after school

Mon 15 Apr

Return to school

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real life' – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If this stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Corrie Franco-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – with a particular focus on the more hidden aspects of the various mediums.



Source: <http://www.childrenscommissioner.gov.uk/news/the-big-big-big-social>
<https://www.ons.gov.uk/peoplepopulationandcommunity/online-and-digital/content/articles/2019/03/06/online-safety-2019>

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