



# Newsletter

## Friday 13th October 2023

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



### Spotlight on...Ms Faulder

As an assistant headteacher at Brookburn, I work closely with the leadership team on our school improvement priorities, to uphold the vision and values of our wider school trust. Part of my role is to work in partnership with teachers and parents across years 3&4 to support pupils in their education and wellbeing. As we near the end of the half term, I am impressed by how well the children have settled into their new routines and have heard great things from teachers about the effort and hard work in lessons.

Another key aspect of my role is to ensure our curriculum is broad and engaging. It has been an absolute pleasure looking through the children's geography books from this term's 'Our Place' unit and to hear the children talking so animatedly about their learning. I'm already excited about our whole school history theme next half term and look forward to seeing the children's knowledge demonstrated through their excellent work in books.

I know I have met and spoken to many of you on the door already, but please do say hello and get in touch if there is anything at all you wish to discuss.



There are some upcoming musical events in Manchester, coming from Chetham's musical outreach that may be of interest:

For KS1, there is Terra Musica, which is described as being perfect for children aged 5 – 7 and their family. Terra Musica weaves together different musical cultures, celebrating our different backgrounds through fun and engaging performances.

The event is on 19/11/23 and lasts for 45 minutes. It costs £5 for one adult with child. Visit: <https://outreach.chethams.com/whats-on/terra-musica/>

There is also a Stoller Story Sounds - Little Croc and the Enormous Purse on 21/10/2023. This is aimed at children aged 3-5 and can be booked by visiting:

<https://outreach.chethams.com/whats-on/stoller-story-sounds-little-croc-and-the-enormous-purse/>

Each event costs £5 per child but the accompanying adult enters for free.



HUGE thank you to everyone who gave up their time over the weekend for the EYFS clear up and Den Day. Great progress was made planting in the Reception play-ground, dismantling the old Nursery slide and sorting out the den and allotment areas!

The next volunteer day is Saturday 18th November 10.30am - 1pm



Please consider playing our lottery to support our school. It costs from just £1 per week and over 74% of ticket

sales money goes to Brookburn and prizes. Please spread the word, anyone over 18 can play and there's a national prize fund of up to £25K plus the guaranteed Brookburn winner every week. And the more people who play the bigger the Brookburn prize! Sign up at: <http://www.yourschoollottery.co.uk/> and search for *Brookburn*.



Improving children's mental health

Mindful of the tragic events that are currently happening, Place2Be have updated their resources for parents and families on how to talk to children about war and conflict: <https://www.place2be.org.uk/conflict>



Intrahealth will be in school on

**Thursday 9th November** to

administer the **flu vaccine**. If you have not returned the consent form or have any queries, call Intrahealth direct on 0333 353397 press option 1, option 4 and one of their specialised team will be happy to help.

*We do not have spare forms in school.*

The school health team will

be in school on **Monday**

**27th November** to do the

**height and weight** checks

for children in Reception and Y6.

They return on **2nd February** to do the

**vision and hearing** checks,

this is for children in Reception only

and you will shortly receive a consent form



Just a quick reminder to check for head lice once a week. The best way to do this is to comb wet hair after shampoo and conditioner. The comb must be fine enough to catch the lice.



**REMEMBER  
ONCE A WEEK,  
TAKE A PEEK**



# Newsletter

## Friday 13th October 2023

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



### October Half Term Tennis and Football Camp.

9.30am-3.30pm.

Ages 5-10

Beginners welcome.

All equipment provided.

Book online through the Better

UK app, website or by clicking the link: [Tennis & Football Holiday Camp](#)

MCRactive and Manchester MCRactive

City Council are offering

thousands of **FREE** places for children to access a variety of activities & a **FREE** meal over the October Half Term 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.mcractive.com/>. Once signed up, log into your account >Find Activities>Search by Category 'MCR Holiday Activity' Those eligible for free places will have received a code via Parentmail

**LOADS TO DO** If you're looking for ideas of things to do with the children over the half term holiday, take a look at <https://loadstodo.co.uk/>. There are some great ideas of local places to visit and some of these are **FREE!**

WED 25  
THURS 26  
FRI 27  
OCTOBER  
BOOK FOR  
1, 2 OR 3  
DAYS!

**BIG COMEDY SHOP'S  
OCTOBER  
HALF-TERM  
COMEDY  
CLUBS!**

AGES  
6-12

**IMPROV GAMES AND SKETCHES**  
Venue: Stretford Public Hall, M32 0LG  
Duration: 10:30am-3:30pm  
Price: £35 per child per day  
10% discount for siblings!

For bookings or enquiries, email: [bigcomedyshopinfo@gmail.com](mailto:bigcomedyshopinfo@gmail.com) or contact Ali on 07793 956228

### Winter warmth advice for you and your home

**Worried about energy bills?** Citizens Advice Manchester is working with Cadent – the company who supply gas to homes in Manchester. They offer a free, confidential service to help you:

- > Check if you are able to get financial support
- > Manage energy debt
- > Save money on energy bills
- > Make sure your energy supply is safe
- > Get new or better home heating

Phone: 0808 164 4406

Lines open Monday to Friday 9am to 5pm

**You may be able to save on bills or use less carbon by:**

- > Switching to LED light bulbs
- > Investing in energy efficient appliances
- > Getting a smart meter
- > Switching to green energy

### Property repairs

If you have no heating or need emergency home repairs and are over 60 and on a low income, contact Manchester Care and Repair  
Phone: 0161 872 5500

[www.careandrepair-manchester.org.uk](http://www.careandrepair-manchester.org.uk)

**Energise Manchester** will be offering a range of community based activities around home energy - from training in practical things to improve energy efficiency, to working with your neighbourhood health champions and events in local community hubs.

Look out for Energise Manchester events and activities near you.

### Manchester's free cost of living advice line

The free Cost of Living Advice Line can help with:

- > Benefits and help with your rent
  - > Advice about debt and paying bills
  - > Food support
  - > Support getting online
- Phone: 0800 023 2692

Lines are open Monday to Friday 9am to 4.30pm or Text: 07860 022 876

[www.manchester.gov.uk/helpinghands](http://www.manchester.gov.uk/helpinghands)



# Newsletter

## Friday 13th October 2023

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

### Term Dates

**2023-2024**

**Autumn Term**

**Fri 20 Oct**

School closes for half-term

**Mon 23 - Fri 27 Oct**

Half term holiday

**Mon 30 Oct**

Return to school

**Thu 21 Dec**

School closes at 2pm

**Spring Term**

**Mon 8 Jan**

Return to school

**Fri 16 Feb**

School closes for half term

**Mon 19 - Fri 23 Feb**

Half term holiday

**Mon 26 Feb**

Return to school

**Thu 28 Mar**

School closes at 2pm for Easter

**No After School Club**

**Summer Term**

**Mon 15 Apr**

Return to School

**Thu 2 May**

School closed - INSET

**Mon 6 May**

School closed - Bank Holiday

**Fri 24 May**

School closes for half term

**Mon 27 - Fri 31 May**

half term holiday

**Mon 3 Jun**

Return to school

**Fri 19 Jul**

School closes at 2pm- for summer holiday

No After School Club

**Mon 22 Jul**

INSET

**Tue 23 Jul**

INSET

**COMING UP NEXT!**

**Weekly**

**Monday**

Flute/Clarinet lessons (am)

Guitar lessons (pm)

Steel pan lessons (pm)

**Wednesday**

Violin/Cello lessons (am)

Year 4 swimming lessons (pm)

**Special Events**

**October**

Black History Month

**Mon 16th - Fri 20th Oct**

Year 5 Bikeability

**Thu 19th Oct**

Y6 Zoom with poet

10am-11am

**Tue 31st Oct**

Deadline to submit High School Applications

**November**

**Thu 9th Nov**

Flu Vaccine

Y6 Cinema trip (am only - flu vaccine will be given in afternoon)

**Thu 16th Nov**

Y6 trip to Manchester Museum

**Sat 18th Nov**

Den Day 10.30am -1pm

**Mon 27th Nov**

Height and Weight Checks - Rec & Y6

Girl's Futsal Comp

**December**

**Mon 4th Dec**

Boys Futsal Comp

**TIMES TABLES ROCK STARS**

Week ending:	Most Improved	High Score	Class of the Week
Fri 6 Oct	Evelyn 4SF	Edgar 6AT	4SF
Fri 13Oct	Kenan 5LQ Isabella 5ED Natasha5LQ	Billy 4SF	6MS

**TIMES TABLES ROCK STARS PRESENTS**

**ENGLAND ROCKS**

**14TH - 16TH NOVEMBER 2023**  
7:30AM TO 7:30PM (GMT)

**PLAY IN ANY GAME TYPE!** **1HR. TIME LIMIT PER PERSON!**

WINNING CLASS WILL HAVE THE HIGHEST NUMBER OF CORRECT ANSWERS PER PUPIL!

[TTROCKSTARS.COM/ONLINE-EVENTS](http://TTROCKSTARS.COM/ONLINE-EVENTS)

### School Lunches

Next week we will follow **Week 1 Menu**.

Click on the menu below to view the full menu for the week:

#### Week 1 - Week beginning 16th October

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato pizza with baked wedges	Pork Sausage roll with spiced wedges	Roast Chicken dinner with roast potatoes & stuffing	Chicken Burger in a bun with chips	Jambos Fish finger with potatoes of the day
Option 2	Vegan Sausage roll with baked Wedges	Macaroni cheese with crusty bread	Quorn Filler with roast potatoes & stuffing	Quorn Nuggets with chips	Jacket Potato with a choice of fillings
Option 3		Jacket Potato with a choice of fillings		Ham Sandwich	
Vegetables	Vegetables of the day Salad bar & Crusty Bread	Vegetables of the day Salad bar & Crusty Bread	Vegetables of the day Salad bar & Crusty Bread	Vegetables of the day Salad bar & Crusty Bread	Vegetables of the day Salad bar & Crusty Bread
Fruit	Fresh Fruit Yoghurts Dessert of the day	Fresh Fruit Yoghurts Dessert of the day	Fresh Fruit Yoghurts Dessert of the day	Fresh Fruit Yoghurts Dessert of the day	Fresh Fruit Yoghurts Dessert of the day

The children have been enjoying a good variety of food each day and there is always a great selection of salad and fruit to accompany their meal.



At 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 apps which we believe trusted adults should be aware of. Please visit [nationalonlinesafety.com](https://nationalonlinesafety.com) for further guides, facts and tips for adults.

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



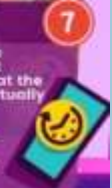
### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



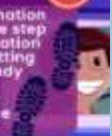
### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



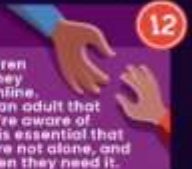
### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.



### Meet Our Expert

Cathy Jørgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



**National Online Safety**

#WakeUpWednesday



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national\_online\_safety