



Newsletter

Friday 1st March 2024

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



Staff spotlight on.....Madame Warrington

Bonjour! I am Mrs Warrington but you may know me by my more familiar name of Madame Warrington. I am the specialist French teacher here at Brookburn. My background is in secondary Modern Foreign Languages and before moving to the primary sector I worked as a Languages Teacher and Curriculum Leader of MFL at a local secondary school.

I decided to change career slightly and transition into the primary sector at a pivotal time when the teaching of a foreign language became compulsory at Key Stage 2 in September 2014 and I have been teaching French at Brookburn for almost 10 years! I absolutely love my job. I am very passionate about my subject and I feel very fortunate to instil my love of language learning in your amazing children.

As well as teaching French to all children across Key Stage 2 during PPA, I also provide general cover across the entire school.

In my spare-time I am a busy mum of 2 teenage children and as a football mum, I spend most of my weekends on the side-lines, washing dirty kit and cleaning my car which is normally full of muddy boots and shin pads! I have a dog called Oreo and love to spend my holidays in Anglesey and the Lake District which are both my happy places.

If you would like to help your child learn French at home, why not encourage them to use the Language Angels website where all Brookburn children have free access to the brilliant games and karaoke songs.

Simply log onto www.languageangels.com and click on pupil login. The username and password are both la2023french.



Friday 15th March - Red Nose Day Comic Relief

We will be 'turning red' on **Friday 15th March** for Red Nose Day. So, why not **come to school dressed in red** from head to toe - dust off your ruby slippers, pop on your lobster suit or simply don some scarlet socks - how far you take it is up to you! There will be an assembly and some fun activities in school too and donations can be made via Parentpay.



FRIDAY 8th March

A reminder that Brookburn will be celebrating World Book Day on **Friday 8th March** and this year our theme is



Bedtime Stories. We would like children to come to school that day in their pyjamas and to bring their favourite bedtime story to share with their class.



The Book Fair will take place in school from Tuesday 12th until Friday 15th March when children will be able to view and purchase books.

Parents will be able to access the book shelves with their child before and after school and children will also be able to view the books in school time and complete a 'wish list' which will allow parents to view and purchase books online if they wish.

Each book sold at the book fair raises funds to enable us to purchase books for the school. More info will be sent via Parentmail next week.

Junior PARS Physical Activity Referral Service

Our FREE* 10-week physical activity referral service can connect children and young people aged 5-17 years to fun, sports and activities in their local neighbourhood.

We can also provide your family with simple tips and advice on healthy eating and an active lifestyle.

Referrals can be made via GP, school nurse, health professionals or self-referral via our website referral portal <https://secure.refer-all.net/referrals/manchester/refer>



Any questions please email us at juniorspars@more-life.co.uk

*Eligibility criteria applies please check website for details www.more-life.co.uk/manchester-pars/



The Physical Activity Referral Service (PARS) work with children and young people aged 5 - 17 across Manchester who have been identified as above a healthy weight.

This is a free service and parents can make a self-referral via the website referral portal: <https://secure.refer-all.net/referrals/manchester/refer>, or contact your GP, school nurse or health professionals

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Adoption Support Network

**adoption
counts** 

Chorlton CE Primary School will be holding an adoption support network for parents of children who have been adopted. This provides a supportive space to network with other parents of children who have been adopted.

Refreshments are provided and two representatives from Adoption Counts will be there to answer any questions.

Date: Wednesday 27th March 2024
Time: 9am
Venue: Chorlton CE Primary School Hall.

If you wish to attend please let our school office know or contact Chorlton CE directly on 0161 881 6798.



The Manchester Healthy School Team will be holding two workshops which you may find beneficial:

Mental Health Awareness Workshop

Led by: Manchester Healthy School Team

Date: 18th April 2024

Time: 9.15am - 10.15am

Where: Brookburn Training Room

This workshop will aim to explore:

- Understanding what mental health is and how it plays a part in all of our lives
- Identifying the signs, symptoms, and behavioural changes of a range of mental health conditions
- Explore a range of mental health conditions and triggers that contribute to poor mental health
- Supporting and promoting the recovery of mental health and wellbeing
- Know where to get further support from

Follow the link below to register your interest or contact the school office:

<https://forms.gle/xqkU5kEEBkTcKf9t8>

Exploring Anxiety Workshop

Led by: Manchester Healthy School Team

Date: 25th April 2024

Time: 9.15am - 10.15am

Where: Brookburn Training Room

This workshop will aim to explore:

- What is anxiety and what are the different conditions
- Recognising signs of anxiety disorders in children and young people
- Understanding the impact of anxiety on the brain
- Strategies to help young people manage stress and anxiety and recognise what level of anxiety is 'normal'
- Know how school support young people with anxiety and how this can be complimented at home

Follow the link below to register your interest or contact the school office:

<https://forms.gle/rQbUNKSJydp4cAku8>

COMING UP
NEXT!

Weekly

Monday

Woodwind

lessons (am)

Guitar lessons(pm)

Steelpan

lessons (pm)

Wednesday

Y3 recorder

lessons (am)

Strings lessons (am)

Y4 swimming

lessons

March

4th-8th

Week 2 lunches

4th - MMR

vaccine in school

(for selected children

6th - Y2 - Y6 NSPCC

Workshop

7th - Y6 trip to

Manchester Museum

Y5 NSPCC Workshop

8th - World Book Day

11th-15th

Week 3 lunches

12th-15th

Book Fair in school

12th - 4SF Assembly

13th - 4CS Assembly

15th - Red Nose Day

Term Dates

2023-2024

Spring Term

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

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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 38% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental, help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Close teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened, when, where, and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

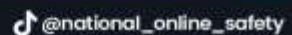
Meet Our Expert

Bob Bosley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



The National College

Sources: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/766840/survey_of_pupils_and_their_parents_or_carers_wales_2021.pdf
https://www.nced.ac.uk/educational-hub/files/2023/05/11/112123/02/assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/76270/reader_behavioural-incident-reporting-guidelines.pdf



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