



Newsletter

Friday 18th November 2022

Summer Reading Challenge

Congratulations to everyone that took part in the Summer Reading Challenge during the summer holidays. Today we celebrated their dedication to reading over the summer in assembly and they were given their certificates and medals. Well Done!

Summer Reading Challenge 2022



Thank you for your support with this year's Children in Need 'Spotacular'.



Children came into school in their spotty clothes, bright colours and Pudsey clothes and accessories for a donation of £1 for the charity. Earlier in the week, we decorated spots and wrote pledges on the back to send to Blue Peter for their display. Keep your eyes peeled - see if you can 'spot' yours on tv!



Anti-Bullying Week

We kicked off anti-bullying early on Monday 7th



November, with a very special assembly with Andy and the Odd Socks! Andy and Evie from Cbobbies spoke to the whole school about anti-bullying week and Odd Socks Day. It was a fun, interactive assembly with a very important message.

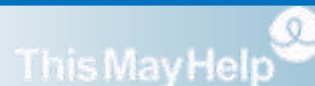


On Monday 14th November, the whole school came to school wearing odd socks in celebration of



everyone's individuality and difference.

Mental Health and Wellbeing



"This May Help" is a digital resource which has been created to support parents and carers with concerns about their child's mental health and wellbeing.

The subjects covered on this website have been chosen by families and young people who have gone through their own mental health challenges. The films offer advice across six main subject areas, with ten additional films offering supporting information. The films can be viewed in any order at any time.

<https://thismayhelp.me/>

Cross Country

Brookburn took part in a Cross Country competition with lots of other local schools recently and did us proud!

Three ear 6 boys represented the school and finished 7th, 12th and 22nd. Thank you to Sarah Johnson for accompanying the children at the event and cheering them on!



Athletics

In other sports news, some of our Year 6 girls took part in an indoor athletics competition at Loreto High School. They represented the school in a wide variety of events including relay, javelin and long jump. They showed great determination and teamwork throughout. Thank you to Miss Kingsford for accompanying the children.

Christmas Plays

Nursery Singalong
7 Dec 9.30am

Reception Christmas Play
8 Dec 9.30am

KS1 Christmas Play
14 Dec - 9.30am & 2pm

We hope to see you there!



Online Safety

We hope you found the Online Safety Parent Workshop that took place on Monday useful.



If you missed the session do not fret! The Online Safety Hub for Parents is now live to help you keep up with what's going on in your child's online world. The Online Safety Hub has lots of useful guidance on the latest online apps, trends, or risks you need to be aware of. Head to the Online Safety Hub here:

manchestersafeguardingpartnership.onlinesafetyhub.uk/

Progress Meetings

A reminder that we will be holding progress meetings next week, if you have not yet booked your appointment please do so using the school cloud booking system. If you have any difficulty booking, please contact the school office.



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LOADS TO DO

Are you looking for activities to do with the family?

Visit the 'Loads to Do' website for activities and events across the city for children, young people and families.

www.loadstodo.co.uk

Call Manchester's
**FREE Cost of Living
Advice Line**

0800 023 2692

Lines are open
Monday-Friday, 9am-4.30pm
Text us on 07860 022 876
manchester.gov.uk/coladvice



COMING UP NEXT!

19th November

Eco Helpers Volunteer Day
(Den and Allotment Maintenance)

21st - 25th November

Week 2 Menu

Road Safety Week

21st November

Clarinet and Flute Lessons (am)
Guitar and Steelpan Lessons (pm)

22nd November

Flu vaccines - Rec-Year 6

Year 5/6 Cinema Trip

Progress Meetings 3.40-7pm

23rd November

Violin and Cello Lessons

24th November

Progress Meetings 3.40-6pm (remote)

25th November

Year 6 Victorian Day

28th November - 2nd December

Week 3 Menu

28th November

Clarinet and Flute Lessons (am)
Guitar and Steelpan Lessons (pm)

Introducing the Unicef Counsellor for Class 6A

"My favourite Article is Article 4 because in a way it is every Article rolled into one and every right is equally important."



Article 4: Governments must do all they can to make sure every child can enjoy their rights. I couldn't agree more! At Brookburn we are passionate about every child enjoying their rights and acknowledge the responsibility

Government have to implement these rights for every child.

Miss Kingsford—Unicef Lead



Well done to the following TTRock Stars!
Mr Shurlock - Maths Lead

Week ending:	Most Improved	Highest Score
11 th November	Joe 6B	Aarav 5B
18 th November	Beatrice 4A	Ella 5A

Eco Helpers Volunteer Day Saturday, 19 November, 11am-2pm



Come help out our PTA Eco Helpers this Saturday, 19th November from 11am-2pm. If you can spare an hour or two, join other Brookburn families to help tidy up the outdoor areas including the Dolphin Den, Treasure Woods, allotment, and EYFS playgrounds. They'll be topping up sand pits, clearing trails in the woods, and tidying flower beds. Bring your kids, a picnic, and some marshmallows to toast around the campfire.

Please meet in the allotment area accessed via the cobbled lane. More info at www.brookburnpta.com or on the Brookburn Eco Helpers Facebook page.



Autumn Term

Fri 16 December - **Break up 2 pm**
NO After School Club

Spring Term

Tues 3 Jan – Return to school

Fri 17 Feb – Break up normal time

Mon 27 Feb – Return to school

Fri 31 Mar – **Break-up 2 pm**

NO After School Club

Summer Term

Fri 17 April – Return to school

Mon 1 May – School closed Bank Hol

Thu 4 May School closed – Polling Day

Fri 26 May – Break up normal time

Tues 6 Jun – Return to school

Friday 21 July **Break up 2 pm**

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, tips and tips for adults.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (provided they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity have a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

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

