

THE BRENTSIDE BULLETIN



Friday 20th December 2024

Issue: 100

SAVE THE CHILDREN CHRISTMAS JUMPER DAY & CHRISTMAS DINNER DAY

Pupils got into the Christmas spirit last week when they came to school in their favourite festive knitwear to raise money for Save the Children. We raised **£130** for Save the Children, which will help kids in the UK and all around the world to get the future they deserve. Thank you to all who contributed. Meanwhile, pupils also enjoyed a delicious Christmas lunch from ISS catering- complete with crackers, hats, and music!



CHRISTMAS COOKING SESSIONS



CLASS PARTIES

Pupils rounded off a busy few weeks by celebrating the festive period in their class parties. It was lovely to see all their party clothes, and our children enjoying snacks, games, and music after all their hard work this term.



AUTUMN TERM AWARDS

We held a special assembly this week to celebrate the fantastic achievements of this term. Pupil of the term certificates were given out, as were our termly awards for Star Writer, Mathematician, Scientist, Geographer, Artist, Musician, Designer and Sportsperson. Well done to all- we are so proud of the hard work, talent and resilience shown by our pupils.



UPCOMING EVENTS

07/01 First day of Spring Term

YEAR 4 POETS IN RESIDENCE PERFORMANCE

Since September, Year 4 have been working with poet Cat from the Poets in Residence programme; writing their own poems of varying styles, and learning performance and presentation skills. They've now had an opportunity to invite parents and guardians in to watch them perform what they have been working on. All agreed it was wonderful to see such original, funny and accomplished poetry from our pupils, performed with great confidence. It was clear that Y4 hugely enjoyed their time working with Cat and learned a lot- a huge thank you to her.



YEAR 6 DESIGN TECHNOLOGY

Year 6 made apple pastry in their DT lessons last week, while they learned about the importance of seasonal produce and honed key cooking skills. The end results looked delicious- if only they could have shared with everyone!



MESSAGE FROM THE HEADTEACHER

Dear Parents and Carers,

This term, as ever, has been filled with inspiring moments and remarkable achievements from our children, and none of this would be possible without your involvement and encouragement- so thank you for your continued support.

Moreover, I wish to commend our children for their resilience and hard work throughout the term. Their enthusiasm and eagerness to learn are truly inspiring and reflect positively on the supportive learning environment we strive to create together

Finally, I would like to express my appreciation for our dedicated staff, whose unwavering commitment to our children's education is commendable. Their professionalism and passion creates a stimulating learning atmosphere that benefits every child in our care.

I wish you and your families a joyful and restful Christmas break, and I look forward to welcoming everyone back in the New Year on Tuesday 7th January 2025.

Mrs. Crosdale

PUPILS OF THE TERM

Nursery Maria & Yaman

RB Abdullah & Nyelah **RR** Zayd & Wissem

1B Sulayman & Hanna **1R** Adam & Maryam

2B Nathaniel & Nour **2R** Khaled & Zainab

3B Hamza & Ines **3R** Waqas & Scarlett

4B Victor & Anaya **4R** Tomas & Reeva

5B Frederico & Surthika **5R** Taim & Aniyah

6B Ozair & Setayish **6R** Aaran & Nabila

HOUSE CUP 2024/5



EALING FOODBANK

If you are struggling, call 0808 2082138 for free to speak to a trained and independent agent confidentially about your circumstances. Alternatively, speak to the school office about making a referral to the foodbank.

YEAR 1 PROJECTS

Year 1 completed projects on their own history and timelines, and produced some beautiful pieces of work.



CREATIVE LEARNING

KS1 learned about orchestra and instrument families in their music lessons, while Nursery created some gingerbread men pictures.



KEEPING IN TOUCH

Please do not hesitate to email or call us if you have any queries or concerns & we will do our best to answer these for you.

Email: admin@brentsideprimary.ealing.sch.uk

Our school website is an important resource for you.

We update this regularly with information about the school, news and bulletins, and websites that can support you and your family.

<https://www.brentsideprimaryacademy.co.uk/>

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10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

- 1 REDUCE DOOMSCROLLING**
It's increasingly common for young people to spend hours 'doomscrolling' - scrolling through social media and endlessly viewing every post they see. Many of who've watched their feed feel so anxious, social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.
- 2 TALK ABOUT THE CONTENT**
It's important to have open discussions about the kind of content that is being shared in being exposed to. Discussing what they're watching online can help you understand what they're seeing and make sure they're using it for good. Furthermore, ensure that children are aware of hidden content, such as advertising or sponsored posts, and that they know how to spot that the creator is being paid to talk about it.
- 3 FIND POSITIVE ASPECTS**
Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with positive content and commenting, to show others you care. Encourage your child to discover positive role models and influencers that inspire them. Ask your child to share their positive experiences with you. Encourage them to share their own positive experiences with you. Encourage them to share their own positive experiences with you.
- 4 REDUCE SCREEN TIME**
Young people can sometimes be unaware of the total amount of time they're spending on social media. Smart phones don't just have the capacity to monitor screen time, they also have the ability to set limits on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.
- 5 FILL THE VOID**
Monitoring and reducing screen time can create a lot of free time to fill, and young people can even focus on hobbies and activities when they're away from their phones. Encourage them to explore new activities you would like to do together, and what they would enjoy. This can ensure that young users will permanently get away from their screens, rather than temporarily doing so while they know it's being monitored.
- 6 REDUCE NOTIFICATIONS**
One way in which social media platforms keep people coming back is through notifications. The notifications that come from social media can be distracting, and taking the time of the day while they're mobile. Try to engage with the platform, this could be done by turning off notifications for apps that you don't use often, or by turning off notifications for apps that you don't use often.
- 7 LIVE IN THE REAL WORLD**
Overexposure to social media can distort someone's perception of the real world - both body image and social connections. This digital environment can make it hard for young people to distinguish reality from online content. Encourage your child to take a break from social media, and instead, focus on their real world friends and family - which is generally a healthier use of their platform.
- 8 DIGITAL DETOX**
Encouraging young people to take a 'digital detox' from their phones can be a great way to help them to take a break from social media. Encourage your child to take a 'digital detox' from their phones, and instead, focus on their real world friends and family - which is generally a healthier use of their platform.
- 9 MODEL GOOD BEHAVIOUR**
Children learn from their parents. Demonstrating to your children how much time you spend on your phone, and how you use it, can be a great way to help them to learn from you. Encourage your child to take a break from social media, and instead, focus on their real world friends and family - which is generally a healthier use of their platform.
- 10 BE CLEAR ON THE 'WHY'**
Research shows that young people can become addicted to social media. This is often due to the dopamine hit that comes from using social media and phones continuously. It's important to explain to young people why excessive screen time is harmful, and to encourage them to take a break from social media, and instead, focus on their real world friends and family - which is generally a healthier use of their platform.

Meet Our Expert
John Mealy is a senior leader in a Birmingham secondary school and has over 15 years of experience in education. He is currently leading the development of computing curriculum across primary and secondary schools, and is a regular speaker at national and international conferences on computing and e-safety advice.

Wake Up Wednesday
The National College

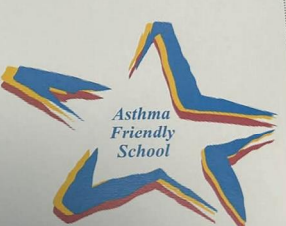
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Asthma Friendly School

Brentside Primary School

Has achieved
Asthma Friendly School
status

For the Academic Year
2024-2025



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North West London

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