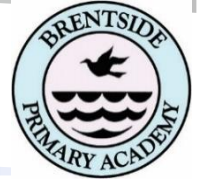


THE BRENTSIDE BULLETIN



Friday 22nd November 2024

Issue: 098

CHILDREN IN NEED

It was Children in Need last week, with pupils coming to school dressed in yellow and spots to raise money for this very important cause. This year, pupils donated their money in a variety of different coins, so that we could see "How far £1 travels." Thanks to your generosity, the donations stretched around our MUGA pitch and we raised **£248** for Children in Need, which will all go to funding of thousands of charities and projects in every corner of the UK that support children and young people to feel and be safer, have improved mental health and wellbeing, form better, more positive relationships and be given more equal opportunities to flourish.



ODD SOCKS & ANTI-BULLYING

Brentside pupils took part in lots of activities for Anti-Bullying Week, including Odd Socks Day, to encourage people to express themselves and celebrate their individuality and what makes us all unique! Year 4 also took part in an Anti-Bullying workshop from Monster Cat Theatre.



YEAR 3 GUNNERSBURY

Year 3 took a trip back in time to a Victorian classroom on their trip to Gunnersbury Museum last week. They spent the day as a Victorian schoolchild learned how tough life in school would have been for children at this time- they all agree they are much happier being at school now! Afterwards, they had some time to explore the museum and grounds and soak up the history around them.



MAGIC FLUTE MUSIC WORKSHOP

A small group of children had the opportunity to take part in a week of music workshops exploring Mozart's opera "The Magic Flute". These sessions were tailored to build confidence, teamwork, and communication skills, as well as movement, imagination, singing, story-telling and listening. The pupils had a fantastic week and at the end of it performed a short piece for their classmates, who had lots of fun watching them.



YEAR 5 HISTORY DAY & 5 BLUE ASSEMBLY

Year 5's History topic this term has been 'Why should the gunpowder plot and treason never be forgotten? They have been learning about the events of the English Civil War, Guy Fawkes and the gunpowder plot. Pupils were invited to come to school dressed as civilians at the time might have, or in bright colours to represent fireworks. They took part in a scavenger hunt in the playground for timeline events in teams and had to put them in order. 5 Blue then delivered an assembly last week to share their learning with parents and families.



YEAR 6 POLICE DRUGS TALK

Year 6 had a visit from Community Police Officers PC McGuigan and PC Pidding, who spoke to them about recognising the dangers of drugs and how to keep making safe choices as they grow up and move on to high school.



MESSAGE FROM THE HEADTEACHER

It was lovely to see so many of you at our parents' evening last week; an opportunity to find out how your child has settled into their new year group and discuss areas of strength and things that your child needs to work on.

Research shows that when parents are involved in their child's education, children do better!

The positive effects include:

- Better behaviour
- Greater confidence and self esteem
- Higher attendance rates
- More enthusiasm about learning
- Better results

Our programme of winter and Christmas events is coming up—so please do check the school calendar so you know what is going on. We look forward to seeing you at some of our school community events and to celebrating with you.

I hope you have had a lovely weekend and kept warm!

Mrs. Crosdale

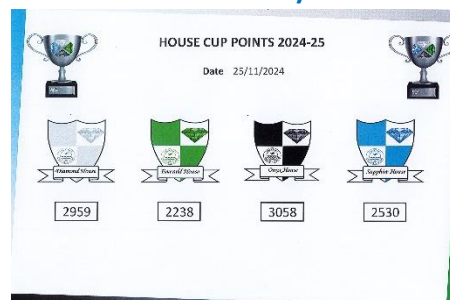
HEADTEACHER/VALUES AWARDS

Year 1 Kayden and Sebastian

Year 2 Elliott, Ruby-Rose, Myrah

Year 3 Parsan, Truce, Alex

HOUSE CUP 2024/5



COMMUNICATION TEAM MESSAGE

"As Communication Team, we care about the way our peers and classmates see the school. For example, objectives we have recently focused on are things like Children in Need. We also discuss health; for example Healthy Zones,

We take information from our classmates and share it with the rest of the communication team, including sometimes holding votes on issues. This year we have already raised money for Children in Need and saw how far the coins would reach around the football pitch."

ECO REFILL SHOP

"Hello, we are the Eco Warriors and we've created a business called **Brentside's Refills 4 You!** We'd like to make a big difference to plastic waste by introducing a Refill shop, with refills of lovely eco-friendly, vegan, cruelty free and UK made household products all for sale in our playground (cash and card payments available). The first refill shop will be on **Tuesday 26th November from 3.30pm-4.20pm.** We hope you'll be able to help us reduce plastic waste by refilling with us. If we all do this together it'll make a big difference— please help us to work to protect our planet and our future. We hope to see you there and **don't forget your container!**"



UPCOMING EVENTS

26/11 Eco Refill Shop 3.30pm-4.20pm

05/12 Winter Fair

12/12 Christmas Jumper & Christmas Dinner Day

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/>

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.

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 safe appropriate conversations with children about online safety, mental health and wellbeing, and climate change. **WakeUpWednesday** guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

- 1 CONSIDER CYCLE TRAINING**
Courses like **Freewheelers** are extremely useful, and training in groups also seems to be very effective since cycling positions by beginners, there are experienced cyclists for advice. **Cycle Training** teaches invaluable skills (such as good road positioning, negotiating cycle crossings, etc.) and can help both parents and children feel more at ease on busy streets.
- 2 USE A SUITABLE BIKE**
Find a bike of an appropriate size for the rider and watch the temptation to have children grow into their bike by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any physical problems, such as flat feet or dyspraxia, then try out a UKRA, handcycle or other purpose cycle to see what works best.
- 3 TRY A CARGO BIKE**
Cargo bikes, particularly the beachstyle type, are ideal for transporting small children around, depending on the type of bike chosen. As used as the size and age of the children. It can be possible to transport up to two children in this way, with additional space for other cargo as well.
- 4 INSPECT YOUR CYCLE**
It's a good idea to do some routine checks on any bike before going for a ride to make sure everything is working correctly. The **WASH** is particularly useful, assessing the condition and position of the wheels, handlebars, front lights, brakes, pedals, chain and cables, working from front to back, either under the seat or from the back to front. If you're riding after dark, check you have a working front light, a rear light, a red rear reflector, a red rear light and a red rear reflector. These are required by law.
- 5 BRING SUITABLE GEAR**
Ensure whatever you're wearing, and any extra items, are suitable for the ride. A waterproof jacket will let you cycle safely in any weather. Also, if your children are in the car, check they are wearing their seat belts correctly. If you're riding after dark, check you have a working front light, a rear light, a red rear reflector, a red rear light and a red rear reflector. These are required by law.
- 6 STICK TO FLAT TERRAIN**
Take a smooth, flat route if possible, as it's more suitable for younger riders. You might be surprised by how many quiet roads or back streets there are, but try to avoid busy roads that offer an indirect, but safer path as opposed to a direct route. The look out for the National Cycle Network, canal towpaths and even paths that you can cut through.
- 7 STAY ALERT AND IN SAFE FORMATIONS**
For maximum protection and visibility, ride in a line with children in the middle and you at either end. If you're the only adult present, take up position at the rear to ensure children remain in your sight. Don't be tempted to hug too much cycling on the road – riding approximately in a straight line will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.
- 8 AVOID PARKED CARS**
When riding past parked cars, try to stay at least a metre away, just in case anyone decides to open a door unexpectedly. If the vehicle is difficult to manoeuvre, the procedure will also be appropriate. When looking for a way to squeeze past, make sure you have a clear path, or don't the child for fear of a prominent position.
- 9 START A 'BIKE BUS'**
Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of being a good form of exercise. Ease children into the hobby by starting with a shorter journey – such as a trip to the park – and build them up to longer, more complicated trips. Some children may get bored on a longer ride, so try to keep a conversation going with them.
- 10 HAVE FUN!**
Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a good form of exercise. Ease children into the hobby by starting with a shorter journey – such as a trip to the park – and build them up to longer, more complicated trips. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert
Sophie Gordon is the campaigns manager at Cycling UK, a charity which promotes and enables people to cycle. She has spent the last 10 years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

WakeUpWednesday The National College

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Think of one person each day you can say something kind to, perhaps you could give them a compliment, say thank you or give them some encouragement.

Think about how you will deliver this message. Will you tell them in person or write it down?

Extension: Keep a journal of all the kind words you've shared throughout the week and how they were received.

Staying Positive

Reflection Questions

Getting Started: How does this activity make you feel?

Intermediate: How could you use this activity to feel more positive when something goes wrong?

Advanced: How could this help you to look on the bright side of something?

Mastery: When might you have to support others to stay positive?

FREE OPEN WEEKEND 23RD AND 24TH NOVEMBER

Join the fun, try free activities and be part of a social enterprise that gives back to the community.

Scan the QR code to claim your free day pass from Thursday 21st November or visit better.org.uk/open-weekend

BETTER

Activities by us and in our support to wellbeing. Better is a registered business and trading name of GLE Greenlink Leisure Limited, a charitable social enterprise and registered charity under the Companies Act, Community Benefit & Societies Act 2016 registration no. 27724. Registered office: Millington House, The Royal Arsenal, London, SE18 6XS. Inland Revenue Charity no. 1043388

EASE AND COPLEY CLOSE CHILDREN'S CENTRE

Information & Support Sessions

Do you need help or support with any of the following? Then get in touch with our Information and Support Worker.

To book an appointment Call EASE Tel: 0208 575 6139 Email: fsw@empowering-action.org.uk

Monday - Friday 9:30am - 2:30pm
Hanwell Community Centre W7 1PD

- Knowing what benefits/help you are entitled to
- Support with filling forms and letter writing
- Support in arranging payment plans for debts
- Issuing Foodbank vouchers
- Signposting and Referrals to key services
- Help with benefit forms

For more information call EASE Tel: 0208 575 6139 Hanwell Community Centre Westcott Crescent W7 1PD Charity No: 1098985 www.empowering-action.org.uk

EASE www.empowering-action.org.uk