

# THE BRENTSIDE BULLETIN



Friday 8<sup>th</sup> November 2024

Issue: 097

## BLACK HISTORY MONTH & CULTURAL DAY

Across October, every class in the school focused on learning about Black History, with all areas of the curriculum included. Pupils learned about notable individuals from the world of Science, Music, Art, Literature, and Sport, while each class had a different country as their focus to learn of the history, culture, and customs. At the end of the month, to celebrate the diversity of Brentside's pupils, they were invited to wear traditional clothing from their culture, or the colours of their flag and also bring in some food from their culture for their peers to try. It was a wonderful day; filled with bright colours, music, and delicious food, and reminded us all once again how lucky we are to have so many different backgrounds represented here at Brentside.



## GIANT WALK

As part of our Ealing-wide 10 Day Active Travel challenge, all schools in the borough took part in the Giant Walk, walking around their local area and seeing what routes they could use to school.



## RECYCLING WEEK & DESIGN TECHNOLOGY

Classes brought in recyclable materials from home for our recycling week, which they then used in many different projects across the school. They used recyclable materials to make towns they designed in Geography and kites which they then flew in the playground.



## UPCOMING EVENTS

- 11-15/11 Anti-Bullying Week
- 12/11 Odd Socks Day
- 14/11 Parents' Evening
- 15/11 Children in Need

## DIWALI DANCE WORKSHOPS

West End in Schools visited us this week to provide fun and engaging Diwali dance workshops to the whole school. Pupils had a great time moving their bodies in celebration of the festival and learning some new moves.



## RECENT LEARNING

**Nursery** have been making lots of lovely art recently, while they learned about bonfire night & celebrated Diwali- the Hindu festival of light. Before half-term, **Year 2** made some fantastic projects for their History topic of The Great Fire of London. **6 Blue** held their class assembly for parents/guardians and families on Poetry this week. Meanwhile, our extracurricular clubs have been in full swing, with some green-fingered gardeners planting winter seeds in **Gardening Club**, pupils learning the basics of the game in **Rugby Club**, and many more!



## MESSAGE FROM THE HEADTEACHER

The second half of the Autumn term has begun in full swing, and started with our Art Day on Monday. Each year group brought to life the creativity and flare of selected well-known artists, developing their own knowledge and technical skills associated with the artist. I have seen some lovely pieces of work.

The School Development Plan has been shared with staff and governors and outlines our plans for further development of the curriculum and key priorities across this academic year.

This can be viewed on our website and you will receive updates as to how our plans are progressing as the year continues.

We believe that the continued support of your child and our school priorities will help us to achieve the best outcomes for all children in our school.

I look forward to seeing you all next week at our termly parents' evening.

Have a lovely weekend.

*Mrs. Crosdale*

## HEADTEACHER/VALUES AWARDS

**Y1** Hamza

**Y3** Alex, Hadi, Parsan, Reon, Darsh

**Y4** Aslana, Ellieanna

## 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.

## WINTER FAIR PARENT STALLS & RAFFLE PRIZES

As part of our Winter festivities, Brentside will be holding a Winter Fair on Thursday 5th December; where children will sell the products they have made during November's winter enterprise week, alongside stalls ran by school staff.

We are also looking for parents, guardians, or relatives who might run a small business or have a creative endeavour they would like to sell on a stall.

This could be handmade cards or jewellery, baked goods, or anything else that might make an ideal treat or gift.

The Winter Fair will take place at the end of the school day, and run for about an hour. Exact timings and further details will be provided soon.

If you would like to run a stall at the Winter Fair, please contact the school office by phone or email to arrange this, or fill out the attached SchoolPing form to express interest and we will contact you. Please only complete the form attached if you are interested in running a stall.

Please note that this event is outdoors and dependent on weather conditions, and it may be necessary for the fair to be moved inside or the date to be moved within the week if the weather conditions are unsuitable.

We would also be grateful for any parents/guardians or family members who run a business or service and wish to donate a prize for our school raffle. Please speak to Lisa at the school office if you are able to do so

## 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](mailto: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/>

### What Parents & Educators Need to Know about FORTNITE

**REG 12**

**WHAT ARE THE RISKS?**  
Fortnite was launched back in 2017, but it remains massively popular – with more than 850 million copies across. There's nothing like the competitive nature of its player vs player combat. So any culture reference can be a conversation starter. However, updates are rolled out with increasing frequency of the game's content and updates. More on this later.

**ALWAYS ONLINE**  
Fortnite is a free-to-play game, but it's always online. This means that there's always a match going on, and you can join in at any time. This is a great feature for parents and educators, as it means that children can play at their own pace and on their own terms.

**IN-GAME COSTS**  
Fortnite is a free-to-play game, but it does have in-game purchases. These are for cosmetic items like skins, emotes, and pickaxes. These items are not necessary to play the game, but they can be a fun way for children to express themselves.

**POP CULTURE REFERENCES**  
Fortnite is a game that is full of pop culture references. From the '90s to the present day, there are countless references to movies, TV shows, and music. This can be a great way for children to learn about pop culture and to have conversations about it.

**CROSSPLAY AND PARTY CHAT**  
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**VIRTUAL VIOLENCE**  
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**FREQUENT UPDATES**  
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**Advice for Parents & Educators**

**MATCH GAMING TIMES**  
Set a limit on how long your child can play Fortnite each day. This will help to ensure that they are not spending too much time on the game and that they are still able to do other things like schoolwork and spend time with family and friends.

**SET SPENDING LIMITS**  
If your child has access to Fortnite, make sure they have a way to control their in-game spending. This can be done by setting up a parental control system that limits the amount of money that can be spent on in-game purchases.

**USE UPDATES AS REWARDS**  
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**BE WARY OF SCAMS**  
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**ENJOY FORTNITE TOGETHER**  
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Meet Our Expert  
Wake Up Wednesday  
The National College

**ANTI-BULLYING ALLIANCE**

With the support of **They and Us**

This **ANTI-BULLYING WEEK** we are holding

**ODD SOCKS DAY** on **TUESDAY 12<sup>TH</sup> NOVEMBER 2024**

Come to school wearing your odd socks to celebrate what makes us all unique!

#OddSocksDay  
#AntiBullyingWeek  
#ChooseRespect

If you're worried about bullying you can speak to ...

© National Children's Society | Supported by the Anti-Bullying Alliance | CHOOSE RESPECT | ANTI-BULLYING WEEK | ANTI-BULLYING WEEK | ANTI-BULLYING WEEK

**THE REFRESH PROJECT**

**Four Week Calming Calligraphy Course**  
Art Therapy

Friday 8th, 15th, 22nd, 29th November  
10:30AM - 12:00PM

at **Hanwell Community Centre**  
WESTCOTT CRESCENT, W7 1PD

Week 1 - Finding our Flow State  
Week 2 - Gratitude & Adundance Mindset  
Week 3 - Connection & Kindness  
Week 4 - Commitment & Change

Spaces are limited, please email or call to book your place  
administrator@empowering-action.org.uk  
or 020 8575 6139

EASE (Empowering Action & Social Esteem) Ltd.  
Charity No: 1098965  
EMPOWERING-ACTION.ORG.UK

**EASE** | **hanwell big local**

## SKILLS BUILDER

Either write down or draw a picture showing what Staying Positive means to you.

For example, it could mean someone managing their emotions following a setback, or looking on the bright side of a difficult situation.

**Challenge:** Around your definition write down an example of how you have stayed positive during the week.

### 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:** How can you manage your emotional response to best support others?

## HEALTHY ZONES HEALTHY EATING GUIDE

### WHY IS A HEALTHY DIET IMPORTANT FOR CHILDREN?

It is important for children to have a balanced, varied diet to make sure they get all the nutrients and energy their bodies need to grow, work properly, maintain a healthy weight, and feel good.

If children don't get all the nutrients they need from their diet, then this could affect their development. Furthermore, a poor diet for children can lead to long-term health problems down the line.

Eating habits are established early in life, so by giving your child a healthy diet now, you can increase their chances establishing healthy habits for life!

### TOP TIPS FOR PARENTS

- Make mealtime a family and social event. Turn off TV and other screens and try to model good eating habits to your child. Also, when possible make mealtimes regular so children get used to eating at certain times of the day.
- Try to get children involved in the buying and preparation of food. They'll enjoy having a say in what you eat and will become more familiar with different foods, making them more likely to try them!
- 'Cautious' or 'Picky' eating is very common amongst children. Encouraging children to try different foods can be a long process, so be patient and keep trying! Don't put pressure on children, instead allow them to explore new foods with all their senses.
- Tell children about the properties certain foods have and how they help their brain and body to encourage them to eat them e.g. 'eating that pasta will give you energy to go and play' or 'try some broccoli, it'll help your brain grow!'

### EAT WELL GUIDE

The 'Eat Well Guide' shows us how much of each food group we should eat to achieve a balanced and healthy diet. Try as best you can to get all of these food groups into your child's diet!



### EAT WELL GUIDE KEY MESSAGES

- Eat lots of fruit and vegetables - at least 5 portions of a variety every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Eat some beans, pulses, fish (including one portion of oily), eggs, meat and other proteins
- Dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day
- Limit consumption of foods and drinks high in fat, salt or sugar

### FOODS TO BE CAUTIOUS OF

Whilst a healthy diet is all about balance, it's important to be aware that certain foods not eaten in moderation can have damaging health consequences for your children, such as:

- Foods high in fat and/or sugar (e.g. sweet pastries, crisps, biscuits, cakes, chocolate chips and other fried foods) can lead to type-2 diabetes and heart disease, as well as decreased physical and mental well-being.
- Sugary drinks such as fizzy drinks, squash and juices high in sugar can lead to the same issues, as well as tooth decay.