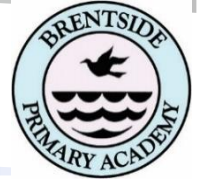


THE BRENTSIDE BULLETIN



Friday 20th September 2024

Issue: 094

NATIONAL FITNESS DAY

It was National Fitness Day on Wednesday 18th September with Brentside pupils taking part in many sporting activities across the day; including playing football on the MUGA pitch, yoga, and gymnastics. Some of you also took part in fitness activities at home- including Sophie, who has been out having fun on her bike. Well done to everyone for having fun while keeping active and healthy.



HOUSE CAPTAINS

New House Captains and Vice House Captains have been voted in by House members for the new school year. The House Captains and Vice Captains (who will undertake duties if the House Captain is absent) will be responsible for collecting and counting House points each week, as well as the very important job of promoting and encouraging school values in their House. Congratulations to all our new House Captains- may the best House win!



YEAR 3 LEARNING

Year 3 have been doing some creative and hands-on learning this week, as they went on learning walks around the school and in the nature area to gather ideas for a setting description of the school in their English lesson.

They have also been learning their numbers to 100, using tactile props to learn these new concepts.



COMMUNICATION TEAM

Our Communication Team have been selected for this year and have a very important role to play: The Communication Team will gather all class views from the Smart School Council and present them to teachers and Mrs. Crosdale, representing their classmates and bringing positive change to the school while ensuring everyone's voice is heard.



UPCOMING EVENTS

October Black History Month

3/10 National Poetry Day

ECO WARRIORS & ECO REFILL SHOP

We have a new, exciting Eco scheme starting this term, which will be led by our newly appointed "Eco Warriors". The Eco Warriors will meet every fortnight and be trained to help educate their classmates and teachers on how we can be more environmentally friendly as a school, develop good habits for the future, and organise recycling. Soon, we will also have regular Eco Refill shops for parents/guardians to attend- watch this space for more news on that.



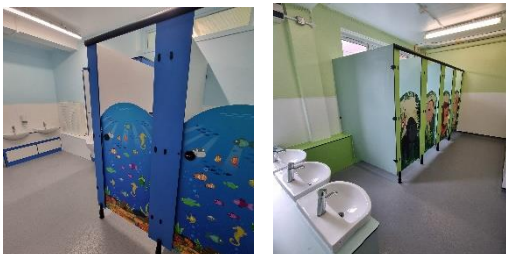
ARTWORK

We have a budding anime artist in Y5- Tariq is a huge fan and has created and designed his own character, "Ray", who sleeps in the forest and slays monsters with a sword and his powers of telekinesis!. We can't wait to see more art and hear about the further adventures of Ray.



NEW Y2 TOILETS

Our Y2 toilets were completely refurbished and refreshed over the summer holiday, as they were due for an upgrade. Pupils seem to be fans of their new colourful and friendly toilets!



STAFF NEWS

Congratulations to Mrs. O'Leary on the birth of beautiful baby Jacob over the summer holiday- we hope you are all settling in well.

Welcome back to Ms Dahir and Ms Ponziano from maternity leave. Ms Dahir will be taking on the role of SEN Support Teacher, while Ms Ponziano will be sharing the class teaching of 3 Red with Ms Murphy.

MESSAGE FROM THE HEADTEACHER

Welcome back to our first newsletter of the new academic year 2024-25. What a busy but exciting time we have had in the first few weeks of term.

Welcome to all families new to Brentside; in Nursery, Reception and in some year groups across the school. It has been lovely welcoming you into the Brentside family and seeing you settle in so well.

We are only a few weeks in and our curriculum is off to an exciting start – with much more to come.

The pupils have been reminded about the Brentside visions and values and the high expectations we have of everybody; both through behaviour and learning.

We have introduced a new silent corridor rule to ensure that our children are moving around the school building calmly and with purpose. We have a lovely quiet school inside and outside our classrooms now.

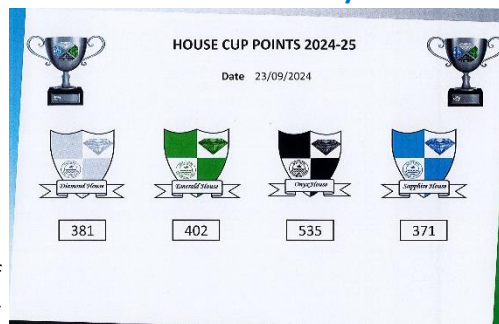
Well done to everybody for such a positive start to the new academic year.

Mrs. Crosdale

HEADTEACHER/VALUES AWARDS

Y2 Nooradeen, Milo, Ruby
Y5 Youmna, Malachi
Y1 Hamza

HOUSE CUP 2024/5



START OF SCHOOL YEAR REMINDERS

- School starts at **8.45am**
- Anyone arriving to school after 9am will be marked as late.**
- All pupils should wear school uniform to school. Anyone having difficulties purchasing this and ask to speak with the school office in confidence.
- Please ensure you have downloaded and are accessing **SchooPing**, all communication is sent via this method. It is recommended that you select the setting for messages to be sent to email as well as in-app so they are not missed. If you have any difficulties logging in, speak with the school office.
- **School Street** remains in operation from 8.15 to 9.15am and 2.45 to 3.45pm Monday-Thursday, 8.15 to 9.15am and 2.00 to 3.00pm on Friday.
- **School meals are now free to all primary aged pupils**
- We are a **NUT FREE** school- **NO NUTS** of any type should be brought into school.
- Please ensure that if your child develops an **allergy** or **medical condition** during the school year that you inform the school office or welfare staff.
- Please ensure that if there is a **change in family circumstances, or contact details** that you let the office know immediately so that in an emergency someone can be contacted.

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.

MENTAL HEALTH SUPPORT TEAM




Ealing Mental Health Support Team


September 2024

Your termly newsletter! Back to school!

Is your child feeling...



Demotivated? Anxious? Stressed? Worried? Sad? Irritable? Low? Panic? Tired or Lacking energy?



We can help you and your child

Ealing Mental Health Support Team (MHST) supports the wellbeing of children and young people in Ealing schools.

In Primary schools, we offer 1:1 support to parent's whose children feel:

- Worried and present with behaviours that challenge

In Secondary Schools, we offer 1:1 support to young people who sometimes feel:

- Anxious or low in mood

We also support children and young people with learning disabilities and/or autism, their families and school staff.

If you have any questions about the above, please speak with your schools Mental Health Link Worker.

Dates to remember:

ADHD Awareness Month: October 1st - 31st 2024

Children's Health Day: October 7th

World Dyslexia Awareness Day: October 10th

Anti-Bullying Week: November 11th - 15th


Your voice matters

You told us that it would be helpful to know more about Autism Spectrum Condition (ASC) in teenagers. We are delivering a workshop on October 25th specifically in response to your requests. Check it out!

Thank you for your feedback - keep it coming!

Promoting hope & wellbeing together





Back to school:

Going back to school can be a difficult time. Maybe you are worried about having a new teacher, feeling motivated or homework. It's good to remember that these feelings are common.

Helpful tips!

- Have you planned your week?
- Have you got all the things you need?
- Do you have any goals for the year?
- Who can help you with this?

Upcoming Parent Workshops [Sign up here!](#)

September:

- Adolescent Exam Stress: 25th 11am

October:

- Settling into Secondary School: 3rd 10:30am
- Supporting Positive Behaviour in Children: 11th 12pm
- ASC in adolescents: October 25th 11am

November:

- Mental Health in Adolescent boys: 12th 12pm
- ASC in children: 15th 11am

December:

- Child Anxiety: 2nd 11am
- Understanding Behaviour for children with SEND: 13th 11:30am

Struggling with worries

Searching for the evidence...

Step 1. Can you identify a worry or fear that is bothering you?

Step 2. Have a think...where is the evidence that this worry or fear will come true?

Step 3. It is very likely that this worry won't come true, but even if it does, remember that you can get support and manage it!

Talking to your child: The News

A lot has happened across the world during the summer holidays.

Here are some tips around having conversations about difficult topics.

- offer reassurance and be truthful about what's happening
- manage your own emotional response
- encourage compassion
- Fact check and check back in

<https://www.bbc.co.uk/bitesize/articles/zqkfb7h>

What you have to say about our workshops:

"Thank you for these sessions. They are such a great service."

"I feel as if, they know what I am going through, perfect details."

"I found the workshop interesting to listen to. Wish I'd had this info when my kids were in primary school."

Promoting hope & wellbeing together

SKILLS BUILDER

Affirmations are positive statements that can help people feel better when they are having negative thoughts or are feeling negative emotions.

Think about a challenge that you are facing and write down five affirmations (positive statements) that help you to think about this challenge positively. Your statements (or affirmations) can help you stay positive more generally and can be as simple as: 'I can do hard things' or 'I am a good friend'.

You should:

- Write down your affirmations.
- Say your affirmations aloud to yourself or a friend or a family member.

Extension:

Create a poster with your affirmations on to remind you of them regularly.

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?

Please bring a snack & drink

6 - 11 years

AFTER SCHOOL CLUB

3:40pm - 5:30pm

Every Thursday at
North Hanwell Baptist Church
Cuckoo Avenue W7 1BW

(Term time only)

Limited places!
To book, call Banna
Tel: 07903 526385

For more information
call EASE Tel: 0208 575 6139
Hanwell Community Centre
Westcott Crescent
W7 1PD
Charity No: 1039965