



Bryony School Newsletter

Spring Term - Issue 87 - 9th February 2024

Chinese New Year - Year of the Dragon



In assembly at the Juniors, we celebrated the **Chinese New Year of the dragon**.

Today is New Year's Eve and **Angela** from year 6 told us how her family would celebrate whilst **Laith** showed us the typical new clothes Chinese children would wear tomorrow.



This week Preschool and Reception children have been learning about **Chinese New Year**. They have made lanterns, dressed up in authentic Chinese clothes and looked at a range of artefacts from China.



The Early Years Team

KS1 made wonderful brightly coloured, dragons, lanterns and 'chatterboxes'!

Mrs Atkins told a story of how the Chinese years got their names and handed out lucky red envelopes to her helpers!

Year 5 - Referendum

During the Year 5 PSHE lesson this week, the class discussed voting and the roles of central and local government.



There were questions from the children about the responsibilities of the local authority including planning applications and the process as well as the NHS. A mock referendum was held with the following question:-

Would you prefer a longer school day for 4 days with a longer 3 day weekend? YES/NO

Darcy and **Safet** acted as counters and then as returning officers announcing the result of the vote.

The class vote showed that they preferred a shorter day every day!

Mrs Prenter



Eco Warriors

During the Infants assembly, we spoke about the importance of recycling and saving our planet. We decided to appoint class **'Eco Warriors'**;



Early Years - Katarina
Year 1 - Isaac
Year 2 - Thomas

The **Eco Warriors** are working with everyone in school towards keeping ourselves and our environment green and clean, and to make the world a better place in which to live.

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Childrens Mental Health Week

This week Year 2 have been focusing on their mental health. Everyday, we have taken 10 minutes after break or lunch to take part in a 'zen den'.

We really enjoyed this and it helped us to be ready to focus on our work, so we are looking forward to continuing to do this!



We also enjoyed designing our own 'wellbeing gardens'.

Next term, Year 2 will be taking on a project to revamp the far side playground into a wellbeing garden for the

Safer Internet Day - 6th February

Safer Internet Day 2024 | Tuesday 6 February

Coordinated by the UK Safer Internet Centre

This free online safety guide from National Online Safety focuses on supporting children's mental health. It contains 10 conversation starters for parents and carers. Talking about mental health to children is sometimes hard. The guide takes a look at a number of tips such as talking about mental health naturally, being open and honest and asking twice.

SUPPORTING CHILDREN'S MENTAL HEALTH
10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

1 LISTEN
This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child has listened to the 'signals of problems' they will become confident that you will listen when the 'signals of problems' arise.

2 ASK TWICE
The campaign from time to change is great. <https://www.time-to-change.org.uk/support-advice/campaign>. Be sensitive about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

3 THERE IS NO SUCH THING AS A STUPID QUESTION
This advice also relates to the first point. If your child can ask you any questions about the results of things and you listen and answer without shaming or belittling, then they will have more confidence to talk the biggest of questions.

4 BE OPEN AND HONEST
Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: "It's very sad that Nana has died" or "I feel sad that Nana has died". How you talk about a subject will either reassure or frighten your child depending on your maturity. Talking about death to a younger child for example will be different to that of an older teen, so their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP
Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the anxiety? Talk to your child about your concerns and deal to study they will need before support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY
Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE
'It makes sense that you would feel this way. It is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at that age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE
Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE
Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental' often up or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'
Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or to have any strong ideas, but that you will work out together and seek help together.

Meet our expert
This guide has been written by Anne Bateman. Anne is passionate about giving presentation at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems and is a member of the advisory group for the Department of Education, advising them on their mental health green paper.

Sources of information and support
Young Minds <https://www.youngminds.org.uk/>
Time to Change <https://www.time-to-change.org.uk/>
MIND <https://www.mind.org.uk/>
NHS.uk <https://www.nhs.uk/>

www.nationalonlinesafety.com | [Twitter - @natonlinesafety](https://twitter.com/natonlinesafety) | [Facebook - /NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

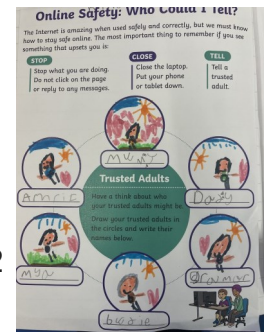
On Tuesday, the Infants and Juniors had special assemblies with Mrs Notley and Mrs Gee respectively about Safer Internet Day. The theme this year is based around 'Inspiring change? Making a difference, managing influence and navigating change online'.

We learnt about the rules of staying safe online and what we should do if something doesn't seem right.

"If we see something pop up, we should STOP, CLOSE and TELL an adult" - Isaac

"You can tell a trusted adult if someone sends something that you don't like". - Grayson

Children learnt more in their lessons. For example, Year 4 did a comprehension exercise on internet safety and Years 1 and 2 watched a BBC LIVE lesson #where we learnt about AI (artificial intelligence) and how it works.



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Junior Intra House Games



Last Friday, as part of **World Number Day**, the Juniors took part in an intra house multi skills competition focusing upon Active Maths. The children in their houses took part in various activities which focused upon balance, aiming, co-ordination and movement. The children had to achieve the largest score they could with year 6 co-ordinating each event and recording scores. The children had to work together as a team, inspiring each other. Well done to all the children especially Year 6 in their roles as Sports Leaders. Congratulations to **Zircon** who were overall winners.



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Sensational Safari ...Year 2 Topic Comes to an End!

The children in Year 2 have really enjoyed their 'Sensational Safari' topic this term and have created some outstanding pieces of art.

Last week, the children had a go at weaving for the first time and created patterns on it inspired by African Kente Cloth.



We were also blown away by the children's creativity with their animal masks. They are fantastic!



And of course how could we forget our newest class member.. Barry the Zebra!

The children worked collaboratively to make repeating patterns out of paper to help create Barry's stripes!

Mrs Dyne & Mrs Apps

Sensational Safari - Year 1 Topic

In Year 1 we have also done some fabulous art work around our topic 'Sensational Safari'.

We have used different mediums including cardboard, wood shavings, paints, and pastels. We have used hot and cold colours in our art work.



Miss Stevens & Mrs Paice



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Thank you FoBS for our New Road Safety Cones!



FoBS have purchased some parking cones to help keep our children safe around the entrance to the infant site.. The cones are put out everyday and have reduced the amount of dangerous and illegal parking.



Please continue to be considerate to our neighbours and also avoid stopping on any yellow lines when delivering and collecting your children.

Thank you FoBS!



Practising your spellings will always help you when you have your spelling tests...

- Year 1:** 1st - **Shawn**
2nd - **Nihaal**
3rd - **Isaac**
- Year 2 :** 1st - **Obarinsola**
2nd - **Sara**
3rd - **Leah**
- Year 3 :** 1st - **Evelyn**
2nd - **Rachel**
3rd - **Meera**
- Year 4 :** 1st - **Sylvia**
2nd - **Charlotte**
3rd - **Nancy**
- Year 5 :** 1st - **Safet**
2nd - **Tyler**
3rd - **Olivia**
- Year 6 :** 1st - **Jedidiah**
2nd - **Veer**
3rd - **Jeevat**

Well done to all the children for using the **SpellingShed** program to practise your spellings. A full house this week!!

The more you practise the better you will become!

- Year 1:** 1st - **Shawn**
2nd - **George**
3rd - **Isaac**
- Year 2 :** 1st - **Obarinsola**
2nd - **Sara**
3rd -
- Year 3 :** 1st - **Evelyn**
2nd - **Mireya**
3rd - **Meera**
- Year 4 :** 1st - **Sylvia**
2nd - **Nancy**
3rd -
- Year 5 :** 1st - **Safet**
2nd - **Olivia**
3rd - **Tyler**
- Year 6 :** 1st - **Veer**
2nd - **Jedidiah**
3rd - **Jeevat**

Well done to all of you! It would be good to see a few more practising Maths Shed over half term!

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Reminders

Academic Diary

Our academic diary has been updated this week, the changes can be viewed on our website. Please follow the link: <https://www.bryonyschool.org.uk/calendar-of-events/>

Morning and After School Care

If you require morning or after school care please complete the ParentMail form in advance.

School Uniform

New uniform is available at **Schooltime** . 87-89 High St, Chatham ME4 4EE. You can also visit their website: <https://schooltime.co.uk>

Equipment & Uniform

Please ensure your child comes to school with the correct equipment and uniform needed for the day. i.e. full pencil case (this includes glue stick and scissors), water bottle and reading books. Please NAME everything!

FoBS have a small number of glue sticks available for 50p each. You may purchase these from the school office.

Junior Clubs

Please see below for details of next terms Junior clubs.

New Junior Clubs

Diary Dates

February

Monday 12th - Friday 16th - Spring Half Term Holiday

Monday 19th - Back to School

Thursday 22nd - Year 3 & 4 HSSP Multi Skills Festival, The Howard School

Thursday 22nd - Parents' Evening - 3F, 4A & 6J at Meresborough Road

Thursday 22nd - Year 4 Swimming, Medway Park

Thursday 29th - Year 4 Swimming, Medway Park

Thursday 29th - Parents' Evening - 5W & 6L at Meresborough Road

Day of the Week	Lunchtime/ After School	Type of Club	How to Sign Up	Teacher
Monday	Lunchtime	Library	See Mrs Foot/ Mrs Ware	Mrs Foot/Mrs Ware
Monday	After School	Tag Rugby Years 3 to 6	Via Parentmail	Mr Johnson
Tuesday	Lunchtime	Construction Club	Mrs Foot	Mrs Foot
Tuesday	After School	Netball Years 3 to 6	Via Parentmail	Mrs Atkins
Wednesday	Lunchtime	Crochet and Knitting Club	FULLY BOOKED	Mrs Atkins/Ms Jug
Thursday	Lunchtime	Homework	See Mrs Foot	Mrs Foot
Thursday	Lunchtime	Italian	See Ms Jug	Ms Jug
Friday	Lunchtime	Choir	See Mrs Foot	Mrs Foot



House Points Term 3 & Term 4



Weekly House Point Scores.

<u>Place</u>	<u>House Team</u>	<u>Total Points</u>
1st	Sapphire	398
2nd	Emerald	368
3rd	Ruby	332
4th	Zircon	322

Well done if you achieved house points this week!

Zircon are still in the lead! Can **Sapphire** catch them???

Running House Point Scores.

<u>Place</u>	<u>House Team</u>	<u>Total Points</u>
1st	Zircon	1228
2nd	Sapphire	1207
3rd	Emerald	1199
4th	Ruby	1090