

Brookvale Primary School

Newsletter



Dear Parents/Carers

With Autumn drawing to a close and bringing the magic of winter, we also say goodbye to a fantastic term at Brookvale! Highlights included wonderful class assembly, Nativity and Christmas Concert performances, as well as a host of great opportunities to welcome you into school for our eagerly-anticipated class workshops.

This week, we have been delighted to offer you our Christmas Dinners with families, one of my personal favourite events of the year! Brookvale's culinary wizards, Jemma and Pat, offered up a plethora of delectable delights; if you attended, I'm sure you'll join me in passing compliments to the chef!

We also ended this term with a final chance for pupils to dance the evening away at our Snow Ball! We thank our wonderful PTFA and parent volunteers for organising another brilliant disco!

Of course, a new year brings its resolutions, and you will see in our newsletter this week a reminder on school uniform expectations. Please read the requirements for uniform carefully, and ensure your child follows them every day. We offer a range of support services to assist with uniform, so please speak with the school office if you have concerns. We also insist, for the health and safety of all of our pupils, that jewellery is not worn in school. As ever, I am happy to speak with families who wish additional guidance on this.

Finally, on behalf of everyone at Brookvale Primary, I would like to wish all of you a wonderful holiday break and a happy new year. We look forward to welcoming all pupils back to school on Tuesday 7th January for the start of another fantastic term!

Many thanks

Mr Mills



Upcoming events

23/12/24 -	SCHOOL CLOSED
06/01/25	TEACHER TRAINING DAY—SCHOOL CLOSED
07/01/25	Back to School
22/01/24	School trip to The Panto at the Birmingham Hippodrome

We are caring citizens, shaping our communities.

We are ambitious for our success and the success of others.

Shaping Our Children's Futures, Together.

We are passionate about everything and everyone.

We are the authors of our own lives.

Brookvale Primary School, Mallard Drive, B23 7YB

Tel: 0121 3599973

Email: office@brkvale.bham.sch.uk Website: www.brkvale.bham.sch.uk Social Media: @BPS_B23 (X)

Weekly Attendance



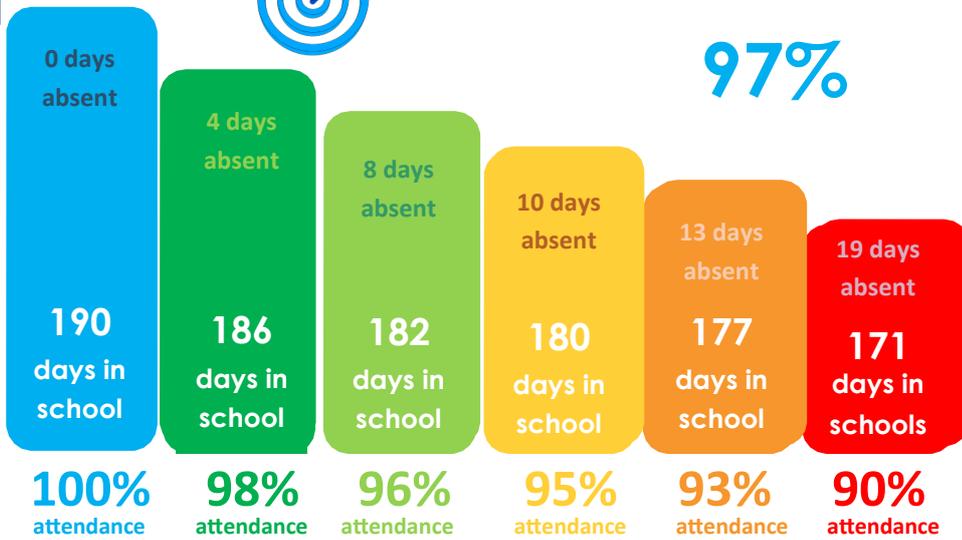
16/12/2024 to 20/12/2024

Reception	97.41%
Year 1	86.72%
Year 2	81.75%
Year 3	95.24%
Year 4	91.54%
Year 5	94.46%
Year 6	99.28%



Our School Attendance Target is

97%



Best chance of academic success and in later life.

Poor attendance—less likely to succeed academically/in later life.

Serious impact on education and reduced life chances

This week's Class Attendance Superstars

Y6

Attendance This Week

91.52%

Attendance year to Date

95.93%

This week's 100% attendance
You each win a new book.

Nadia Rec

Aleena Y5

You each win a new book.
Great Job!



100% attendance award winners for the term
Amil, Ava, Daniella and Isabelle

175 days off school per year.
Use this time for holidays, appointments etc



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Parental Safeguarding



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 online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements 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 concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or 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 keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – 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 children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capability to monitor screentime, they also record how much time is spent 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 screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will genuinely cut down on their screentime, 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 algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in, to avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 25 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



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We look forward to welcoming all the children back in January in the correct school uniform and with the correct PE uniform. For safety reasons, please ensure that Jewellery is NOT worn to school.

We thank you for your support in ensuring your child is in the correct uniform and hope they develop a sense of pride in being part of their school community.

School Uniform

- Navy blue V-neck sweatshirt – knitted varieties will not be accepted as uniform
- Navy blue sweatshirt material cardigan – knitted varieties will not be accepted as uniform
- Powder blue polo top
- Charcoal grey trousers (black trousers will not be accepted as uniform)
- Charcoal grey pleated skirt
- Charcoal grey pinafore dress
- Navy check summer dress
- Socks – grey, black or white
- Girls tights – grey or navy (leggings will not be accepted as uniform)
- Black shoes (leather style - no trainers or boots of any variety/ no embellishments)
- Hijab – plain, navy, grey or black in colour
- No jewellery
- No nail varnish
- Hair colour must be natural.



P.E. Uniform

- Navy striped blue shorts (loose fitting, not cycling shorts)
- Navy blue tracksuit bottoms and hoodie (plain, sweatshirt material only - leggings or branded sportswear will not be accepted as uniform)
- White plain t-shirt
- Black pumps
- Sports trainers – black, grey or white (plain)

To order branded uniform with the Brookvale logo, please visit www.crestedschoolwear.co.uk or buy items in store at: Trutex Erdington. 71 High Street, Erdington, Birmingham, B23 6SA. Tel: 0121 350 8444. Opening Hours. Monday-Saturday 9am-5pm.

Please note: There is no requirement to buy uniform with the school's logo. However, any uniform purchased through other suppliers must adhere to the uniform guidance, outlined above.

Throughout the year, we also run free uniform swap shops to ensure uniform is accessible for all.



News Items



We really enjoyed having families in school this week for Christmas Lunches. As you can see it was a busy 2 days.





Events in school



What a wonderful Snow Ball
Special thanks has to go to
Sarah Gill and the parents who helped organizing the
event.
Without their support these special events for the children
would not be to go ahead.



Support over the holiday period

Merry Christmas

This can be a difficult time of year and Pause is here to listen at our different hubs across Birmingham.

Visit our website or scan the QR code for our festive drop in times and information on how to register.

forwardthinkingbirmingham.nhs.uk/pause

Pause.



Erdington Foodbank

Helping local people in crisis

Connected Life Church		
0141 4883827		
Map	Closed	Address: Directors via Google Maps
Mon	Closed	Director: Venerable Dan Scott
Tue	12:00 - 1:00	
Wed	Closed	
Thu	Closed	
Fri	Closed	
Sat	Closed	
Sun	Closed	

Six Ways Baptist Church		
0141 4883827		
Map	Closed	Address: Directors via Google Maps
Mon	Closed	Director: Venerable Dan Scott
Tue	Closed	
Wed	Closed	
Thu	12:00 - 1:00	
Fri	Closed	
Sat	Closed	
Sun	Closed	

Christmas Opening Hours

We will be closed on Christmas Day, Tuesday 28th December, and New Year's Day. All other times we will be open as usual.

<p>0300 123 3393 Helpline mind.org.uk</p>	<p>Text SHOUT to 85258 24/7 text service giveusashout.org</p>	<p>116 123 24/7 helpline samaritans.org</p>
<p>Text YM to 85258 24/7 text service youngminds.org.uk</p>	<p>0800 58 58 58 Helpline for men thecalmzone.net</p>	<p>0800 068 4141 Under 35s Helpline papyrus-uk.org</p>

Support This Christmas

Below are the contact details for a number of organisations who can help families in need this Christmas:

- Erdington Food Bank** — Erdington Six Ways Baptist Church, B24 8AD - M: 07474 683 927
- Children's Advice & Support Service (CASS)** - Concerned about the safety or welfare of a child? Call CASS for advice—0121 303 1888 or the Police on 999 if the child is in immediate danger.
- NSPCC—Worried about a child?** Call the NSPCC on 0800 800 5000 (free phone)
- Refuge (Domestic Violence)** - 0800 2000 247
- Samaritans**—Whatever you are going through, a Samaritan is there to listen 24/7. Call 116 123 for free.
- Hub of Hope** — A one-stop shop for support service in your local area. Hubofhope.co.uk
- The Waiting Room**—A one-stop shop for support service in Birmingham and Solihull. the-waitingroom.org
- Baby Aid Birmingham**— Baby Aid Birmingham helps families with children (aged 0–5 years old) with essential items, providing a lifeline for those at risk, or in crisis. Babyaidbirmingham.co.uk
- The Trussell Trust** - Find a Food Bank in your local area. www.trusselltrust.org.uk
- Shelter**—A resource for guidance on housing, including 'private renting, repairs, evictions, housing benefit, homelessness and more. 0800 800 4444 (free phone)



best start for life

Erdington Family Hub

Family Hubs | Birmingham City Council

Lakeside Children's Centre
Lakes Road
Erdington
B23 7UH

Tel: 0121 752 1970