

Brookvale Primary School

Newsletter



31st January 2025

Dear Parents,

MY HAPPY MIND

Coinciding with Children's Mental Health Week, we are excited to inform you that we have introduced a programme to all year groups at Brookvale called My Happy Mind. This programme is based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves.

My Happy Mind is delivered weekly in school by your child's class teacher through a series of interactive lessons. The children then apply these learnings throughout the day and week. All children have completed the first two lessons and will be keen to share their new found knowledge about their brain with you. Ask them all about 'HAP'. I am sure you will be very impressed with their responses.

To further embed this learning, My Happy Mind has developed a Parent App. These resources can be accessed online on your computer, or through an app on your phone. The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a Kids Zone featuring My Happy Mind games plus much more!

To access these materials just go to <https://myhappymind.org/parent-resources> to create your free account. You will need to enter your name, email, and authentication code.
Your authentication code is 139465

Once you have created your account, you will receive an email with the next steps on downloading the app.

We really encourage you to make use of this free content so that you can support your child in getting the best out of this curriculum.

If you have any questions about My Happy Mind, please contact your child's class teacher.

If you have any technical questions about accessing the resources, please contact hello@myhappymind.org

Dr Clarke



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

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Brookvale Primary School, Mallard Drive, B23 7YB

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BROOKVALE PRIMARY SCHOOL

Mallard Drive, Erdington, Birmingham, B23 7YB

Tel: 0121 356 9973

Email: office@brkvale.bham.sch.uk

www.brookvaleschool.co.uk

Head Teacher: Mr Stuart Day

Dear Parents,

We have introduced a program to all year groups at school called myHappyMind. myHappyMind is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

myHappyMind is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day.

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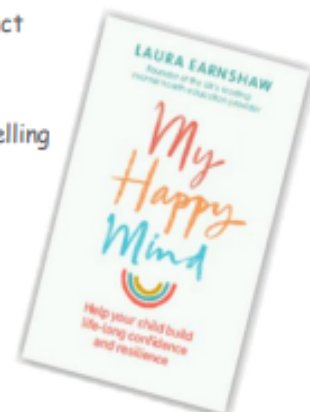
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If you have any questions about myHappyMind, please contact your class teacher.

If you have any technical questions about accessing the resources, please contact hello@myhappymind.org

Want to learn more? Check out myHappyMind founder Laura Earnshaw's best selling book on [Amazon](https://www.amazon.com).

Many thanks,



The Arthur Terry Learning Partnership, a charitable company limited by guarantee, registered in England and Wales, company number 07730920.
Registered office: The Arthur Terry School, Kittoe Road, Four Oaks, Sutton Coldfield, West Midlands, B74 4RZ
CEO Richard Gill NPQH, NLE, FRSA



Weekly Attendance



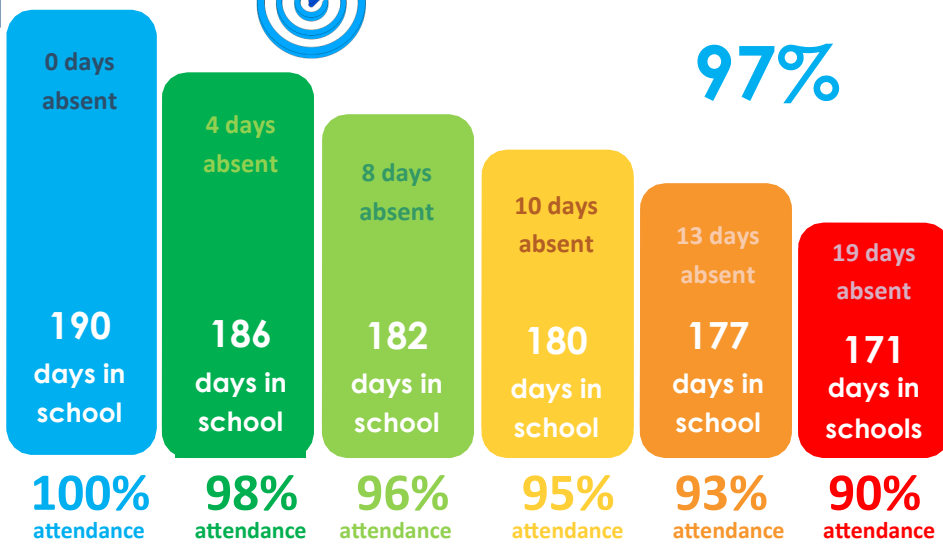
27/01/2025 to 31/01/2025

Reception	93.41%
Year 1	81.09%
Year 2	89.38%
Year 3	88.36%
Year 4	99.26%
Year 5	95.93%
Year 6	87.54%



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



Y4



You get extra playtime!

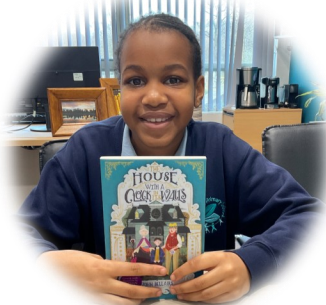
This week's 100% attendance Winners:



Inaya Y5

&

Lina Y2



You each win a new book.

Great Job!

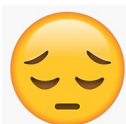


Attendance This Week

90.21%



Attendance Year-to-Date



95.65%

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 SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



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February 2025

Newsletter

Thursday
20th Feb

19:00 - 20:00
FREE



FREE SESSION

Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday
3rd Feb

10:00 - 11:30
£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb

19:00 - 20:30
£24



Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb

19:00 - 20:30
£24



Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb

19:00 - 20:30
£24



Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

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In the news



Brookvale's uniform swap

Why waste what's still good?

**Donate any used, good condition
school uniform and coats**

or

**exchange any good condition
uniform or coats for previously
owned.**

**Contact Mrs Coulson in the
school office.**



*the
uniform
swap*

Fantastic start to the Walk to School WOW challenge!

We are in the top 100 of schools across the country and currently 7th place in the local area. Can we climb that leaderboard as we approach the end of January? Which year group will take year 4's winning spot?

Out of 768 schools country wide

93 SOUTH CROSLAND CHURCH OF ENGLAND
VOLUNTARY AIDED JUNIOR SCHOOL 62.2%

94 WIGTON MOOR PRIMARY SCHOOL 62.1%

95 BROOKVALE PRIMARY SCHOOL 62.0%

96 PADIHAM PRIMARY SCHOOL 61.7%

Out of 52 schools local authority

1 WARREN FARM PRIMARY SCHOOL 81.0%

2 LEA FOREST PRIMARY ACADEMY 78.2%

3 THE DEANERY CHURCH OF ENGLAND PRIMARY
SCHOOL 72.9%

4 WOODTHORPE JUNIOR AND INFANT SCHOOL 70.8%

5 SHAW HILL PRIMARY SCHOOL 66.3%

6 NEW HALL PRIMARY SCHOOL 63.5%

7 BROOKVALE PRIMARY SCHOOL 62.0%



NO NUTS IN SCHOOL

Can we remind you that children are NOT to bring any nut product into school as we are a Nut Free School – this includes Nutella, Happy Hippo bars, celebrations and cereal bars.

There is no need for children in Key Stage 1 to bring snacks into school as we provide fruit at break time. All children in Key stage 1 are entitled to FREE school meals, which we encourage parents to take advantage of.

Children in Key Stage 2 have access to bagels at break time, however they can bring in a healthy snack such as fruit.

Please DO NOT send in crisps, chocolate or sweets as these will be removed and return to parents at the end of the day.

If you do provide a packed lunch for your child, again this should be a healthy option, such as a sandwich, carrot or cucumber sticks, a packet of crisps, a yoghurt or a small biscuit/cake slice. Packed lunches must not contain sweets of any kind or fizzy pops.

Due to food allergies in school we no longer allow children to bring in sweets for birthdays, instead children can bring in a book to share with class.

Please ensure that you book your child's school meals on Relish.

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Fundraising



Class currently in the lead to win a
Movie afternoon is

Y3

Rec	3 bags
Year 1	17 bags
Year 2	18 bags
Year 3	20 bags 
Year 4	11 bags
Year 5	6 bags
Year 6	12 bags

Please send all donations in to class
The winning class of a Movie Afternoon
will be announced next week

Our school is raising money by collecting reusable clothes.

Please help us by donating your unwanted reusable clothes and accessories.
Donated items become affordable clothing and accessories.

**WE ACCEPT CLEAN,
GOOD QUALITY, DRY,
REUSABLE CLOTHING**

- Adults, Childrens & Babies Clothing
- Jewellery and Accessories
- Paired Shoes and Footwear
- Belts and Handbags

A full list of reusable items is listed on our website
www.rags2riches4schools.co.uk



WE DO NOT ACCEPT

**POOR QUALITY ITEMS SUCH AS
DIRTY, WET, RIPPED OR SOILED
CLOTHES.
PILLOWS, DUVETS, CURTAINS,
BOOKS CDs OR ANY UNIFORM**

Please use the clothing bag provided.
You can also use any additional bag if required.

Collection Date:

Monday 3rd February 2025

Please remember - NO UNIFORM



Young Voices

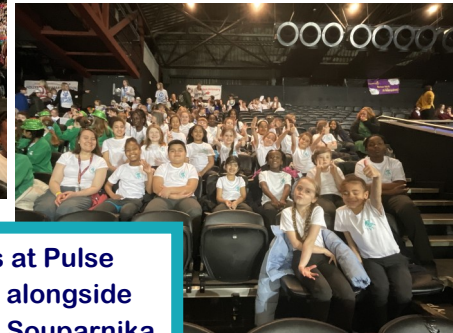


Certificate of Participation

NAME Brookvale Primary School

CONGRATULATIONS

You have performed at Young Voices, The Largest Children's Choir In The World!



What a wonderful night we had performing at Young Voices at Pulse Live (Resorts World) on Thursday. The children performed alongside Tommy Blaize, the lead singer from Strictly Come Dancing, Souparnika Nair from Britains Got Talent and MC Grammar Multi award winning Teacher turned Rapper and Social Media Sensation.



The children, who have been attending Choir since September, have been working hard towards this performance. They had an amazing time and represented Brookvale Primary School exceptionally, we could not be prouder of them. A huge thank you goes to Miss Willars and Miss Walker for running choir club and Mrs Fencott for assisting on this event, without there support the children would not have had this fabulous experience.

The Choir will be preforming in school on Friday 14th February at 2pm for parents as part of the Achievement Assembly.



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* NEW EVENTS ADDED—Spring Dates for your Diary

* Thursday 6th February	Rec and Y6 Height and Weight
Friday 7th February	Y1 Black Country Museum Class Trip 3.30pm—Work Share Evening in class Brookvale Foodbank and uniform Swap Shop in the Hall
Friday 14th February	Awards Assembly and Young Voices Performance 2pm Parents invited to attend Break up for Half Term
Monday 17th— Friday 21st February	SCHOOL CLOSED FOR HALF TERM
Monday 24th February	Back to School
Tuesday 25th February	Y2 and Y5 Open morning—Parents are invited to attend at 9am only The session will end at 10.50am
* Friday 28th February	Y4 Class Assembly 9am—families are welcome to attend
Thursday 6th March	World Book Day—details of the event to follow
Friday 7th March	Y3 Class Assembly 9am—families are welcome to attend
* Thursday 20th March	SEND Coffee morning with Marie Smith 9—10am Brookvale Got Talent Show—more details to follow
* Friday 21st March	Red Nose Day—Wear red to school raising money for Comic Relief
Tuesday 25th March	Y1 and Y3 Open morning—Parents are invited to attend at 9am only The session will end at 10.50am
Wednesday 26th March	Y2 Sea-life trip
Wednesday 2nd April	Y2 Class Assembly 9am—families are welcome to attend Eid Lunch 1 adult per family invited to attend at 11.30 - Book your place on MCAS
Wednesday 2nd - Thursday 3rd April	Parent Consultation Appointments—Look out for the announcements of when this is available to book via MCAS
Tuesday 8th April	Y6 Open morning—Parents are invited to attend at 9am only The session will end at 10.50am Easter Lunch for Phelps and Cadbury at 11.30am
Wednesday 9th April	Easter Lunch for Zephaniah and Lewis at 11.30am
Thursday 10th April	Y3 Egyptian Class Trip
Friday 11th April	Awards and 100% Attendance Assembly Break up for Easter Holidays
Monday 14th April - Friday 25th April	SCHOOL HOLIDAYS
Monday 28th April	SCHOOL CLOSED FOR TEACHER TRAINING DAY
Tuesday 29th April	All children back to school