

Children's Mental Health Week 2025: Supporting Wellbeing at Our School

This week, we have been proud to take part in Children's Mental Health Week, an annual event dedicated to raising awareness about the importance of mental wellbeing in young people. The theme for this year was 'Know Yourself, Grow Yourself', encouraging children to express themselves, share their feelings, and recognise the value of speaking with others. The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.



Supporting Mental and Physical Wellbeing

At Brookvale, we understand that good mental health is just as important as physical health. That's why we ensure our pupils have access to a range of activities and support systems to help them feel safe, happy, and valued. Some of the ways we support our children's wellbeing include:

Daily Mindfulness Activities – Short breathing exercises and reflection time to help children regulate emotions and manage stress.

Emotional Check-ins – Opportunities for children to share their feelings with teachers or in class discussions.

Physical Activity – Regular PE lessons, active playtimes, and movement breaks to promote a healthy body and mind.

Nurture and Wellbeing Groups – Small group sessions providing extra emotional support where needed.

A Culture of Kindness – Encouraging respect, friendship, and inclusion through our school values and My Happy Mind lessons.

Working Together

We recognise the vital role that families play in supporting children's mental health. We encourage parents and carers to take time this weekend to talk to their children about their emotions, ask about their day, and reassure them that their thoughts and feelings matter.

Tips for Families

Encourage journaling. Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

Make space for reflection. When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

Be visual. Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

Practice mindfulness. Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

Communicate. Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.

For more information on supporting children's mental health, please visit www.childrensmentalhealthweek.org.uk.

Thank you for your continued support in making Brookvale a place where every child's wellbeing is a priority. Together, we can ensure our pupils grow up feeling confident, supported, and heard.

With thanks

Dr Clarke



Weekly Attendance



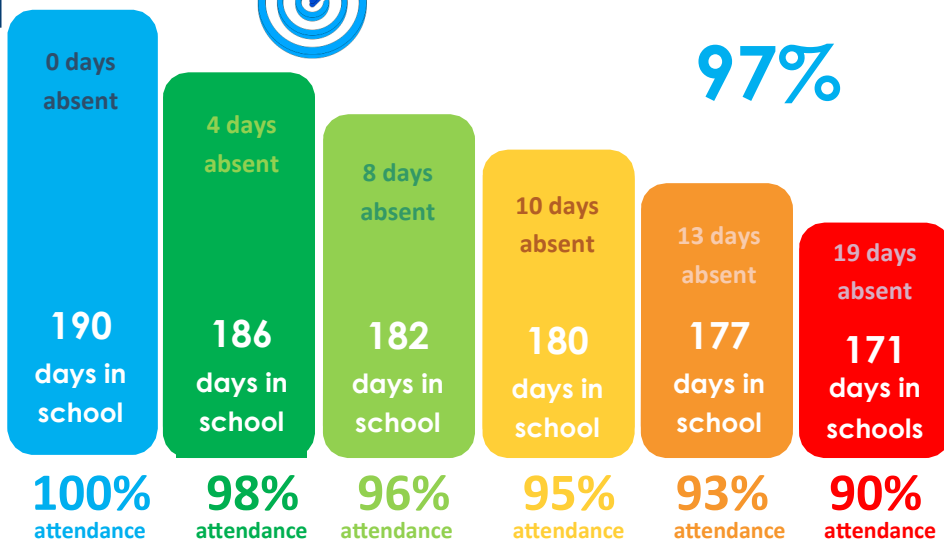
03/02/2025 to 07/02/2025

Reception	93.73%
Year 1	89.93%
Year 2	95.62%
Year 3	92.28%
Year 4	98.52%
Year 5	96.68%
Year 6	95.70%



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:



Tiara Rec
&
Elaina Y3



You each win a new book.
Great Job!

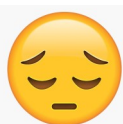


Attendance This Week

93.73%



Attendance Year-to-Date



95.63%

175 days off school per year.

Use this time for holidays, appointments etc

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.

Parental Safeguarding

What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such plays often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and suchlike. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

TALK TOGETHER

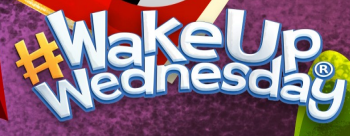
Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.



Source: See full reference list on aide page at: <https://nationalcollege.com/auides/fake-news-and-scams>
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In the news



Supporting Brookvale

It is not too late to sign up.....

You can support Brookvale Primary School every time you shop online? We've partnered with easyfundraising – an amazing platform that lets you raise free donations with every purchase you make.

With over 8000 participating retailers, you can do everything from your Christmas food shop at Tesco, to booking holiday plans with Booking.com, ordering festive takeaways with JUSTEAT, and more!

Here's a special bonus: for the next two weeks, every supporter who signs up to support Brookvale Primary School through easyfundraising will trigger a ****£1 bonus donation**** for us!

It only takes a few minutes to join and help us make a difference! Sign up here:

<https://www.easyfundraising.org.uk/causes/brookvale-primary-school/>

easyfundraising

Shop with your favourite retailers and you'll raise donations for Brookvale Primary School

Scan the QR code to visit our cause page

Make a difference, sign up today!

Shop with thousands of brands

Sainsbury's trainline MONEYSUPERMARKET ASDA JUST EAT
Etsy M&S Booking.com TUI SCREWFIX

Asda Rewards Cashpot for Schools

At Brookvale we are always looking at new opportunities to help the PFTA fundraise to support our school, children and community.

In October we signed up to Asda Rewards Cashpot for Schools.

We have been advised that the total raised for school from this is.....**£123.81.**

We would like to take this opportunity to thank all parents and carers that signed up for this rewards scheme and donated to our school. Your support and generosity is much needed in the current climate and greatly appreciated.

Any suggestions or ideas on fundraising for school will be very much appreciated, please contact Mrs Coulson in the school office.



Brookvale Foodbank

All families

are welcome to visit the Brookvale Foodbank every Friday 3pm – 3.25pm

Please bring your own carrier bags.

If you need further support please contact the school office

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Raise funds by collecting reusable clothes



A huge thank you to all our families for their donations. You have raised

£ 117.65

Has been raised for the PTFA who support our fundraising.

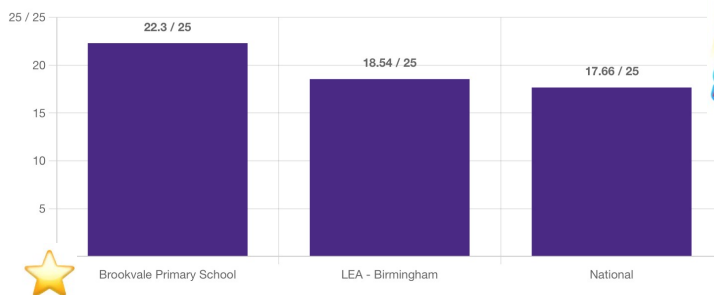


Congratulations to Year 2 ★

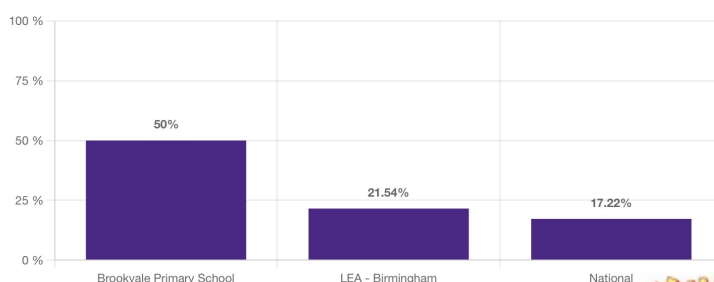
You have won a **Movie afternoon** in class

Rec	16.8 kg
Year 1	86.5 kg
Year 2	118.2 kg
Year 3	92.10 kg
Year 4	91.8 kg
Year 5	38.1 kg
Year 6	57.8 kg

ii. Average Score Comparison



Percentage of pupils who scored 25/25



Congratulations to Miss Humphrey and Year 4 for their amazing results in the TT Rock Stars Spring Unofficial Multiplication Check.

Over 4000 schools took part, and their results just show how fantastic their times tables knowledge is.

Keep rocking and rolling those numbers Year 4. We are all very proud of you.



We have some fabulous books in our library and children can borrow a book for 30 days. After that time, they need to return it to school. Please make sure you look after our books and return them within the 30 days. We currently have 100 books overdue. If for any reason you have lost the book, or it has been damaged, please let the teacher know and we can talk to you about getting a replacement. Thank you.

We shall be celebrating World Book Day in school on Thursday 6th March. All children and staff can come to school dressed in their comfy Pj's or Onesie. All classes will enjoy an activity day in class with the focus on books and reading.

THURSDAY 6th MARCH

HAPPY WORLD BOOK DAY



**Come to School dressed in
Pj's or Onesie for a day of fun**

Our week in pictures



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* NEW EVENTS ADDED—Spring Dates for your Diary

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—Come to school in your pj's or onesie for a day of fun
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