



Newsletter

Friday 22nd September 2023

Issue 3



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Shaping Our Children's Futures, Together

Messages from Mr Day

Another week has already passed and it is hard to believe that we are going into the fourth week of the autumn term. This week, I've had the pleasure of working with Mrs Johnston to administer the Reception Baseline Assessments with our new cohort of children. It always amazes me seeing how enthusiastic our children are to showcase their understanding of topics and how passionate they are about wanting to learn. These assessments will help our teachers adapt their practice to support children in their journey to achieving Good Levels of Development (GLD) by the end of their Reception year. Parents, you will have received these results via email. If you would like to know what these results mean for your child, please speak with your child's teacher.

PTFA Update

A special thanks to all those families who attended our first PTFA meeting of the year on Thursday. We had over 25 families attend and volunteer their time to support an event, which is just amazing. If you would like to support an event this year, but were unable to attend the meeting, please email or call the school office. We would be very grateful for your support.

Parent Workshops

In addition to our regular open mornings, where you can work alongside your child in class, this year, we have added in additional parent workshops to provide you with guidance and practical strategies on how you can support your child with their learning at home. These one hour workshops (see 'Parent/Family calendar') cover phonics, reading, maths, multiplication tables and Year 6 SATS. We really do hope you will be able to join us for these sessions and look forward to seeing you in school soon. If there are any additional workshops that you would like, please speak with Mr Mills or Mrs Johnston.

Walking Home Alone

We know that for many of our Year 5 and 6 children, walking home is a big-step in their schooling and helps develop greater independence as they prepare for their transition to secondary. However, as the term progresses, the nights draw in and it becomes darker much quicker. We would strongly discourage children walking home in the evenings. If you do want your child to walk home alone, please write a note to the school office for our records.

Mr Day

Dates for your Diary

Tues 26th Sept	<ul style="list-style-type: none"> 9.00-10.00am SEND coffee morning with the school SENDCo, Stephanie Field. All families welcome. Cancelled—this will be rescheduled
Weds 27th Sept	<ul style="list-style-type: none"> 9.00-10.00am Year 5/6 puberty parent session, delivered by Mrs Johnston – come along and find out what your children will be learning in these sessions.
Fri 29th Sept	<ul style="list-style-type: none"> 8.45-10.00am Macmillan coffee morning. Come along for a cake and coffee to support this brilliant charity.
Mon 2nd Oct	<ul style="list-style-type: none"> 8.45-10.00am Parent Council with Mr Day – come along and share your views about school.
Tues 3rd Oct	<ul style="list-style-type: none"> 8.45-10.30am EYFS/Year 1 Phonics workshop with Mrs Johnston – come along and find out how you can support your children with their learning of Phonics.

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Brookvale Primary School Newsletter



Attendance

Whole School
(Years 1 to 6) **96.66%**

Reception **95.59%**

Year 1 **97.67%**

Year 2 **94.38%**

Year 3 **98.00%**

Year 4 **94.00%**

Year 5 **96.79%**

Year 6 **98.62%**

Views on Attendance

It was alarming to read the outcomes of the national report by **Public First**, which surveyed parents regarding higher absence rates since the Covid pandemic. The report highlights that, now, some parents do not see the importance of maintaining good attendance rates, especially for children in the EYFS. At Brookvale Primary School, we strongly disagree with this sentiment; attendance is crucial in securing the long-term (adult) academic, social and personal outcomes for children and this is backed up by substantive research.

In 2022, 22% of pupils across England were classed as Persistently Absent (PA), where attendance fell below 90%. Thankfully, our figure was significantly lower at 9%. However, research shows that children who are PA have:

- A significantly reduced chance of students attaining 5 good GCSE's in secondary. Pupils with 80-85% attendance in primary only have a 3% chance of achieving well at the end of secondary school.
- Increased chances of poor mental health in adulthood.
- Difficulties developing and maintaining secure relationships with peers/adults.
- Increased likelihood of becoming involved in crime as an adult.
- Reduced likelihood of securing a financially stable future through sustained employment.

In 2019, 84% of children with 100% attendance achieved the expected standards in their Year 6 SATS versus 40% where attendance was below 90% (Office for National Statistics, 2020)

Whilst it is easy to think of attendance in the short-term, we must remember that, every day missed in school means missed learning opportunities and gaps forming, thus diminishing our children's chances of success later in life.

We will work closely with our parents and families to offer support and guidance so that children are in school every day. If you are concerned about your child's attendance or need support, please speak to Mr Mills.

Equates to:



**Well done, Brookvale. Lots of classes achieved above 96%
Let's see if we can get all classes at 96% next week.**

This week's Class

Attendance Superstars Are:

Year 6

The class with highest attendance each week will receive an additional 15 minute playtime.

This week's

100% Attendance

Reward Winners are:

KS1: Remy (Y1)

KS2: Abdul (Y4)

Each week, children with 100% attendance will be placed in a draw. Two winners will be selected at random and awarded a brand new book for their effort.



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Year 5 & 6 Puberty Talks

In the coming weeks, Year 5 and 6 will participate in Personal Development and Wellbeing (PDW) lessons focusing on puberty and how the body changes as we grow.

Children cannot be withdrawn from these lessons as they cover content outlined in the National Curriculum's programme of Study for Science. **Please note: these lessons do not cover any aspect of Sex Education.**



Come along to our parent workshop with Mrs Johnston, (Deputy Head Teacher) on Wednesday 27th September, 9.00-10.00am, and find out what your children will be learning/ ask any questions about the content.

Macmillan Coffee Morning

On Friday 29th September, 8.45-10.00am, we will be hosting our annual Macmillan Coffee Morning in support of the Macmillan Cancer Charity.

Come along for a cake, coffee and chat and support this wonderful charity.



We are kindly asking for donations of home-baked or shop bought cakes. If you are baking at home, please provide a full ingredient list with your goods so that we can ensure we cater for children and adults who have allergies.

Please note: We are a nut free school. Do not use nuts, or nut-based products (such as peanut butter, Nutella, chocolate spread etc.) as these are extremely dangerous to some people with allergens.

Harvest Festival

At Brookvale, we want our children to develop into 'caring citizens who shape their communities.' At this time of year, we begin to think about the different ways that we can work together in school to help those most in need within our community through charitable acts.

Throughout September and October, we are asking for donations of: tinned foods, rice, pasta, cereals and toiletries.

With the donations we receive, we will be making up 'Harvest Hampers' and distributing these to families within our local community.

Thank you in advance
for your generosity.



Christmas Carol Concert

It's back, and this year we want it to be even more spectacular.

Our Christmas Carol concert is always such a special occasion in the school calendar, bringing together our 200 families and wider community in an afternoon of festive cheer and spirit.

This year, our Carol Concert will be held:

Friday 8th December

1:30-3:00pm



200 tickets will be on sale from today (via MCAS) for £1.50. All money raised goes into the PTFA and back to the children of Brookvale.

These sell out fast so make sure you get yours while you can.

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Reception Open Day 2023

**Is your child due to start Reception in
September 2024?**

Come along to our Reception Open Day and find out
how we can support your child to achieve the very
best academic, personal and social outcomes within
our fantastic EYFS setting.

**Wednesday 18th October 2023
9:00-4:00pm**

To book your place, contact the school office
on: 0121 356 9973
or email: office@brkvale.bham.sch.uk

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Brookvale's Movie Night

Thursday 19th October

Under the stars

6pm—8pm



Only 65 places

**BRING YOUR OWN CHAIRS AND
BLANKETS**

Hot chocolate and snacks can be
purchased on the night

All families welcome

£1 per person per ticket

Available on the back door

**Please put the correct money in an
envelope with your child's name
and how many tickets you require.**

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Parent Safeguarding – Positive Parenting (Adapted from NSPCC)

Balancing the various demands parents have to cope with isn't easy and all parents can come under pressure or stress from time to time. The NSPCC has produced a fantastic guide (which will be issued via email) outlining practical strategies that parents and families can use to support children when they are dysregulated or need adult support and intervention.

Positive parenting uses techniques that work well for every child. These techniques will help you build and strengthen your relationship with your child, leading to them being happier, along with less stress for you. All parents can come under pressure or stress from time to time, and it can even lead to them wanting to smack their children – although many parents regret it later. But evidence shows that it is not an effective way to discipline your children.

Understanding your child's needs

Children's needs and behaviours change as they get older, and understanding these needs will help you better understand your child. A lot has been written about the needs of children and advice for parents, and we cover some of the key areas here. If you'd like more detailed advice you can talk to the NSPCC helpline.



1. Babies

Babies behave as they do to get their needs met. For example, when they cry they're trying to tell you that they need something – maybe they're hungry, need their nappy changed or feel tired.

Older babies may show what appears like a 'stubborn streak' – spitting out food or wriggling away from a nappy change. All they are doing is trying to express their likes and dislikes in the only way they can.

When you're stressed you may feel your baby is being 'deliberately naughty' or trying to provoke you. This is not possible. Remember you should never shout at, scream at, hit, shake or smack a baby.

For more resources, see our Look, Say, Sing, Play information:
nspcc.org.uk/looksayingplay

2. Toddlers

All toddlers test limits and have tantrums. Research shows that a child's brain is still developing during this period, so there are limits to how much they're able to control their emotions. Remember that behaviour in toddlers which is often seen as naughty is actually quite normal and part of growing up.

3. School age

School-age children are constantly learning and exploring their world. They may have lots of questions as they start to form their own views on issues. As they move towards being more independent they may seem to push boundaries and become more challenging. This is a necessary part of growing up.

4. Teenagers

As children continue to develop their own identities in their teenage years, they might become more challenging – sometimes seeming 'moody' or withdrawn, or not as talkative and open as their parents would like. They might be more inclined to disagree with their parents, or choose different views. Friends (and celebrities) will become a bigger influence and your child may not always do what you would like.

As children get older, they can experience difficult emotions. Some children find it hard to talk to their parents about feelings and may want to speak to Childline
0800 1111 childline.org.uk



How can I set boundaries?



All children need love, guidance and to have rules and boundaries. Rules and boundaries help families to understand how to behave towards each other, and what's OK and not OK. But the best way to go about this will vary based on your child's age and stage of development. All children are different and develop and reach milestones at different rates.

You can find more UK-wide information at
nhs.uk/conditions/baby/babys-development



Top tips...

for all ages

- Keep guidance simple and consistent.
- If your child is behaving in a way you don't want them to, clearly explain what you want them to do instead.
- Be available and make time for your child, so they will come to you when they feel something is wrong or they are upset.
- Keep talking and listening to your child even if at times it feels like a challenge. Start listening from a very early age and set a pattern for life.
- Review family rules as your child gets older and recognise the different needs of children living at home. For example, you shouldn't expect the same from your 12-year-old as you would from your four-year-old.
- Get support from friends and try any good ideas they have found helpful.
- If you are struggling and feel things are getting out of hand, get advice from your GP, a health visitor, or your child's teacher.

for babies – toddlers

- Introduce boundaries from an early age.
- Reflect to your child that you know how they may be feeling – for example, saying "I know you're frustrated," if your child is struggling to do something.
- Share your own feelings if you find it helps to relieve your stress – for example, "I know you're tired but I'm tired too."
- Try to avoid using orders and ultimatums.

for school age – teenagers

- Be willing and give your child opportunities to show they can be trusted.
- Avoid criticism wherever possible. If your child has done something wrong, explain that it is the action and not them that you're unhappy with.
- Try to avoid getting trapped in petty arguments. There are rarely any winners!
- Consider ways to negotiate or offer choices as your child gets older.

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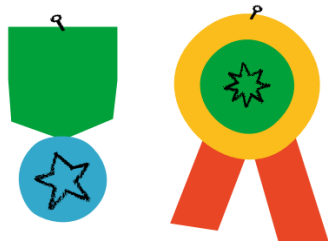
Parent Safeguarding – Positive Parenting

From NSPCC

Later in the year, we will be welcoming back into school Dr Anita Soni (Educational Psychologist), who will be hosting parent sessions exploring positive parenting, attachment and parental attunement. Dates will be shared soon so do come along and learn more about child psychology and parenting.

Rewards and discipline

Different parents will have different views about the best ways to encourage children to adapt their behaviour. While some younger children may respond well to incentives like reward charts, and some older children may respond to the offer of being allowed to stay out a bit later, other children won't.



Only you will know what works for your child but here are some helpful points to think about.

- Praise children whenever possible for all they do.
- Reward positive behaviour and consider asking what would be a good reward.
- Avoid making rash decisions when you're angry.
- Talk to your child about the rewards and consequences of their behaviour, and do it before rather than after.
- Take time to really listen to what your children are saying and explain to them what you are feeling.
- Be a role model and don't do things that you wouldn't want your children to do.

Smacking is never a good idea

Ideas on bringing up children have changed, and we now know a lot more about the effects of smacking. Smacking can hurt children's feelings – making them resentful and angry, and damaging the relationship between parent and child. This makes parenting and discipline harder in the long run, not easier. Smacking can get out of control.

This also comes back to being a role model. If you smack your child, they may think this is acceptable behaviour and treat other people in the same way.

Children may avoid being smacked by lying or hiding how they feel. And they may become withdrawn – not developing independence.

Please note, in Scotland and Jersey (and, from March 2022, in Wales), the law no longer permits any type of physical punishment of children.

Finding the right balance of rewards and discipline is a key part of positive parenting.



Keeping your cool

It's important to find ways to relieve your stress and manage if you're feeling upset or angry. Lots of things, not only children's behaviour, can make us feel stressed – from family relationships to managing a work-life balance, health, housing, poverty, unemployment and much more. You want to be the best parent you can, but being stressed is stressful!



When stress takes over, it can make you lose your temper and say or do things you later regret. You might find yourself saying something hurtful or smacking your child. Living in a stressful home can also impact on your child's feelings and healthy development. But you can avoid this by managing stress and anger.

• Accept support

This may be from your family, a friend or by using online forums. Knowing that there are other parents in the same situation can be a great encouragement.

• Make time for yourself

This may involve doing things like exercising or listening to music. It can be as simple as a long soak in the bath, watching a film or going for a walk. If you live with a partner, agree a way to make sure you both get time off.

• Get help

This is a positive step to take and not a sign of weakness. If you're feeling stressed and anxious all the time, seek some outside advice. A range of difficulties may get in the way of being a parent and it's important to get help. Talk to your GP or health visitor, or call the NSPCC helpline on **0800 800 5000**.

• Be as prepared as possible

Parenting can of course be stressful at certain times, so consider ways of dealing with this in advance. For example, if your child gets bored and irritable on long journeys, or waiting for things like doctor's appointments, take a couple of books or activities to keep them busy.

• Don't overlook success

If you have coped well with something difficult, be proud of what you've achieved. Celebrate your children's successes too.

Look after yourself

Being a parent or carer is so important. While it's common to feel less needed as children get older, or to feel more like a taxi driver or cleaner, you are the person your child will look to for help. Finding time for yourself is something you shouldn't overlook or feel guilty about. It may take planning but having a break can help you to be the best parent you can be.

What to do if you are concerned about a child

Ask to speak to a Designated Safeguarding Lead (DSL) in school.

These are: Mr Day (Lead DSL), Mrs Johnston, Mr Mills and Mrs Williamson.

You can also contact Children's Advice and Support Services (CASS) on 0121 303 1888.

If the child is in immediate danger, contact the Police on 999.

Do not delay, your actions could save a child!

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Our Week in Pictures

Check out our X account (formerly Twitter)

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