



# Brookvale Primary School

## Newsletter



### Messages from Mr Day

What a busy time we have had in school this week, with open mornings, our first ever safeguarding fayre, family lunches and class performances.

#### Brookvale Partners' Safeguarding Fayre

On Tuesday, we welcomed families and external agencies into school for our first Brookvale Partners' Safeguarding Fayre. Drawing in a large number of parents, the event garnered exceptionally positive feedback from attendees. With its primary focus to strengthen our support for our community, and the work we do with families to help safeguard children, we were delighted to be joined by such a diverse range of agencies, including: *The Children's Society*, *One2One:You Matter*, *Aluna Behaviour Consultancy*, *Cherished*, *Beyond the Horizon*, *New Heights*, *Forward Steps Children's Centres*, *Birmingham Children's Partnership*, who were able to provide attendees with information about services available in the local area. I'd like to extend my sincere thanks to all the agencies who helped in making this event such a success. Thanks, too, must also go to Mrs Khan for coordinating the various agencies and to our families for attending and fostering a sense of collective responsibility for the safeguarding of children within our community.

To continue the great work of our partners, we will be hosting three follow-up parent workshops in the summer term: **'Childhood and Parental Anxiety'** delivered by One 2 One:You Matter, **'Building Resilience'** delivered by Aluna Behaviour Consultancy & **'Attachment and Trauma in Children'** led by Dr Anita Soni. Details of these events will be shared in due course.

If there are any other services you would like to see at a future event, please, do let us know.

#### Family Lunches

Many thanks to all the families who attended our 'Family lunch' on Friday. We are looking forward to welcoming you in again for our Easter Lunches, on Wednesday and Thursday, where we will be joined by residents of Waterford Court. We have also planned in a family celebration lunch to coincide with Eid Al Adha in the summer term.

#### Healthy Eating

Please can we remind families that snacks and lunchbox items should be healthy and provide children with a balance of nutritional foods. Chocolate and sweets should not be part of a child's lunch. We would encourage all KS1 families to take up the offer of Universal Free School Meals so that your child benefits from a nutritionally balanced and delicious lunch.

#### Mr Day

### Calendar Dates

- 20/3/24** 11.30am **Easter Lunch for Zephaniah and Lewis House.** Book you place through MCAS.
- 3.30-6.00pm **Parent Consultations**
- 21/3/24** 11.30am **Easter Lunch for Cadbury and Phelps House.** Book you place through MCAS.
- 3.30-6.00pm **Parent Consultations**
- 22/3/24** 9.00am **Awards/100% Attendance assembly**  
**11.00am** Easter Bonnet Parade for EYFS/Year 1 & 2. Families welcome to attend.
- 2.30pm **Easter Egg Hunt**
- 3.30pm **Break Up for Half Term**

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# Weekly Attendance

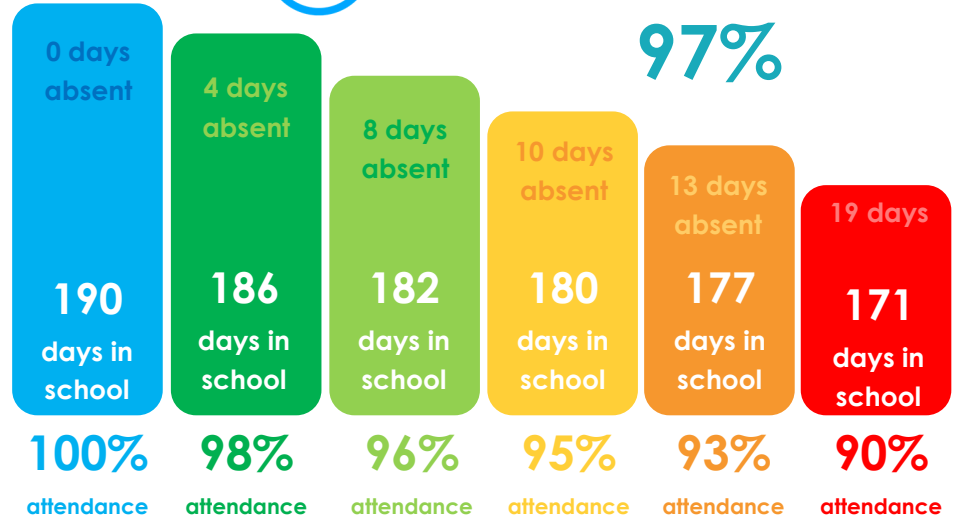


Week: 11/3/24 to 15/3/24	
Reception	86.67%
Year 1	99.67%
Year 2	90.33%
Year 3	95.48%
Year 4	96.33%
Year 5	96.77%
Year 6	99.33%



Our School Attendance Target is

97%



## Attendance Notices

A huge thank you to all the families and children who are prioritising great school attendance. We are slowly heading towards our whole school target of 97%, so keep it up.

This academic year, we have only had a few occasions where class attendance has been at 100% for the week. With this in mind, it's time to launch our next attendance competition, 'The Brookvale Blue'

The first class to achieve 100% attendance for the week (and therefore be coloured blue), will be rewarded with a movie afternoon, complete with sweets, popcorn and ice-cream. Which class will be attendance superstars when we come back after the half term break?

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 100% attendance winners are:

Kyeiss (Rec)  
Zainab (Year 6)



You each win a new book.  
Great job!

This week's Class Attendance Superstars:

Year 1  
(99.67%)

You get extra playtime!

Attendance This Week

96.32%



Attendance Year-to-Date  
96.31%



175 days off school per year.

Use this time for holidays, appointments etc.

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# Weekly Awards



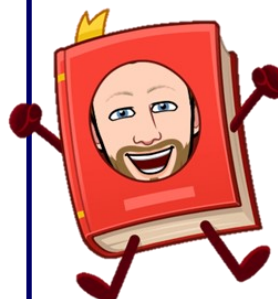
## Superstars of the Week



Rec— Joshua Guglia  
Rec— Ehaan Rassal  
Year 1— Murtaza Nadim  
Year 1 – Amarion Ward  
Year 2— Dawud Bukhari  
Year 3— Lenoï Bent  
Year 3— Waniya Waseem  
Year 4— Aaron Janjua  
Year 4— Daniella Youwudi  
Year 5—Jack Nicholls

Year 5—Adam Mustafa  
Year 6— Victor Fedorov  
Year 6— Maggie Dixon

## Readers of the Week



Rec— Awab Abdulrazik  
Year 1— Zuzanna Szymbrorska  
Year 2— Tahseen Miah  
Year 3— Zoyah Ali-Khan  
Year 4— Akmal Muhammed

Year 5—Warren Youwudi  
Year 6— Leah Astle-Fletcher



## TT Rockstars

### Most Correct Answers

Abdullah Ali —Year 2 (4217)  
Imogen Box— Year 6 (4072)  
Tyrese Archer—Year 6 (3325)

### Whole School Leaderboard

**Number 1:** Noraleigh Hooper—Year 2

**Number 2:** Victoria Darlak —Year 3

**Number 3:** Abdullah Ali—Year 2

**Number 4:** Zuzanna Glowacka—Year 4

**Number 5:** Tahseen Miah –Year 3



## Reading Plus Competition

A huge congratulations to the below readers for your Reading Plus awards for words read (1000s)

### Year 6

Ansh Mahay—700K  
Reuben Wilkins—450K  
Maia Hull—300K  
Bartosz Tabak—200K  
Steffen Chu—200K

### Year 5

Zunairah Bukhari—300K  
Brian Bobo-Pepple—250K  
Warren Youwudi—250K

### Year 3

Penny Earls—300K  
Nathanial Kuforji—200K  
Zaid 100K

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## Term Dates 2024-2025

Below are details of term dates and training days for the academic year 2024-2025. We would kindly ask that families do not book holidays, including extended stays, during school term time. There are 175 days per year for families to take holiday/make appointments etc.



### Autumn Term 2024

MONDAY 02/09/24—FRIDAY 25/10/24

**HALF TERM** 28/10/24—01/11/24

MONDAY 04/11/24—FRIDAY 20/12/24

### Spring Term 2025

MONDAY 06/01/25—FRIDAY 14/02/25

**HALF TERM** 17/02/25—21/02/25

MONDAY 24/02/25—FRIDAY 11/04/25

### Summer Term 2025

MONDAY 28/04/25—FRIDAY 23/05/25

**HALF TERM** 26/05/25—30/05/25

MONDAY 02/06/25—Monday 21/07/25



### Teacher Training Days

2nd September 2024

3rd September 2024

29th November 2024

*(Personal Development Day)*

6th January 2025

28th April 2025

4th July 2025

21st July 2025

*(Personal Development Day)*

1 additional day to be decided

## Easter Bonnet Parade

It's that time of year again; the daffodils are out, the weather is becoming warmer and a certain bunny is gathering lots of chocolate eggs. It can only mean one thing—it's time for our Easter Bonnet Parade.



Children in Reception, Year 1 and Year 2 will be tasked with making a beautiful Easter Bonnet, at home, adorned with spring flowers, eggs, chicks in nests—be as creative as you like.

KS1 families are welcome to attend our bonnet parade,

**Friday 22nd March, 11.00-11.30am.**

1st, 2nd and 3rd prizes will be awarded to children in each year group.

We can't wait to see your designs.

## Catch-Up Swimming Lessons

We are pleased to share that we have secured additional swimming lessons for children in Years 5 and 6 who have yet to demonstrate proficiency swimming 25m/completing a range of life-saving skills during their core allocation of swimming lessons.

Children will attend swimming everyday between 10th –28th June, 4 days per week.



Please note: If your child is selected for additional swimming lessons, we would appreciate your full cooperation in sending them. Schools have a duty to ensure all children leave primary school being able to swim to 25m. Where parents state their child is unwell to go swimming, we will ask for medical evidence.



# Parental Safeguarding

## Mental Health: Developing Healthy Sleeping Patterns

(From National Online Safety)



### 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

#### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

#### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

#### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

#### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

#### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

#### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

#### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

#### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

#### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

#### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

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# Our Week In Pictures

Check out our social media on X (@BPS B23)



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