



Newsletter Date  
09 April 2024

# Brocks Hill News



## Headteacher's Message

Welcome back to school!

April is an exciting month at school, with lots of celebrations. We hope that families celebrating Easter have a wonderful time marking it; we hope that those of you fasting for Ramadan and preparing for Eid are finding it a special season and those preparing for Vaisakhi are feeling excited for celebrations.

All of this reminds me that we have such a diverse school with so many different family groupings, faith groups and ethnic backgrounds. Our children are very fortunate to grow up in such a community. Thank you for helping us to embed those qualities of respect and understanding, that are so vital in maintaining a cohesive community.

We will be celebrating major festivals throughout this term:

**Monday 8<sup>th</sup> April** Assembly, Ramadan and Eid AL Fitr

**Tuesday 16<sup>th</sup> April** Vaisakhi Assembly, celebration clothes and special school dinner.

**Friday 21st June** Eid al-Adha, Celebration clothes and special school dinner. Details to follow

We look forward to the final term of this academic year and all that this brings.

With best wishes,

### Attendance

Year Group	%
Year R	92.6
Year 1	93.1
Year 2	93.9
Year 3	94.1
Year 4	92.4
Year 5	91.9
Year 6	93.6
Totals	93.1

### Key Dates

#### April

Thursday 12th April 2pm - Foundation Eid Family celebration

Monday 15th April - Foundation Vaisakhi family celebration

Tuesday 16th April - Vaisakhi meal (non uniform day)

Friday 19th April - FoBHS Coffee Morning

Tuesday 23rd April - Yr 2 De Montfort Hall - Music Trip

Friday 26th April - Yr 3 Bosworth Heritage Centre

Monday 29th April - Foundation Reading event for parents

Tuesday 30th April - SEND Coffee afternoon

# Trips and Events



## The Scholastic Book Fair World Book Day



Thank you to everyone who helped us celebrate World Book Day by dressing up as their favourite book character. Everyone looked fantastic, and it was great to see so much creativity!

Each child also had the opportunity to visit the Scholastic Book Fair; we were so overjoyed with their enthusiasm for books. It has been one of our most successful Book Fairs.

Hundreds of pupils went home clutching their new books!

The Book Fair supports books for school, so thank you for supporting us by purchasing at the Fair.





Thank you for supporting and attending a fabulously entertaining event for Comic Relief. Our School Parliament asked for this event and organised and ran the whole event. Each class from year 1-year 6 held 'class heats', with their winning act going through to the Finals.

Our judges (Mrs Shilling-Head of School, Mr Matheson and Mrs Miller (Joint Chair of Governors) enjoyed a variety acts, from rollerblading to beatboxing! Some acts even received a 'Silver Sprinkle' as opposed to a Golden Buzzer!

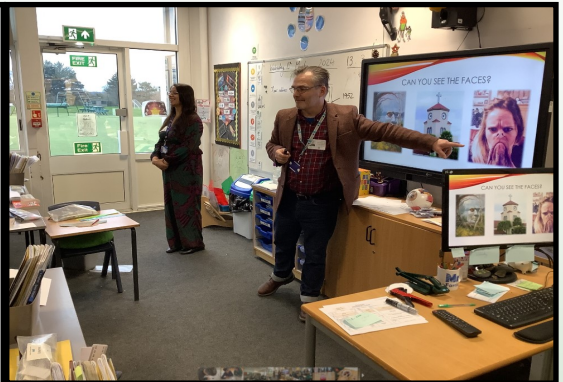
Well done to all of our acts with a special shout-out to our winner, Daniel, in class 12, with his talented piano composition called 'Rush'.



A Huge thank you to Mrs Street, without whom Brocks Hill's Got Talent would not have been Possible. Mrs Street has worked very hard, for what was such an exciting fun-filled event!

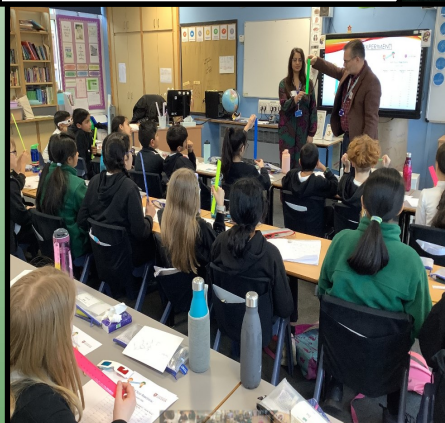


# Science Week



## Year 5:

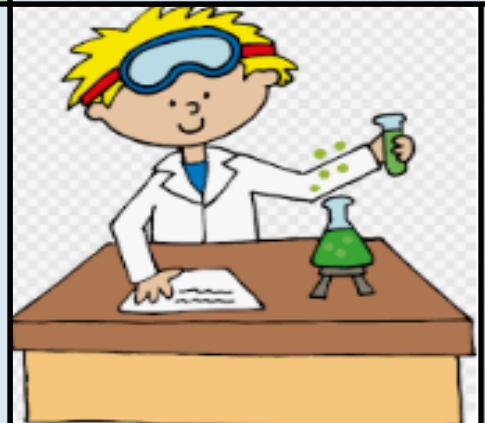
Learnt all about vision and how our eyes work; looking at all the main structures of the eye. Children explored how vision is tested and even investigated how vision affects our reaction times. Lastly, they learnt about common eye conditions and how our vision changes over time.



## Year 6:

Learnt all about genetics and DNA in living things. They then carried out an experiment whereby children extracted DNA from different fruits.

Carried out by Dr Nicola Royle from The University of Leicester.



## Year 3:

Learnt about circadian rhythms in fruit flies and learnt all about living things 'body clocks'.

Lead by Professor Ezio Rosato.



## Year 2:

The children learnt all about snails. They used their observation skills to gather and record data. Using the theme of 'time' to see how fast snails can move and applying their knowledge of living things.

# COMING SOON!

9<sup>3</sup>/<sub>4</sub>



How do you fancy winning  
a Family Day out for 4  
People at Harry Potter World,  
including Afternoon Tea?



All you need to do is book a school  
lunch for Thursday 16th May 2024



Every pupil that dines with us on the  
day will be entered into a draw to win  
this amazing prize!



There will also be an instant win on the  
day for a Harry Potter theme pack.



Look out for the menu which will be  
announced soon.....

**COOMBS**  
CATERING PARTNERS



# 16TH MAY 2024



# Body Image

## NEWSLETTER

APRIL 2024

### WHAT DOES BODY IMAGE MEAN?

Body image is a term that can be used to describe how we think and feel about our bodies, positively, negatively or both. Body image can relate to a person's body size or shape, height, skin colour, appearance, physical disabilities or differences.

A negative body image can influence a child or young person in many different ways. This can include:

- Lower self-esteem
- Lower levels in confidence
- Increased anxiety
- Depression or low mood
- Social isolation or withdrawal
- Self-harming or restricted eating

Source: Mental Health Foundation



### Did you know?

Research has shown that for young children, attitudes about body shape and size may start as early as three or four years old.

Source: Mental Health Foundation

### POOR BODY IMAGE- SPOT THE SIGNS!

It is normal for children and young people to compare themselves to others, especially as they get older. However there are signs to be aware of which could indicate that they have an unhealthy view of their body, which is negatively affecting how they feel about themselves. This could include;

- Feeling overly worried about how they look.
- Wanting to cover up parts of their body.
- Not wanting to change for PE or take part.
- Refusing types of food because 'it makes me fat'.
- Changes in mood.
- Control of eating.
- Changes in their social functioning or interaction.

Source: Mentally Healthy Schools



## MENTALLY HEALTHY SCHOOLS

For further information & support, visit the **Mentally Healthy schools** website [here!](#)

IF YOU'RE WORRIED, **YOUNGMINDS** HAS LOTS OF ADVICE **HERE!**

# EATING DISORDERS

In some cases, a negative body image can lead to an eating disorder. Disordered eating can present in different ways;

- Severely limiting the amount of food eaten
- Eating very large quantities of food at once
- Making yourself sick after eating and/or by misusing laxatives
- Fasting
- Undertaking excessive exercise
- Or a combination of behaviours



## Did you know?

More than a third of British teenagers (35%) have stopped eating at some point or restricted their diets due to worrying about their body image.

Source: Mental Health Foundation



## ADVICE & SUPPORT

If you are concerned that your child may be showing signs that they have an eating disorder, there is lots of help and support available.

### Key April dates

- World Autism Awareness day-8th
- Earth day- 22nd
- Stress Awareness month



The NHS has tips and advice, alongside helplines and services available to you for support [here](#)



The Beat Eating disorders has support and advice including Beat's learning platforms for those supporting a loved one with an eating disorder. Find out more [here](#)



YoungMinds have a series of real stories of young people that have recovered from Eating Disorders. Check them out [here](#)



LET'S GET SOCIAL

