



**Message from the Head of School,**

Dear Parents and Carers,

It is hard to believe that it is already February but great that days are becoming a little longer and Spring is slowly starting to emerge.

It has been lovely to see so many of you attend our Open classroom events this month. I hope you found these sessions useful and gave you an insight into what your child does in a typical Writing lesson. I'm sure you will agree with me that they do work hard!

We know that a strong parent and carer partnership with school is central to helping pupils achieve and we are grateful for all the different ways you support your child. Thank you to those parents that attended the various workshops there have been this month. Please do look out for emails concerning future dates for these and do attend if you can.

Kind Regards,  
Mrs Shilling





## Important Dates

### February

Thursday 1st	Y4 trip to Temple
Thursday 1st	Y6 parents GPS and Writing workshop on TEAMS
Friday 2nd	Y5 to Space Centre
Tuesday 6th	Safer Internet Day
Thursday 8th	Y6 Parents Maths workshop on TEAMS
Friday 9th	Class 3 assembly
Tuesday 13th	Foundation Stage parents Maths workshop
Thursday 15th	Y1 trip to Synagogue
Monday 19th—23rd	Spring half term.

Monday 25th	School opens
Tuesday 27th	Y4 trip to Bosworth
Wednesday 28th	Y4 parents Multiplication check meeting

### March

Thursday 7th	World book Day
Friday 8th	Class 5 assembly
Monday 11th	SEN coffee morning
w/c 11th March	British Science Week
11th and 12th	Book fair
Friday 15th	Class 7 and 8 assembly
Tuesday 19th	Parent consultations
Wednesday 20th	
Friday 22nd	School art exhibition

### PE Kit

A reminder that the PE Kit at Brockshill School is black shorts or black joggers, white t-shirt, black sweatshirt and black trainers. All kit should not have any slogans or pictures.



# ATTENDANCE AND PUNCTUALITY

We will be tracking each class on a regular basis. The class with the highest attendance each week receives a certificate and class with highest attendance at end of each term celebrates with a special treat.

We know that there are lots of illnesses around at the minute. Please help us to minimise the effect of them spreading by reminding your child to regularly wash/sanitise their hands, cover their mouth when coughing or sneezing and keep spaces well ventilated when possible.

Attendance target – 97%

Year Group	Attendance
R	94.3%
1	95%
2	96.2%
3	95.1%
4	95.2%
5	97.1%
6	95.6%
Whole school	95.5%

Year 5 and 6	Jan %
9	<b>97.16</b>
10	<b>96.97</b>
11	<b>96.10</b>
12	<b>95.11</b>

Year 3 and 4	Jan %
5	<b>95.68</b>
6	<b>94.52</b>
7	<b>95.01</b>
8	<b>95.40</b>

Year 1 and 2	Jan %
1	<b>94.92</b>
2	<b>94.98</b>
3	<b>97.55</b>
4	<b>94.89</b>

Foundation Stage	August-Jan %
Red	94.35
Blue	94.28

# BROCKSHILL NEWS

Safer Internet Day takes place in February of each year to raise awareness of a safer and better internet for all, and especially for children and young people.

As part of this annual celebration, we encourage everyone - including children and young people, parents and caregivers, teachers and educators, policymakers, industry and others - to join "Together for a better internet". Save the date for Safer Internet Day 2024 which will take place on Tuesday, 6 February 2024.



As a parent or carer you play a key role in helping your child to stay safe online.

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

## English as an Additional Language

Did you know we have children who speak an amazing 21 different languages at Brocks Hill? This really is something to celebrate!

Being bilingual carries social, culture and cognitive advantages both now and in the future.

If English is not your first language at home we want to encourage you to continue to speak your mother tongue at home. Research shows that secure home language development is critical to and supports learning English as an additional language.

It was great to talk to parents with English as an additional Language at our recent coffee morning and I am very grateful for all their great ideas.

At this meeting we shared the following resource...

*Free tips and advice in 28 languages on sharing books with 4-6 year olds.*

*Sharing a book with a child is fun. It's a time for closeness, laughing and talking together. Sharing books and stories can help children understand the world around them and develop key social and emotional skills.*

*This handy booklet is full of tips and advice and is available to download in 28 languages (see below).*

[book trust - tips for reading with your child](#)

# TIMES TABLES RESULTS

## Times Table Success

Well done to our Year 4 cohort 2022-23 for their fantastic results in 2023 multiplication tables check.

We were thrilled to receive the following letter from Damian Hinds, Minister for Schools, congratulating Brocks Hill on the excellent results.



We look forward to seeing what this Year 4 can do!

# January events

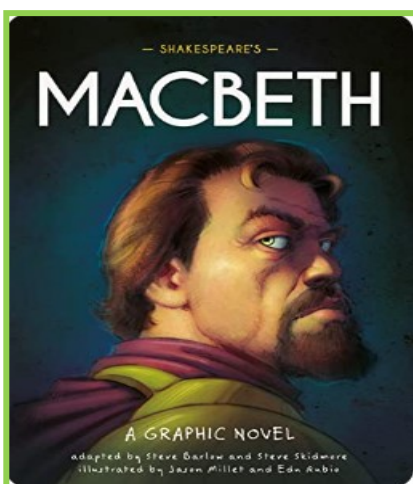
## *Hubble Bubble, Toil and Trouble!* Macbeth Workshops-year 6

We were delighted to welcome local author and friend of Brocks Hill, Steve Skidmore, to work with the year 6 classes on understanding the Shakespearean play, Macbeth. Year 6 will be studying Macbeth in more detail during February and March.

Steve has adapted several of Shakespeare's most popular plays into graphic novels for children. The year 6s had a brilliant time learning about the themes of treachery, revenge, greed and power which run through this play.

Pupils had a chance to perform through drama and to learn and perform the witches spell!

His adapted Shakespeare books are available in our school library.



# Children's Mental Health week

Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

As parents and carers, you play an important role in your child's mental health.

This year, we want to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing. Our aim is for Children's Mental Health Week, we want all children and young people to be able to say – and believe – "My Voice Matters."

Families, parents and carers can get involved too! Resources for families can be downloaded from <https://www.childrensmentalhealthweek.org.uk/families/>

**My VOICE MATTERS**

**TALKING TO YOUR CHILD ABOUT MENTAL HEALTH**

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

**LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?**

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour: and act on their views.  
[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

**Here's what children and young people told us they need from you:**

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures).
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

**WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES**

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: [bit.ly/3PrCO0B](https://bit.ly/3PrCO0B)  
For secondary children: [bit.ly/3L802wk](https://bit.ly/3L802wk)

CHILDRENSMENTALHEALTHWEEK.ORG.UK

**My VOICE MATTERS**

**CONVERSATION STARTERS**

Some ways to start a conversation with your child about mental health could be...

- TELL ME ABOUT YOUR DAY
- WHAT WAS THE BEST THING ABOUT TODAY?
- WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?
- WHAT'S YOUR ONLINE LIFE LIKE?
- WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?
- WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

# February WELL-BEING

## Mental Health

NEWSLETTER

FEBRUARY 2024

### WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.



### Did you know?

One in **five** children aged 5 to 16 were identified as having a probable mental health disorder in 2023. That's **6** children in every classroom!

Source: Mental Health of Children and Young People Survey, NHS 2023

### SIGNS TO LOOK OUT FOR

There are lots of different ways that poor mental health in young people can present.

This includes;

- Crying more than usual or persistent sadness
- Disrupted sleep patterns
- Difficulty in concentrating
- Losing interest in friends and other things they like doing
- Being reluctant to talk
- Irritability and aggression, particularly if this includes unprompted outbursts.
- Changes in appetite or rapid weight loss or weight gain.



THE NHS HAS MORE INFORMATION  
ON SIGNS TO LOOK OUT FOR [HERE](#)



# February WELL-BEING

## ADVICE AND SUPPORT

There are a number of services and charities that can offer advice and support on all areas of mental health in young people. Click on the logos to head straight to their website!

**YOUNGMINDS**



**NSPCC**



FIND LOCAL MENTAL HEALTH SUPPORT [HERE](#)

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

5-11  
FEB  
2024

### Key February dates

- Time to Talk day - 1st
- Children's Mental Health Week - 5-11th
- Safer Internet day - 6th
- Eating Disorders Awareness Week - 25th-2nd March

TIME TO TALK DAY. FIND OUT MORE [HERE!](#)

The Place2Be's Children's Mental Health Week takes place from the 5-11th February and aims to shine a spotlight on the importance of children and young people's mental health. Now in its ninth year, they hope to encourage more people than ever to get involved, spread the word, and raise vital funds for children's mental health. Find out more about how you can get involved [here!](#)



LET'S GET SOCIAL

