



Blakesley



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THE BLAKESLEY



BULLETIN

HEADTEACHER - Ms Phillips



Things I am proud of this term: Firstly, the way the children apply themselves to their learning. I have enjoyed spending lots of time in classrooms and seeing the children's thirst for new knowledge and their enthusiasm to share that new knowledge with me. Second, staff going the extra mile, particularly during these last few weeks when illness has swept our community, we have still been able to provide high quality learning experiences. Third, the Christmas Fayre has made a comeback with a bang!! Time to reflect on times of enjoyment and have fun and getting back to normal. High expectations of excellence in all things. It is not always easy to achieve what we set out to but with perseverance as one of our shared values we will achieve – we must believe! I wish you a happy and safe Christmas, if you are celebrating, and a joyful time with your family.

CHAIR OF GOVERNORS

"As we head into the dark cold winter months, it is important to make sure we are checking in on one another and see if our friends and family in the community need any support. At a time of a cost of living crisis and high energy prices, we can come together to support each other through what will likely be a challenging time ahead. I know that everyone at Blakesley will be doing everything they can to ensure that they are on hand to support our community."

Joshua Cronin



SPECIAL EVENTS SPRING TERM

Upcoming Trips:

- ❖ KS2: Choir trip to Resorts World Arena 26th January
- ❖ Year 2: Blakesley Hall Museum 25th, 26th, 27th January
- ❖ Year 5: Thinktank 28th February, 1st March
- ❖ Year 3: Lunt Fort 3rd, 15th, 16th March

Other Calendar Events:

- ❖ Lunar New Year: 22nd Jan- 5th Feb
- ❖ Children's Mental Health Week: 6th – 12th Feb
- ❖ Pancake Day: 21st Feb
- ❖ BHPS Book Festival: March (all month)
- ❖ World Book Day: 2nd March
- ❖ St. Patrick's Day: 17th March
- ❖ Hindu Holi Festival: 18th March
- ❖ Mathematics Awareness Month: April

School will close on Friday 16th December for the Christmas holidays and re-open for pupils on Wednesday 4th January 2023.

In this 'SWELL' (Safeguarding and Wellbeing) edition we would like to share important well-being and safeguarding information so that we can work together to keep children 'safe, secure and successful' in school, at home and in the wider community.

Our SWELL Team:

Senior Mental Health and Wellbeing Lead and the Wellbeing Ambassadors

Mental health is about our feelings and emotions, our thinking and our moods. Looking after our mental health is important. We all have feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings. These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives. Mrs Reid-Leonard leads on mental health and wellbeing and she has been working with a group of pupils to develop a team of wellbeing ambassadors. We look forward to hearing more about them in our next issue of SWELL.

Mrs. Reid-Leonard & the Wellbeing Ambassadors



Learning Mentors

Tina, Caitlin, Nikki and Leanne make up our team of Learning Mentors. They provide support, motivation and guidance to help pupils overcome obstacles to their learning. These could include learning difficulties, family issues, mental health problems or a lack of confidence. They also support families informally by being a 'listening ear' and offering advice, as well as formally helping parents/carers to access support from outside agencies.



Caitlin Creswell, Leanne McCreedy, Nikki Poyser & Tina Bates.

Our Safeguarding Governor

Our long-standing Safeguarding Governor is Les Vile. Les has a wealth of safeguarding experience and frequently visits BHPS. The safeguarding governor's responsibilities include:

- ensuring the school follows best practice in creating a safe environment
- making sure the school follows safe recruitment procedures
- reviewing our practices around the physical and emotional well-being of all children

You can contact Les through the school office.

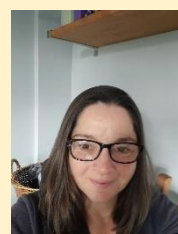


Les Vile – Safeguarding Governor

DSLs - Designated Safeguarding Leads

Our seven DSLs are trained to work with families, staff and agencies involved in safeguarding children. They:

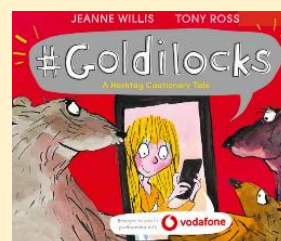
- support families
- train and give advice to staff
- investigate concerns and pass them on when necessary
- manage safeguarding and Child Protection records



Ms Hack (Lead DSL), Mrs. Reid- Leonard, Mrs. Key, Ms. Phillips, Mrs. Smith, Ms. Bates & Mr. Allen.

Goldilocks - A Hashtag Cautionary Tale

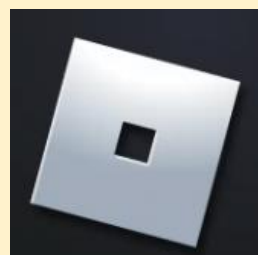
The internet and social media can be fun and can bring many educational and personal benefits but it's important that parents have conversations with their children about how to build a healthy relationship with social media. #Goldilocks is a modern twist on the classic fairy tale that offers a fun and accessible way for you to discuss social media with your children. You can read it here: <https://primarysite-prod-sorted.s3.amazonaws.com/our-lady-of-lourdes/UploadedDocument/1a4445c986ae45698c0b5f41f33f2fdc/goldilocks-a-hashtag-cautionary-tale.pdf>



PEGI Ratings

Instead of using an age ratings, some games and apps may be labelled with this image.

This is the parental guidance icon, which alerts parents that while age-appropriate content is available, the platform may also provide access to content that is not appropriate for children. Miss Harrison, our computing lead, would like you to be aware that the online platform Roblox has a PEGI rating of 7+. However some content of the game falls outside this rating and is only suitable for older children.



Free parenting advice from Place2B



If you would like practical tips to support children's wellbeing and behaviour, Place2Be has practical advice and tips for parents / carers of primary-age children: <https://parentingsmart.place2be.org.uk>



Wellbeing Tip: Spend time in Nature!



Why not make the most of what winter has to offer? Colours, smells, sounds... everything changes at winter-time! Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.

Mr Wareham has suggested you look at these ideas: <https://itl.org.uk/free-resources/>

How music can support your well-being

Music can stimulate the body's natural feel good chemicals (e.g. endorphins, oxytocin). It can help energise our mood and provide an outlet for us to take control of our feelings. Mrs Roadley has suggested you could make different playlists to listen to:

- Music to wake me up
- Music to energise me
- My happy music
- Music for venting frustration
- Nostalgic music



For relaxing music, she suggests you look here: <https://www.recoverycollegeonline.co.uk/recovery-wellbeing/music/relax-usual-self/#playlist-name>

Community activities

For children and adults

For useful information and contacts please look at the school website:



<https://www.blakesley.bham.sch.uk/safeguarding.htm>

The next 'SWELL' edition will be out in spring. If you have any feedback or suggestions of what could be included please click here:

https://forms.office.com/Pages/ResponsePage.aspx?id=hK6Sjwgw_kWNfZnF5eaflexMfQrWUKxApl0BIqwk_Sd5UNzQ5RjNBQVhKTDZUwSjVXNFQ4RDhNOC4u