

# Broadhempston Primary School

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## NEWSLETTER Thursday 28<sup>th</sup> March 2024

Dear Parents,

I can hardly believe that the spring term is at an end. It's been a busy six weeks and I think both children and adults are ready for a rest!

### BROADHEMPSTON LEARNERS

What a fabulous afternoon **Birch class** had with our African drumming workshop this week. Both groups finished off with a game of musical statues...who's got the best moves? [Take a look](#) on our school Facebook page ~ can you decide?

Our reception children have looked at why Christian's celebrate Easter this week. We also discussed how we celebrate Easter with our families the Easter Bunny was a firm favourite. So, we made our own.



**SYCAMORE & OAK** ~ 🏒 The children finished their hockey topic this week by playing a key stage 2 tournament. Oak and Sycamore joined forces and showed off some fabulous hockey skills and rounded off the topic in style. Mr tanner was very impressed! 🥳🏒





## ECO COMMITTEE

Thank you for taking part in the Great Big Plastic Count. Here are our school results. As a school we throw away over 2000 pieces of plastic every week and 116,000 pieces of plastic every year! We were also shocked at school that over 50% of the plastic we use ends up in landfill. Our Eco committee are considering ways to campaign for better re-useable alternatives.

Talking of plastic and waste... Well done all of the children who took part in the litter pick at lunchtime this week. This was part of the 'Great Big School Clean'.



Sycamore have been learning all about seasonal vegetables in Design Technology. They sampled: local purple sprouting broccoli, cauliflower and spring onions in addition to local cheddar and tomato puree. We then used a flavour wheel to help us describe the different flavours and textures before designing our own seasonal tarts! Bon appetite!



## SAFEGUARDING & ATTENDANCE

Attendance: (Our school target is 97%)	
Whole school	96.8%
Birch	96.2%
Sycamore	96.9%
Oak	96.6%

If you are concerned about a child's wellbeing, please contact the school or in non-school hours contact MASH on 0345 155 1071.

Our designated safeguarding officer is Mrs. Ryder and the deputy safeguarding officers are Mrs Carwithen & Miss Barlow.

This free information guide provides some expert tips on helping children feel able to talk frankly and honestly. Please follow the link below.

[Top Tips for Parents: Encouraging Open Conversations at Home \(nationalcollege.com\)](https://nationalcollege.com)

## SCIENCE DAY

Potions, lotions and a lot of commotion for a Monday morning thanks to Ruth from Devon Science! After a whole school assembly with gas inflating balloons and elephants' toothpaste, each class had their own workshops investigating the wows and wonders of chemistry.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

### 10 Top Tips for Parents and Educators

## ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

- 1 CREATE A SAFE SPACE**  
Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.
- 2 CONSIDER OTHER OUTLETS**  
Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.
- 3 NORMALISE CHATS ABOUT FEELINGS**  
Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"
- 4 LISTEN ACTIVELY**  
When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or "teenage angst" – or to assume that they'll simply "get over" whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.
- 5 ASK OPEN QUESTIONS**  
Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"
- 6 RESPECT THEIR BOUNDARIES**  
If a child isn't ready to talk to about something yet, respect their boundaries. This reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.
- 7 LEAD BY EXAMPLE**  
Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.
- 8 HAVE REGULAR CHECK-INS**  
Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a cafe, or just a weekly walk.
- 9 PROVIDE RESOURCES**  
It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.
- 10 CELEBRATE EMOTIONAL EXPRESSION**  
It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

**Meet Our Expert**  
With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Barteman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

**#WakeUpWednesday** The National College

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## SCHOOL LUNCHES

Mrs Carwithen has asked me to remind you to log onto Parent Pay during the holidays and book school lunches for the coming term. Thank you. Our menus can be seen on the documents section of the school app and our website.



## Breakfast and After School Club

Sessions will resume on 16<sup>th</sup> April. Please complete and return booking forms as soon as possible. The booking and registration forms can be found on the school app and the website. These can be emailed to [adminbroadhempston@thelink.academy](mailto:adminbroadhempston@thelink.academy)



The Easter Gardens have now been taken to church where they make a super display – well done to everyone for your creative thinking and linking your garden to an Olympic theme.

## DATES FOR YOUR DIARY:

15 <sup>th</sup> April	Non Pupil Day – staff training
16 <sup>th</sup> April	Breakfast and ASC sessions resume
16 <sup>th</sup> April	Children back to school
19 <sup>th</sup> April	Birch Class forest school day
25 <sup>th</sup> April	Y5/6 football tournament
1 <sup>st</sup> May	Class 1 to Stover Country Park
3 <sup>rd</sup> May	Sycamore Class Forest school day
8 <sup>th</sup> May	Y3/4 football tournament - Mr Tanner
13-17 <sup>th</sup> May	KS2 (Y6) SATS week
17 <sup>th</sup> May	Oak Class forest school day
22 <sup>nd</sup> May	Y3/4 invasion games– Mr Tanner
24 <sup>th</sup> May	Break up for half term
Looking further ahead...	
3 <sup>rd</sup> June	Summer term begins
5 <sup>th</sup> -7 <sup>th</sup> June	Y5/6 residential at Pixies Holt
18 <sup>th</sup> June	Sports Day timing TBC
17 <sup>th</sup> July	KS2 End of term production 2pm, Village Hall
23 <sup>rd</sup> July	Leavers service @ St. Peter And St. Paul's 2.30pm

That's all the news for now. Enjoy the Easter break and see you on Tuesday 16<sup>th</sup> April for the start of the new term.

*Jill Ryder.*

