

# Broadhempston Primary School

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## NEWSLETTER Thursday 14<sup>th</sup> March 2024

Dear Parents/Carers,  
Easter is fast approaching and our days are full of fun and learning, with lots to fit in before the end of term – read on for all the latest news...

### BROADHEMPSTON LEARNERS

**BIRCH CLASS -EYFS** got hands on in PSHE making a fruit salad when learning about keeping their brains and bodies healthy. They all worked very carefully to cut the fruit and explore different textures and flavours – some were found to be yummy, others they weren't too sure about!



**BIRCH CLASS Y1&2** The children have been innovating the Oliver Jeffers story - Stuck by thinking of all the things that could get stuck down a drain! They have begun to write their own stories based on this book - we can't wait read their final pieces!



Birch also had a great time dressing up for world book day – super costumes everyone!



**Sycamore class** had a great trip to the Exeter Mosque. They asked some great questions and came away with some really thoughtful reflections. Some children were surprised that Muslims do not even drink water when fasting during Ramadan. Others were shocked that the Imam had memorised the entire Quran in Arabic by the age of 11! We followed up the visit with labelling the parts of a mosque back in class and discussing all the things we had learnt.





**Sycamore** have also been learning about skeletons in Science. Ask Sycamore class about the differences between endoskeletons and exoskeletons, and they will have an answer! We had plenty of fun creating the bones and joints, using chalk, black card and split pins. Did you know the femur is the longest bone in the human body? Super job Sycamore!



**OAK CLASS** have been treated to a couple of live lessons in the last week. Firstly, as an early World Book Day treat, Oak Class took part in a live lesson with Liz Pichon, a British author and illustrator of children's books - her Tom Gates series has been translated into 44 languages! We had a sneak peak at her new book due out later this year before taking part in a doodle tutorial.

Then to kick off science week, Oak Class took part in a live lesson all about insects and time. There were plenty of activities to get involved with: an insect mind map, label the locust, the life cycle of a beetle and spot the difference between a millipede and a centipede. We learnt some amazing facts including how poisonous a centipede is, that mayflies stay in the larva stage for a few years and then only live for 12 hours, that cicadas can stay underground for 17 years and that for every one human, there are 1.4 billion insects!





## SAFEGUARDING & ATTENDANCE

Attendance: (Our school target is 97%)	
Whole school	96.6%
Birch Class	96.4%
Sycamore Class	96.9%
Oak Class	96.5%

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 lead is Mrs. Ryder and the deputy safeguarding officers are Miss Barlow & Mrs Carwithen.

This week's free online safety guide focuses on supporting children's mental health: 10 conversation starters for parents. Talking about mental health to children is sometimes hard. The guide takes a look at a number of tips such as talking about mental health naturally, being open and honest and asking twice.

Please follow the link below.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information on they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

**NOS National Online Safety**  
#WakeUpWednesday

- 1 LISTEN**  
This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.
- 2 ASK TWICE**  
The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.
- 3 THERE IS NO SUCH THING AS A STUPID QUESTION**  
This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.
- 4 BE OPEN AND HONEST**  
Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.
- 5 KNOW WHEN TO SEEK HELP**  
Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.
- 6 TALK ABOUT MENTAL HEALTH NATURALLY**  
Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'
- 7 EMPATHISE**  
'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage, it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.
- 8 HELP YOUR CHILD FEEL SAFE**  
Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.
- 9 MIND YOUR LANGUAGE**  
Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in derogatory ways won't encourage your child to talk about their mental health for fear of being belittled.
- 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'**  
Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

**Meet our expert**  
This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

**Sources of Information and Support**  
Your GP  
Young Minds <https://youngminds.org.uk/>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety  
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<https://nationalcollege.com/guides/supporting-children-s-mental-health-10-conversation-starters-for-parents-online-safety-guide>

## COMING UP- DATES FOR YOUR DIARY

20 <sup>th</sup> March	Oak class assembly for parents 3pm village hall
25 <sup>th</sup> March	Y5/6 Hockey tournament
28 <sup>th</sup> March	Break up – 3.30pm finish

That's all the news for now. Have a good weekend.

*Jill Ryder.*