

# Broadhempston Primary School

Broadhempston Village, Totnes, Devon. TQ9 6BL

Tel: 01803 812689

Email: [adminbroadhempston@thelink.academy](mailto:adminbroadhempston@thelink.academy)



## NEWSLETTER Thursday 27<sup>th</sup> June 2024

Dear Parents,

The last two weeks seem to have been rather full! Please read on for all the latest news.

### **BROADHEMPSTON LEARNERS**

#### **BIRCH CLASS**

EYFS have been looking at rhyming words in their Literacy text - Commotion in the Ocean. They had a go at this rhyming word puzzle game, using their reading and understanding of rhyme to make matches.

Year 1 have been enjoying some delicious maths making fruit salads to aid their learning in sharing each of the fruits equally.

Year 2 and EYFS are both looking at directions in maths this week, so Year 2 taught the younger children how to use the Beebots. They worked together to make mazes for the robots to follow - using the language of position and direction.



#### **SYCAMORE CLASS**

Sycamore class have been working scientifically to see how the outer ear captures sound. We have been experimenting with large and small cones to see how these devices compare in transmitting sound. We started off by making predictions about what we thought would happen and presented our findings in a table. We have some super scientists in Sycamore! The children also had a brilliant day kayaking on the lake at Decoy and spent an afternoon on the BMX

track. More photos to follow next, so keep an eye on our Facebook page.



**OAK CLASS** are continuing their work on rivers following the River Axe from source to mouth. They had to correctly sequence a set of aerial photographs identifying how physical features of rivers change from source to mouth and then match the photographs to snippets from an OS map.





**COMMUNITY** – is one of our values in school and this day showed how much everyone can come together and truly live out of our values and support each other.

What a lovely way to end a week ... and all for a good cause! The whole school came together for their yellow picnic and had lots of fun playing games, eating sweet (and healthy) treats and drinking homemade lemonade. The children were overheard saying 'this is the best day', 'I love this school. I wish I could spend my whole life at here – I never want to leave.' There is still time to donate to the Cystic Fibrosis Trust to support the amazing work they do by following this link: <https://superkind.org/.../broadhempston-village-primary>.



## SPORTS DAY

I was so sorry to have missed sports day, sadly I really wasn't very well! However, staff report the day was fantastic and both the children's comments and photos are testament to that. I do think the staff took the tug of war rather seriously, just look at their faces!





## SAFEGUARDING & ATTENDANCE

Attendance: (Our school target is 97%)	
Whole school	96.5%
Birch Class	97.2%
Sycamore Class	96.4%
Oak Class	96.2%

Football's European Championship is now well underway, and this huge event could potentially get children interested in having a go on the pitch themselves – or perhaps they're already passionate about sport. It could present a great opportunity to get young people engaged in physical activity and regular exercise, which has proven positive impacts on all facets of their health – including mental and emotional wellbeing.

With all that said, it can sometimes be difficult to get children and young people motivated to take part in sports and other exercise, but there are certainly ways to do so. This guide provides you with some top tips from our expert on how to encourage young people to stay active and remain invested in their physical welfare. Please use the link below to read this guide in full.

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 Miss Barlow & Mrs Carwithen.

**10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING**

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

- 1 MAKE IT FUN**  
Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.
- 2 MIX MOVEMENT WITH LEARNING**  
Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also enhance learning and stimulate creativity. 'Revision walks' with podcasts and resources can benefit older learners.
- 3 CREATE OPPORTUNITIES**  
Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.
- 4 PROVIDE POSITIVE REINFORCEMENT**  
Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.
- 5 VARIETY IS KEY**  
Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.
- 6 ENJOYMENT OVER COMPETITION**  
Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.
- 7 SET REALISTIC GOALS**  
Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.
- 8 MAKE IT ACCESSIBLE**  
Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. See change made in your community if facilities aren't already available.
- 9 LEAD BY EXAMPLE**  
Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.
- 10 ENCOURAGE PERSISTENCE**  
Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

**Meet Our Expert**  
Adam Gilbert is a learning and development specialist who, as well as working for Wake Up Wednesdays, is also a vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert panel group for the Department for Education, one of only three school leaders to be asked to do so.

**#WakeUpWednesday** The National College

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.06.2024

<https://nationalcollege.com/guides/promoting-physical-wellbeing>

## DATES FOR YOUR DIARY

<b>1-2.7.24</b>	Y3/4 Forest & Beach camping trip
<b>8.7.24</b>	Birch class Wembury beach trip
<b>17.7.24</b>	KS2 End of term production 2pm, Village Hall
<b>23.7.24</b>	Leavers service @ St. Peter And St. Paul's 2.30pm

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

*Jill Ryder.*