



PRIMARY WORD

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Head Teacher - Neil Tyler

Events for week beginning 20th March 2023

Weekday	Time	Event	Venue	Taken By
Monday	12.15 - 13.15	YR4&5 Home Learning Club	Miss de Rossi's Class	Miss de Rossi
	15.30 - 16.30	Freestyle Soccer	Field	Mr Jones
	15.40 - 17.00	Mrs Burrage/Elston's Parents Evening	Teachers Classroom	Mrs Burrage & Mrs Elston
	15.40 - 18.00	Parents Evening	Classrooms	Childs Teacher
Tuesday	09.00 - 11.30	Samba Drumming	Small Hall	YR4 Teachers
	12.30 - 13.15	YR6 Revision Club	YR6 Classrooms	Mrs Burton
	15.15 - 17.15	KS1 Get Active Festival	Moulton Secondary School	Mrs Devereux
	15.40 - 17.00	Mrs Burrage/Elston's Parents Evening	Teachers Classroom	Mrs Burrage & Mrs Elston
	18.15 - 20.00	Taekwon-do	Main Hall	Mr Bonfield
Wednesday	08.30 - 08.50	Selected YR3 Reading Club	Library	Mrs Marsh
	12.15 - 12.35	YR4 Worship Team	KS1 Activity Area	Mrs Stiles
	12.50 - 14.00	Woodwind	Library	Miss Gunn
	15.40 - 18.00	Mrs Burrage/Elston's Parents Evening	Teachers Classroom	Mrs Burrage & Mrs Elston
	17.00 - 19.30	Parents Evening	Classrooms	Childs Teacher
Thursday	09.00 - 12.40	Guitar	Library	Mr Smith
	12.30 - 13.15	YR6 Revision Club	YR6 Classrooms	Miss Longley
	12.50 - 13.15	YR2 Choir	Mrs Walter's Class	Mrs Walter/Miss Fortnum
	15.30 - 16.30	Freestyle Dodgeball	Playground	Freestyle
	17.30 - 19.45	Taekwon-do	Main Hall	Mr Bonfield
MUFTI DAY				
Friday	08.30 - 08.50	Selected YR3 Reading Club	Library	Mrs Marsh
	09.00 - 10.20	Violin & Cello	Library	Mr Ebrahim
	12.45 - 15.00	Selected YR5&6 Swimming	The Mounts	Miss Bond/Miss Hope
	15.30 - 16.30	Freestyle Dodgeball	Field	Freestyle
Sunday	10.30 - 11.30	Brixworth Community Church - Informal Service	Main Hall	Rev Andy Lloyd Williams

Important Notices



Parent Parking

It has been brought to our attention on more than one occasion now that people are driving and parking without due care and attention when dropping off or collecting children. The safety of the children is paramount, therefore please can you ensure you are driving with caution and parking sensibly in all roads surrounding the school to eliminate the possibility of serious accidents occurring.

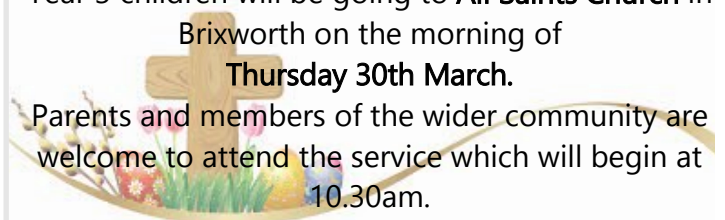
Mufti Day - Reminder

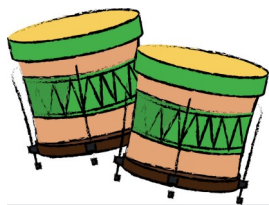
The PTA are inviting all children to a dress down day on **Friday 24th March** in exchange for a small donation of £1. All money raised will go towards the fundraising of audio and visual equipment for the school hall. Please note, football kits are not permitted to be worn.

Year 3 Easter Service

Year 3 children will be going to **All Saints Church** in Brixworth on the morning of **Thursday 30th March**.

Parents and members of the wider community are welcome to attend the service which will begin at 10.30am.





Year 4 Samba Drumming Performance

Year 4 children have been taking part in NMPAT samba drumming lessons over the last 8 weeks and would like to invite parents to watch what they have learnt. They will be performing in the main hall on the following date:

Tuesday 28th March at - 9.50am - Mrs Varrier's Year 4s & Miss Rigby's Class
- 10.45am - Miss Worster's Class

Please enter the school through the main office.



Running Club & KS2 Choir

Please note that running club on Tuesday afternoon and the KS2 choir on Thursday afternoon will not be on next week due to parents evenings.

Assembly Theme Week Commencing 20th March 2023 Truthfulness (Value for Life)

Celebration Assembly

Congratulations to the following children who have won awards for consistently upholding one or more of the school values.



Respect

Opa K

Aspiration

Archie W
Riley J
Myla L
Erin G
Frederick S
Polly C

Inclusion

Riley P

Excellence

Finley L

Praise Letters

Congratulations to the following children for receiving a praise letter from their teacher:

Simran KF, Lucas F, Hannah H, Finn S, Coen C, Stefan H, Poppy B, Emilia H,
Jacob M, Daisy T, Felicity C, Ada R, Oscar O, Mia H, Millie R

Parents Evening Information

All Parents Evening meetings will take place in the Key Stage 2 classrooms, just as they did during the Autumn term.

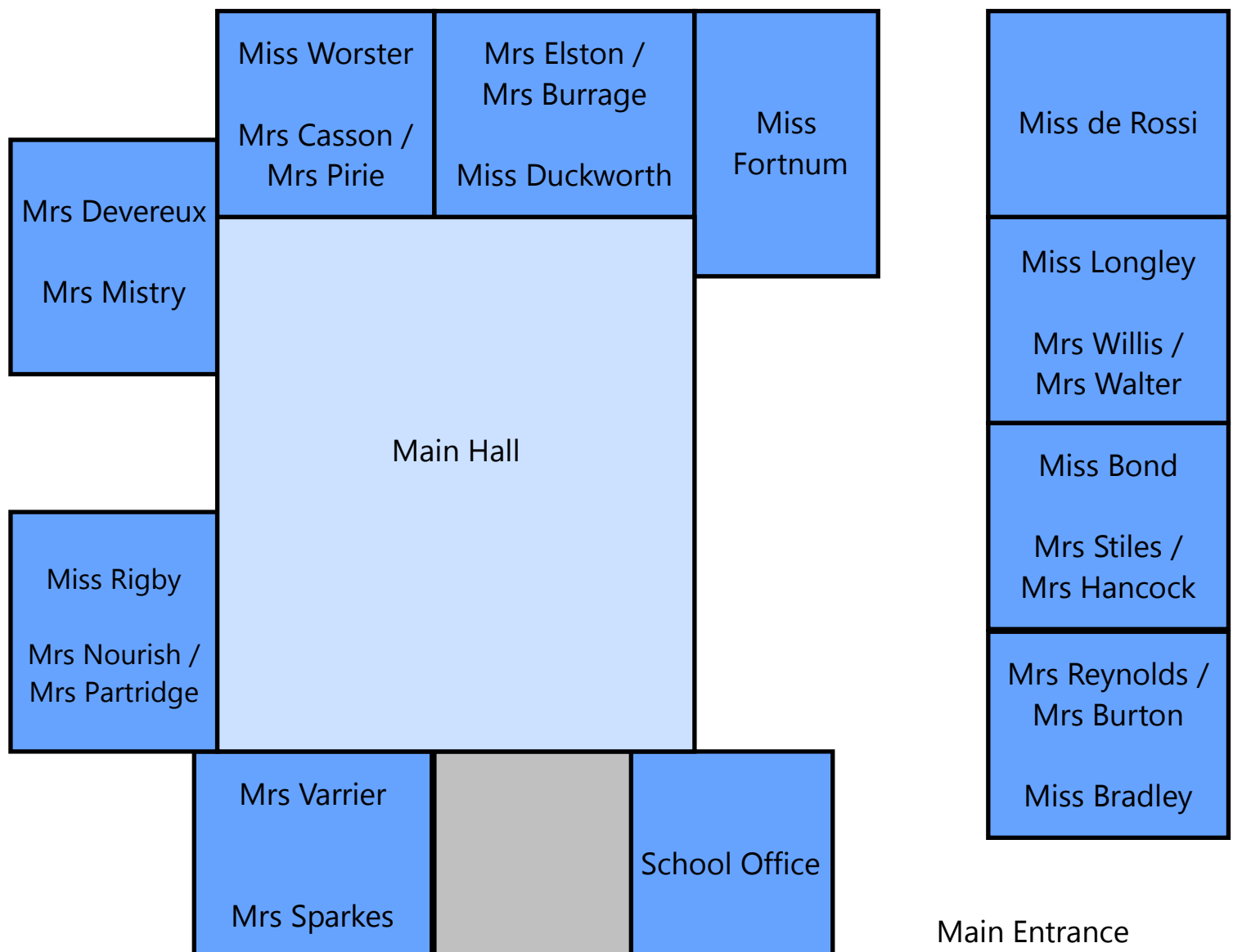
Below is a plan of the upper school and the classroom where each teacher will be based. Please note there will be more than one teacher in each classroom.

Access to all classrooms will be through the main office door only.

Your child's books will be given to you during your appointment should you wish to browse through their work after your meeting.

Please return the books to the allotted box outside your child's classroom before leaving.

It is advised, where possible, not to bring your child/children along with you but if you have no choice, please can you ensure they remain well behaved so as not to disturb the appointments. They will have to wait outside the classroom during your meeting therefore if you could have a quiet activity for them to engage in this would be beneficial.



PTA Easter Bingo

The PTA are excited to confirm the return of the popular Easter Bingo event on **Wednesday 29th March**. Doors will open at **6pm**.

Tickets are £3 and include a book for all 6 games
(additional books will be available to purchase on the night)

Prizes will be a selection of Easter Eggs (unfortunately dietary requirements cannot be catered for)

Tickets will go on sale next week. A notice of the exact date and time will be sent out early next week via parent mail.

Please join us for an evening of fun and Bingo.

All ages welcome.



The Song of the Week

This week was...

'5, 6, 7, 8'
By Steps



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

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Gayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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