



Bridgelea Bugle

Volume 2, Issue 1

December 2021

As we come to the Christmas break I wanted to write to thank you for all your support since September. It has been an extremely challenging half term with the impact of Covid and those uncertainties continue as our understanding of the Omicron variant unfolds and what this might mean for schools. The support of both staff and parents has been amazing and I would like to say thank you from the bottom of my heart for all of your hard work and ongoing support.

I will be keeping a careful eye on any changes from the government and will remain in contact with staff and families over the Christmas break so you are made aware of any changes that affect our school. If you are not already on Class Dojo please join and School Spider as we email updates to parents through both of these channels. If you need any help with this, please ring the school.

None of us has ever had to try to deal with something like this before and we are all trying our best to get it right. Whether your child has been in school, learning at home or a mixture of both thank you for all your efforts over the last few weeks and months.

Some happy news as we go into the holiday. Emma Neary, one of our HLTAs and Kayleigh Gallagher, one of our Teachers are due to start maternity leave in the new term and we wish them well.

We are also saying goodbye to Akilah Williams and Cara Blundell, two of our teaching Assistants as they move on to the next chapter in their lives. We wish them all the best in the future.

If you or your family find yourselves in crisis over the course of the holiday, please remember that we are at the end of the phone. Please ring Lisa Shaw our DSL on 07712 330424.

I hope you have a very Merry Christmas and stay safe over the festive period,
Kelly Eyre
Head of School



A Christmas Gift!



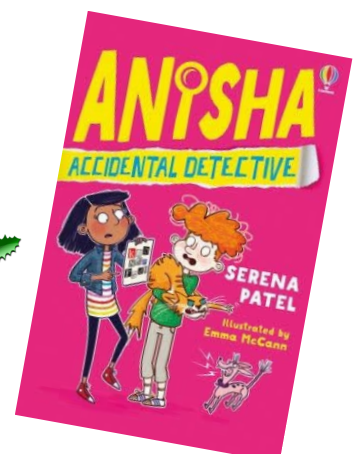
A huge thank you to **Enterprise Rent-A-Car** for their Christmas Gift delivery.

Every child will be bringing home a lovely interactive book this week.

No matter what reading ability your child is, inside there will be a QR code that can be used to bring the book to life.



Enjoy &
Merry Christmas!



Rowan Rocks Remote Learning !

Some classes have unfortunately had to move to remote learning this term, but the children haven't let this deter them from engaging enthusiastically in their learning.

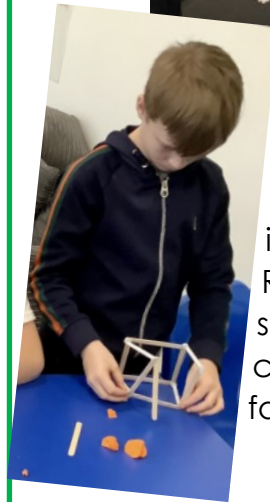
In November, it was anti-bullying week and one of the Articles of the week that we learned about was World Children's day. Even the children who were learning remotely joined in and dressed in blue and created their own raps and dances to celebrate these occasions.

Josh did a dance and sent us a photo.



We also did some Zoom nurture Lunches where got the chance to see and socialise with their friends who were both at home and at school. We played some games and it was a lovely chance to catch up with everyone.

Despite all our remote learning fun, we are looking forward to all being back together in the new year.



In Class Rowan, we were learning about 3d shapes in Maths and Really enjoyed making the shapes and then counting the edges, faces and vertices.



We have done Gymnastics in PE and everyone enjoyed learning how to use their body to balance and roll in different ways.

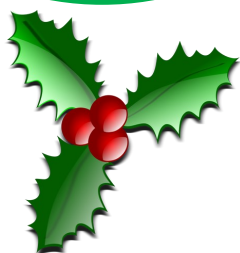
Rights Respecting Super Stars

These children have been showing that they are aware of their rights and the rights of others:

1CB—Ash

Oscar

He has had a wonderful half term, made new friends, always polite, kind and friendly. He has lovely manners and always tries hard with his work. An absolute joy to teach!



Article 13:

You have the right to find out things and share what others, by talking, drawing, writing or in any other way unless it harms or offends other people.

2KG – Birch

Cohen

He always participates well during class discussions. He is always considerate of other people's feelings and opinions.



4ED—Elm

Isaac

For always engaging in lessons.

3AL-Cedar

Alfie

For thinking of other peoples' health and designing a poster to promote handwashing.

5JC—Fir

Cody

For showing interest in the topics we have been learning about and asking questions so he can find out more.

6ED—Hazel

Lewis

Researching about the Solar System and sharing it in your Big Write with the whole class.

8AH—Maple

Lakai

For listening with interest to others sharing their views.

9HS—Oak

Logan

He loves sharing what he knows with others and is always keen to find out new things. He always puts his hand up, listens to what others say and respects their opinions.

11ES—Rowan

Marlon

Always finding interesting facts and information and sharing them in the most creative ways!

10MS—Pine

Alexis

Alexis shares her ideas and thoughts with the class. She usually respects her and children's right to learn during learning.

12PM—Willow

Jaydyn

He is helpful in class and helps other pupils through his calm and safe manner. He is quiet, polite and a great role model to the other children.



Spotlight on...

Adverse Childhood Experiences (ACES) and Attachment

What are Adverse Childhood Experiences?

Adverse Childhood Experiences (ACEs) are “highly stressful, and potentially traumatic, events or situations that occur during childhood and/or adolescence. They can be a single event, or prolonged threats to, and breaches of, the young person's safety, security, trust or bodily integrity.” (Young Minds, 2018).

Examples of ACEs:

- Physical abuse
- Sexual Abuse
- Emotional Abuse
- Living with someone who abused drugs
- Living with someone who abused alcohol
- Exposure to domestic violence
- Living with someone who has gone to prison
- Living with someone with serious mental illness
- Losing a parent through divorce, death or abandonment

How Common are ACEs?

In a 2014 UK study on ACEs, 47% of people experienced at least one ACE with 9% of the population having 4+ ACEs (Bellis et al, 2014).

Impact of ACEs

Just like attachment, experiencing ACEs can have an impact on our future physical and mental health, and often ACEs can be barriers to healthy attachment relationships forming for children. Some of the effects of ACEs on our physical and mental health are: An increase in the risk of certain health problems in adulthood, such as cancer and heart disease, as well as increasing the risk of mental health difficulties, violence and becoming a victim of violence. An increase in the risk of mental health problems, such as anxiety, depression, adulthood directly relate to ACEs.



A.C.E.S

- The longer an individual experiences will have on their development and their health. Some of the other things exposure to ACEs can impact, are:
- The ability to recognise and manage different emotions.
- The capacity to make and keep healthy friendships and other relationships.
- The ability to manage behaviour in school settings.
- Difficulties coping with emotions safely without causing harm to self or others.

Information taken from NHS website: mft.nhs.uk/rmch/services/camhs/young-people/adverse-childhood-experiences-aces-and-attachment/

Mind

0300 123 3393

Young Minds

0808 802 5544

Samaritans

116 123

National Domestic Abuse Helpline:

0808 2000 247

<https://www.youtube.com/watch?v=0TyZnASq8aQ>



Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACEs) are traumatic events that can have negative, lasting effects on health and behaviour. ACEs include being physically, emotionally or sexually abused as a child and growing up in a house with domestic violence, mental illness, alcohol and drug abuse or criminal problems. Children who have abusive or otherwise ...

www.youtube.com

<https://www.youtube.com/watch?v=VMpIi-4CZK0>



Adverse Childhood Experiences - NHS Health Scotland

NHS Health Scotland has produced this short animation to contribute to raising awareness about the impact of childhood adversity. We hope it can stimulate discussion about what action can be taken to both prevent and respond to early adversity. <http://www.healthscotland.scot/population-groups/children/adverse-childhood-experiences>

www.youtube.com

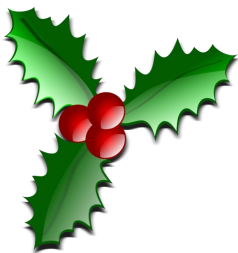
Forest School Fun!



Middle floor have had a very busy half term. We have been lucky to have Jonny teaching us how to survive outdoors in Forest School.



We have learnt to light fires, make bread, use a storm kettle, make pendants and build dens.



Christmas Riddles

Why is Santa so good at Karate?

Why are Christmas trees so bad at knitting?

You have three stoves: a gas stove, a wood stove, and a coal stove, but only one match. Which should you light first?

Calendar

Christmas Holidays

School Closes: Friday 17th December 2021
School Reopens: Tuesday 4th January 2022

Spring Half term

School Closes: Friday 18th February 2022
School Reopens: Monday 28th February 2022

Easter Holidays

School Closes: Friday 1st April 2022
School Reopens: Tuesday 19th April 2022

Summer Half term

School Closes: Friday 27th May 2022
School Opens: Tuesday 7th June 2022

Summer Holidays

School Closes: Friday 22nd July 2022



MERRY CHRISTMAS



H	V	I	S	H	M	Y	I	D	S	S	B	U	Z	P
F	J	Q	G	T	K	R	E	I	N	D	E	E	R	I
P	G	U	L	X	L	T	T	S	Q	H	Q	M	C	K
C	S	W	D	Z	Y	O	W	N	F	A	G	U	H	L
K	T	M	H	O	O	Y	N	O	Z	S	Y	H	R	F
Z	O	Z	Y	N	F	S	O	W	M	A	E	P	I	M
G	C	W	Z	N	B	S	A	M	C	N	L	G	S	R
X	K	A	O	A	V	S	O	A	A	T	F	Y	T	R
I	I	N	U	B	O	L	M	N	N	A	R	J	M	F
I	N	G	W	O	K	K	W	L	D	P	R	J	A	P
S	G	E	E	W	G	S	T	H	L	F	C	H	S	H
R	G	L	Y	N	P	R	E	S	E	N	T	S	T	E
W	R	E	A	T	H	N	T	U	J	G	B	D	R	J
Y	A	W	R	N	C	A	N	D	Y	C	A	N	E	V
L	M	H	T	M	L	B	E	L	L	E	N	U	E	O

SANTA
REINDEER
PRESENTS
CHRISTMAS TREE
TOYS
STOCKING
SNOWMAN
CANDY CANE
ELF
WREATH
BOW
BELL
CANDLE
ANGEL



Have a Merry Christmas from all at Bridgelea!