



# BRUNSWICK NEWS

3rd February 2023

Dear Families,

Next week is Mental Health Week. Our focus will be Making Connections. We will also be covering Safer Internet Day on Tuesday 7th with the children. Please spend time at home with your child discussing how they/you keep them safe online. If you need any help with things like parental controls, please email the school office and we will get you the support you need. Have a lovely weekend.

Mrs Skinner and the Brunswick House Team

## Self-Care & Mental Health

**for Kids**

- Share your own feelings to encourage self-awareness.
- Find social groups that help them feel like they belong.
- Set aside time for low-stress or solo activities.
- Practice self-care for yourself to set the standard.
- Focus on articulating feelings. "I am angry." "I am sad."
- Encourage your child to focus on the moment.
- Establish a self-care routine.
- Recognize toxic stress events.
- Cultivate interests and hobbies.

Blessing Manifesting

### Clubs and Charities to connect with:

- \*Rainbows, Brownies and Guides - <https://www.girlguiding.org.uk/>
- \*Cubs and Scouts - <https://www.scouts.org.uk/cubs/>
- \*Mind - <https://www.maidstonemind.org/about-us-2/>
- \*Citizens Advice - <https://www.citizensadvice.org.uk/>
- \*Samaritans - <http://www.samaritans.org/>
- \*Young Minds - <http://www.youngminds.org.uk/>

### Acts of Kindness

- \*Annabel in Walmer Class, she very kindly went and got some ear defenders for a child in Bodiam who was needing some quiet time in the dinner hall.
- \*Parent Body reps for kindly giving up their own time to come to the meetings.

### Thank you

To those children who are remembering to come in, in the correct PE kits on their PE days. Remember, your child can wear their school sweatshirt on PE days.

### Drop off at school in the morning

Please note that if you arrive **after 9am**, you must escort your child to the school office/reception so that you can sign them in. For Breakfast Club, children **must** be handed over to a member of staff.

Only year 6's (Year 5's from Term 6) with parental consent are able to walk to and from school by themselves. No other child should be left at the school gates on their own in the mornings.

### Gate Opening at 3.10pm as of Monday 6th February

Following on from our Parent Body meeting, we will be opening the gates at 3.10pm each afternoon to reduce the queuing on the pavements outside. Once on school site, parents **MUST NOT** use their mobile phones. If you are in the middle of a call when we open the gates, please finish your call before coming onto the school premises. Please be polite to staff who ask you to comply with this rule.

### Mental Health Awareness Week

Our theme is Let's Connect. Let's Connect is about making meaningful connections. For Children's Mental Health Week 2023, we are encouraging our pupils to connect with others in healthy, rewarding and meaningful ways.

As families, you are an important role model to your child. How you connect with friends and family will influence your child and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

During the week, the children will be taking part in activities that include discussions, creating friendship jigsaws and making paperchains that will be used as part of friendship displays in their classrooms.

Further information will be coming home next week via parent mail that will tell you how you can support the theme of 'Let's connect' at home also.

Respect

Teamwork

Empathy

Self-Belief

Honesty



Brunswick House  
Primary School

# BRUNSWICK NEWS

3rd February 2023

## Front Gate

Please do not prop this open—it is on a timer switch to be open and locked at set times. Also please do not put the bar across to lock it.

Could we ask parents not to wait on the grass verge by the inside of the main gates as there are new daffodil bulbs coming up for Spring and these are currently being trampled on.

## Sporting News - Football

Brunswick House football team drew 4-4 last week in their first league game. It was a great result. Well done to the team.

## Cross Country

On Thursday 2nd February, 15 children competed in a cross country competition at Greenfield Primary School. All of the children represented the school exceptionally well, giving 100% effort in their races. A special mention to Ella and Olivia who managed to finish 11th and 14th respectively in their race.

Well done to all runners! #TeamBrunswick

## Attendance Information

We are excited to announce this weeks winners at 99.70 % as Deal class, who top the leader board. Congratulations Deal class!

## Results Grid

1st	Deal	99.70%
2nd	Walmer	95.30%
3rd	Upnor	94.70%
4th	Hever	94.30%
5th	Bodiam	93.70%
6th	Tonbridge	93.70%
7th	Windsor	93.50%
8th	Rochester	91.70%
9th	Leeds	91.70%
10th	Dover	91.60%
11th	Lullingstone	91.30%
12th	Arundel	91.30%
13th	Allington	89.70%
14th	Scotney	84.20%

## Diary Dates

### February 2023

6th-10th: Mental Health Awareness Week.

7th: Safer Internet Day for pupils

*Preloved uniform available - Lullingstone Class*

*After School—First Come, First Served.*

8th: Parents Evening - 3.40pm to 6pm

9th: Parents Evening - 3.40pm to 6pm

**10th: INSET DAY– NO CHILDREN IN SCHOOL**

20th: First day of Term 4

## March 2023

9th: Allington Class Assembly - 9.15am

16th: Windsor Class Assembly - 9.15am

31st: Last day of Term 4

## April 2023

17th: First day of Term 5

27th: Scotney Class Assembly - 9.15am

## May 2023

1st: Bank Holiday—no school

4th: Arundel Class Assembly - 9.15am

18th: Hever Class Assembly - 9.15am

26th: Last day of Term 5

## June 2023

5th: First day of Term 6

**12th: INSET DAY—NO CHILDREN IN SCHOOL**

15th: Lullingstone Class Assembly - 9.15am

22nd: Upnor Class Assembly - 9.15am

## July 2023

21st: Last Day of Term 6

## Keeping in Touch

**Miss Lemon - FS Early Years Phase Leader** *FSleader@brunswick-house.kent.sch.uk*

**Miss Steward/Miss Fullagar - KS1 Phase Leader (Yrs 1 & 2)**  
*KS1leader@brunswick-house.kent.sch.uk*

**Mr Fenniche – LKS2 Phase Leader (Yrs 3 & 4)**  
*lks2leader@brunswick-house.kent.sch.uk*

**Miss Zigler—UKS2 Phase Leader (Yrs 5 & 6)**  
*Uks2leader@brunswick-house.kent.sch.uk*

**Mrs Martin—(Family Liaison Officer)**  
*flo@brunswick-house.kent.sch.uk*

(Tuesdays and Wednesdays only)

**Headteacher – Mrs Skinner**  
*headteacher@brunswick-house.kent.sch.uk*

**Miss Steward**  
*inclusion@brunswick-house.kent.sch.uk*

**Miss Fullagar**  
*deputy@brunswick-house.kent.sch.uk*

Respect

Teamwork

Empathy

Self-Belief

Honesty