

BRANDHALL BEAT

INSPIRE - BELIEVE - ACHIEVE

All of our children; all of the time

Courage, Compassion, Honesty,

Ambition, Respect, Belonging

Vol 3

Issue Twenty Seven

22/05/2020

We are very aware of the worrying times and unanswered questions you may have. We will try our very best to keep you informed of any changes well before we implement them. Parents/carers/adults are asked not to come into school unless you have a pre-arranged meeting. Any contact with school should be via telephone or email. We also request that only one adult per family enters school site to help us with social distancing requirements. Thank you for your continued support.

SUPER STAR OLLY!!! We are very proud of you!

Olly raised £140 by selling his drawings and raffling off a teddy bear that he made to buy hand creams for carers working in our local area!



Children and staff spent some time in the allotment. Herbs and vegetables were planted and our strawberries are growing nicely. The children painted flags in honour of VE Day. Staff and pupils also decided Chris and Wayne's trolley needed a Brandhall makeover!



Sadie found out all about horses and then

wrote instructions for how to make a mask. Sadie then made this fantastic horse mask! Sadie has also sent us a very informative classification PowerPoint presentation for her animal project.



Mackenzie's chicks have started to hatch!



We think they are very cute! Please send us more updates Mackenzie!

Dev has made a lovely colourful poster to say thank you to NHS and Key Workers. #ThankYouNHS #ThankYouKeyWorkers



We love these thank you messages to Miss Farlow, Mrs. White, Mr. Hatfield and Mrs. Mayhew from Oliver and Freya.



Encourage a lifelong love of reading! Win £5,000 of National Book

Tokens for our school's library—plus £100 just for you! You can nominate Brandhall Primary School online.

NATIONAL BOOK tokens



WIN £5,000

of National Book Tokens for your school library



www.nationalbooktokens.com/schools

Plus, visit nationalbooktokens.com/create for our pupils' chance to design their own gift card and win a £10 National Book Token – emblazoned with their artwork – for themselves and each child in their class.

If you would like to share photos of your child home schooling, baking, crafting, exercising and having fun please send your story and photos to k.foley@brandhall.sandwell.sch.uk

NEVER ALONE

NSPCC
 0808 800 5000
 (24hrs)

National Domestic Abuse Helpline
 0808 2000 247
 (24hrs free)

Mind
 0300 123 3393
 (Mon-Fri 9-6)

Victim Support
 0808 168 9111
 (24hrs)

Cruse Bereavement
 0800 808 1677
 (Mon-Fri 9-5)

ChildLine
 0800 1111
 (24hrs)

Action on Elder Abuse
 0808 808 8141
 (Mon-Fri 9-5)

Respect - Men's Advice Line
 0808 801 0327
 (Mon-Fri 9-5 or 8pm)

Samaritans
 116 123
 (24hrs free)

National Centre for Domestic Violence
 0207 186 8270

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

@BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

