



Brampton Primary School

Building Personal Success

Date: 26/05/2023

Issue: 8

<http://brampton.newham.sch.uk>

Tel: 020 8472 0830

Dates for your diary 2023

Half Term School Closed

Monday 29th May-

Friday 2nd June 2023

School re-opens

Monday 5th June 2023

Monday 5th June

- Yr 3&4 RNLI Water Safety Talk

Wednesday 7th June

- Yr 5&6 RNLI Water Safety Talk

**Whole School
Dress-Up Day
"HELLO SUMMER"**

♦ Contribution- £1

♦ Family Quiz

3pm- 5pm - £2 per ticket

Thursday 8th June 2023

- Yr 6 - Chessington visit

Tuesday 13th June

- Yr 4 - East Ham library visit – Bangladesh & Tibet
- Yr 6 - Into Uni – Argentina

Wednesday 14th June

- East Ham library visit
- Yr 4 - China & India
- Reception – Tanzania

SPORTS DAY

KS2-12th June

9:30am -12:30pm

KS1-13th June

9:30am- 12:20pm

- Yr 6 – Into Uni - Brazil

Thursday 15th June

- Yr 6 YPRES Belgium visit

Tuesday 20th June

- Yr 6 – Into Uni - Chile

Friday 21st June

- Yr 6 – Into Uni - Peru

Monday 26th -Friday 30th

June - Selected children

- Yr 6 Isle of Wight visit

Yr 3 East Ham library visits:

- Tuesday- 27th June- Zimbabwe
- Wednesday- 28th June- Ghana
- Thursday- 29th June- Namibia
- Friday- 30th June- South Africa



Dear Brampton Parents/Carers

Spring is finally here. The sun is shining, the skies are blue and we have again had a very busy month.

At the start of May, children across the school enjoyed marking the King's coronation. By dressing as royalty, or wearing clothes that were red, blue and white, they helped usher in the Carolean era, while enjoying all of the delicious food their parents and carers provided – a big thank you to all those that did. The children will undoubtedly carry the memories of the celebrations and ceremony of the coronation for years to come.

The year 6 children took their key stage 2 standard assessment tests (KS2 SATs) the week after the coronation. I was so proud of the enthusiasm, effort and resilience shown by every child and every member of staff during the week. It was a challenging time, but we know that our children were well prepared, calm and even excited about completing the tests. They understand and realise that effort leads to success - the harder you work in life, the more successful you will be.

After completing the KS2 SATs, our year 6 children turned their attention to demonstrating their entrepreneurial skills, coming up with fundraising ideas for their trip to Chessington World of Adventures. They have really enjoyed devising different projects, and have created some amazing products. Thank you to all those parents and carers, who have already given generously, and please continue with those kind donations.

We ended May, and the half term, with *International Week*, celebrating the rich cultural diversity in our school. We enjoyed dances from different cultures, food from a range of countries and basked in the colours and patterns of clothing from around the world. I was overwhelmed by the amount of food that was shared between parents/carers and the school. Thank you so much – it really brought our whole community together.

During *International Week*, the year 5 children had the opportunity to share, with their parents and carers, what they have been learning over the half term. They were clear, articulate and performed very well. I always feel so honoured presenting the headteacher certificates to the children, and greatly enjoy the pride etched in the faces of their classmates.

I cannot believe we have reached the end of another end half term and only have one left before the summer holidays. I am looking forward to all the events planned for next half term during the months of June and July. I am particularly looking forward to the parent-teacher association (PTA) meeting that will be held on the 6th June at 9.15am. I feel we can offer so much more to our children through the support of the PTA.

I would like to take this opportunity to share and congratulate, on behalf of the BPS team, Alex Wedgbury, who will be stepping into the role of acting deputy headteacher, and Olu Awelenje and Stefanie Reay, who will be acting assistant headteachers. Their uncompromising dedication to do what is right for our children is commendable and they deserve to be recognised for their hard work.

Your views and comments are always valued so please remember that, if you have any feedback for the senior leadership team, you can approach us at the gates, ask for an appointment, email or call in. A member of the senior leadership team will always get back to you. We also have our suggestion box in the reception area to collect opinions and ideas. In partnership, we will reach and exceed our children's true potential: *Building Personal Success*.

Mrs Paven Kettory
Headteacher

For those parents and carers whose first language is not English we are sharing a link on how to use 'Google Translate'.

See below and click on the link:

<https://support.google.com/chrome/answer/173424?hl=en&co=GENIE.Platform%3DDesktop>



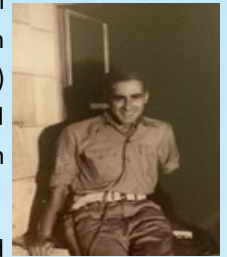
All About Me!



As you may be aware, through conversations read one of my previous grandfather came to Britain generation. He worked in during WW2 and travelled to England in the late 1940s to work as an electrical engineer. This is a picture of him in Birmingham, with one of his friends. He is the man on the right.



we have had about our backgrounds, or because you newsletters, my maternal as part of the Windrush the Royal Air Force (RAF)



My paternal grandfather, coincidentally, also worked for the RAF during WW2. He was born and raised in South East London, but ended up stationed in North Africa for most of the war, which is where this photo was taken.



Both my parents grew up with a desire to see the world and they have now spent time in every continent bar Antarctica. Undoubtedly, their need to explore, have adventures, enjoy different foods and cultures influenced me, and significantly impacted on my life.



After leaving university, and spending three years working in London, I decided to up-sticks. I travelled to Japan, spending time speeding around the country on bullet trains, eating sushi and sleeping on tatami mats.



I then made my way to the French Alps, where I spent most of my days figuring out the best ways to speed down a mountain on my snowboard (and how to strike ever more ridiculous poses).



From there, I made my way to China, where I spent a year teaching children English. It was in China that I realised a career in education was for me, and I decided to train as a teacher. Not quite ready to return home, however, I went to Uganda to explore their education system. I learnt from some amazing teachers in what were the most beautiful school settings I have ever seen.

Celebrating the different nationalities and cultures that make up Brampton Primary School highlights everything that goes into making us who we are. Whether my Jamaican and English heritage, my experiences teaching in China and Uganda, or my time in France and Japan, I know that there are numerous nationalities that have inspired and shaped me.

**Rights Respecting Schools
Big Talk Home Learning**
If children can't say it then children can't write it.

**Dear All,
June's BTHL**

[Article 31 – Every child has the right to play and relax and take part in cultural and creative activities.](#)

Next half term, our topic in PSHE is *changing me*. We are thinking about how to manage change and who to talk to about any changes we are worried about (such as the move to the next year group).

How can we prepare positively for the changes that happen to us and to our lives?

Other Information



Rights Respecting Schools



As a Rights Respecting School, children's rights are at the forefront of our minds in every decision we make.

For next month in **June** our right of the month is **Article 31 (I have a right to relax and play)**.

June will herald the month of PLAY! Every child has the right to play and at Brampton we understand how vital play is to children's mental health.

Brampton will be taking up the Soccer Aid challenge where children will be tasked with creating their football obstacle course. It would be great if you could take your child to the park to see what they can create.



Article 31 - children and young people have the right to have fun in the way they want to, whether by playing sports, watching films, or doing something else entirely.

Specialist Subject Updates

PE Update:

Year 6 participated in an amazing Dodgeball tournament to celebrate the completion of their SATs exams.

The atmosphere and competitive spirit was a sight to behold! All the pupils put their bodies on the line in an effort to win the coveted gold medal.

There were a few upsets which made the tournament all the more exciting to watch. The two winning teams (girls and boys) both displayed excellent team spirit and skill to be crowned champions.

Ethan was recognised as the M.V.P of the tournament. It is always great to see the pupils compete hard but fairly and I am sure that there will be a lot of pupils looking to avenge their losses come Sports Day 2023!



Spanish Update: Hola a todos!

We have been finishing our topics on Food this term. After learning about different ingredients, Year 2 participated in a role-play at a 'bocadillo shop', made their own wallets and learnt how to use euro coins to pay for their 'bocadillos'. Year 3 learnt about food in Spain and UK and took part in the role-play 'at the restaurant' where they made menus, learnt about euro money, ordered food and made some complaints as the bill was too high!. Year 4 prepared some 3D food pyramids and designed posters to promote a healthy lifestyle including food and exercise. Year 5 learnt about manners at the table and comparing eating times and food in Spain and UK.

Year 6 focused on learning about the simple past of some regular and irregular verbs and they can now express orally and in writing some ideas in the past. The Year 4 children in the Spanish Culture Club have already started getting to know their partners in the Wisdom School in Madrid, Spain. Children have really enjoyed meeting their Spanish partners and they are really looking forward to collaborate on the next activity.



Music Update: Focus on Year 4

Year 4 have been composing body percussion compositions Inspired by Connect It by Scottish composer Anna Meredith.



The standard was very high across all four classes and there were some very creative and inspired compositions



Inspired by her performance at the Coronation concert from Windsor Castle, and as part of their unit on modern pop songs, the children have learned Katy Perry's Roar and Firework, both of which they sing with unbound enthusiasm.



News from Nursery– EYFS

Last week, nursery children turned into Nature Detectives and enjoyed their first trip to East Ham Nature Reserve. During the fascinating walk they used their observational skills and explored different types of plants, trees and took a closer look at the animals and mini-beasts that live there.

After sweeping the grass, looking in the under growth and searching trees, a myriad of mini beasts were found, these included bees busy eating pollen and nectar from flowers, ladybirds, brown lipped snails, spiders, woodlice and many beautiful painted butterflies. Working out which insect is which was no easy task as children are still learning how to notice the characteristics of each creature and how to compare them to others. *'Have you noticed that bee has yellow and black stripes?' or 'How does that bee differ from that wasp we saw?'*



The highlight of the trip was the discovery of slow worms - legless lizards which resemble snakes.



Through trips like this, here at Brampton, we aim to enable children to develop a deeper connection with nature and learn how to appreciate the beauty and majesty of the world outdoors.

As we started to see the weather warming up, water play became one of the favourite activities, which stimulated lots of exciting play-based learning opportunities, both indoors and outdoors and inspired children's interest in pirates.



Birthdays in Nursery

Noah





Inclusion & other information

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support/ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>



Other Information



Volunteer Gardener required!

We have received a grant from The Whole Kids Foundation to run a school garden project and we are looking for a gardener who enjoys growing fruit and veg to help us out.

So if you have a few hours to spare each week, we would like to hear from you.

If you are interested you can email us at info@brampton.newham.sch.uk or call the school office on 020 8472 0830 and leave your details and we will get back to you.



YOUR MENU @

**BRAMPTON
PRIMARY SCHOOL**

Spring - Summer 2023

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Sweet Chilli Meatballs with Rice ND	Lamb Lasagne with Garlic Bread	Roast Chicken, Herby Stuffing with Roast Potatoes	Lamb Pasta Bolognese Bake with Focaccia Slice	Pollock Fish Fingers with Jacket Wedges
Second Choice	Wholemeal Spinach & Ricotta Pasta Parcels	Quorn Burger with Salad & Coleslaw	Vegetarian Keema with Rice ND	Cheese & Tomato Pizza Slice with Jacket Wedges	Quorn Dippers with Jacket Wedges
Vegetarian Choice	Jacket Potato with Cheese & Beans ^V	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
Vegetable Selection	Sweetcorn Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ripple Ice Cream Sponge Roll	Frozen Yoghurt served with Fruit Salad	Apple Crumble with Custard ^{SS}	Peach Melba Cake with Vanilla Ice Cream ^{SS}	Belgian Style Waffle with Fruit Salad
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					

WEEK 1

17 APR, 8 MAY, 5 JUN, 26 JUN, 17 JUL, 4 SEPT, 25 SEP, 16 OCT

Meat Served at this School is Halal

KEY: ^V - Vegetarian ^{PB} - Plant Based ^{SS} - Sugar Smart
ND - New Dish ^{FGA} - In association with Forest Green Rovers

DINEin
AND DISCOVER

Eat for Free Scheme funded by

Newham London





Other Information



Free SEND Meet & Greet

A session for children (0-16yrs) with special educational needs and disabilities with their parents/carers. Siblings also welcome.

12-2pm
Saturday 20 May 2023
Saturday 10 June 2023
Saturday 8 July 2023

Lighthouse Christian Ministries, 249
High St, Stratford, London E15 2LS

Book your space or find out more information
nursevmorris@yahoo.com 07809 642 105

Arts & Crafts
Sensory play
Stories
Sing & Sign
Free refreshments
Meet other SEND families

All Parents and Carers are invited to join us on:
**Tuesday 6th June 2023
10AM-1PM**


UNDERSTANDING EHCP CONTENT

In this meeting we will be discussing:
Building an understanding of sections A-K of the EHCP and discuss in detail.

This meeting will be taking at:
St Marks Community Center
218 Tollgate Rd,
London
E6 5YA

Tea and coffee will be provided

SENDIASS
SPECIAL EDUCATIONAL NEEDS DISABILITY
INFORMATION ADVICE SUPPORT SERVICE


NEWHAM PARENT FORUM
Empowering Parents and Influencing Services



May half term at Museum of London Docklands

Hello

We're celebrating our 20th birthday and you're invited! Dance, sing and craft your way through the May half term with us - all for free! Join in the festivities and help us decorate the museum, get silly with Victorian parlour games and don't miss our family knees-up, just to name a few.

We've covered the highlights, but you can check out the full programme of events at the link below. [May half term free events](#) | [Museum of London Dock-](#)

We look forward to celebrating with you,

The Museum of London Team