



# Brampton Primary School

## Building Personal Success

Date: 30/6/2023

Issue: 9

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

Tel: 020 8472 0830

### Dates for your diary 2023

#### Monday 3rd July 2023

- YR5 East Ham Library Visit - Australia
- YR1 East Ham Library Visit - England & N.Ireland

#### Tuesday 4th July 2023

- YR5 East Ham Library Visit - Madagascar
- YR1 East Ham Library Visit - Scotland
- Reception East Ham Library Visit - Cameroon

#### Thursday 6th July 2023

- YR5 East Ham Library Visit - Japan
- YR1 East Ham Library Visit - Wales

#### Friday 7th July 2023

- YR5 East Ham Library Visit - New Zealand

#### Monday 10th July 2023

- Reception East Ham Library Visit - Egypt
- YR5 Visit to Highway Vineyard Church - Australia & Japan

#### Wednesday 12th July 2023

- Nursery East Ham Library Visit - Antigua

#### Thursday 13th July 2023

- Nursery East Ham Library Visit - Cuba

#### Friday 14th July 2023

- YR 2 End of Year Assembly

#### Monday 17th July 2023

- YR5 Visit to Highway Vineyard Church - Madagascar & New Zealand
- Summer Concert - 2 - 3pm

#### Wednesday 19th July 2023

- YR 6 End of Year BBQ/Disco - 5.30-7.30pm

#### Thursday 20th July 2023

- Y6 End of Year Assembly
- Last Day of Term



Dear Brampton Family,

It has been another exciting month at Brampton Primary School, with a number of amazing educational visits and events.

It was wonderful observing the children and staff's persistence in raising money, often in the most ingenious ways, so that they all could go to Chessington World of Adventures. I am extremely proud of the fact they achieved their goal of raising enough to ensure every child could attend at a reduced cost. Suffice to say, with the sun shining and the spirits of the group high, they had an amazing time!

Some of our year 6 pupils also took the opportunity to visit Belgium, touring the battlefields and memorials of the world wars. As is often the case with children of BPS, they were so well behaved that members of the public praised their level of respect and dignity.

Not content with Chessington and Belgium, some of our year 6 children have also been lucky enough to travel to the Isle of Wight for four nights. They are due back tonight and, by all accounts, they have had a wonderful time.

Our September 2023 nursery cohort have been visiting the school to attend 'stay and play' sessions with their prospective teachers and support staff. The early years team, with their enthusiasm and passion, have made all feel welcome and excited. I am in no doubt they are eager for the autumn term.

It is always good to have external visitors to our school, acting as critical friends and providing us with fresh perspectives, strategies and ideas for improvement. Our school improvement advisor (SIA) visited recently to explore how we teach PSHE. She was incredibly impressed and provided plenty of constructive and positive feedback:

### Nursery & Reception Graduation Day

#### Monday 3rd July 2023

9.30-11am Egypt & Morocco  
2-3pm Cameroon & Tanzania

#### Thursday 6th July 2023

9.30-11am Antigua & Cuba AM  
2-3pm Barbados & Dominica PM

### SPORTS DAY

#### Tuesday 11th July

Reception & KS1

#### Wednesday 12th July

KS2

9:30am - 12:30pm

### Achievement Evening

6 - 8pm

#### Tuesday 11th July

YR 1 & 2

#### Wednesday 12th July

YR3 & 4

#### Thursday 13th July

YR 5 & 6

### Summer Term

Last day in school

Thursday 20th July

Back to school

Wednesday 6th

September 2023



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**Reception & KS1**

**Wednesday 12th July**

**KS2**

**9:30am - 12:30pm**

#### **Achievement Evening 6 - 8pm**

**Tuesday 11th July**

**YR 1 & 2**

**Wednesday 12th July**

**YR3 & 4**

**Thursday 13th July**

**YR 5 & 6**

#### **Summer Term**

**Last day in school**

**Thursday 20th July**

**Back to school**

**Wednesday 6th**

**September 2023**



*"The subject leaders presented the subject very well. There is clearly a high level of experience and expertise in this area. Teachers expressed how valuable they felt PHSE was in providing balance to an academic curriculum. A prominent point was that teachers felt that children build a foundation of emotional literacy that really helps them in all areas of learning and life."*

We also invited an external consultant in to evaluate our inclusion provision, with a specific focus on special educational needs. He was highly impressed with what he saw, while providing us with valuable insights. His feedback was positive: *"There is clear meaningful learning and there are high expectations for all children. The curriculum has been purposefully designed."* We look forward to reading the completed reports.

As many of you will know, on the 22<sup>nd</sup> June we celebrated the 75th anniversary of the Empire Windrush and its arrival at Tilbury Dock. Assemblies were delivered around how the British Caribbean passengers on board, and all those who subsequently arrived, have positively influenced our lives. Please speak to your children about the Empire Windrush and all of the wonderful things we have benefitted from since its arrival.

The PTA (parent-teacher association) have been meeting to discuss what they can do to support the school in raising funds, as well as providing wider opportunities for our children. I feel we can offer so much more to our children through the support of the PTA, and I am excited about what the future may bring. Due to the senior leadership team attending the sessions, we will not be holding a parent forum this half term. We do have ideas on how to move forward with parent forums in the future, and we look forward to sharing these with all stakeholders, as soon as they are finalised.

Your views and feedback are always valued. Please remember that you can approach the senior leadership team 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. In partnership, we will reach and exceed our children's true potential: Building Personal Success.



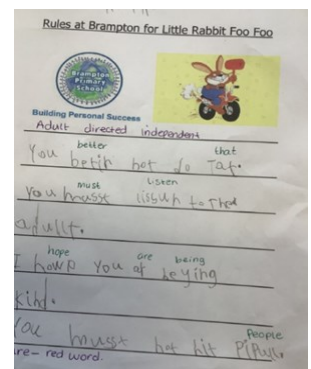
## News from Reception– EYFS

During this term, the children in reception were transported into a world of traditional stories. They became stars in the home corner while roleplaying out the fantastic stories with their classmates. The children were hooked on the character of the Big Bad Wolf and were able to discuss his cheeky character. When we dived into the world of Goldilocks, the children awoke their senses with the smell, taste, and texture of delicious porridge!



Little Rabbit Foo Foo was a massive hit! The children loved repeating the lines, "Little Rabbit Foo Foo, I don't like your attitude!" and even designed their own rabbit ears to wear.

The children were able to discuss the following questions: Why was Rabbit Foo Foo turned into a goonie?" and "What are the morals of these stories?"



Math has been super hands-on with the use of rekenreks. The children worked on their fine motor skills by using the beads to build their mathematical foundation. As we focused on 5 and more, the children were not only able to use the rekenreks but also recite the stem sentences to deepen their understanding.



Through the year, as the children learn about the wider world around them, we have been fortunate enough to have lots of visitors, including two wonderfully talented parents who performed on a cello and violin. The children watched in awe as the sound of music flowed through the corridor.



### Birthdays in Reception

Salina







# All About Me

There are many parts to my identity that makes me who I am as an individual and as part of a social group. My name, Olusola, means God has honoured me in Yoruba language. I am a Yoruba woman from West Africa. The Yoruba are one the largest ethnic groups in Western Africa. They can be found in present day Nigeria, Sierra Leone, Republic of Benin and Togo. Due to the trans-Atlantic slave trade, Yoruba people were dispersed to different parts of the 'new world' and can be found in Brazil, Cuba, Jamaica, Trinidad and Tobago and the United States of America.



The Yoruba are deeply spiritual people and this is evident in the religious practices of the dispersed people of this great ethnic group/nation. From Candomblé in Brazil to Santería in Cuba and Orisha worship in Yoruba land. Before the arrival of Christianity and Islam, the Yoruba speaking parts of West Africa predominantly worshipped one God, 'Olodumare' through Orishas such as Oshun. Some Yoruba people in West Africa and in the diaspora continue to practise this ancestral religion. The Yoruba cherish respect, this can be seen in the way we greet our elders; prostrating and kneeling for males and females respectively.



Anthony Joshua, the boxing champion, John Boyega and David Oyelowo, Hollywood actors, Kemi Badenoch, Bim Afolami MPs in the House of Commons, David Olusoga, Historian and Film maker, Dr Dayo Olukoshi of the prestigious Brampton Manor and Folashade Adu, the singer are a few of Yoruba illustrious sons and daughters.

Like many children of West African parents, (this is quite common among ethnic minority communities) having high occupational aspirations are the drivers of success. This and a deep love to ensure all children have opportunities to achieve the best possible outcomes is why I chose to be a teacher, an integral part of my identity. An unwavering commitment to my vocation, a Masters of Arts in Special and Inclusive Education and an ongoing Masters of Science in Psychology are some of the ways I have chosen to support the children in Newham and hopefully extend it to other parts of the World in future.

It is important to celebrate the diverse identities that make up our wonderful Brampton family tree. Our identity is an integral part of who we are. Our recent international week of events is testament to how proud children and adults in Brampton are, of their heritage. I am proudly Yoruba and Proudly British. I am also incredibly proud to be teacher with expertise in Special educational Needs. I hold all these identities dear to my heart.



Trivia: The Yoruba have the highest birth rate of twins in the world.

Olusola Awelenje

Acting Assistant Headteacher/SENDCo



## Rights Respecting Schools Big Talk Home Learning

If children can't say it then children can't write it.

Dear All,  
July's BTHL

Article 3 – The best interests of the child must be a top priority in all decisions and actions that affect children.

**With the recent sunny weather, we have been reminding ourselves about what to do in order to be safe in the sun. We are remembering to put on sun cream, wear a sunhat and sunglasses, stay hydrated and stay in the shade when possible.**

**What do you like and dislike about the weather we are having and what kind of weather do you prefer?**

# Rights Respecting Schools & Specialist Subject Updates



## Rights Respecting Schools



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

As a Rights Respecting School we are proud to announce that **July's** Article of the month is Article 3 (The best interests of the child must be a top priority in all decisions and actions that affect children).

Every decision we make is in the best interest of the children in our school.



**Article 3 - The best interests of the child must be a top priority in all decisions and actions that affect children**

## Specialist Subject Updates

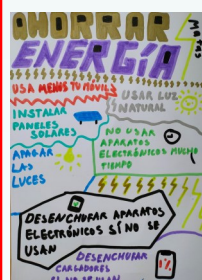
**PE Update:** We have been focussing on the game of Rounders in PE this half term and a particular focus has been on the skills needed as a fielder. The pupils have been working hard to improve their throwing and catching skills so once they play matches they are able to put as much pressure on the batting team. We have had some excellent mini tournaments between classes in upper KS2 as well as a good number of small sided fielding games in lower KS2.

KS1 have had time to develop their throwing and catching alongside their striking skills using a few different pieces of equipment such as tennis rackets and rounders bats. We are lucky enough to be able to take advantage of having Brampton Park next to us and the pupils really enjoy being able to spend time outside honing their skills.

Sports Day is fast approaching and the pupils are preparing for an enjoyable, competitive day.

We would love to see as many parents there as possible to cheer on each class.

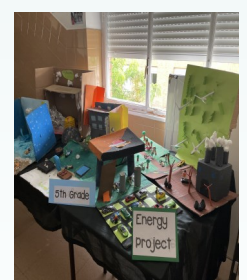
**Spanish Update:** ¡Hola a todos!



We have started a new topic on toys and games. Children have been learning about different traditional and modern toys and some adjectives to describe them. Year 5 are learning about the comparison in Spanish and they have really enjoyed comparing different pairs of people, food, animals, singers or football teams. Year 6 are learning about how to express the future by using some simple structures and time adverbs.

Y6 Children in the Spanish Culture Club have been working on an Energy project with the Wisdom School in Madrid.

This is some of the work they shared:



## Music Update: Focus on Year 5

Year 5 have been learning about minimalist music through the compositions of the American composer Steve Reich. As well as an

in-depth study of his *Music for 18 Musicians* they have also listened to *Clapping Music* and *Music for Pieces of Wood*.

The children produced impressive compositions where, rather than relying on a melody, the music is based around ever Changing rhythmic patterns



## News from Year 6

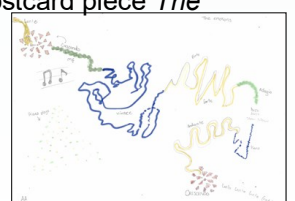
Some Year 6 children took part in a composition challenge organized by the *London Sinfonietta*.

Aydin

in Brazil class had his postcard piece *The*

*Emotions* selected to be performed by members of the orchestra at their summer concert for schools.

Well Done Aydin!







## 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.

**NOS National Online Safety**  
#WakeUpWednesday

**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/>  
<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>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)    Twitter - @natonlinesafety    Facebook - /NationalOnlineSafety

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>



# Inclusion

## START FOR LIFE (0-5 YEARS) ACTIVITY TIMETABLE

**Family Hub at East Ham Library,**  
328 Barking Road, London E6 2RT  
(T) 020 3373 2555  
(E) easthamfamilyhub@newham.gov.uk

ACTIVITY	Triple P Parenting Programme
DAY	Thursday
DATES	11 May - 13 July 2023
TIME	12.30-2.30pm
<i>Booking required</i>	

ACTIVITY	Parent Surgeries (Drop in)
DAY	Thursday
DATES	6th July 2023
TIME	10-11am
<i>Drop In - no booking required</i>	

ACTIVITY	Domestic Abuse Support Service (Hestia)
DAY	Thursday
DATES	April - July 2023
TIME	1-4pm
<i>Walk In - no booking required</i>	

**Oliver Thomas Children's Centre,**  
5 Mathews Avenue,  
London E6 6BU  
(T) 020 8552 1177 option 2

ACTIVITY	Stay and Play Brampton School
DAY	Tuesday
DATES	April - July 2023 (Term Time Only)
TIME	9-11am
<i>Please call the Children's Centre in regards to booking</i>	

**Altmore Children's Centre,**  
Altmore Avenue, London E6 2BX  
(T) 020 8552 6604 (M) 07572 440 457  
(E) childrenscentre@alfederation.com

ACTIVITY	Family Support Session
<i>Come along and meet our Family Support Worker. If you have any questions including housing, benefits or form filling. Find out how we can support you and your family.</i>	

DAY	Monday
DATES	April - July 2023
TIME	1.45-2.45pm
<i>Booking required - Please call Vicky on 07961632920</i>	

ACTIVITY	Family Stay & Play (0-5years)
<i>Enjoy activities, which will encourage and support your children's development in a safe and stimulating environment. This is a session aimed at families with more than one child.</i>	

DAY	Monday
DATES	April - July 2023
TIME	1.30-3pm
<i>No booking required</i>	

ACTIVITY	Little Champions
<i>This is a targeted session for families with children with SEND</i>	

DAY	Tuesday
DATES	April - July 2023
TIME	1.30-2.30pm
<i>No booking required</i>	

ACTIVITY	Family Stay & Play (0-5years)
<i>Enjoy activities, which will encourage and support your children's development in a safe and stimulating environment. This is a session aimed at families with more than one child.</i>	

ACTIVITY	Family Stay & Play (0-5years)
<i>With Soft Play (18m+) Enjoy activities, which will encourage and support your children's development in a safe and stimulating environment. This is a session aimed at families with more than one child.</i>	

DAY	Thursday
DATES	April - July 2023
TIME	10-11.30am
<i>No booking required</i>	

ACTIVITY	Family Support Session
<i>Come along and meet our Family Support Worker. If you have any questions including housing, benefits or form filling. Find out how we can support you and your family.</i>	

DAY	Friday
DATES	April - July 2023
TIME	9.15-11.45am
<i>Booking required - Please call Vicky on 07961632920</i>	

**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





# Forest School & Menu

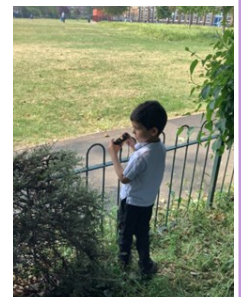
## Forest school Update:

During Forest School sessions, the children have been engaged in a variety of educational activities. One of their notable endeavours involved the exploration of the woodland environment, utilising their senses to enhance their understanding.
















Moreover, the children had the opportunity to explore their artistic side through the creation of fabric prints using the traditional Japanese technique called Hapa-Zome. In addition, they expanded their fine motor skills by crafting captivating dream catchers using a threading technique.

During their explorations, a fascinating discovery unfolded when they stumbled upon a bird egg on the forest floor. Demonstrating immense mindfulness, the children handled the delicate find with utmost gentleness.

To conclude each session, the children engaged in reflective exercises, nurturing their emotional intelligence and encouraging thoughtful introspection.



## MENU – WEEK 2

 <b>YOUR MENU @</b> <b>BRAMPTON PRIMARY SCHOOL</b>					
Spring - Summer 2023					
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>First Choice</b>	BBQ Chicken Pasta Bake	Baked Sausages with Mashed Potatoes	Roast Turkey & Yorkshire Pudding With Roast Potatoes	Lamb & Vegetable Jolloff Rice	Pollock Fish Fingers with Jacket Wedges
<b>Second Choice</b>	Quorn Frankfurter Hot Dog with Herby Diced Potatoes	Cheese and Potato Pie 	Veggie 'Toad in the Hole' with Roast Potatoes	Southern Style Quorn Burger with Jacket Wedges	Chickpea & Potato Curry with Rice
<b>Vegetarian Choice</b>	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans	Jacket Potato with Cheese & Beans
<b>Vegetable Selection</b>	Sweetcorn Broccoli	Green Beans Baked Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Carrots Green Beans
<b>Dessert of the Day</b>	Apple & Carrot Cake with Vanilla Ice Cream  	Chocolate Sponge with Chocolate Custard 	Jelly with Summer Fruit	Strawberry Yoghurt Cake with Custard  	Black Forest Slice with Chocolate Ice Cream 
Daily Options					
Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt					
WEEK 2 24 APR, 15 MAY, 12 JUN, 3 JUL, 11 SEPT, 2 OCT					
Meat Served at this School is Halal					
  					
<b>KEY:</b>  - Vegetarian  - Plant Based  - Sugar Smart  - New Dish  - In association with Forest Green Rovers					
