



Brampton Primary School

Building Personal Success

Date: 28/06/2024

Issue: 9 <http://brampton.newham.sch.uk>

Tel: 020 8472 0830

Dates for your diary 2024

Monday 1st July

National portrait visit

- Year 4 -Bangladesh and China

Tuesday 2nd July

East Ham Library visit

- Year 3 - Ghana

Sports Day

- 9:30am- Year 5 and Year 6

Wednesday 3rd July

East Ham Library visit

- Year 3 - Zimbabwe

Thursday 4th July

Nursery Graduation

- 9:30am – Antigua AM & Cuba
- 2pm -Antigua30H & Antigua PM

East Ham Library visit

- Year 3 - South Africa

Friday 5th July

Reception Graduation

- 9:30am - Egypt & Morocco
- 2pm - Cameroon & Tanzania

East Ham Library visit

- Year 3 - Namibia

Tuesday 9th July

- Year 2 Celebrations event

Thursday 11th July

- Year 6 Celebrations event

Monday 15th July

Year 6 End of Year Performance

- AM – Brazil class
- PM – Argentina class

Wednesday 17th July

Year 6 End of Year Performance

- AM - Chile class
- PM - Peru class

Thursday 18th July

- Year 6 BBQ



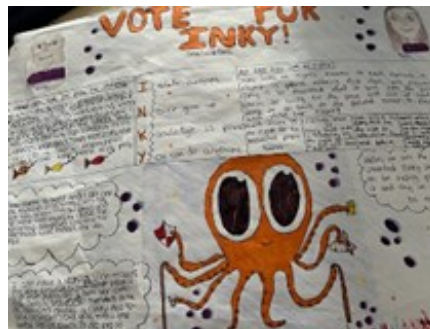
Dear Brampton Family,

It has been another exciting month for the Brampton family, and a particular pleasure watching children participate in the many trips that have been organised. Some children in Year 6 enjoyed a wonderful visit to Belgium, while others travelled to the Isle of Wight for a fun packed adventure. Earlier in the term, they all enjoyed a trip to Paultons Park, and the Science Museum. Children across the school also have enjoyed visits to the local library and the National Portrait Gallery. These trips are an integral part of our belief in providing first-hand experiences for our children. Of course these trips cost money, and the children in Year 6 are currently raising funds for their trip to Paultons Park. Please consider contributing, as donations are essential for us to sustain these enriching experiences for the children at our school.

Brampton School's Rights Respecting Mascot

I would like to congratulate Bess and Skaiste for having their mascot, INKY, democratically voted in by all the children and staff. A competition was launched in early June where children could design their own school Rights Respecting School Mascot. Each class voted for their favourite design, which was then put forward to the judges to select the top four. The Rights Respecting School Council (RRSCC), Mrs. Hardie, and I chose the following four:

- Liam the Lion designed by Moyosore Gbobaniyi – Peru class
- Pluma the Peacock designed by Zahraa – Madagascar class
- INKY the Octopus designed by Bess and Skaiste – Japan Class
- Snap the Shark designed by Hasan Ahmed – Zimbabwe class



Well done to our four finalists! They then had to run a campaign to promote their mascot, made presentations and posters and shared these in assembly. On the 14th of June, we held our election day at Brampton Primary School. The parent room was transformed into a polling station, providing a realistic voting environment for both children and adults. Throughout the day, everyone had the opportunity to cast their votes for their favourite mascot. This event was a significant learning experience for our students. By participating in the election process, they gained a deeper understanding of the importance of having a vote and how it empowers individuals to have a say in decision-making. It also provided them with a practical understanding of the term democracy and how elections are conducted. The success of the day was evident in the enthusiasm and excitement shown by the children as they took part in the voting process. We hope to continue providing such enriching experiences that contribute to the overall development of our children.





Brampton Primary School

Building Personal Success

Date: 28/06/2024

Issue: 9 <http://brampton.newham.sch.uk>

Tel: 020 8472 0830

Welcoming New Nursery Children

Our new children, who will be joining our nursery in September, were invited to our 'Stay and Play' sessions. The early years team, with their enthusiasm and passion, warmly welcomed our newest Brampton members as well as their parents and carers.

External Visitors

It is always beneficial to have external visitors in our school to act as critical friends and provide us with fresh perspectives, strategies, and ideas for further improvement. Recently, we had the pleasure of hosting the head teachers from Star and Godwin schools, along with some of their children. Their visit focused on assessing our progress towards achieving the Gold Rights Respecting Award and enhancing pupil voice.

Our hosts were outstanding. A big thank you to Aisha and Pariwarsh from China class, Jess and Skaiste from Japan class, and Pearl from Spain class. They delivered their presentation eloquently, and our visitors were very impressed with their confidence and clarity. Mrs. Hardie and I were extremely proud of their efforts and the positive impression they made. The visitors had the pleasure of listening to our own Brampton Rights Respecting school's song, composed by the children and Mr Goodey. It was amazing as our children showcased their wonderful voices to the beautiful lines written. I am sure you will all get to hear our song in the near future.

Your views and feedback are always valued. Please remember that if you have any feedback for the senior leadership team (SLT), you can approach us at the gates, request an appointment, email, or call in. A member of the Senior Leadership Team will always get back to you. We also have a suggestion box in the reception area.

In partnership, we will reach and exceed our children's true potential: Building Personal Success.

Mrs Paven Kettory

Headteacher





Special Sessions/Events



Forest School Session Highlights

This term, Morocco Class, along with some children from Egypt Class, had a wonderful time participating in our Forest School session. The children enthusiastically explored the area and enjoyed engaging in team games such as "1, 2, 3 Where Are You?" and "Hungry Birds and Wiggly Worms." Their creativity shone as they made mud cakes and keenly spotted various mini beasts. We also observed the beautiful blooming flowers, a delightful sign that summer is on its way.

Each session concluded with a reflection period, where the children shared their experiences and what they enjoyed the most.



Sports Day



On Tuesday 18th June, our PMLD children, Reception, KS1 and lower KS2 pupils participated in events for their 2024 Sports' Day. Mr Anjorin was joined by Mr Hector and his PE Champions from Langdon Academy to help at the different stations.

The classes took part in a carousel of events such as javelin, hurdles, dribbling a ball race – and the ultimate favourite of all classes – the Tug-of-War. All the of the pupils participated and tried hard. Teachers have awarded certificates to the fastest runner, best thrower and jumper and to the best cheerleader. We look forward to hosting the Upper KS2 sports' day on Tuesday 2nd July





Specialist Subject Updates



Hola a todos,

This month children from Years N to Y4 have been learning about toys and games. Year 5 children have been learning about comparison in Spanish and in Year 6 children have been learning about how to express the future to talk about their summer plans.

From the 17th to the 27th of June we enjoyed the visit of Miriam García Jiménez, a specialist EYFS and English teacher at the CEIP Hermanos García Noblejas in Madrid. This visit was part of a professional development programme for Spanish teachers funded by the Spanish Ministry of Education. Miriam joined us during the Spanish lessons where children had the opportunity to put their Spanish to the test by asking her questions and listening to her answers. As a result of this visit, we will be starting an online collaboration with her school in September. Miriam would like to thank all the staff at Brampton for their warm welcome and for letting her take part in their lessons.

¡Hasta pronto!

Ana Valverde



All About Me



My name is Courtney Smith and I joined Brampton Primary, March 2024.

I was born in Canada and grew up in Sarnia, Ontario until my father obtained a job in Aberdeen Scotland. It was there that I received my high-school education, my British citizenship and my love for travel.

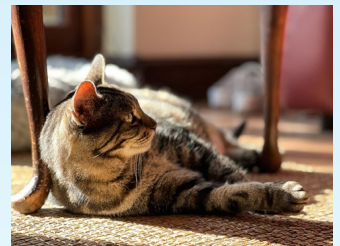


I studied Psychology at the University of Western Ontario, before joining my family, who were relocated to Edmonton, Alberta (Canada). Working for a local nursery, this was my first experience in teaching and discovered that it was a career path I wished to pursue. After two gruelling years at the University of Alberta, I transferred to Kings University College, where I received my Bachelor of Educa-

tion with honours.

I worked as a teacher for a couple of years, but having had the opportunity to see the British Isles during my teenage years I set my heart and mind to one day return to live here. My opening came when I contacted a recruiting agency for overseas teachers.

With my acquired British citizenship and Passport, I moved myself and my two cats into the unknown. I have now been living and teaching in London for close to twelve years.



Teaching is my passion, and I love building relationships with my classes and watching the students grow in knowledge, confidence and maturity. There is nothing quite addictive as witnessing the “Aha!” moment when a student finally understands a difficult concept or the pride you feel when they use that new found knowledge to bridge their own gaps and test new theories. It is truly a privilege to be able to inspire and help them achieve their goals.

In my own time I enjoy cooking, fitness training, reading and scrapbooking. I do like to pick up my controller and play a video game or two, but when I have the time I indulge in my other passion – travelling. I have always enjoyed experiencing new cultures and meeting new people. While I have seen much of England and the Mediterranean, I still have a long bucket list to accomplish. I’m excited to see where the wind will take me next!





Inclusion & General Information



CAMHS Parent Coffee Morning

CAMHS PARENTS COFFEE MORNING
@ NEWHAM CAMHS

**COME AND SHARE YOUR EXPERIENCES OF OUR SERVICE
MEET OTHER PARENTS & CARERS
HAVE A CUPPA**

EVERY FINAL MONDAY OF THE MONTH, 10AM - 12PM

CONTACT STEPH ON:
TEL: 07827 284 258
EMAIL: S.LEIGHTON2@NHS.NET

WE ARE NEWHAM.



ALI - GATOR Swimming Club

We want to make swimming accessible, fun and easy for everyone!

Inclusive swimming lessons for Children and Adults.

We specialise in swimming lessons for pupils with Special Education Needs and Disabilities.

- > Group Swimming Lessons - 4 pupils with 2 instructors
- > Private 1:1 Swimming Lessons
- > Private 2:1 Swimming Lessons

Every SATURDAY
5 pm - 6 pm

Newham Leisure Centre:
281 Prince Regents Lane, E16 3LW (free parking)

To book:
Ali-GatorSwimmingClub@outlook.com
07732 024864
AlligatorSwimmingClub

* Limited spaces available *

Free swimming hat on your first lesson



Ambition Aspire Achieve

Our logo is a rainbow triangle

© 2023 Ambition Aspire Achieve

FAMILY FUN DAYS

Running Throughout the Year - FREE For All

Running 11am to 3pm

From Sunday 24th March (see overleaf for timetable)

At Terence Brown Arc, Hermit Road Park, Canning Town E16 4JT



- Sunday 30th June
- Sunday 28th July
- Sunday 25th August
- Sunday 22nd September

Sports, Arts and Crafts, Adventure Play,
Themed Activities, Outdoor Games
AND MUCH MUCH MORE!

- Family Fun Days are dependent on weather and may not run in poor conditions
 - Booking is required
 - Fun for the whole family

Contact us now for further details and to book a place:
Paula on: 0207 511 4253/ bookings@theaaazone.com

Web: www.theaaazone.com | Twitter: @theaaazone | Facebook @AmbitionAspireAchieve/
| Instagram: @ambitionaspireachieve/



You are invited to the

Newham HIE Snacks and Support Group

What is HIE?

- Hypoxic (hi-poc-sis)**
Meaning = lack of oxygen
- Ischaemic (is-lee-mik)**
Meaning = restricting blood flow
- Encephalopathy (en-kef-a-lap-a-thee)**
Meaning = affecting the brain

Aims:

- Provide support
- Encourage socialisation
- Reduce isolation
- Provide a safe, non-judgemental space
- Share tips and advice

Richard House Children's Hospice, Richard House Drive, E16 3RG

- 13/05/2024 - 1230-1430 – Guest Speakers from the Newham Children's Physiotherapy and Occupational Therapy Teams
- 08/07/2024 - 1230-1430 – Guest Speaker from 0-25 SEND Service
- 02/09/2024 - 1230-1430 – Guest Speaker from the Newham Children's Speech and Language Therapy Team
- 28/10/2024 - 1230-1430 – Guest Speaker from 0-25 SEND Service

Tea, Coffee and Snacks provided

£10 Argos Voucher for first time attendees

Childcare support provided by the Community Children's Nursing Service, children, their care staff and siblings are welcome

Supported by PEEPS HIE Charity and ELFT Charity

Coffee Mornings will be featuring other Guest Speakers:

- PEEPS HIE Charity
- Richard House Children's Hospice

Please confirm your attendance by emailing: danielle.taylor25@nhs.n24





Wellbeing

Using this resource

The resource has been created to help an adult and a child have a conversation together about life online.

We strongly advise that any parent, carer, or other adult using this resource reads this guide in full before starting, to ensure they are fully prepared.

Tips to help the conversation run smoothly



Give your child plenty of advance notice so they don't feel ambushed. Try to choose a slot that fits into both of your routines.



Sit together in a quiet space without distractions, for example away from other people and without too much background noise.



Make sure you both feel comfortable and consider sitting side-by-side so you can look at the resource together.



Allow your child plenty of time to lead the conversation and focus on the positives at the start. Let them know that you want to work together.



Give them time to think, ask questions and share their thoughts without interruption or blame and listen carefully to any confusion or concerns.

Step-by-Step Guide

Box 1 and 2: Start with the positives

Once you are both settled, explain the purpose of this resource to your child. Together make a list of the devices they have access to. Ask your child what they like doing on these devices. Give them plenty of time to lead this part and let them guide what you make a note of in the boxes.

Box 3 and 4: Recognising online worries

Next, ask your child to share if they have any worries about the online world. Remember that your child's concerns may not be the same as your own. Give them plenty of time to share without interrupting and try to remain calm, even if they share something upsetting.

When you are sure they are finished, move on to speaking about your own worries about your child's life online. It may be helpful to think about these in advance and prioritise the most important ones, so the conversation is not too overwhelming.



Box 5 and 6: Strategies to keep your child safe

Next, ask your child what they already know about staying safe and happy online. This might include rules you've discussed in the past, things they've learnt from school or friends, or safety tools like reporting or blocking. For each 'strategy', discuss how useful and realistic it is.

Ask them to be honest about whether it's something they will do. You may like to suggest some ideas but give your child a chance to assess these in the same way. Afterwards, move the conversation on to things you can do to help your child, like offering emotional support or helping with safety settings.

Box 7 and 8: Wrapping up and agreeing expectations

Finish by summing up your conversation. Recap and agree any rules or expectations you have for staying safe online. Don't forget the positives – explain what your child can do online and the support you and others can offer.

Remind your child that if anything online worries or upsets them, they should tell you or another trusted adult. Add a note of this, and any named adults they might go to, in the final box.

For some children, regular reminders of key expectations may be helpful. Keep the notes you've made to look back on or add to if needed.

Useful questions to help prompt ideas

What should we think about before sharing something online? • What settings can we use to help stay safe? • How can we tell if something is trustworthy online? • What are the age ratings of the games and apps we use? • Who do we talk to online? • How can we stay safe when chatting with people we only know online? • How can we manage the amount of time we spend online? • How can we make sure you only see the content online that you want to see?

For further help and resources visit:
childnet.com/parents-and-carers and childnet.com/thrive

 Childnet



Please use the link:

[My Life Online - Conversation Guide | Childnet](https://www.childnet.com/parents-and-carers)



Wellbeing

Wellbeing In Newham Schools (WINS)

Online parenting group for childhood anxiety

We are the CAMHS Wellbeing In Newham Schools team (WINS) and we work in schools to promote good emotional wellbeing in children and young people.

This group is for parents of children age 5-11 presenting with mild to moderate anxiety and worry. It is a 6 session programme of workshops exploring the CBT-informed strategies in *Helping Your Child With fears and Worries* book by Drs Cathy Creswell and Lucy Willetts. Sessions will cover:

- 1) Identifying your child's anxious thoughts
- 2) Helping your child to challenge their worrying thoughts
- 3) Encouraging independence and 'have a go' behaviour
- 4) Helping your child face their fears with a step-by-step approach
- 5) Developing your child's problem-solving skills



This parent-led programme is evidence-based for effectively reducing symptoms of anxiety in children, and giving parents confidence and skills for managing their child's worries. In order to take part in the online sessions, a referral form will need to be completed by school or a CAMHS clinician.

Sessions will be delivered in English and run online via Microsoft Teams between 12-1 pm on the following dates:

- Session 1: 22nd of July
- Session 2: 24th of July
- Session 3: 25th of July
- Session 4: 29th of July
- Session 5: 31st of July
- Session 6: 1st of August



Wellbeing

The Parents Design Team in Newham wanted to encourage other parents to practice mental health and well-being activities with their children. By collectively engaging in activities designed to reduce stress, promote healthy habits and build resilience, families can develop a stronger support network, reduce the stigma around mental health issues and create a more positive and proactive approach to their overall well-being. They decided to create a fun and inspiring 12 day family mental health and well-being challenge designed to create a shared experience that fosters open communication, mutual support, and a sense of togetherness among family members.

Please use a link below for more info:

<https://families.newham.gov.uk/kb5/newham/directory/advice.page?id=olz19sQoMBA>

12 DAY FAMILY WELL-BEING CHALLENGE

- CHALLENGE NO. 1**
Cook a healthy dinner as a family and eat together. (Share four each of your day's work.)
- CHALLENGE NO. 2**
Sign up to a "Wellbeing Week" or "Social Week" and Action Resilience as a family.
- CHALLENGE NO. 3**
Write gratitude notes to each family member expressing 1 thing that you really appreciate about them.
- CHALLENGE NO. 4**
Have 15 mins garden time whether it be indoor garden, plants and pots on windows.
- CHALLENGE NO. 5**
Collaboratively set goals for the family. It can be related to health, education or personal growth. Track progress together.
- CHALLENGE NO. 6**
Have an active family to do an activity together (e.g. bike riding, swimming, netball, tennis, etc.).
- CHALLENGE NO. 7**
With your local library and choose a book which that you will read over 3 days together.
- CHALLENGE NO. 8**
Have a family wellbeing check-in. Discuss any concerns, challenges or things that are going well.
- CHALLENGE NO. 9**
Have a family social time a week in the house, involving all members of the family and create positive memories.
- CHALLENGE NO. 10**
Have a family charity or fundraising opportunity to participate in together. (Bring back up to 5 items each day.)
- CHALLENGE NO. 11**
Have a family well-being day. Select activities that promote well-being (e.g. yoga, meditation, nature walk).
- CHALLENGE NO. 12**
Create a fun activity to celebrate the end of the challenge. Reflect on how you can continue to support each other's mental well-being.



Rights Respecting schools



In July, our assemblies and class charters will display and promote Article 3 which says: The best interests of children must be the primary concern in making decisions that may affect them.

All adults should do what is best for children. When adults make decisions, they should think about how their decisions will affect children. This particularly applies to budget, policy and law makers.

During the month, we will be thinking about how we can be sure that we are listening to pupil voice and making the best decisions possible for 2024/2025.

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

Rights Respecting School Council Champions (RRSCC) Visit to City Hall

As part of the work our Rights Respecting School Council Champions undertake to understand their role, the KS2 representatives visited City Hall on Tuesday 11th June 2024. The pupils were given the opportunity to find out about the work of the Mayor of London, and of The Greater London Authority (GLA) and how they are working together to make London the best city it can be. As a result of the visit, the children developed a greater understanding of different political viewpoints and an appreciation of the importance of voting. They also had an opportunity to engage in political debate about what the priorities should be for London at the moment. Hopefully, the children will put what they learnt on their visit into practice in their meetings back at school!





Menu



Week 1 - WB 15/07	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken and Sweetcorn Meatballs in Tomato Sauce and Pasta	Lamb Bolgnese served with Pasta	Roast Chicken and Stuffing served with Roast Potatoes	Jerk Chicken with Rice and Peas	Fish Fingers with Chips
Choice 2	Vegetarian Keema with Rice and Naan	Samosa with Rice and Dhal	Chickpea and Potato Curry and Rice	Quorn Hotdog with Potato Wedges	BBQ Veggie Wrap with Salad and Yogurt
Choice 3	Jacket Potato with Cheese and Beans	Vegetarian Pasta Bake	Jacket Potato with Cheese and Beans	Vegetarian Pasta Bake	Jacket Potato with Cheese and Beans
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Fresh Carrots	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert	Raspberry Ripple Ice Cream Sponge Roll	Apple Crumble and Custard	Fruit Salad with Frozen Yogurt	Orange and Lemon Cake and Custard	Fruit Salad and Belgian Waffle
Daily Options	Salad / Fresh Fruit / Yoghurt / Bread				

Meat served at this school is Halal Stunned and Non-Halal (on request)

Week 2 - WB 01/07	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken Sausages with Mashed Potatoes	Fish Curry and Rice	Roast Chicken and Yorkshire Pudding with Roast Potatoes	Lamb Jollof Rice	Fish Fingers and Chips
Choice 2	Quorn and Vegetable Noodles	Cheese and Tomato Pizza	Vegetarian Toad-in-the-Hole with Roast Potatoes	Southern Style Quorn Burger and Potato Wedges	Quorn Dippers and Chips
Choice 3	Jacket Potato with Cheese and Beans	Vegetarian Pasta Bake	Jacket Potato with Cheese and Beans	Vegetarian Pasta Bake	Jacket Potato with Cheese and Beans
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Fresh Carrots	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert	Carrot Cake and Custard	Chocolate Sponge and Chocolate Sauce	Fruit Smoothie	Peach and Raspberry Crumble and Custard	Jelly and Summer Fruits
Daily Options	Salad / Fresh Fruit / Yoghurt / Bread				

Week 3 - WB 08/07	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Lamb Burger in a Bun with Salad and Potato Wedges	BBQ Chicken Drumstick and Rice	Roast Chicken served with Yorkshire Pudding and Roast Potatoes	Tuna Pizza	Fish Fingers and Chips
Choice 2	Macaroni and Cheese and Focaccia bread	Cheese and Onion Slice	Fishwich in a Bun and Potato Salad	Chicken Tikka Naan, Salad and Yogurt	Vegetarian Sausages and Chips
Choice 3	Jacket Potato with Cheese and Beans	Vegetarian Pasta Bake	Jacket Potato with Cheese and Beans	Vegetarian Pasta Bake	Jacket Potato with Cheese and Beans
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Fresh Carrots	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert	Fruit Flapjack	Banana Slice and Custard	Lemon and Lime Cheesecake	Chocolate and Pear Pudding and Custard	Summer Fruit Salad and Strawberry Mousse
Daily Options	Salad / Fresh Fruit / Yoghurt / Bread				



Other



DO YOU HAVE ANY SPARE

- ⇒ UNDERWEAR,
- ⇒ TROUSERS,
- ⇒ LEGGINGS,
- ⇒ JOGGERS,
- ⇒ OR BLACK SHOES

YOU WOULD LIKE TO DONATE TO OUR SCHOOL? IF SO PLEASE COULD YOU DROP THEM TO THE FIRST AID ROOM.

Brampton Primary School uniform

We kindly request cooperation in ensuring your child arrives at school each day dressed in the correct school uniform. This includes the proper school colours, appropriate shoes and minimal jewellery (any items deemed a health and safety risk will need to be removed), as stipulated in the uniform policy on our website:

[School Uniform – Brampton Primary School](#)

By adhering to these guidelines, children collectively contribute to maintaining a positive and respectful atmosphere within our school community.



Building Personal Success

Donations

Parents & carers who wish to donate through voluntary contributions towards the school, can do this via school money. As a default, the system shows a £5 contribution. You may wish to change this amount to whatever you wish to donate by deleting and inputting the figures manually.

Please note, you can **only** make a one off payment via school money. If you wish to contribute further or in the future, parents and carers can make payments to the school bank account directly.

Our school bank details are as follow:-

Name: LBN - Brampton Primary School

Sort Code: 30-00-02

Account Number: 01423903

Ref: Child first name and surname along with the word "DON"