



Take a look at our exciting Christmas calendar!

Thursday 7th December

Christmas dinner & jumper day!

Monday 11th-Wednesday 13th

Year 3 Edmond Hall trip

Wednesday 13th December

Year 1 & 2 Christmas extravaganza
Year 1 : 9–10:15am
Year 2 : 2-3:15pm

Thursday 14th December

KS2 Christmas performance at
Wordsley church : 2pm

Friday 15th December

Butterflies Christmas story : 9:30-
10:30am
Mary Stevens Reindeer run!
A group of children will be going to the
Unicorn Centre to sing Christmas Carols
- more details to follow

Monday 18th December

Reception nativity : 2pm

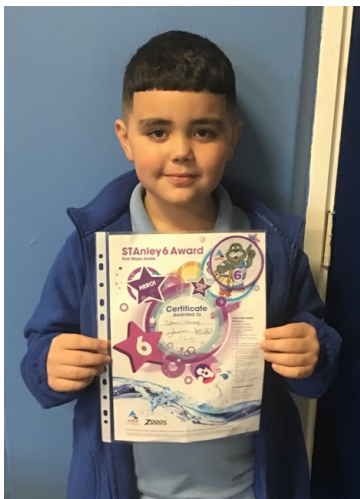
Tuesday 19th December

Brook Christmas market

Friday 22nd December

Christmas parties!

Pupil achievements!



Well done to Isaac
from Year 3 for
achieving his Stanley
6 swimming
certificate award!
This is a great
achievement, well
done!



Well done to Eloise from
Year 5 for taking part in a
dance competition at the
Blackpool winter gardens! She
has bought some photos in to
show us and it looks like a
fabulous show!

Christmas Menu

Brook Primary Holiday Whoville Hoedown

7th December
2023



Turkey Bap
or
Quorn Bap (v)

served with Pigs in Blankets & Roasties
Festive Ice Creams



Thursday 7th December is
our Christmas dinner and
Christmas jumper day!

Christmas dinners are
available to book now on
Parent Pay!

Small business opportunity:

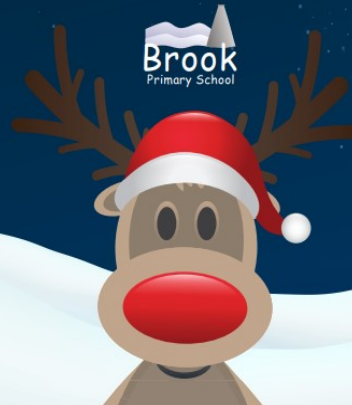
Do you or your friends have a small business, who would like to sell their product at our Christmas market on Tuesday 19th December? It is only £10 per table- please call the school office for more details.

Christmas Market AT BROOK PRIMARY SCHOOL TUESDAY 19TH DECEMBER

Entrance 50p per person. Under 3's free


Lots of lovely stalls, Santa's grotto, raffle, games, hot food, cakes and refreshments.


Brook
Primary School




REAL LIFE CRIME:

DO YOU REALLY KNOW WHAT YOUR CHILD IS DOING ONLINE?

 Monday 27th November 2023

 6:30pm to 7:30pm

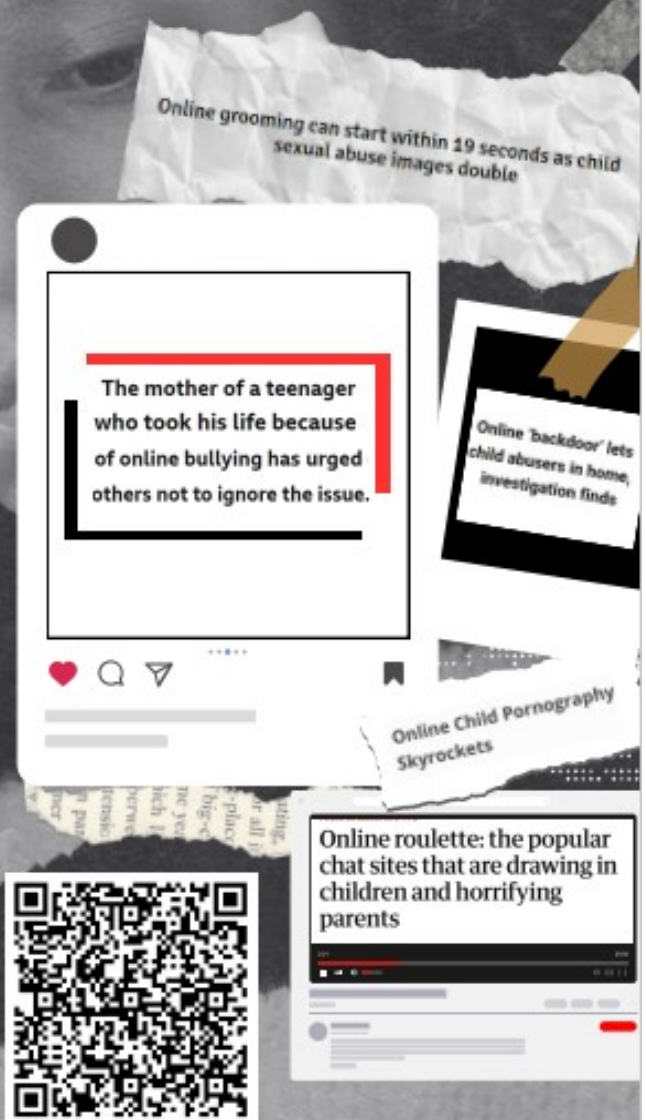
 Join via Microsoft Teams

Hear from Detective Chief Inspector, Tony Garner (West Mercia Police), who will share real life stories of how children, like yours, are coming to harm in the digital age.

You will be given an insight into the impact the online world has on a child's brain by Dr Burke, Forensic Psychologist.

During this conference, you will learn how you can prevent children from coming to harm from their exposure to the online world in three easy steps.

This event has been organised by Dean Salisbury (Vice Principal, Sutton Park Primary School) and Scott Crane (Safeguarding Lead).



[Click here](#) or scan the QR code to book your place

WORKING IN PARTNERSHIP



WEST MERCIA POLICE



WORCESTERSHIRE CHILDREN FIRST



Safeguarding Corner - Support for Parents

Did you know that there is a specialist Dudley Parent Advice Website called Dudley Parents?

It can be found at <https://www.dudleyparents.co.uk/home>

You can find lots of support and advice including:

- **Couples in conflict** - Disagreeing and having arguments is normal, you will never erase them from your relationship, you will always have things you disagree on, there will always be a next time and this booklet will help you to navigate the next time better.
- **Expectant Parents** - Having a baby can be an amazing and joyful time. At the same time, it might feel overwhelming and perhaps even scary - especially if the news that you are having a baby came as a surprise. From pregnancy until your baby's second birthday, this can be your go-to source of information. It provides lots of practical advice, hints, and tips to help support you. It should be used together with the NHS Choices website.
- **Dad Pad** - It's the essential guide for new dads, developed with the NHS. As a new dad you will feel excited, but you may also feel left out, unsure or overwhelmed. The Dad Pad can help by giving you the knowledge and practical skills that you need. The resource will support you and your partner to give your baby the best possible start in life.
- **Five to Thrive** - Five things that you can do every day help your child's growing brain. The Five to Thrive building blocks **TALK - PLAY - RELAX - ENGAGE - RESPOND** are a sequence of activities that can help build healthy brains in young children and throughout their life. They are five things that you can do every day help your child's growing brain.
- **Solihull Approach** - Understanding Your Child Online. The Solihull Approach 'Understanding your child' online course is a well-established and trusted way of understanding more about your child.
- **Dudley Triple P Online** - Triple P is a parenting programme, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You and your family choose the tools you need. You choose the way you want to use them. It's all about making Triple P work for you. You can get on and complete online on your own/with friend/relative. You can complete the different programmes face to face or via Teams with support people. Some of the sessions are in a group and some done on an individual phone call. We offer:

Triple P - For parents of children aged 18 months to 11 years. (8 sessions)

Triple P TEEN - For parents of children aged 11-16. (8 sessions)

Triple P Transitions - for parents who are no longer together with the other parent of their child, if you are struggling with stress, anger etc and coping with a separation/divorce. (5 session)

Triple P Stepping Stones - For parents of a child with a disability aged 2 - 12. (9 sessions)

Triple P Fear - less for parents of a child aged 6 plus who suffers with anxiety. (6 sessions)

Triple P for babies - For expecting parents or those with a baby up to one year old. (8 sessions)

- **Parents in Conflict** - Whether you're parenting together or apart, you can download the below self-help books, complete a free online relationships course (for together couples).
- **The Henry Approach** - HENRY adopts a unique and highly effective way of working with parents which supports them to change family lifestyle habits and behaviours and provide a healthy start in life for their children - we call this 'the HENRY approach'.

If you require any further support or advice on the Dudley Parenting Advice Website, please get in touch.

Special Educational Needs and Disability

INFO CORNER

Did you know...?

At Brook Primary, we are currently use EDU key to track, monitor progress and create our SEND Plan, Do, Reviews?

EDU Key is an online provision mapping system that helps teachers create flexible learning plans, creates reports, tracks in school progress and is a one stop shop for all things SEND in school.

Safeguarding

INFO CORNER

USEFUL CONTACT NUMBERS AND WEBSITES

CHILDLINE: <https://www.childline.org.uk/>
0800 1111

NSPCC: <https://www.nspcc.org.uk/>
Email: help@nspcc.org.uk

0808 800 5000

Wellbeing Corner

How to tackle anxiety—just say STOP!

Anxious thoughts are a common problem for parents and children alike - arising from school, work, relationships and uncertainty about the future. When these thoughts become frequent fixtures in the mind, it can lead to unhelpful coping mechanisms - like changing food habits, tantrums, or avoiding worrying situations - and even depression.

- You may have heard people say, "take a deep breath in", when you're panicking, but, although breathing is a great way to help manage anxiety or panic, we should be focusing on the *out* breath, not the in breath.
- When we're anxious, we tend to breathe in a very shallow way - which can lead to us feeling shaky, nauseous and dizzy, or developing headaches.
- On the out breath, imagine you're blowing a feather or blowing out candles, but focus on emptying all the air from your lungs.
- Take a breath in and breath out in the same way.
- Continue until the breaths become slower and longer and normal breathing resumes.

Try this technique yourself, or, if your child is struggling with anxiety, you could talk them



Flu catch up

Vaccination UK, who are commissioned by the NHS to provide child immunisations within schools, will be attending our school to deliver the Flu Nasal Spray's or IM alternative (porcine free injection) on **Monday 4th December 2023**.

Please complete the form via this link: [Vaccination UK Immunisation \(schoolvaccination.uk\)](https://www.schoolvaccination.uk)



It is important that all consents are completed no later than 1 week prior to the school session, links will not be accessible after this time. Clinics are available for children who miss the immunisation at school, please contact the Vaccination team on 01384 431712 to find out more.

*If you have submitted a consent form but take your child to an alternative location to have the flu immunisation, it is YOUR responsibility to let the Vaccination Team know, please contact them directly and immediately as they DO NOT get notified automatically.

For any other information, please contact them on 01384 431712 or via email on Dudley@v-uk.co.uk

Spelling Shed

Well done to the top spellers in each class for the past 7 days!

The top class of the week is... 5HI

Well done!

1R	-
1W	Cerys
2C	Erin
2T	Oscar
3	Thomas
3	Mia
4D	Eli
4F	Jack
5I	George
5P	Ava
6HT	Marcus
6AH	Leah

As the weather is getting colder, please make sure your children come to school in an appropriate coat, cardigan/ jumper / fleece and maybe a hat, scarf and gloves!



Did you know you can raise money for our school just by doing your normal shopping?! So every time you shop, you can support our school—it really is that simple!

Just visit:

[Fundraising](#) | [Charity Fundraising Online](#) | [Easyfundraising](#)

to create an account and start the fundraising today!

Thousands of retailers will donate for free including...

- ✓ Amazon
- ✓ Ebay
- ✓ M&S
- ✓ Tesco
- ✓ Argos
- ✓ Sky
- ✓ Boots
- ✓ Just Eat
- ✓ Currys

Bedtime Routine:

As Christmas gets closer and the children become more excited, it's important that we continue our bedtime routines so that children do not get over tired and are ready to learn in school. We recommend that all electronics are switched off an hour before bedtime and this is the perfect opportunity to share a book together before bed.



Attendance %
w/c 13/11/2023

4D were the highest attendees in KS2 and 2C were the highest in KS1.

Well Done!

Rec D	94.40%
Rec B	90.43%
1R	97%
1W	93.10%
2C	98.67%
2T	95.89%
3B	97.14%
3MH	96.67%
4D	98.89%
4F	92.31%
5I	96.67%
5P	98%
6AH	95.17%
6HT	97.33%
School Total	95.30%
Target	97%

Brook Buddies

Brook Buddies runs every morning and evening. Why not join us for breakfast or some after school fun? Our session times & prices are below:

Breakfast club:

8:00am-8:45am - £3.50

Afterschool club:

Half session 3:20pm-4:45pm - £5.25

Full session 3:20pm-5:45pm - £8.00

All bookings must be made by Thursday of the week before you require childcare.

Please note: (Summary from Brook School policy)

Parents should collect their child promptly at the end of a session otherwise you will be charged a fee of **£10.00** to cover staff costs if they are **more than 10 minutes late**. If this situation arises more than three times in one term, their child's place at Brook Buddies may be forfeited!

Buddies parents please note:

If you need an emergency place—this needs be paid on Parent Pay no later than 3pm.

Advanced notice of closure:

Tuesday 19th December due to our Brook Christmas Market

Friday 22nd December - Closing at 4:45pm

