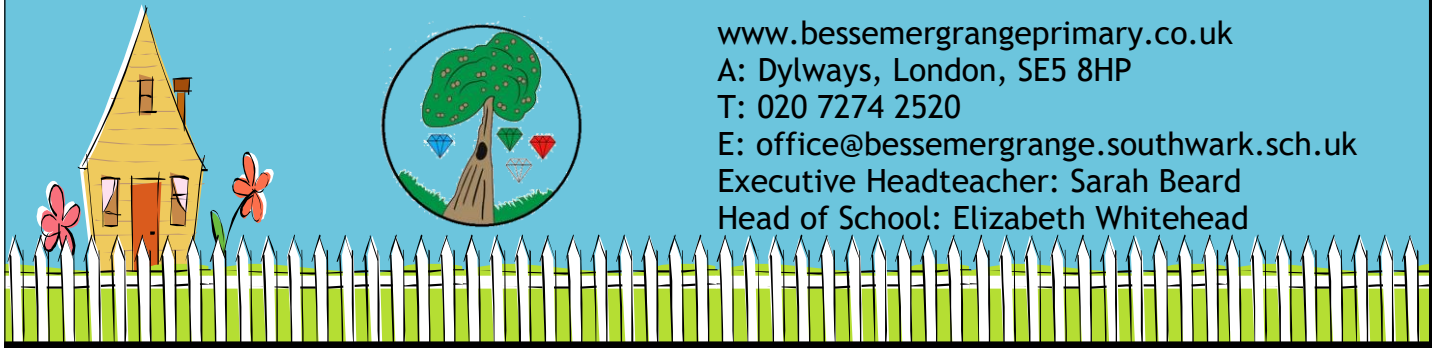


# BESSEMER PRIMARY SCHOOL NEWSLETTER



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## Dates for your Diary

**Tuesday 12<sup>th</sup> and Wednesday 13<sup>th</sup> October - Parents' Evenings and Art Exhibition**

**Friday 15<sup>th</sup> October - Individual school photos**

**Thursday 21<sup>st</sup> October - Early Years Celebration Day**

**Thursday 21<sup>st</sup> October - Last day of school for children**

**Friday 22<sup>nd</sup> October - Inset Day**

**Monday 1<sup>st</sup> November - Children return to school**

## News and Reminders

### **Restarting the Bessemer Grange Parent Forum**

With the school year now well underway, we are keen to restart the Bessemer Parent Forum. The Forum is made up of parent representatives from across the school. They meet with the Senior Leadership Team (SLT) termly to discuss feedback and suggestions received from termly school surveys and discussions at the school gates (and on WhatsApp!). Find out more about the forum here: <https://bessemergrangeprimary.co.uk/parent-forum/>

How to get involved:

#### *Become a class rep*

We need volunteers from across the school to join the Forum as Class Reps. This involves noting down any questions / feedback you hear from your fellow parents, encouraging them to complete the surveys and ideally joining a termly meeting at school. It doesn't take up a lot of time and is a really interesting way to get more involved with the SLT and meet parents from across the year groups. If you're interested, email [bessemerreps@gmail.com](mailto:bessemerreps@gmail.com) including which classes you could represent.

#### *Look out for our next survey*

We'll be sending our first term survey during October - so do look out for that and share any feedback you have. You can also email [bessemerreps@gmail.com](mailto:bessemerreps@gmail.com) at any time to offer feedback. The Bessemer Reps email account is monitored regularly by Pamela Agar (mum to Alex in Yr 6 and Sophie in Yr 4). She currently coordinates the Parent Forum and would be happy to answer any questions you have.

### **Communication with Teachers**

If you need to communicate with your child's teacher, please could you email the office rather than emailing the teacher directly. Emails to the office will be forwarded to the correct person, whether that be the class teacher or a Senior Leader, and someone will respond as soon as possible. Even minor issues and queries should be communicated in this way rather than emailing

teachers directly, as this ensures consistency in our responses and avoids teachers having a large volume of emails to respond to when they are preparing for lessons in the morning.

### **Volunteer Readers**

We are happy to be able to welcome parent volunteers back into school! If you would like to volunteer, either in your child's class or a different one, please email the school office. Volunteers will primarily be asked to listen to children read, but we also appreciate help with a range of other activities.

### **Snacks**

If your child is in KS2 please try to remember to send them with a small morning snack of fruit, vegetables, plain bread sticks or plain rice cakes each day. Please do not send snacks other than these; while we know this may seem restrictive, and that there are other healthy snacks, keeping the rules clear and simple means that teachers do not have to spend lesson time judging whether snacks are acceptable or not.

### **Timestable Rockstars Competition**

Between now and half term we will be holding an inter class competition to see which class achieves the most use of Timestable Rockstars. We will update children in assembly each week to let them know who is in the lead, and at half term the winning class will be awarded 15 treasure chests. This might also help us get a bit higher up that local schools' leaderboard! Tell your child to look out for the posters around school to find out more.

### **Charitable Acts in The Communities We Live In**

This was our PSHE assembly theme this week, and coincidentally I have been asked to share two related messages:

The Salvation Army are collecting donations of the items listed below for Afghan refugees who are currently accommodate in our area. Donations can be brought into school or taken straight to William Booth College.

Baby milk powder

Babyfood (halal)

Milton bottle sterilising tablets

Nappies (all ages)

Baby wipes

Books (all ages)

Toys (all ages)

Sanitary products

One of our Early Years TAs, Mairead, is doing a skydive to support Sleep Pod, a charity which builds shelters for homeless people. If you would like to support the charity or are interested in finding out more please see the link below;

[https://www.justgiving.com/crowdfunding/maired-greenhill?utm\\_source=Facebook&utm\\_medium=Yimbyprojectpage&utm\\_content=maired-greenhill&utm\\_campaign=projectpage-share-owner&utm\\_term=KjApeM27Q&fbclid=IwAR2CeTNyVgueDIOtuHr0TvY1QWroko5rqgm7TkqEvqQZ\\_sm3CPRyUAL\\_a6k](https://www.justgiving.com/crowdfunding/maired-greenhill?utm_source=Facebook&utm_medium=Yimbyprojectpage&utm_content=maired-greenhill&utm_campaign=projectpage-share-owner&utm_term=KjApeM27Q&fbclid=IwAR2CeTNyVgueDIOtuHr0TvY1QWroko5rqgm7TkqEvqQZ_sm3CPRyUAL_a6k)

## **A Message from Our Wellbeing Team**

Your wellbeing is important to us and as a school we want to acknowledge that, after being told 'stay home, stay safe' for so long, some people will be finding it difficult to return to pre-pandemic routines. In order to support you, we have put together a list of mental health and wellbeing resources that you can access for free, from home:

### **Free Apps for Adults**

**Qwell** - Free online mental health support without waiting lists, commissioned by the NHS. Download the app and sign up for one-to-one regular or drop in sessions with an accredited therapist

(Please see the attachment for more information)

**MindShift™ CBT** (available in French and English)- A user-friendly self-help tool based on proven scientific strategies, which teaches about anxiety, helping users to engage in healthy thinking and to take action.

**Feeling Good** - An NHS accredited, audio based programme inspired by Olympic coaching which uses active relaxation. Enabling your body to let go of tension can help to calm your mind and lift your mood.

**Be Mindful** - A clinically proven online mindfulness course approved by the NHS. Be Mindful can help you to manage stress, anxiety and depression through mindfulness-based cognitive therapy (MBCT).

### **Free Apps For Children**

**Chill Panda** - An NHS approved app which teaches children breathing techniques and exercises to support their mental health and wellbeing through a game. (suitable for all ages)

**Cove** - A musical mood diary suitable for older primary aged children, helping them to reflect on their emotional state and keep a record of changes in their moods. (suitable for all ages, but younger students may need more parental support to access it)

**Think Ninja** - An NHS approved app suitable for children 10+, allowing young people to learn about mental health and wellbeing and develop skills they can use to stay well. (10+)

### **Parenting**

[www.familylives.org.uk](http://www.familylives.org.uk) - A confidential online chat from 1.30pm - 9pm on week days, they can signpost you to organisations that can help with a range of issues

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk) - Advice on topics like sleep, developmental milestones, nutrition, mental health and wellbeing

### **Specialist Support**

[www.hubofhope.co.uk](http://www.hubofhope.co.uk) - A comprehensive list of specialist support by area. Some of the services listed are not free, but will usually offer a sliding scale of cost.



## F@B Update

We'd like to say a huge thank you to everyone who supported F@B in 2020-21. Whether you made a donation, came to a Virtual Fair, bought cakes and ice-creams, sponsored a runner or cyclist, entered the Halloween Balloon Race or bought raffle tickets, you have really made a difference.

Here are some of the ways we were able to help Bessemer last year:

- £30,000 for a full school IT upgrade
- £2,700 for football floodlights
- £1,260 for the Year 3 School Trip
- £400 for the Year 6 School Journey
- £300 for the Year 6 Disco
- £280 to frame artwork in the Year 5 corridor

We really can't thank you enough for helping to achieve all this – you are superstars!

## Celebrations!

Class	Star of the Week	Writer of the Week	Mathematician of the Week	Presenter of the Week	Scientist of the Week
1AM	Mikey	Rafa	Alessandro	Hari	
1EB	Faye	Donatas	Gabriel	Agibu	
1NS	Kebreab	Phoenix M	Fred	Seren	Idris
2JW	Florence	Johnny	Aishah	Sharon	
2LT	Lucie	Eve	Isobel	Riccardo	
2OF	Warren	Olivia	Harry	Abemelek	Amelia
3LM	Aryan	Bryan	Arda	Florence	
3CB	Owen	Violet	Lori	Gloria	
3LS	Zach	Myriam	Robhin	Ruby	
3JK		Elisa	Tayo	Polly	Gloria
4SB	Lenny	Grace	Nathaniel	Jeanne	
4KL	Leandra	Abdulai	Tate	Eddie	Genevieve
4HB	Naomi-Rose	Buster	Alex	Olivia	
4AS		Naomi-Rose	Herbie	Lekha	
5RS	Jaanai	Cameron	Bobbi-Rae	Sofia	Joy
5AC	Kate	Bradley	Samuel	Shabir	
5LW	Rose	Zain	Alexia	Eva	
6MS	Alexei	Missy	Navjot	Hattie	Tasnim
6YH	Abdullahi	Wilfred	Ralph	Lois	
6SB	Isaac	Bradley	Samuel	Bert	
6LC		Lassie	Tasnim	Arnold	

Timetable Rockstars	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		Aubrey	Johanna	Jadene	Raheemah	Abdul Razzaaq

Timetable Rockstars winning classes: 2LT, 3LS and 5RS

This week's house winners: **Diamonds**



Have a great Weekend!

*Elizabeth*