

Brading CE (Controlled) Primary School



We are a Team that Trust each other to unlock potential.

Tel: 01983 407217

News from Brading CE Primary School

Headteacher: Mrs B Gilbert

Thursday 19th April 2024

Office Administrators: Mr Campbell, Ms Barnard

Our Christian Values: Trust

Truth, Respect, Unity, Sincerity, Tolerance

This week our focus has been on FORGIVENESS.



Dear Parents/Carers

Welcome back, and welcome to our new families who have joined us. I hope you all enjoyed the break and the time with your families. We have a really exciting term coming up with so much going on, please make sure you keep an eye on the diary section of the newsletter and the website so you know what is happening and when.

Fun clubs:

Fun clubs have started this week, we have an amazing range on offer for this term KS1: Cricket (Monday) and Science Club (Tuesday), KS2: Outdoor Club and Gardening Club (Tuesday) and KS2 Girls Football (Thursday). There are still spaces left so please book on SchoolMoney if your child would like to take part.

Library:

Over the Easter holidays we started to revamp our library and have gone through all the books we have. We delighted to say that the children have had the opportunity to choose books to keep, some will be brought home today of Monday.

Sailing:

Our Year 5 (Group 1) children had an amazing time this week at the Seaview Sailing Club. The children have the opportunity to learn sailing skills over the next 5 weeks and Group 2 will start after that. I am sure we will see some budding super star sailors in the future as well as boosting their skills and overcoming the challenges associated with sailing.

On Wednesday next week Ventnor Coastguard are coming in to talk to us about being safe on the water and along our coastlines. We are really lucky to have these opportunities to ensure that we do all that we can to keep everyone safe.

Have a lovely weekend and remember my door is always open.

Mrs Gilbert.

Collective Worship this week...

In collective worship our new theme is forgiveness. On Monday we did picture news on Banksy.

On Tuesday we read a poem on forgiveness. On Wednesday we did a worship on Zacharia the Tax Collector.

Bible reflection:

Psalm 34:4

I sought the Lord, & he answered me; he delivered me from all my fears.

IMPORTANT DATES WEEK COMMENCING 15TH APRIL...

Diary Dates

Monday	Tuesday	Wednesday	Thursday	Friday
Fun Club: KS1 Cricket	Fun Clubs: KS1: Science Club KS2: Outdoor Club KS2: Gardening Club	Ventnor Coastguard – Water Safety assembly	Fun Club: KS2: Girls Football Club	

SCHOOL MENU WEEK COMMENCING 22 APRIL:

We also offer tomato pasta as well as jacket potatoes and sandwiches with a selection of fillings each day.



Monday	Tuesday	Wednesday	Thursday	Friday
Pizza	Beef Bolognese	Roast Pork	Butter Chicken Curry	Fish Finger or Meat Free Nuggets
Chocolate Cookie	Carrot, Sultana & Orange Slice	Orange Jelly	Chocolate Shortbread with Fruit	Orange Drizzle

This week in Science Club...

This week in the science fun club we made shaving foam clouds. We added food colouring and had to make predictions and record the results. Some of us predicted the clouds would change colour and some thought that it would make a hole in the clouds. Lily kindly volunteered to be the photographer for the week. We had lots of fun.



What we have been learning this week...

ANTIGUA	<p>This week in Antigua we have had a super first week back. Our topic is “growing” where we have learnt all about how new things grow in the spring time.</p> <p>We’ve planted seeds, done lots of digging and exploring in the soil, looked at a wide variety of leaves and plants / vegetables. We had a great time with the mud kitchen where we “grew our own vegetables” and watered them - making lots of food for the giant from Jack and the bean stalk (our focus story of the week). We have explored lots of creative activities such as flower printing, tissue paper flowers, making beanstalks with grass, leaves and cotton wool along with lots of colouring and pencil control enhancing activities.</p>
ST LUCIA	<p>This week in St Lucia we have started our topic of growing! The children have loved exploring plants and how we grow our food. They really enjoyed the fruit and veg shop we made in the garden! I was super impressed that one of the children made their own sign to show that the shop was open and closed. They also designed seed packets, went on a spring hunt, and sequencing the process of growing a bean ready for our topic next week, Jack and the Beanstalk!</p>
MALDIVES	<p>Year 1 enjoyed making jam sandwiches as their hook to writing instructions in English. In maths, we are looking at measurement and length and height. In science, we went for a nature walk and started to look at seasons and how trees change over the year. In history, we created a timeline within our living memory. In phonics we have started to look at real and alien (pseudo) words in preparation for our phonics screen next term. Well done everybody!</p>
NEW ZEALAND	<p>This week in New Zealand class, we embarked on an exciting English journey diving into the book Tidy by Emily Gravett, with a special twist of litter picking to spark our interest. In Maths, we kicked off our fractions unit, and in Science, we explored the world of plants, with flower pressing as our engaging starting point. Additionally, in History, we delved into the fascinating topic of transport through the ages, using timelines to discover the oldest modes of transport. It's been a fantastic week full of learning and discovery!</p>
MALTA	<p>This week in Malta class we have had a fantastic week enticing ourselves as evacuees in the Second World War. The children looked at rationing, along with air raid shelter building. On Monday, the children looked at friction in science and recognised how car tyres are designed to prevent cars from sliding over the road. On Tuesday, we started tennis as our new PE topic. The children focused on their balancing skills.</p>
GALAPAGOS	<p>We have had an amazing week back! The children have been so engaged and excited for the start of our new topic all about the Vikings. On Tuesday we had our Viking Hook day where the children dressed up as Vikings, made huts, foraged for food and items to make tools and even engaged in their own Viking raid!</p>
ICELAND	<p>This week in Year 5 we have been doing some exciting things! This Wednesday we have started sailing at Seaview beach. Two groups have been made so there's 5 weeks of sailing for each one. While group one has been out sailing group two have been doing some sewing in art. We are all sewing a square each to all attach to a quilt at the end! By Sophia</p>
JAMAICA	<p>This week in year 6 we have had an amazing week. In English we have been doing a short story and SATs revision. In Art we are doing sowing. In P.E. we did dodgeball and tennis.</p>
CUBA	<p>This week in Cuba Class we have been exploring the topic spring time. We have read the book Jack and the beanstalk and have had lots of fun painting with beans, making our own magic beans and building the giants castle in our construction area. We have had also had lots of fun exploring spring animals and matched the baby animals to the adult adults and had a sensory exploration of tadpole jelly.</p>
HAWAII	<p>This week in Hawaii Class, the children started their new topic of teddy bears. We have been focusing on Paddington and why he would need emergency marmalade sandwiches. Our hook was making marmalade sandwiches, some of the children tried the marmalade and there were mixed reviews!</p>

This week in pictures...



This week in pictures...



NOTICE BOARD

Adult Community Learning are pleased to launch their new summer programme of workshops and courses ranging from maths, ICT, Art, Craft, and Wellbeing, plus a wide range of FREE short online courses.

If you are interested in developing your skills further, perhaps to retrain or return to work, why not book a careers appointment with our information, advice, and guidance professional? She will tailor the appointment to your needs and can offer you help with CV writing, covering letters, application forms or support you with career changes, redundancy, education, and training.

Our ICT suite is also open every Friday 9.30am to 12.30pm (term time only), for anyone wishing to access online learning or get support from a tutor.

For more information and to book, head over to our website www.iow.gov.uk/ACLcourses , call our office on 01983 817280 or pop into The Learning Centre, Westridge, Ryde.



Come along to our 'Pop in and Ask' Family Hubs drop-in session!



Find out about our services

Give us your views!

Children welcome

Monday 3rd June 2024
12.30-2.30pm
Ryde Family Hub
George St
Ryde
PO33 2JF

Relevant for expectant
parents and parents/carers
of children who are:
Babies
Toddlers
Pre-schoolers

BARNARDO'S

The Barnardos Family Centre team
will be available to chat to

Find out more

 familyinfohub.iow.gov.uk  [IWfamilyinfohub](https://www.facebook.com/IWfamilyinfohub)  rosie@aspireryde.org.uk

**DOES YOUR CHILD ENJOY BEING
ACTIVE AND HAVING FUN?**

**IS YOUR CHILD TOO YOUNG
TO JOIN A TEAM?**

**DOES YOUR CHILD WANT TO BUILD THEIR
CONFIDENCE IN A SPORTING ENVIRONMENT?**

**DOES YOUR CHILD WANT
TO PLAY FOOTBALL
BUT NOT IN A TEAM YET?**

IF YOU'VE ANSWERED YES TO ANY OF THOSE QUESTIONS, WE'VE GOT THE PERFECT SOLUTION! WE PROVIDE A SAFE, ENJOYABLE AND NON-COMPETITIVE ENVIRONMENT WHERE CHILDREN CAN HAVE FUN WHILST DEVELOPING AND IMPROVING THEIR FOOTBALL SKILLS.

OURS AIMS ARE:

- TO ALLOW CHILDREN TO HAVE FUN THROUGH FOOTBALL
- TO IMPROVE CONFIDENCE AND SOCIAL SKILLS.
- TO LEARN AND IMPROVE BASIC FOOTBALL SKILLS. CONTROL, PASSING, DRIBBLING.
- TO DEVELOP AGILITY, BALANCE, CO-ORDINATION, SPEED (ABC'S).

Our fully FA qualified coaches have up to date First Aid training and are DBS checked. Each session will be packed full of fun games played in teams, and as individuals, to help children build friendships as well as independence.

**To Book: Text your child's name, school, year group
and parent name to 07594 389531**

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

Just letting you know that The Friends of Brading School are registered with easyfundraising, which means you can raise FREE donations for us every time you shop online. Over 7,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself!

These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely FREE and only takes a moment.

You can find our easyfundraising page

at: https://www.easyfundraising.org.uk/causes/friendsofbrading/?utm_medium=email&utm_campaign=pmc&utm_content=gs-email1

We are also registered with Your School Lottery where you can raise money for The Friends of Brading School and every week one of our members wins a share of the ticket sales and everyone is also entered in the national draw for a potential £25,000 jackpot prize. Your support is greatly appreciated and we wish you good luck!

You can find our page at:

https://www.yourschoollottery.co.uk/lottery/school/brading-ce-primary-school?utm_campaign=sainsburys-mar24&utm_source=cause-admin&utm_medium=social&utm_content=Hyperlink

Thank you so much!

SUPPORT OUR LOTTERY TODAY

£1 per week

Weekly cash prizes

£25,000 jackpot

YOUR SCHOOL LOTTERY

£1 TICKET

Splitting the £1.00

How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Brading CE Primary School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online by direct debit or debit card.

It's so easy to join and will make a real difference to Brading CE Primary School

The Maths... 100 tickets sold a week means
= £30 weekly cash prize
= £2,080 a year for our school

Buy A Ticket

GambleAware 18+

Splitting the £1.00

- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

easyfundraising feel good shopping

Raise free funds for us every time you shop online

Find out more

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Dates for your diary...

April

15th – KS1 Cricket Fun Club – 5 weeks

16th – KS1 Science Fun Club, KS2 Outdoor Club & Gardening Club – 5 weeks

17th – YR5 Group 1 Sailing starts – 5 weeks

18th – KS2 Girls Football Fun Club – 5 weeks

24th – Ventnor Coastguard – Water Safety

May

6th – Bank Holiday

27th – 31st – May HALF TERM

June

3rd – Back to school

July

19th – Last day of Term


22nd – 26th Development Days

29th July – 30th August Summer Holidays

September

2nd School term starts.

ATTENDANCE

Class	Attendance
Antigua	91.2%
St Lucia 	97.5%
Maldives	91.1%
Cuba	95%
New Zealand	96.1%
Malta	91.9%
Galapagos	93.9%
Iceland	91.2%
Jamaica	96.7%
Hawaii	90%

ATTENDANCE MATTERS



Reflection of the week...

Be yourself.



Everyone else is already taken.

-oscar wilde