



BROOKVALE GROBY LEARNING CAMPUS

Valuing Everyone, Achieving Excellence

Weekly Parent Bulletin

Friday 3rd March 2023

Dear Parent / Carer,

Good afternoon and welcome to this week's Parent Bulletin. Please find below important campus information relating to our campus and students.

CELEBRATIONS & EVENTS THIS WEEK:

A WARM WELCOME TO BROOKVALE GROBY



Welcome to all students who are being offered their place at our amazing school!

We are looking forward to welcoming your parents and guardians into a partnership with our school for the next 5 or 7 years.

www.brookvalegroby.com

St David's Day



1 March 2023

Welcome to our new Year 6 students to Brookvale Groby

St David's Day 1.3.23

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. If you find yourself rushing, make an effort to slow down.	2. Take three calm breaths at regular intervals during your day.	3. Eat mindfully. Appreciate the taste, texture and smell of your food.	4. Pause to watch the sky or clouds for a few minutes today.	5. Focus on what makes you and others happy today.	6. Appreciate nature around you, wherever you are.	7. Notice three things you find beautiful in the outside world.
8. Take a full breath in and out before you reply to others.	9. Stop. Breathe. Notice. Repeat regularly.	10. Get outside and notice how the weather feels on your face.	11. Stay fully present while drinking your cup of tea or coffee.	12. Listen deeply to someone and really hear what they are saying.	13. Cultivate a feeling of loving-kindness towards others today.	14. Start today by appreciating your body and choose to use kind words.
15. Notice how you speak to yourself and choose to use kind words.	16. Listen to a piece of music without doing anything else.	17. Listen to your feelings, without judging or trying to change them.	18. Have a 'no phone' day and notice how that feels.	19. Choose to spend less time looking at screens today.	20. Bring to mind people you care about and send love to them.	21. Notice three things you find beautiful in the outside world.
22. Take a full breath in and out before you reply to others.	23. Stop. Breathe. Notice. Repeat regularly.	24. Look around and spot three things you find unusual or pleasant.	25. Focus your attention on the good things you take for granted.	26. Choose to spend less time looking at screens today.	27. Listen deeply to someone and really hear what they are saying.	28. Notice how you speak to yourself and choose to use kind words.
29. Notice when you're tired and take a break as soon as possible.	30. Choose a different route today and see what you notice.	31. Mentally scan your body and notice what it is feeling.	32. Discover the joy in the simple things of life.			

ACTION FOR HAPPINESS Happier · Kinder · Together



Mindful March 'Action for Happiness' calendar

World Book Day 2.3.23



KS4 Girls Futsal CHAMPIONS!



KS3 & 4 Swimming Gala Success!



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All Years	<ul style="list-style-type: none">● Please see our letter regarding Comic Relief - Comic Relief Letter (17 March)● Trips - We have a number of trips coming up across the campus. If your child is due to participate on a trip, please ensure that all payments are up to date. Thank you● Lost property - If you have lost an item recently, please come to reception at break or lunch time to collect it. Please make sure that all items are named. Thank you● Next week is National Careers Week. In Year 13 enrichment on Wednesday afternoon we are giving students the opportunity to research careers available to them after Post 16 here at BGLC. <p>We have linked the task sheet below because our younger years students might find the activities beneficial to them as well (particularly the virtual careers fair and Unifrog Next Steps event).</p> <p>National Careers Week</p>
Years 7, 8 and 9	<ul style="list-style-type: none">● KS3 Readathon - Please click here for the letter regarding the sponsored Readathon for years 7, 8 and 9. Happy Reading! Miss Malloy● Please see this week's study skill support for students - PiXL Revisit - Transform It <p>Many thanks. Ms Gajjar (KS3 Progress Leader)</p>
Year 7	<ul style="list-style-type: none">● A reminder that Homework Club for Year 7 students is on Tuesday and Thursday until 4.00pm. Bookings can be made via Arbor - Activities - Clubs - KS3 Homework Club.● Please click here for Yr 7 Science Exam Information regarding the Year 7 end of year assessment in Science which takes place at the end April. Many Thanks. Ms Gajjar
Year 8	<ul style="list-style-type: none">● Normandy Trip September 2023 - click here for the letter with further information regarding this trip. Deadline for the deposit payment and completion of the google form is Friday 10 March.
Year 11	<ul style="list-style-type: none">● Click here for letter regarding Art & Design Exam Dates (sent to parents/carers 27.2.23).● Our form time schedule has now been adapted to allow students to step up their preparations for the summer exam period. Monday, Tuesday and Wednesday are now focused on revision of English, Maths and Science. While Thursday will be dedicated to 'PIXL Endurance' and how students can ensure they are prepared to perform when the exams begin. Friday will continue to be our assembly day for Year 11. We will update the parent bulletin weekly with insights into how we can work together to support your children using the PIXL Endurance strategy, so keep an eye out for these. Thank you for your continued support!● Please see the latest English Newsletter containing information for the March mock exams.● A reminder that all of the resources from our Exam Success Evening before half term can be found on our website - link available HERE.



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Post 16	<p>Understanding student loans</p> <p>Despite most prospective undergraduates opting to take out a student loan, evidence shows that few understand how these loans work and how the repayments work once they finish their studies.</p> <p>These materials are for parents and students considering or applying to start in higher education from this August. The purpose is to help you answer any questions you may have, and to help you get the facts.</p> <p>See links here for a video, an information guide, and frequently attached questions.</p>
Year 13	<ul style="list-style-type: none">● Click here for letter regarding Art & Design Exam Dates (sent to parents/carers 27.2.23)● We recently released some videos about Exam Success. These can be found here: https://brookvalegroby.com/year-13-exam-success/ There is an introduction video from Mrs Varney, and then individual videos for each subject.