



**Braunstone Frith**  
Primary Academy

# Newsletter

✿✿ **Autumn Term** | Mid October 2022

## Message from Amelia Smith

Dear parents/carers,

What a half term it has been! It has been brilliant for school to be really busy and children so engaged in their learning.

We have loved having parents back in school at our Open Afternoon, for parents evenings, to learn about our new phonics scheme and as reading volunteers. Next half term there will be more opportunities to come into school so keep an eye out for those..

Both the boys and girls Year 5/6 football teams have made wonderful starts to their seasons. They have proudly represented Braunstone Frith, competing against other schools and showing great sportsmanship and teamwork. We hope that their winning ways continue in their next games after half term.

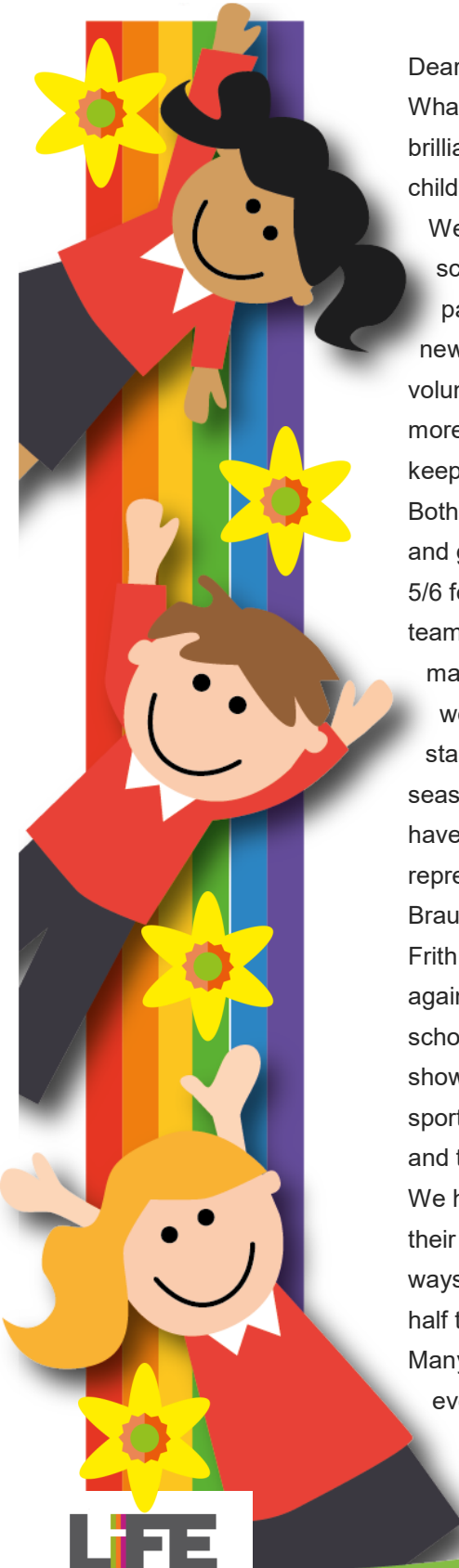
Many of you have commented at parents evening about the tree in the foyer with the lovely flashing lights. This is our tree of remembrance.



The children, following the death of Queen Elizabeth II, have been finding out more about her life and remembering many of the things she did. The children have written some lovely reflections about our late queen. It is worth taking a few minutes to read what CREW teams have written when you are next in school. Half term is next week. Whatever you have planned, I hope you enjoy spending time with your children.

See you back on Monday 24 October.

*Amelia McSmith*



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## Refraction Lesson

The children in Year 6 have been investigating 'refraction' in Science.



They have discovered that despite light only being able to travel in straight lines, its direction can be altered when it hits some types of material.



Water is certainly able to make light refract. Here are some pupils from 6VM analysing their scientific outcome.

**Mrs Murray**

## National Habitats

As part of National Habitats Day, the children in Year 6 Zoomed in to take part in a presentation about different habitats.

They took part in an interactive quiz by testing their own knowledge of animals and the conditions where they live.



During the Zoom meeting, the children were introduced to Claire, who works for the WWF and Alex, who was a real life ecologist, exploring different animals in their habitats as her job!

All of the children were actively engaged during the meeting and came away feeling happy that they had been successful at recalling knowledge that they learnt in Year 5.

**Miss Ground**

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## Uniform Swap Shop

The Uniform Swap Shop will be open Tuesdays 9AM-10AM and Wednesdays 2.30PM-3.30PM.

**Miss McMullan.**



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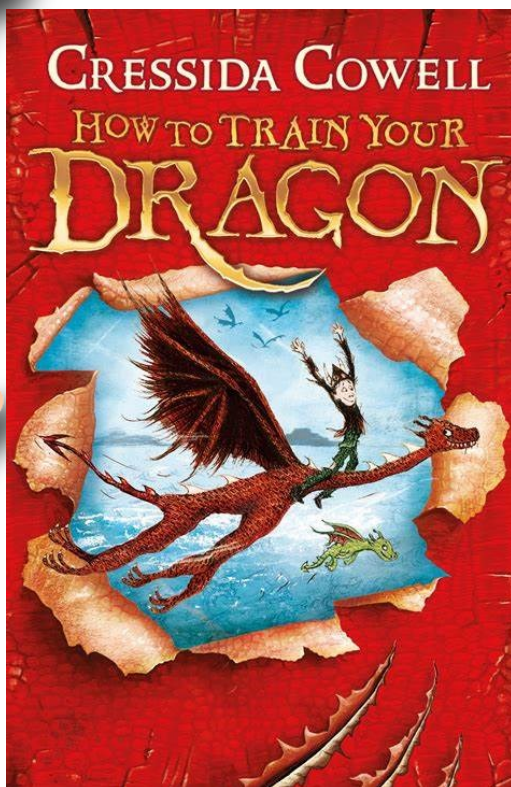
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## Virtual Author Visit

The children and staff thoroughly enjoyed the virtual meeting with the author Cressida Cowell recently.



Cressida has written many enjoyable books including the How to Train Your Dragon series and The Wizards of Once. She was both inspirational and fun.

**Mrs Murray**

## Macmillan Cake Sale

Braunstone Frith Primary Academy staff members came together to have a coffee and cake morning recently to raise money for Macmillan Cancer Support.



There were plenty of tasty treats and staff members had to hunt for Colin the Caterpillar.

A total of £87 was raised - thank you to all those who contributed.

## Operation Encompass

Our school is part of the new Operation Encompass Information Sharing Platform. As part of the new platform our Police Force will now share information about police attended incidents with the school's Operation Encompass Key Adult - Miss McMullan.

Information will be shared where the Police feel that there has been an impact upon a child's physical, emotional or mental well-being. This information is shared with us so that our school can better understand children's experiences so that we can support, nurture and care for them more effectively.

**Miss McMullan**



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## World Mental Health Day

Monday 10 October was World Mental Health Day and at Braunstone Frith Primary Academy we took time in our assemblies to discuss positive mental health and how to seek support when we face challenges. Below is a useful A-Z chart to give reminders on how to have good mental health.

### A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

|   |  |  |   |  |  |
|---|--|--|---|--|--|
| <b>A</b><br><b>ASK FOR HELP</b><br>You are not alone, so reach out and ask for help   | <b>B</b><br><b>BREATHE</b><br>Focus on your breath to find a sense of calm             | <b>C</b><br><b>CONNECT</b><br>Connect with friends, family and trusted adults  | <b>D</b><br><b>DETOX</b><br>Unplug from social media and other distractions       | <b>E</b><br><b>EMOTIONS</b><br>Observe how you feel and label your emotions            | <b>F</b><br><b>FIND SAFE PLACE</b><br>Go to a place where you feel safe and at ease      |
| <b>G</b><br><b>GRATITUDE</b><br>Focus on the things you're grateful for               | <b>H</b><br><b>HEALTHY HABITS</b><br>Create a balanced routine with healthy habits     | <b>I</b><br><b>INQUIRE</b><br>Pause and ask yourself, 'how do I feel right now?'   | <b>J</b><br><b>JOURNAL</b><br>Use a journal to express your thoughts and feelings | <b>K</b><br><b>KINDNESS</b><br>Be kind and compassionate to yourself and others        | <b>L</b><br><b>LET GO!</b><br>Feel more energised, by moving your body                   |
| <b>M</b><br><b>MEMORIES</b><br>Visualise three things you are proud of                | <b>N</b><br><b>NATURE</b><br>Improve your mood by exploring the great outdoors         | <b>O</b><br><b>OPENNESS</b><br>Be open to new activities and notice what happens   | <b>P</b><br><b>PATIENCE</b><br>It's okay to not be okay, so give yourself time    | <b>Q</b><br><b>QUIET</b><br>Take quiet moments every day to reflect                    | <b>R</b><br><b>REST</b><br>Be mindful, rest often and get plenty of sleep                |
| <b>S</b><br><b>SUPERHERO</b><br>Stand in the Superhero Pose for two minutes every day | <b>T</b><br><b>THOUGHTS</b><br>Track your thoughts in a journal, and notice any themes | <b>U</b><br><b>UNIQUE</b><br>You are unique, and so is your mental health  | <b>V</b><br><b>VOLUNTEER</b><br>Boost your self-esteem by giving back to others   | <b>W</b><br><b>WORRY TIME</b><br>Schedule 'worry time' to help solve practical worries | <b>X</b><br><b>EXCITEMENT</b><br>Do more of the things that bring you joy and excitement |
| <b>Y</b><br><b>YOU MATTER!</b><br>You are important and your feelings matter          | <b>Z</b><br><b>ZEN</b><br>Practise calming activities like yoga and meditation         | Find out more about how Optimus Education can help boost your wellbeing at <a href="https://healthinschoolsuk.com">healthinschoolsuk.com</a> |   |  |  |

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## Important Dates for Your Diary

|  |  |
|--|--|
| Black History Month  | Saturday 1 to Monday 31 October 2022   |
| October 2022 Half Term                                     | Monday 17 October to Friday 21 October 2022<br>Schools open Monday 24 October 2022 |
| Showcase Evening   | Tuesday 22 November 2022   |
| Disaggregated Day<br>(School closed to students and staff) | Friday 25 November 2022  |
| End of Autumn Term   | Friday 16 December 2022  |
| Spring Term Begins   | Tuesday 3 January 2023   |

## Safeguarding

**The Designated Safeguarding Leads (DSLs)** at our school are Mrs Smith, Mrs Duggan, Miss McMullen, Mrs Grant, Mrs Harvey, Mr Booth and Ms Wittering who are available to discuss any issues or concerns.

## Contact Us

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**Tel:** 01162872487

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## Stay Connected

Be sure to follow us on social media:

Facebook:

[BraunstoneFrithPrimarySchool](https://www.facebook.com/BraunstoneFrithPrimarySchool)

Twitter: [@BFPSOfficial](https://twitter.com/BFPSOfficial)



Please contact the school office if you have any queries or require paper copies of any correspondence.

Braunstone Frith Primary Academy is part of:

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