



LIONHEART
EDUCATIONAL
TRUST

Brocks Hill News

Newsletter Date
March 2025



BROCKS HILL
PRIMARY

Lionheart Educational Trust

I hope that you had a well-deserved rest over half term and feel ready for all the challenges of this new term.

February was another busy month at school with Safer internet day, well-being week. We have also had exciting school trip when Year 4 visited Bosworth Battlefield as part of their history curriculum. Year 6 also had a fantastic Macbeth workshop with local author, Steve Skidmore.

Children gain such a lot from these experiences, and we are so grateful for your support, financially and physically allowing these events to happen. You will be aware that organising school trips requires a huge amount of work from school staff, and I am sure you will join me in thanking them for this.

We have lots coming up at school this month – World book day on the 6th, Science week running from 10th-15th and Red Nose Day on the 21st.

We look forward to sharing pictures of these events with you.

We are aware that some of our pupils will be marking Ramadan and that some children may be participating in fasting. Please can you inform the office if your child will be fasting and if so, on which days. This will ensure that a school meal is not ordered for them and that they are not asked to go to the dinner hall at lunchtime.

I hope you are aware of 'Move it March' and helping your child reach their active milestones. We know the importance of being active for children and how it impacts on improving physical and mental health. Please check book bags if you have not seen the flyer!

Wishing you a very happy March!

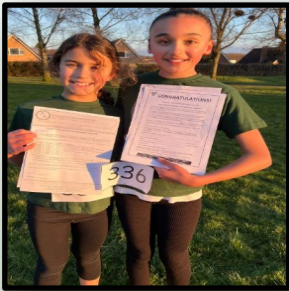


Important dates for this term

- | | |
|---------------------|---|
| • 5th to 11th March | Book Fair |
| • 6th March | World Book Day |
| • 7th March | Class 2 Assembly |
| • 21st March | Red Nose Day and Brocks Hill's Got Talent final |
| • 24th March | Foundation Stage Farm trip |
| • 25th March | Year 1 Synagogue trip |
| • 25th March | Year 2 De Montfort Hall Music trip |
| • 28th March | Class 5 Assembly |
| • 4th April | Class 8 Assembly |
| • 11th April | School closes for Easter |

Cross Country

We had a great turnout for the qualifying cross country event, many of which qualified to the next stage due to their fantastic running and top place finishing!



Dodgeball

Congratulations years 5 and 6 Spirit of the games WINNERS!
Our team showed fantastic skill, attitude and agility. We are so proud of you all!



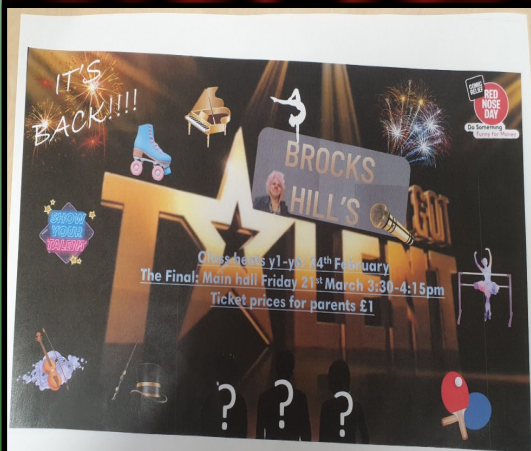
Dress to Express Day

Our Pupils showed up in style expressing lots about their individuality. Thank you for all your contributions—we raised an incredible £505.83 for Place 2 Be.



It's back!

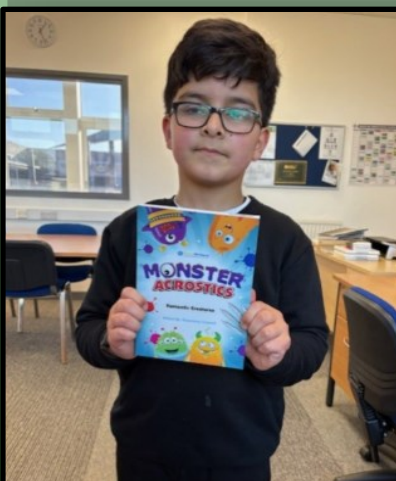
Brocks Hill's Got Talent is back for Comic Relief. Class heats have taken place and the final will be held on 21st March



Literacy

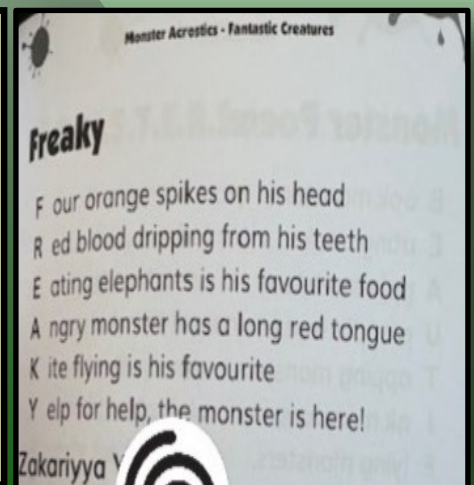


Its World Book Day on **Thursday March 6th**
We would love children to come to school
dressed as their favourite book character.
There will be prizes for best costumes .



Young Writer

We are so proud of our pupil
Zakariyya who has had his
poem 'Freaky' published in a
@YoungWritersCW collection
of poetry.



Move It March

Active Anita made a surprise visit to Brocks Hill with Mr Khan!

The whole school enjoyed a very exciting assembly to promote 'Move It March'. Let's make this the year our school becomes the MOST active school in our sports partnership.



Bosworth Battlefield

Year 4 became soldiers for the day at Bosworth Battlefield where they dressed as up and practised battle techniques.



Foundation stage Toy Request

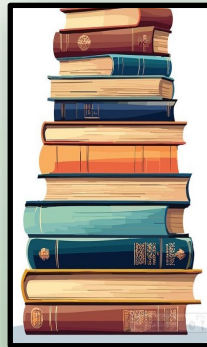
We are looking for pre-loved animals that are good quality and realistic. These could be farm animals, jungle animals, birds, polar animals, insects etc
If you have any you can donate please give them to the school office or directly to Foundation Stage.

If we receive more than we can store we will donate them to a charity shop.

Thank you

Pre-Loved Uniforms and Books

Please help yourself to our pre-loved (and washed!) uniform from rail in entrance foyer.
There are also a collection of books that free to good homes on the bookshelf outside our reception area.



Important Notice

Please can we ask all parents, carers and visitors to park responsibly when dropping and picking children off at school. Children should be able to walk safely to into school at all times.

- Do not park on the pavement
- Do not park on private property
- Do not block driveways
- Do **not** park at Devonshire Court across from the school.

Please note no vehicles are allowed on site unless authorised between 8.30 and 9am.

Competition: Create a British Science Week poster



 **BRITISH
SCIENCE
WEEK
2025**

Children can get creative and enter the British Science Week annual, UK-wide poster competition! To enter, they simply need to create a poster which fits in with the **theme of 'Change and Adapt'**. Schools then select the 5 best creations and submit them for a chance of winning an array of prizes.

INSTRUCTIONS

Encourage children to think about change and adaptation – what it means to them and how it relates to the science they've learnt about – to come up with ideas to include in their poster. Here are some points and questions to get you going:

- ⇒ Get children to think about ways that they might have changed or adapted to new experiences and places as they've grown.
- ⇒ What about change and adaptation in the world, and beyond? How do plants and animals adapt to a changing environment? Do the stars and planets in space change?
- ⇒ Technology changes all the time, how is it changing our lives? Is it always for the better?

MAKE YOUR POSTER

Once they've done their thinking, it's time for children to get creative! Posters must be A4 or A3 in size. Children can use popup pictures, pull out tabs or materials such as pencils, paints, crayons and paper to create their posters.



SEND YOUR POSTER

Posters will be judged on creativity, how well they fit the theme, how well they have been made or drawn and how engaging they are.

Once your child has completed their poster, please bring into school and hand to **Mr Orton**.

Posters must be submitted before Monday 24th March 2025.

For more information please follow the link

<https://www.britishscienceweek.org/plan-your-activities/poster-competition/>

'FIVE A DAY'

YOUR TIPS FOR A HEALTHIER SCREEN TIME

Studies show there is a clear link between **excessive** screen use and **difficulties with concentration, sleep and mental health**. There may also be distinct physical changes in the developing brain.*



No screens

M	T	W	T	F	S	S
not more than 1-2hrs/day						up to 2hrs/day



Keep active



Screen-free time together



Reports suggest adults touch their phones over 2000 times a day.



*Sleep Hygiene.
No screens
1 hour before bedtime

RECOMMENDATIONS:

1

WAKING UP WITHOUT screens

It is recommended that social media/screens are not used for the first hour of the day.

2

1-2 HRS PER DAY is the suggested screen time in the week and not more than **2 hours on weekends**.

3

STAY ACTIVE Encourage physical activity for **1-2 hours a day**.



Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

4

SCREEN-FREE time together

Children will often mimic behaviours of the adults around them. **Consider your own social media usage/ phone checking behaviour.**

5

It is recommended that screens **should not be used 1 HOUR** before bedtime. **Phones, tablets and computers should not be in a bedroom overnight.**



* 'SLEEP HYGIENE' is a term used for healthy habits and behaviours that help support a good night's sleep.

Dr Sanjiv Nichani OBE, Senior Consultant Paediatrician at the East Midlands Congenital Heart Centre and Leicester Children's Hospital, is raising awareness of the effects of screen time on the health, well-being and safeguarding of children and young people. Screen time is an everyday reality and has social and educational benefits depending upon the child's age. However, several recent studies have demonstrated a causal link between high levels of screen time and the astronomical increase in mental health and well-being difficulties amongst children and young people.

In addition, unprotected and prolonged online presence is associated with a much greater risk of bullying, abuse and grooming (when an individual builds an online relationship leading to child abuse).

Please find the attachment 'Tips for a Healthier Screen Time' which is a useful guide for parents, carers, children and young people.

[5 a day - a guide for healthier screen time.](#)

LEICESTERSHIRE
MUSIC

**Is your child learning an
orchestral instrument?**

**Join us at our
OPEN DAY!**

Sat 29th March

9:45am - 2:30pm

www.bit.ly/LM-Open25



bitly

**Beauchamp
City 6th Form
Leicester LE1 6JL**



Supported alongside funding by
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UNIVERSITY OF
LEICESTER

Pop-up
Maths

MONEY AND SHOPS

A **free** family workshop for children aged 7 to 11
and their accompanying grown-up/s.
(Brothers and sisters are welcome, too.)

Saturday 8th March, 10am to 12 o'clock
at Beaumont Hall,
Stoughton Drive South, LE2 2NA

No booking needed – just pop in!

*Try our POUND SHOP QUIZ ... Track down MONEY
AROUND THE WORLD ... Play a game to MAKE £500 ...
or design a £100 note to help us MAKE A MILLION.*

*Be a shopkeeper or a customer in our ANTIQUE SHOP,
TOY SHOP, FLOWER SHOP or CAR SHOW ROOM ...
and INVENT A GAME
to take home with you.*

Our thanks to the
Worshipful Company of Actuaries
for their sponsorship.

