



Message from the Head of School,

Dear Parents and Carers,

As always, we have had another busy month with lots of exciting opportunities for our pupils and staff. We have been able to mark and celebrate Navratri, Diwali and Guru Nanak Jayanti and we hope that all those families celebrating had a wonderful time marking these occasions.

We have taken part in Anti-bullying week, enjoyed Odd Socks day and have welcomed in guest speakers from the NSPCC as part of this. Children were very motivated by what they had learnt and were able to show this in the fantastic poems they wrote as result. Do read on to see some of them.

It has been great to welcome families into school on many occasions this month for class assemblies, parent workshops, coffee mornings and information sessions. I am sure you found these valuable experiences for you and your child and I know that teachers really appreciate your support at these events.

I am looking forward to seeing you throughout this busy month and I wish you all a very Happy Christmas.

Kind Regards,
Mrs Shilling



BROCKS HILL NEWS

Festive Celebrations:

December is a month of festivities, and we are looking forward to Key Stage 1 and Foundation Stage Christmas performances. Don't forget to book your tickets.

Please note that we ask parents **not to take photographs or video** during these performances as young children can become very distracted by this. Please do sit back and enjoy the shows.

We also have our FOBH Winter wonderland on the 21st December where families can join us for games, treats and festive crafts.

Community Charity :

November has also been a month of thinking of others, both nationally and globally.

On November 17th Brocks Hill went spotty for Children in Need we raised a grand total of £233.70. We also completed over a 1000 Burpees throughout the day.

In December we will be collecting items for Leicester South Food bank.



The Brocks Hill, 12 days of Christmas-food bank collection.



Dear parents/guardians,

This year, we are helping the **Leicester South foodbank** as a school. If you would like to donate, every day, or just 1-2 days, we need:

Monday the 4th of December -bring tinned soup

Tuesday the 5th of December -tinned tomatoes

Wednesday 6th of December -tinned potatoes

Thursday 7th of December- tinned carrots

Friday 8th of December- UHT milk

Monday 11th of December- UHT juice

Tuesday 12th of December- tinned fruit

Wednesday 13th of December- curry sauce

Thursday 14th of December- custard

Friday 15th of December- rice pudding

Monday 18th of December- tinned sponge puddings

Tuesday 19th of December (last day)- tinned sweetcorn

Thank you

The trolley will be left outside each day for you to place your donations

School Parliament

BROCKS HILL NEWS



We are very aware, as I am sure you are, of the incredibly upsetting images and news stories regarding the harrowing situation in Israel and Gaza. We know that such global events can have a huge impact on our pupils and their families and I am sure, we join many of you, in hoping for a peaceful resolution to this conflict soon.

I know some of our families have reached out to me for which I am grateful. This has allowed us to support all our children at Brocks Hill. If you are worried please don't hesitate to speak with me.

We know that not all children will have the same understanding of, or knowledge about the Israel-Gaza situation and, as a school we need to follow clear directives from the Department for Education, so we encourage parents to engage in constructive conversations with your child at home if you feel this appropriate.

We have been very keen to maintain an inclusive, respectful and empathetic culture at school and our peace tree just shows how respectful and kind our children are.

I have been so impressed at how a group of pupils have worked hard to raise money for those affected, specifically children in Gaza. Siara and Arisha from Year 4 spent a lot of their own time designing a logo for a badge and have sacrificed many playtimes and lunchtimes to make them. I know they are thrilled to have made £107.16 so far. All money raised will go to the humanitarian charity Medicins Sans Frontiers. Badges are still available from reception for anyone wishing to purchase one.

Thank you for your continued partnership in creating a positive and inclusive learning community for all our students.



BROCKS HILL NOTICES

On street Parking

During the cold weather more parents are driving their children to school please be considerate in parking. We have been notified that some cars have blocked local residents driveways. Please note that once on school property bikes and scooters should not be used.. Thank you for your co-operation.

Home Learning



As you will be aware Brocks Hill is a 'no homework' school which means we do not ask pupils to complete lots of worksheets at home or complete long projects.

Evidence from the EEF suggests that this kind of homework has little impact on pupil attainment and we know that it can cause a lot of stress for both children and parents.

Instead, we expect all children to read at home everyday, learn weekly spellings and time tables if appropriate, and complete any individualised work the teacher may set. In addition, all pupils were given our booklet – 200 things to do before you leave Primary school. We hope you have enjoyed working on these tasks and we look forward to seeing their work during this week.

Finally from the Governors

This update from the governors must be an expression of our appreciation of the recent judgement made of the school by OFSTED.

All the governors know how splendid our staff and pupils are and the results they achieve, the OUTSTANDING in all five categories echos this.

May we wish you on behalf of the Governors our very best wishes for Christmas and a happy new year.

Love Diane and Tom (co-Chair of Governors)



Anti-bullying Week Poems



Class 6 Anti Bullying Poem

Squeak or shout!

Let it out,

Make a noise about bullying!

Stop the bullying!

Don't break a heart,

Stop bullying other people!

Join together make a start.

Squeak or shout!

Let it out,

Make a noise about bullying!

Try to help people.

Be a friend.

No room for racism,

Let that end!

Squeak or shout!

Let it out,

Make a noise about bullying!

Squeak or shout!

Let it out,

Make a noise about bullying!

Roar like a tiger,

Scare away sadness,

No-one likes bullying,

It's total madness.

Squeak or shout!

Let it out,

Make a noise about bullying!

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Sticks and stones,

May break my bones,

Words can also hurt me,

In person or on phones.

Squeak or shout!

Let it out,

Make a noise,

Make a noise,

Make a noise about bullying!

Anti-bullying Week Poems

Class 10-year 5 anti-bullying poem

Bullies bully multiple times
To torment others about protected characteristics is a crime
Whether it's physical, online or verbal
They want to make your life a hurdle
Banter with others is definitely OK
But when it's bullying, you've got to say
Don't keep it in
If you tell a trusted adult, you will win
Sharing how you really feel
Can make your heart begin to heal
Being a bystander can prolong the pain
So make a change so it doesn't happen again



Those who bully may be having their own troubles
But being unkind, makes others struggle
Some bullies might just do it for 'fun'
Others may do it in order to run
Away from their problems so they're not
The only one feeling sad about what they've got

Even if a bully is struggling themselves,
This is no reason to keep their unkindness to yourself
Being bullied can make you feel blue
And even make you not feel like you

People who are mean to you need kindness the most
So spread thoughtfulness like butter on your toast

Attendance

Attendance

All parents will have recently received an email showing their child's current attendance. We have been delighted to email 238 100% attendance certificates and congratulate all those that received them. Thank you for your support with this.

We do recognise that children do get ill and know that this cold weather does not help. However, we do ask that you do not keep your child off for longer than necessary. Recent advice from Government's Chief Medical Officer states 'It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.' Please see <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> for further information.

Attendance Matters



Every Day Counts....

BROCKS HILL SPORTS

Table Tennis



Well done to Paulo who finished 2nd in the Leicestershire individual championships on 2nd December. All the hard work has paid off!



Our Brock's Hill Table Tennis team also came 4th in the whole of the county. Amazing results Team BH



Sportsgall Athletics

Our children finished 2nd in the Oadby and Wigston Sportsgall Athletics. Way to go children!



BROCKS HILL SPORTS



Boys football

What a season we are having!

Two wins against;

Vs Langmoor 7-0

Vs Ullesthorpe 5-1

Sadly, we lost 9-1 in the
Rice Bowl.



Inclusive Wheelchair Basketball

We attended the inclusive wheelchair basketball festival with #makechange

Thank you to the organisers for all their hard work. Hopefully, we will be able to welcome makechange to Brocks Hill in the summer.

BROCKS HILL KEY DATES

w/c 4th Dec Children invited to bring in home learning logs

8th December Year 2 Castle trip

8th December Class 12 assembly

13th December Christmas lunch and Christmas clothing day

13th December 9.30-10.30am Foundation Stage Christmas Performance

14th December 9.30 10.30am Foundation Stage Christmas Performance

14th December TAG Rugby Festival Y3 and 4

15th December Year 6 Beaumanor Hall trip

18th December Year 5 Mosque trip

19th December Y3 Christmas party

20th December KS1 Christmas Performance

20th December Y3 to St Peter's Church

20th December FOBHS Non-uniform day

20th December 2-3pm Foundation stage - Christmas decorations
afternoon

20th December YRS 5&6 Christmas party

21st December KS1 Christmas Performance

21st December 3.30-5pm FOBHS Winter Wonderland event

21st December YRS 1&2 Christmas party

22nd December FS & YR4 Christmas party

22nd December School closes for Christmas Holidays at 3.20pm

8th January 2024 School closed (Teacher Training day)

9th January 2024 School opens to students



DECEMBER WELL-BEING

Sleep

NEWSLETTER

DECEMBER 2023

THE IMPORTANCE OF SLEEP

Sleep is an essential function, it allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Good sleep improves your brain performance, mood and overall health. Sleep is as important as a balanced diet and regular exercise.



Did you know?

- Children 3 to 5 years need between **10 to 13 hours sleep** including naps.
- Children 6 to 12 years need **9 to 12 hours sleep**
- Teenagers 13 to 18 years need **8 to 10 hours sleep**

Ref: NHS Foundation Trust

ROUTINE, ROUTINE, ROUTINE!

A consistent bedtime routine is important as it teaches your child what to expect in the time leading up to bedtime.

All electronic devices should be turned off at least one hour before bedtime this includes T.V, computers, games consoles and mobile phones.

Help them to become involved in a quiet, relaxing activity such as colouring/drawing or building a jigsaw in the lead up to bedtime.

Baths are helpful but only if your child finds them relaxing. Ideally a bath should take place at least 30 minutes before bedtime.

The bedtime routine should last about 20- 30 minutes and have an end-point which your child will know means it is time to go to sleep, such as turning out the light and saying goodnight and leaving the room.



THE SLEEP CHARITY HAS LOTS MORE TIPS & ADVICE ON
BEDTIME ROUTINES, VISIT THE WEBSITE [HERE!](#)

DECEMBER WELL-BEING

SLEEP HYGIENE

Sleep hygiene is not about cleaning your bed, it is creating a suitable environment for a good nights sleep. The Sleep Foundation has lots of advice on sleep hygiene for young people, including how to create a sleepy bedroom.



NEW HORIZON HAVE A RANGE OF
MEDITATION & SLEEP STORIES FOR
YOUNG PEOPLE ON THEIR WEBSITE.
CHECK IT OUT [HERE](#)

If your child has trouble sleeping, why not create a diary?! A sleep diary may identify when it is difficult for a child to sleep and help to find the cause (for example, anxiety on a Sunday night due to school). The Sleep Charity have put together a children's sleep diary, which you can download [here](#)!

WE WISH YOU
✦✦ a merry ✦✦
✦ christmas ✦

WE'VE CREATED AN ACTIVE ADVENT
CALENDAR TO KEEP THE WHOLE
FAMILY HAPPY AND HEALTHY OVER
CHRISTMAS. DOWNLOAD IT [HERE](#)!



LET'S GET SOCIAL



