



Parent News: Thursday 1st April 2021

Dear Parents/Carers

This has been an incredibly challenging term for everybody in so many different ways. Back on 4th January we were all told we would be in school on 5th January but by the evening the Government had decided that, in fact, we were going back into lockdown. The next two months saw live lessons broadcast into your homes and school life went back to that of lockdown one, however, what has remained constant has been the incredible resilience, support and spirit of #teambrokenhale. So now we enter a two week Easter break and although those not involved in Education might believe that students and school staff have had time off this term, we all know that that is very far from the truth. It has been a stressful and at times challenging term and everybody deserves a real rest and a break to set us up for a very important summer term.

This week I have been delighted to appoint a new Assistant Headteacher, Miss Manlay, who will start with us in September. She has previously been Assistant Headteacher at a school in South London and is currently at Holyport College. Her specialism is English and not only will she be a great asset to the senior team but also to the English department. I have been overwhelmed by the quality and number of applications we are receiving for the small number of posts we have available for September. I feel proud and honoured that so many high calibre professionals are seeking us out and want to work with us. We have also, this week, employed some of our Post 16 students to work alongside our Midday Supervisors. This is a new initiative for us but one that allows our older students an opportunity to enter the world of work and further develop their role within the community.

We have also been focusing on a new project for September which has now really started to gather pace. Mr Bury, will be leading the development and opening of our very own Forest School. This provision will be based on our site and will give many of our students a real opportunity to explore outdoor learning and teaching and be a real addition to their curriculum. More news and photos to follow.

SLT Assemblies:

On Tuesday, Year 8 had two assemblies delivered to them by interview candidates focusing on inspiring stories. One focused on the achievement of a profoundly deaf family member and the reaction of our students was exemplary.

Student of the week:

Luca Saravia in Year 9 - for taking the time and trouble to learn Portuguese to make another student feel welcome and helping Mrs Clark to learn some key phrases.

Lashon Ranklin in Year 10 - he found a phone outside a doctors surgery, handed it in and checked on an elderly gentleman.

Fab:

- The support that the school has shown over this term has been amazing and has made the transition from lockdown to being back at school as smooth as possible. Thank you to the whole team. Looking forward to a really good whole summer term in school.
- I am sending this message of pure admiration for the whole of Brakenhale team, your dedication to teaching throughout this whole pandemic has been exceptional, without the immense pressure of transitioning each pupil back into school... Mrs Coley you're an amazing leader, however your team do really make you look good!! Thank You all!!

Staff member of the week:

- Miss Pickett For her support.
- Miss Toofany Miss Toofany has been amazing this week in helping me with my Media, she has been so patient and encouraging with me at the same time.
- Miss Perryman Miss Perryman definitely deserves staff member of the week - she is honestly the heart of Sixth Form. She manages to put a smile on my face every day and has been a massive support since coming back to school properly.
- Mr Budden Giving my daughter, who is very shy and unconfident, believe in her ability and recognition for her achievements, this has made a huge difference to her self esteem.

Quote of the week:

“Don’t let the world change your smile, let your smile change the world.” Robbie Connor, Year 9.

I wish you a very happy Easter and very much look forward to seeing everybody back on Monday 19th April and hopefully a full summer term all together on site.

Best wishes

Jane Coley, Headteacher

What’s on next week

Next Week (after Easter): B

Easter Holiday	Friday 2 nd April to Friday 16 th April
Monday 19 th April	Year 10 Revision Workshop
Tuesday 20 th April	CCF, 3.30-5.30pm
Friday 23 rd April	PSHE

Covid Testing

Please continue with twice weekly Covid Testing over the Easter Holidays and submit results via [Test Register](#). Students have been given sufficient tests to cover them until the beginning May and will be given new tests w/c 26th April.

Character Education

Wow, our students have exceeded all expectations this term and we have given out 333 Bronze certificates for Academic excellence, together with our first Bronze certificates for Physical excellence and Silver certificate for Academic achievement.

Mr Beukes, Assistant Headteacher



Lockdown Lottery Winners

Lockdown Lottery Winners

(Friday to Wednesday)

Attendance	1st Prize	2nd Prize
Year 7	Kalli-Rose Law	Aimee Wilson
Year 8	Billy Lucas	Daniel Blackburn
Year 9	Matilda Cullinane-Radburn	Corey Moore
Year 10	Ellie Yeung	James Inskip
Year 11	Connie Burgess	Jake Carter

* 1st Prize £20 Amazon Voucher

* 2nd Prize £10 Amazon Voucher



House Points	1st Prize	2nd Prize
Year 7	Alfie Barnes	Frankie Garner
Year 8	Imogen Smith	Maizy Cortez
Year 9	Ronnie Alder-Warrington	Navannah Holtzhausen
Year 10	Louis Gosden	Tegan Woodley
Year 11	Riley Gallagher	Joshua Little

* 1st Prize £20 Amazon Voucher

* 2nd Prize £10 Amazon Voucher



Sixth Form Draw	1st Prize	2nd Prize
Effort and Attendance	Rajal Bhatti	Bethany Brazier

* 1st Prize £20 Amazon Voucher

* 2nd Prize £10 Amazon Voucher

Overall School Draw	1st Prize	2nd Prize
HPs and Attendance	Raul Dan 9K	Evie McDonagh 7R

* 1st Prize Meal Voucher

* 2nd Prize £10 Amazon Voucher

Weekly Tutor Competition	1st Prize	Leading Tutor Group
Year 7	Riley Plant	7R
Year 8	Rhys Beswick	8A
Year 9	Harry Peters	9B
Year 10	Robyn Duncombe	10H
Year 11	Megan Slade	11B

* 1st Prize £10 Amazon Voucher

* £100 to be awarded to the leading tutor group on Thursday 1st April



Year Group Competition	Year Group	Total
Leading Year Group	Year 7	658

* £500 to be awarded to the leading year group on Thursday 1st April

What a fabulous half term this has been with so many students gaining rewards each week in our Lockdown Lottery. An amazing total of **14428** house points have been given out since the start of the initiative and we have celebrated some outstanding attendance. Well done everyone for your efforts and to Mrs Theal for all her hard work behind the scenes.

Here are the total points by year group. Well done to Year 7 who win the £500 to spend on a Year group rewards event.

Year 7	4586
Year 8	3172
Year 9	3555
Year 10	2007
Year 11	1108


Here is a summary of the points per tutor group. Well done to 7R, 8R, 9H, 10H and 11N who all win £100 to spend on a tutor rewards event.

7A	562	8A	476	9A	422	10A	224	11A	100
7B	721	8B	439	9B	510	10B	158	11B	154
7E	492	8E	425	9E	514	10E	332	11C	126
7H	467	8H	410	9H	644	10H	494	11E	96
7K	782	8K	420	9K	422	10K	299	11H	153
7N	732	8N	443	9N	573	10N	341	11K	108
7R	830	8R	559	9R	470	10R	159	11N	198
								11R	87
								11S	86

Mr Beukes, Assistant Headteacher




Lockdown Lottery



LOCKDOWN LOTTERY

‘You have to be in it to win it’

Awards are based on weekly attendance and House Points achieved!



Attendance (Year 7 -11)

Students with 100% attendance will go into a draw (Each Year Group to be done individually)

1st Prize - £20 Amazon voucher (or equivalent)


2nd Prize - £10 Amazon voucher (or equivalent)


House Points (Year 7 -11)

Top 50 students achieving HPs will go into a draw (Each Year Group to be done individually)

1st Prize - £20 Amazon voucher (or equivalent)

2nd Prize - £10 Amazon voucher (or equivalent)





Sixth Form Draw

Staff to nominate students to go into a draw based on effort and attendance to lessons.

1st Prize - £20 Amazon voucher (or equivalent)


2nd Prize - £10 Amazon voucher (or equivalent)

Overall School draw

All students will go in the draw. If your name is pulled out and you have achieved 100% attendance and earned HPs for that week you will be eligible for the following prizes:

1st Prize - Family take away

2nd Prize - £10 Amazon voucher (or equivalent)



Weekly tutor competition


Tutor group with the best average attendance and HPs per student will win £100 to spend on a tutor group rewards event.

Tutees will also be entered into an additional draw to win:

1st Prize - £10 Amazon voucher

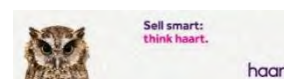
Year group competition

Year group with the best average attendance and HPs per student will win £500 to spend on a Year group rewards event.



High Expectations and Challenge

#teambrokenhale



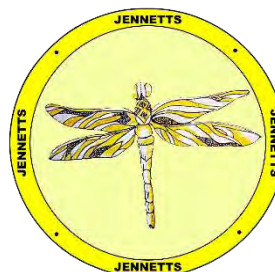
House Points this Week:

We continue to recognise the hard work that our students are doing through our House System by issuing House Points. It has been amazing to see so many of our students rewarded with so many achievement points this week across the departments.

Keep up the Hard work! Congratulations to everyone who has gained house points this week:

House Points this week.								
	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Total
Academic Point	216	233	201	204	72	0	3	929
Aspiration Points	0	34	2	0	0	0	0	36
Community Point	62	10	33	14	7	4	2	132
Culture Points	53	26	18	0	0	0	5	102
Leadership Points	58	22	63	21	6	0	0	170
Physical Points	198	52	21	29	0	1	0	301
Total	587	377	338	268	85	5	10	1670

House Points this week.								
	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Total
Farley (BLUE)	150	102	94	63	14	0	3	426
Jennetts (YELLOW)	138	103	83	72	31	1	4	432
Swinley (RED)	150	89	83	73	27	1	1	424
Temple (GREEN)	149	83	78	60	13	3	2	388
Total	587	377	338	268	85	5	10	1670



House
Winners
Jennetts

School Uniform

School uniform is worn to encourage the development of self-confidence and pride in the school and a high standard of personal appearance is expected of all students. The wearing of school uniform whilst travelling to and from school and during the school day is very important to us. We feel that it sets standards in terms of high expectations and a purposeful attitude towards work, whilst promoting the school and our ethos. To ensure consistency and clarity all logo school uniform items should be purchased online from 'The Direct Clothing Company' who run the Brakenhale School Uniform Shop.

	Boys School Uniform	Girls School Uniform
Blazer*	Black Blazer* with school logo on pocket is compulsory. Blazers are to be worn at all times	
Shirt	Plain white shirt with plain formal collar that is buttoned up to the neck, including the top button, with short or long sleeves unrolled, tucked into the waistband and worn with the school tie	
Tie*	Maroon and White Striped clip on School Tie* that sits under the shirt collar Ties in house colours (Years 7-9)	
Trousers	Plain black trousers that are not striped or checked, not denim, cords, chinos or tracksuit bottoms. Please note that tapered, drain pipe or tight-fitting trousers are not allowed	
Skirt*		Brakenhale Pleated Black Skirt with school logo* . Students presenting themselves in a shorter skirt will be required to wear a spare uniform skirt or trousers
Socks	Plain black socks (ankle)	Plain black socks (ankle), plain black tights
Shoes	Plain black shoes . Footwear must be a black shoe which can be polished, without advertising logos visible (boots, sandals, canvas shoes or pumps/plimsolls/trainer style are not permitted for safety reasons), trainers are to be worn for PE or dance only	
		Girls shoes must have backs and a very low heel
Jumper*	Optional Plain Maroon V-necked Jumper* with school logo can be worn under the blazer (the jumper cannot be worn as an alternative to the blazer)	
Coat	Plain black outdoor coat - not denim, no writing or logos (reflective strips are allowed and encouraged)	
Bag*	Brakenhale School bag with school logo	

	Boys PE/Dance Kit - Compulsory	Girls PE/Dance Kit - Compulsory
Shirt *	Black PE Polo Shirt with school logo	
Top *	Black PE Jumper with school logo	
Shorts *	Black Shorts with school logo	Black Shorts or Black Skort with school logo
Rugby *	Maroon/Black Rugby Shirt with school logo	
Socks *	Black/Maroon socks logo	
Trainers	Trainers (not pumps or plimsolls)	
Boots	Football/Rugby boots	Football boots (optional)
PE Bags *	Drawstring PE Bag or Large Sports Bag	
Guards	Shin Guards and Gum Shield (for Rugby)	

	Boys PE/Dance Kit - Optional	Girls PE/Dance Kit - Optional
Trousers *	Black Tracksuit Trousers/ Training Pants with school logo	Black girls' leggings (School logo not required)

* Logo items must be purchased from the school shop

Please ensure that all uniform, PE and Dance kit are clearly labelled with the student's name

Students must wear the normal uniform of the school at all times (including on the way to and from school)

Additional uniform and appearance requirements:

- Extreme dress is not permitted at any time including visible coloured undergarments.
- Non-uniform hoodies, sweatshirt or jumpers are not allowed in school, they must not be worn instead of a coat or for PE, if seen these will be confiscated.
- Scarves are not permitted inside the school building and are only allowed to be worn to and from school. The only scarves permitted are either plain black or house scarves available from our uniform provider.
- PE kit must only be worn for PE/dance lessons or for a sporting event.
- Any facial piercings (including, but not limited to, tongue studs, eyebrow, nose, lip) are not allowed at school. Students will be required to remove the facial jewellery. Refusal to remove the jewellery may result in internal exclusion. Failure to do so will result in Internal Exclusion.
- Any extreme hairstyles are not appropriate for school and students will be asked to modify that hairstyle. Examples include skin-fades, mohawks, words or symbols shaved into the side of a student's head, grade tracks and extreme unnatural hair colours which are not in keeping with an educational establishment. No student should have their hair shaven any shorter than a grade 1. This also includes any shaving into eyebrows.
- Hair bands or slides must be plain black or brown, thin hair bands only with no adornments.
- One small plain gold, silver or diamond style ear stud in the lower earlobe only and one wristwatch (conventional, non-multi-media only) can be worn (the school cannot accept responsibility for any watches or jewellery worn or brought into school). Please make sure all other jewellery is left at home. Larger stud, spiked, hooped or expander-hole earrings are not allowed. Students are not allowed to wear more than one earring in each ear.
- Plain black suit-style belts are permitted but no logos or branding are allowed.
- Make-up must not be worn; this includes foundation and fake tan, black eye liner, eyeshadow, mascara, fake eyelashes, lipstick and nail varnish/nail extensions (e.g. gels, acrylic nails). If students wear these, they will be asked to remove non-uniform items immediately.
- Any request for modifying the school uniform for religious reasons must be made in writing to the Headteacher beforehand.

Your support in upholding uniform standards is appreciated.

Ms Whitaker, Deputy Headteacher

Royal Academy of Arts Competition

The Young Artists' Summer Show is a free, open submission exhibition for young artists aged 5 - 19 years studying in the UK and British schools overseas.

It is an exciting opportunity for all students and has been advertised on Google Classrooms for all year groups. For Key Stage 4 and 5 it has been advertised on the Art group Google Classrooms but the competition is open to any student who would like to enter.

Students can make up to 3 entries for this competition and it would be great to receive as many entries as possible. 3 Culture HP will be awarded for any entry received and I can't wait to see all your entries.

Any students under the age of 13 MUST have a permission form, or their work cannot be submitted.

Together with the piece of artwork, you will need the student's name and age, media used, title and a brief description to submit the work.

ALL work must be submitted to Mrs Faluyi (A01/A02) by 4pm on Friday 23rd April.

You can find out more information on the [Royal Academy of Arts website](#) here and the [permission form can be found on our website here](#) or see Mrs Faluyi.

Mrs Faluyi, Art Teacher



Young Artists' Summer Show

Made possible by Robin Hambro

Call for entries

An exciting opportunity for students aged 5–19 to exhibit their artwork online and at the Royal Academy of Arts

Open for submissions
11 January – 26 April 2021

Find out more and enter
[royac/youngartists](#)
[#rayoungartists](#)

RA Royal Academy of Arts

PE Update

Hello everyone!

So you have had a weekly dose of interviews from each of the PE department. Now its is your time to test yourself to see how much you can remember!

Have a go at the Quiz and email your answers to PEadmin@brakenhale.co.uk to be in with a chance of earning house points!! 1 HP for every entry and 3 extra HP going to the winner!



HOW WELL DO YOU KNOW YOUR PE DEPARTMENT???

Q1) Whose brother works for a premier league football team?



Q2) Who fell off their bike in a charity bike ride?

Q3) Who missed out on a BUCS Lacross gold medal by 1 point?

Q4) Who as a child has played at the John Smiths Stadium?

Q5) Who is our Wicket Keeper???

Q6) Who hit the post with an open goal?

Q7) Who likes to swim, run and ride a bike in one race?



Q8) Who is inspired by a Kobe Bryant quote?

Q9) Who has represented England for Basketball?

Send your answers to peadmin@brakenhale.co.uk

All entries gain 1 House Point - Winner gets an extra 3!

@BRAKENHALEPE

Summer Term

The suns out so check out what sports you will be doing in your PE lessons during the summer term!!!!

Key Stage 3

	BOYS 1 (1) 9Y1		BOYS 2 (3) 9Y2		GIRLS 1 (2)		GIRLS 2/MIXED (4 OR 3) 9Y3		PHYSICAL
5-Apr-21									PHYSICAL & LEADING
12-Apr-21	1ST LESSON	2ND LESSON	1ST LESSON	2ND LESSON	1ST LESSON	2ND LESSON	1ST LESSON	2ND LESSON	
19-Apr-21	HI IN SH			HI IN SH	HI IN SH			HI IN SH	
26-Apr-21	Y7 - ATHLETICS	Y7 - CRICKET	Y7 - TENNIS	Y7 - ATHLETICS	Y7 - ATHLETICS	Y7 - FITNESS	Y7 - ROUNDERS	Y7 - ATHLETICS	
3-May-21	Y8 - ATHLETICS	Y8 - CRICKET	Y8 - TENNIS	Y8 - ATHLETICS	Y8 - ATHLETICS	Y8 - FITNESS	Y8 - ROUNDERS	Y8 - ATHLETICS	
10-May-21	Y9 - ATHLETICS	Y9 - CRICKET	Y9 - TENNIS	Y9 - ATHLETICS	Y9 - ATHLETICS	Y9 - FITNESS	Y9 - ROUNDERS	Y9 - ATHLETICS	
17-May-21									
24-May-21	OAA WEEK 3		OAA WEEK 3		OAA WEEK 3		OAA WEEK 3		
31-May-21									
7-Jun-21									
14-Jun-21	Y7 - ATHLETICS	Y7 - TENNIS	Y7 - CRICKET	Y7 - ATHLETICS	Y7 - ATHLETICS	Y7 - FITNESS	Y7 - TENNIS	Y7 - ATHLETICS	
21-Jun-21	Y8 - ATHLETICS	Y8 - TENNIS	Y8 - CRICKET	Y8 - ATHLETICS	Y8 - ATHLETICS	Y8 - FITNESS	Y8 - TENNIS	Y8 - ATHLETICS	
28-Jun-21	Y9 - ATHLETICS	Y9 - TENNIS	Y9 - CRICKET	Y9 - ATHLETICS	Y9 - ATHLETICS	Y9 - FITNESS	Y9 - TENNIS	Y9 - ATHLETICS	
5-Jul-21									
12-Jul-21									
WB	BOYS 1 (1)		BOYS 2 (3)		GIRLS 1 (2)		GIRLS 2/MIXED (4 OR 3)		ASSESSMENT STRAND

Key Stage 4

WB	10X1, 10Y1, 11X1, 11Y1	10X3, 11X3	10X2, 10Y2, 11X2, 11Y2	10X4, 10Y3, 11X4, 11Y3	ASSESSMENT STRAND
19-Apr-21	Courts	Field	Field	Astro	ENGAGEMENT & A2L
26-Apr-21					
3-May-21					
10-May-21					
17-May-21					
24-May-21	OAA WEEK 3				
31-May-21					
7-Jun-21	Field	Astro	Courts	Field	
14-Jun-21					
21-Jun-21					
28-Jun-21					
5-Jul-21					
12-Jul-21					
WB	BOYS 1 (1)	BOYS 2 (3)	GIRLS 1 (2)	GIRLS 2/MIXED (4 OR 3)	ASSESSMENT STRAND

Helping out.... by getting out!

Brakenhale Community... we have a Year 11 GCSE PE student, Freya Grey, who is putting her steps and runs to great use by raising money for charity! Freya will be doing a 24 hour run on May 15th to raise money for 2 awesome charities - the Dogs Trust and The Samaritans! As a keen athlete and lovely young person, she is combining two of her favourite things... running and raising money for charity! She will be running 1 mile, every hour, for 24 hours on the day which is some going!

The GoFund me pages are below for you to donate to if you wish! We hope to see lots of donations and support in aid of Freya's 24 hour run! Keep checking in on social media for updates on the day!

Well done Freya, a brilliant and noble thing to do, showing what truly awesome students we have at Brakenhale!

GoFund me for the Samaritans <https://gofund.me/e70423ef>

GoFund me for the dog trust <https://gofund.me/dccb656b>



PE Champions

Please see who has been an amazing PE Champion this week.

PE CHAMPIONS OF THE WEEK

Week of: 29/3/2021

Staff	Student	Tutor
Mr Potter	Rachel Sullivan	P16R
Mr Maye	Tiago Moreira Afonso Coelho	10B
Mrs Lazarczuk	Isabelle Bennett	9K
Mr Boucher	Reubin Chambers	9K
Miss Rushby	Emily Wittleton	P16R
Ms Wilson	Olivia Spoiala	8B
Miss Butler	Robbie McNulty	9H
Miss Burgess	Ronny Alder-Warrington	9E

Well done!

#teambrokenhale #brakenhalepe

Assessment: ME in PE: In the summer term it is Physical ME and Leading ME

'ME in PE'	
Physical ME	
1	Executes the correct technical model for core skills in an isolated situation
2	Works in lesson to show effects of short term exercise on the body
3	Takes part in a tactical scenario set up and delivered by the teacher
4	Executes the correct technical model for advanced skills in an isolated situation
5	Executes the correct technical model for core skills in a conditioned situation
6	Works in lesson to show effects of steady state exercise on the body
7	Takes part in a tactical scenario taught by the teacher
8	Executes the correct technical model for advanced skills in a conditioned situation
9	Executes the correct technical model for core skills in a fully competitive situation
10	Works in lesson to show the effects of long term exercise on the body
11	Sets up and takes part in a tactical scenario on own
12	Executes the correct technical model for advanced skills in a fully competitive situation

'ME in PE'	
Leading ME	
1	Helps take equipment out to lesson and set it up
2	Uses equipment in the lesson to measure and record own and others' work
3	Demonstrates to another student technical models of skills to be used in lesson
4	Demonstrates to another student technical models of skills learnt in lesson
5	Leads a small group in a warm up/cool down
6	Leads a small group in a skill based situation
7	Leads a small group in a conditioned situation
8	Leads a small group in a competitive situation
9	Teaches a skill to a partner 1-2-1
10	Teaches a skill to a small group
11	Teaches a skill to a large group
12	Teaches a skill to the whole class

Mr M Potter, Head of PE

Mr C Maye, Second in PE



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On Twitter & Instagram: @brakenhale #teambrokenhale #brakenhalepe #bekind




BRAKENHALE PE DEPARTMENT - AFTER SCHOOL CLUBS - HALF TERM 5 - 2020-2021


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch time (1330-1400) Ties & blazers OFF, trainers ON!		YEAR 10 Activity: BASKETBALL Where: SPORTS HALL Staff: CBU (JBO)			
AFTER SCHOOL (1515-1630) Full kit needed to participate ***4pm FINISH for Trampolining*** Please can you: Bring your FULL kit to take part Let YOUR parents know you are coming Register with PE staff to get your house points for attending	No clubs due to staff meetings!	YEAR 7 Activity: Badminton Location: Sports Hall Staff: CPI Activity: Rounders Location: Astro/field Staff: NLA YEAR 8 Activity: Football Location: Field Staff: MPO YEAR 9 Activity: Football Location: Astro/field Staff: CMY Year 12/13 Activity: Boxing/fitness Location: JNS Staff: ABI	YEAR 7 Activity: Cricket Location: Astro/nets Staff: KWH/MPO Activity: Netball Location: Field Staff: ABT YEAR 8 Activity: Multi Sports Location: Field Staff: CMY & ABI Activity: Basketball Location: Sports hall Staff: CBU & SNA YEAR 9 Activity: Rounders/Softball/Golf Location: Field Staff: JBO	YEAR 7 Activity: Football Location: Astro Staff: JBO & CCO YEAR 8 Activity: Netball Location: Courts Staff: KWI YEAR 9 Activity: Cricket Location: Astro/nets Staff: KWH YEAR 10 Activity: Athletics/fitness Location: Field/fitness suite Staff: LRU	No clubs due to PE exam revision and catch up sessions!
Wet weather space for clubs!		7 - Sports hall 8 - Trampolining - TC 9 - Fitness - Fitness Suite 12/13 - JNS	7 - Fitness - Fitness Suite 8 - Sports hall 9 - Trampolining - TC	7 - Trampolining - TC 8 - Trampolining - TC 9 - Sports hall 10 - Fitness suite	
Changing spaces for school clubs		Y7 - CHANGE IN SPORTS HALL CHANGING ROOMS Y8 - CHANGE IN DANCE CHANGING ROOMS Y9 - CHANGE IN JNS CHANGING ROOMS Y12/13 - CHANGE IN PE/PA CLASSROOMS	Y7 - CHANGE IN SPORTS HALL CHANGING ROOMS Y8 - CHANGE IN DANCE CHANGING ROOMS Y9 - CHANGE IN JNS CHANGING ROOMS	Y7 - CHANGE IN SPORTS HALL CHANGING ROOMS Y8 - CHANGE IN DANCE CHANGING ROOMS Y9 - CHANGE IN JNS CHANGING ROOMS Y10 - CHANGE IN PE/PA CLASSROOMS	

Sessions may be postponed on a weekly basis due to staff meetings which take place in line with the school calendar – please check the school weekly bulletin to confirm on a weekly basis. Also please see @brakenhalepe on twitter and instagram for updates on school clubs and fixtures.

All of these sessions are **open**, with all students in the listed year groups welcome to attend. Please see PE staff or email pe@brakenhale.co.uk for more information on our clubs!



RETURNING TO PE @ BRAKENHALE - March 2021



'being safe, whilst being active'

Kit and equipment

All kit and equipment is sanitised and cleaned after every use.
 Extra equipment has been purchased to ensure a wide spread across groups if needed.
 Bibs and spare kit are being washed daily.
 Students **DO NOT** enter store cupboards or sheds please.

Getting changed

Get changed quickly and on your own, in your own space. Wear a mask in the changing rooms. Ensure your kit is put away in your own bag and not left on the floor. All changing rooms are 'fogged' to ensure they are sanitised for the entire day - all touch points are cleaned in the day also. Where possible changing rooms will be ventilated.
 Due to building work certain changing rooms are not being used, please listen carefully to where you need to change. If unsure, please **ASK!**

Personal responsibility

Please keep socially distanced at all times, 1m from each other and 2m from PE staff.
 Respect other people's views, opinions and choices which help keep them (and others) safe.
 Ensure your hands are sanitised/washed **before and after** the lesson.

Lesson time

Will be the same as before - it will focus on both short and sharp periods of activity and build up to longer periods of sustained activity to get you back active and moving. Most lessons will be outside, but where inside, spaces will be ventilated.
 Please also remember - full and correct Brakenhale PE kit, hair tied up, no jewellery to be worn, inhalers and epipens are to be taken to lesson spaces and no long nails or excessive make up.

After school clubs

These start the week of 15th March (apart from a few). Students will have specific changing rooms to change in to keep year groups separate. The same rules apply here as for normal PE lessons (changing, cleaning etc). House points are available for all students and it is a great way to do a little more sport and activity, with your peers in a safe and secure environment.
 See **school comms and social media** for clubs.

Curriculum

Is designed to focus on our **MEs in PE**...this will be done by targeting a range of core and advanced sporting skills, fitness elements, social and communication development and having **FUN!** Our MEs in PE for this term are:

- Physical ME (body)
- Thinking ME (brain)

Thank you!



We cannot wait to have you back with us in PE so bring that amazing attitude (and your kit) and see you soon!

Literacy Challenges

Thank you to everyone who joined in the Literacy and Music Challenges from last week.



Over Easter I would like to call all students to have a go at keeping a journal or maybe a vlog?



LITERACY @ EASTER

Calling all staff and students....

I would like to set a challenge for all students across all years to keep a journal / diary / blog/ vlog over the Easter break.

You can include what you did in the day, how you felt about it, the future. You can include your plans and thoughts as well as explore ideas and feelings. You can include details of what you have eaten, drunk that day, keep tabs on your healthy eating. You could set a goal for yourself and track it over time.

It really is up to you!

This may be a great opportunity to practice your writing skills, experiment with your style of writing and develop the tone of voice you adopt to express yourself.

What a lovely way to reflect on the Easter break of 2021. You can keep this for yourself, hidden away in a keepsake box or you can send it in for some achievement points.

If you would like to share this on our return, I would love to read about what you have got up to in the break. Please remember to use appropriate language as well as appropriate topics.

Do you accept the challenge?

Key words:

journal - a daily record of news and events of a personal nature; a diary. Journals can be used to make lists and explore ideas and the bigger picture.


diary - a book in which one keeps a daily record of events and experiences as they happen, day to day.

blog - a regularly updated website or web page, typically one run by an individual or small group, that is written in an informal or conversational style.

vlog - a personal website or social media account where a person regularly posts short videos.



Share your reflections with Mrs Lewis on our return after Easter
dlewis@brakenhale.co.uk

#teambrokenhale

High Expectations and Challenge

School Dining Hall

The School Dining Hall is open daily for all students as follows:

- 7.45-8.30:** Breakfast which includes:
Fresh Fruit / Yoghurt bar / Cereals / Bacon or Sausage Rolls / Danish Pastries / Hot Chocolate
- 10.00-11.30:** Break-time (staggered)
- 12.30-2.00:** Lunch-time (staggered)
- 3.05:** Any unsold food may be purchased at half price by cash or account

Our in-house caterers have a fresh approach to food and we have a number of different meal deals and a hot school meal, which includes either a drink or a pudding.

A selection of sandwiches, pizza slices, salad and pasta are also available.

More information and sample menus are available on www.brakenhale.co.uk/pastoral-support/parent-zone/

There is a 3 week menu rotation, please see below. Next week (after Easter) will be week 2:

Week 2	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Option 1	BFA * Beef Bolognaise	Containing Gluten, Dairy	BFA * Chicken Katsu Curry & Mango Chutney	Containing Gluten, Dairy	BFA * Roast Gammon Yorkshire Pudding	Gluten, Dairy, Egg	BFA * Charcoal Chicken Wrap	Containing Gluten	MSC * Battered Fish Salmon Fishcake Chicken Nuggets	Cereal Containing Gluten, Egg, Fish
Option 2	Quorn Vegetarian Bolognaise	Containing Gluten	Lentil Curry Naan Bread	Dairy, Gluten	Spinach & Sweetcorn Pasta Bake	N/A	Mixed Bean Enchilada	Cereal Containing Gluten,	Cheese & Tomato Omelette	Containing Gluten, Dairy, Egg
Carbohydrates	Spaghetti	Gluten	Lemon Basmati Rice	N/A	Roast Potatoes	N/A	Spicy Wedges	Gluten	Chunky Oven Chips	Containing gluten
Vegetables Of the day	Mixed Green Salad	N/A	Cauliflower & Broccoli	N/A	Roasted Root Vegetables	N/A	Sauteed Green Beans Mixed Salad	N/A	Baked Beans Garden Peas	N/A
Dessert	Apple Sponge & Vanilla Custard	Containing Gluten, Dairy, Egg	Courgettes & Lime Cake	Dairy, Gluten, Egg	Fruit Crumble & Cream	Containing Gluten, Dairy	Coco Orange Cake Custard	Dairy, Gluten, Egg	Rice Cake	Gluten Free

- BFA (British Farm Assured)
- MSC (Marine Stewardship Council)

Catering provided by school is cooked fresh on the school site each day. Please contact the school office for more information or to discuss any dietary requirements.
The daily offer includes: Wholemeal bread, fresh homemade salads, a variety of seasonal fresh fruit, yogurts, jacket potatoes with a choice of toppings including Tuna Mayo, Cheese or Baked Beans.

The Admissions Department of Bracknell Forest Council handles the authorisation and administration of Free School Meals. If you think your son/daughter may qualify, please complete the Bracknell Forest Council application form via the link below.

www.bracknell-forest.gov.uk/.../how-do-i-apply-free-school-meals

It is worthwhile applying for Free School Meals entitlement even if your child does not require a school lunch because your son/daughter may receive financial assistance with other school related expenses.

Taz Asran, Chef Manager

Free School Meals

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www.bracknell-forest.gov.uk/.../how-do-i-apply-free-school-meals

It is worthwhile applying for Free School Meals entitlement even if your child does not require a school lunch because your son/daughter may receive financial assistance with other school related expenses.

During lockdown weekly food parcels can be collected from Main Reception between 10am and 12noon.

Taz Asran, Chef Manager

Action for Happiness

Find out more information here : <https://www.actionforhappiness.org/>

Active April 2021

Daily actions to help you stay active and give you mind and body a boost.

This month we're encouraging you to get active, get outdoors and take care of your body! Let's reap the benefits of getting our bodies moving and breathing more deeply as a result of exercising, laughing and even singing! We don't all need to run marathons - there are simple things we can all do to take care of our bodies - for example unplugging from technology, getting outside and - importantly - making sure we get enough sleep!

Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

ACTION FOR HAPPINESS **Happier · Kinder · Together**

EAL News

Dear EU parents

As you are aware the UK now left the European Union. You and your family members need to apply to the EU Settlement Scheme to continue living in the UK after Brexit. If you have applied for yourself, you may still need to apply for your children, even if they were born in the UK. The deadline for the applications is 30th June 2021.



For eligibility check this link: <https://www.gov.uk/settled-status-eu-citizens-families/eligibility>

For applying for settled statuses you have to follow this link: <https://www.gov.uk/settled-status-eu-citizens-families/applying-for-settled-status>

Please note that **Citizens Advice Bracknell** can support EU nationals who need help completing the application form.

The support can be accessed by:

Phone: 01344 418997

https://forms.office.com/Pages/ResponsePage.aspx?id=uRRdL5zg_Uyyq33_9cctqwZ07fp_4lhMmFHRyUx5nSIUQjBaQjdaS1pJWFIGUjzkOTUxOFIXVFE4Vi4u

Ms Fandi, EAL Coordinator

Newsletters from our Community

Please see the latest news from the School Nursing Team and Berkshire Maestros at the end of this parent news:

BERKSHIRE Maestros

PARENT NEWSLETTER

MARCH 2021

Welcome to our parent newsletter. We are delighted to be back in schools to share the joy of music learning in all its forms, and in this issue we are very excited to share details of our new website

BERKSHIRE MAESTROS NEW WEBSITE

We are delighted to announce the launch of the new Berkshire Maestros website.

We have been working hard on this behind the scenes whilst in lockdown, to create a more current, user-friendly, vibrant website that really showcases the broad range of opportunities we offer.

Features of the new website include lots of information about the instruments you can learn to play, a wealth of useful resources, special offers, and much more.

Make sure you check out our wonderful instrument chooser - it's a great fun way to find out what instruments might be the perfect match for you.

We are live!

The brand new Berkshire Maestros website launches today with new resources, information and more.

Providing high quality music opportunities and inspiration for schools and groups across Berkshire

www.berkshiremaestros.co.uk

School Nursing Newsletter

Berkshire Healthcare
NHS Foundation Trust

For Secondary Schools

March 2021

Welcome to our March edition of our School Nursing newsletter

This newsletter aims to provide families and young people with some useful tips from the School Nursing Team on keeping healthy.

Sleep

The impact of a good or bad night's sleep has a huge effect on our physical and emotional health. 68% of teenagers don't get enough sleep on school nights.

Good sleep helps:

- the brain retain information - that helps with memory and revision
- growth and a strong immune response
- better sports performance and results
- clearer skin, shinier hair
- make everything feel better, feel energised

Vacancies



- Maths Teacher

Please visit our website for more details:
<https://brakenhale.co.uk/about/vacancies/>

Fundraising

Easy Fundraising

With easyfundraising.org.uk you collect free donations to your selected cause every time you shop. You can make a big difference on everything from groceries to getaways and it doesn't cost you a penny!

When you shop the easyfundraising way with one of their 3083 shops and sites they give easyfundraising a commission for your purchase which is turned into a donation for your selected good cause.

When you visit the website easyfundraising.org.uk - simply search for the retailer you want to shop with and click out to them using the green 'Go Shopping' button. You will be taken straight to the retailer's website and your experience will be identical as if you had gone there directly but easyfundraising will be able to track your purchase to ensure a donation for your good cause.

You can also install their Donation Reminder - this means a box will appear if you are shopping with a retailer who participates in the Donation Reminder and you don't even need to visit the easyfundraising site! All you need to do is click Activate Donations and any eligible purchase will be recorded for you. Take a look at the Donation Reminder [here](#). The Donation Reminder is supported by Chrome, Firefox, Internet Explorer and Safari but can't work on mobile phones or tablets.

Shopping on your mobile? No problem, for mobile phones and tablets there is the handy easyfundraising App, perfect if you like to shop on the go and available completely free of charge from your App store. Now you can not only shop using it but you can check out your own donation total and see how your cause is getting on too. More information can be found [here](#).

Friends of Brakenhale

Our tax-free fundraising campaign page is now live:

<https://uk.virginmoneygiving.com/charity-web/charity/displayCharityCampaignPage.action?campaignId=9819&charityId=1018027>

Friends of Brakenhale support the raising of additional funds to support the Brakenhale School community. Please help us to raise money by supporting our events. Any donation small or large will help to directly support the school and local community.

Friends of Brakenhale

School Lottery

Congratulations to the most recent prize draw winners.

Thank you to everyone who has signed up to our school lottery. We are continually looking to increase new members each month, so if you have not signed up yet now is your chance to do this.

There is a weekly draw in which you could win a prize (approximately £20 depending on participants, which increases the more members we have). Plus you have a weekly chance to win up to £25,000.

There is also a chance to win restaurant vouchers this summer.

Click on the link today and join up: [Support the Brakenhale Lottery](#) You have to be in it to win it.

Don't forget to shop through www.easyfundraising.org.uk to effortlessly help raise money for the school!



Feedback Initiative

We would encourage you to submit your views and feedback at any time, and we look forward to hearing from you regularly.

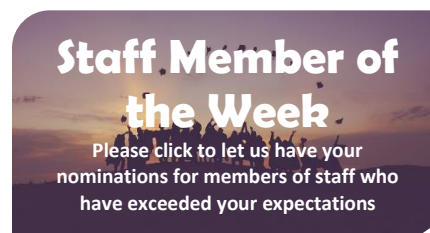
Electronic submission:



[Fab](#)



[Drab](#)



[Staff Member of the Week](#)

Future Diary Dates

* Please note that all events may be subject to change

Year 11 and 13 Open Book Exams	Monday 26 th April
Year 13 Last Day	Friday 14 th May
Year 11 Last day	Friday 21 st May
Year 9 Immunisations	Thursday 27 th and Friday 28 th May
Year 7 Parents' Evening	Thursday 10 th June
Year 8 Parents' Evening	Thursday 17 th June

Term Dates 2020-21

SPRING TERM 2021

Spring Holiday: Friday 2nd April to Friday 16th April 2021

(Good Friday 2nd April, Easter Monday 5th April)

SUMMER TERM 2021

Monday 19th April – Friday 16th July 2021

Summer Half Term - Monday 31st May to Friday 4th June 2021

Monday 19th, Tuesday 20th and Wednesday 21st July 2021 **Inset Days**

Summer Holiday: Thursday 22nd July 2021

INSET Days Monday 19th, Tuesday 20th and Wednesday 21st July 2021

Term Dates 2021-22

Term Dates 2021-22

AUTUMN TERM 2021

Wednesday 1st and Thursday 2nd September 2021 **Inset Days**

Friday 3rd September (Year 7 only) – Friday 17th December 2021

Autumn Half Term - Monday 25th to Friday 29th October 2021

Christmas Holiday: Monday 20th December 2021 to Monday 3rd January 2022

SPRING TERM 2022

Tuesday 4th January – Friday 1st April 2022

Spring Half Term - Monday 14th February to Friday 18th February 2022

Spring Holiday: Monday 4th to Monday 18th April 2022

(Good Friday 15th April, Easter Monday 18th April)

SUMMER TERM 2023

Tuesday 19th April – Tuesday 19th July 2022

Summer Half Term - Monday 30th May to Friday 3rd June 2022

Wednesday 20th, Thursday 21st and Friday 22nd July 2022 **Inset Days**

Summer Holiday: Wednesday 20th July 2022

(May Bank Holiday Monday 2nd May 2022)

INSET Days Wednesday 1st and Thursday 2nd September 2021
 Wednesday 20th, Thursday 21st and Friday 22nd July 2022

Please check the school website regularly for current information.

Bracknell Forest term dates can be found on their website:

<https://www.bracknell-forest.gov.uk/schools-and-learning/schools/term-dates>



#challengeforall

Brakenhale School, Rectory Lane, Bracknell, Berkshire RG12 7BA

☎ 01344 423041 ~ ✉ mainreception@brakenhale.co.uk ~ 🌐 www.brakenhale.co.uk

High Expectations and Challenge



PARENT NEWSLETTER

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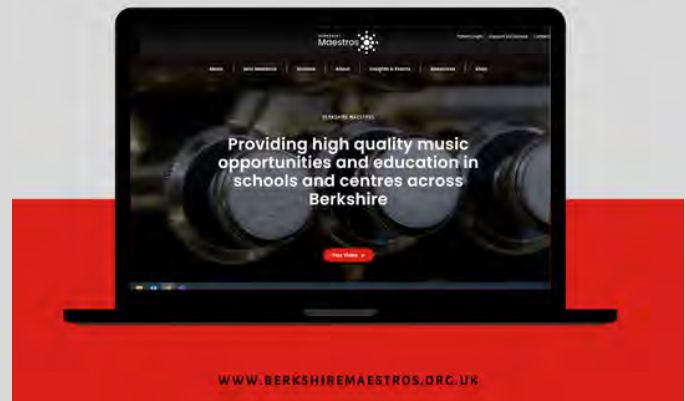
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Features of the new website include lots of information about the instruments you can learn to play, a wealth of useful resources, special offers, and much more.

Make sure you check out our wonderful [instrument chooser](#) - it's a great fun way to find out what instruments might be the perfect match for you.

We are live!

The brand new Berkshire Maestros website launches today with new resources, information and more...



BERKSHIRE Maestros

Learn to play an

Endangered Instrument

LIMITED OFFER

Did you know some instruments are in danger of extinction? Groups and orchestras need more of them but there are currently not enough players of these rare breeds!

We are offering a very special discount to anyone who wants to commit to saving our endangered species. Spaces are very limited so early registration is strongly advised! New learners can benefit from:

- o HALF PRICE group lessons until July (25% off individual lessons)
- o FREE instrument hire until Christmas
- o THREE FREE ensemble sessions when you are ready to join a group

Choose 'school' or 'music centre' when registering and add **ENDANGERED** in the comments box

Instruments

- Viola
- Cello
- Double Bass
- French Horn
- Trombone
- Tenor Horn
- Euphonium
- Baritone
- Tuba
- Clarinet
- Saxophone
- Oboe
- Bassoon

www.berkshiremaestros.org.uk

ENDANGERED INSTRUMENT PROGRAMME

Special limited availability offer for instrumental lessons

Sadly, some of our favourite instruments are in danger of extinction, as they are just not played by enough students. If you are interested in committing to save one of these very rare and special instruments, we can offer you:

- HALF PRICE group lessons until the end of the summer term
- FREE instrument hire until the end of the autumn term
- THREE FREE ensemble sessions

Instruments included in the scheme are viola, cello, double bass, French horn, trombone, tenor horn, euphonium, baritone, tuba, clarinet, saxophone, oboe and bassoon.

To take advantage of this offer, simply [register for lessons](#) on one of these instruments and add 'ENDANGERED' into the comments box.



EASTER GUITAR JAMMING!

Join us online on Zoom on Monday 12 April from 10.30am to 12.00pm for a beginners Guitar Jam! Priced at just £10, this course also includes half price membership of a Berkshire Maestro's guitar ensemble for the summer term.

Perfect for all guitarists from beginner to Grade 2, aged seven upwards, this fun morning of music and games will enable you to experience what it's like to play in a virtual ensemble. You will also have the chance to learn to play songs by Queen and Bruno Mars.

This event is open to all, you don't have to be a Berkshire Maestros student, and is suitable for anyone who doesn't yet play in an ensemble. Book your place [here](#).



Join us on Zoom for a

GUITAR JAM

Monday 12 April
10.30am - 12.00pm

- Perfect for all guitarists from **beginner** to **Grade 2**, aged seven upwards
- A fun morning of **music** and **games**
- Experience what it's like to play in a **virtual ensemble** and learn songs by **Queen** and **Bruno Mars**
- Suitable for **anyone** who doesn't yet play in an ensemble
- Open to **all**, you don't have to be a Berkshire Maestros student

[Book here](#)

Age seven plus | £10 | Up to Grade 2

*All attendees will be offered half price Berkshire Maestros guitar ensemble membership until the end of the summer term

INCLUDES HALF PRICE ENSEMBLE MEMBERSHIP FOR ALL ATTENDEES

ONLY £10



HELP WITH FEES

We understand that the last year has put strain on most families' finances, and music lessons can become more challenging to afford.

We have a number of options to help lighten this load - either take a look at the information on our [website](#) or email finance@berkshiremaestros.org.uk for a confidential chat, whether you need a temporary top up or something more substantial.

And for pupils in West Berkshire, the Greenham Trust offers a bursary of £60 towards music lessons, that can be used towards existing lessons or to take up a new instrument. Find out more on [our website](#).

MINI MAESTROS

Our nurturing, sociable music classes for babies and toddlers are returning face to face for the summer term!

From birth to age seven, in a range of local communities, and with classes throughout the week, there really is something for everyone. [Our website](#) has all the details.



We hope you have found this newsletter useful and have enjoyed reading about how Berkshire Maestros can help you to #KeepTheMusicPlaying as we return to face to face teaching in schools. If you have any feedback for us please email marketing@berkshiremaestros.org.uk - we would love to hear from you!

School Nursing Newsletter For Secondary Schools



March 2021

Welcome to our March edition of our School Nursing newsletter

This newsletter aims to provide families and young people with some useful tips from the School Nursing Team for keeping healthy.

Sleep

The impact of a good or bad night's sleep has a huge effect on our physical and emotional health. 68% of teenagers don't get enough sleep on school nights.

Good sleep helps:

- the brain retain information - that helps with memory and revision
- growth and a strong immune response
- better sports performance and results
- clearer skin, shinier hair
- make everything feel better, feel energised

Some good tips are:

- ❖ have a routine, getting to bed at the same time each night and winding down an hour before
- ❖ reduce screen time/electronics 30- 45 minutes before bed
- ❖ create a good environment – cool, dark, comfortable bed & bedding
- ❖ reduce caffeine especially in the evening
- ❖ get natural light during the day, open the curtains as soon as wake up, spend time outside
- ❖ stay active and exercise
- ❖ try to use bed for sleeping only not other activities such as homework
- ❖ if you find it difficult to fall asleep, try distracting yourself with an activity that doesn't make you feel any emotions such as counting backwards from 1000 in 7s, listing music you enjoy, football teams in each league, capital cities/countries A-Z.
- ❖ have a maximum of 2 hour lie in at weekends or in school holidays



The Teen sleep hub gives some excellent advice and tips and a free e book all about teenage sleeping; they even have a weekly live chat session.
<https://teensleephub.org.uk/>

For further support and advice please also contact your school nurse.

Berkshire Youth Hub

Berkshire youth hub offers a variety of opportunities to have fun, be healthy and creative, make positive changes to the community and develop skills and aspirations. For the latest information on their clubs, activities and counselling services and more check out their website
<https://www.berkshireyouth.co.uk/about/>



Immunisations up to date?

To check the current routine schedule and whether any vaccinations have been missed please [Click here](#)

For further information facts and commonly asked questions visit <https://www.healthforteens.co.uk/health/immunisation/>

Thinking of becoming or you are Vegan or Vegetarian?

Do you know all the facts?

Vegan

Becoming a vegan [Click here](#)

The vegan diet [Click here](#)

Vegetarian

Becoming vegetarian [Click here](#)

The vegetarian diet [Click here](#)

Epilepsy Care Plans

Please ensure that there is an up to date epilepsy care plan in school whether emergency medication is required or not. Please contact your school nurse for assistance in completing this plan if there is not already one in place.



Feeling stressed?

April is stress awareness month.

Why not try the 30-day challenge, suitable for parents/carers or young people, pick one action for your physical, mental and emotional health every day? Produced last year in lockdown the activities are still very relevant if not even more so now.

[Click here](#) for hints and tips

There is also a calendar for you to fill in your achievements.

[Click here to access](#)

Concerned about a child or young person affected by Covid or another emergency or crisis?

Many young people are feeling more stressed, lonely, anxious, and worried about their future in these uncertain times. Would you like to know more about how to effectively help?

There is a free online 3-hour course you can complete at your own pace, no qualifications required. To access the Psychological First Aid (PFA) training course [Click here](#)



Do you need support with bedwetting, daytime wetting, or soiling?

Bedwetting, otherwise known as enuresis, affects approximately half a million children and teenagers in the UK.

Some people can find bedwetting an embarrassing subject to talk about and this can delay a young person or family from seeking help. Bedwetting can have a big impact on self-esteem and on family life, but it's nothing to be ashamed of and it's important to get help if you need it.

For more information, advice and when to ask for additional support please visit our website [Click here](#).

The ERIC website offers support and advice for young people with a bowel or bladder condition. To visit the ERIC website [Click here](#).

Did you know that drinking well and staying hydrated can affect bed wetting? For a quick guide to suitable drinks [Click here](#)

SPOTLIGHT UK Registered Charity 129524

Information on Reducing Anxiety Programme

- Hypnosis is just a focused trance state with the hypnotherapist guiding you. We are all very good at getting ourselves into a trance every day e.g. daydreaming, reading a book, spending time on social media etc at those times.
- The difference is that the therapist is guiding you in that process and giving you a set of instructions to follow, leading you how to make those subconscious changes in your mind, through using your imagination.
- We work at the subconscious level to make those changes to purified thought processes, habits, and behaviours, helping you to focus with clarity and determination on your business, using tools and strategies that will help you to move forward in this new climate that is emerging stronger and healthier. Teaching you to rewire your thought processes, retraining that mental self talk so that you think and feel differently.
- Imagine for a moment, what the impact would be on your life and future, if anxiety were to step down 1 level? How about 2 levels? What if anxiety took a right 90 degree turn in the back seat? What difference would that shift make? How imagine the difference that would make to you personally, using strategies to manage worry, stress & anxiety, that benefits you. What would the difference be?
- Teaching you self hypnosis helps you to make those mindset changes necessary to be successful in overcoming isolated habits, thought patterns and behaviours. Learning practical tools and strategies to use whenever & wherever you need them, adds a greater element to help you further in the process of adaptation and change.
- Most common question is, "Will I look like a chicken?" No, that is stage entertainment where participants are very carefully selected from an audience of thousands. Only the most willing and susceptible are chosen and out of those, only 1 or 2 will allow themselves to behave like a chicken or whatever is required.

Do you know a young person aged 13-17 with anxiety issues...

Spotlight UK have teamed up with Helen Breward from Pebbles Hypnotherapy to run 6 x 1/1.5 hours of FREE sessions to help young people in groups of 10 via zoom.

We will be funding 3 groups per week for up to 30 young people. If you know a young person who could benefit please contact michaela@spotlightuk.org

This is all conducted over a course of 6 sessions which typically follow this pattern:

- Feeding back on your progress since the previous session & any issues you are having.
- Teaching of useful practical tools for you to use whenever & wherever you are.
- Directed Self-Hypnosis, in which you feel comfortable and relaxed, listen & follow along with what I ask you to do. This is recorded for you to listen to daily, which helps to back up and embed the changes you set in place during the session.

Following the session, you will need to continue to listen to your recording every day at a convenient time for you when you can sit back and close your eyes. Finally, you need to practise the tools and strategies learned, which usually take seconds.

- Benefits – providing life long strategies & tools, therefore positively impacting each individuals future positively.
- Providing a safe group setting to let go of mental baggage, learn & move forward.
- Anxiety – Group sessions for up to 10 participants.
- Objective – To teach the group strategies, tools, greater resilience, and a stronger mindset, to use whenever they need to, so they can feel calmer. Thus adding a more balanced & calmer approach to life.
- Begin to change the mindset of the group.
- Reduce anxiety levels.
- Aim – 80% success rate
- How – Through open discussion providing a different perspective, teaching of tools & hypnosis to bring a mindset change about. Each session should last approximately 1- 1.30 minutes. Each member of the group will also have a hypnosis recording to listen to daily, alongside practising the practical tool & Sessions will be conducted via zoom over six weeks.

14 THINGS TO DO WHEN YOU'RE HAVING A BAD DAY

- GET DRESSED
- DRAW OR PAINT
- READ A GOOD BOOK
- MEDITATE
- LISTEN TO MUSIC
- TAKE A NICE HOT, LONG BATH
- SPEND TIME WITH FAMILY & FRIENDS
- DO AT LEAST A 15 MINUTE WORKOUT
- GO OUTSIDE FOR A WALK
- CREATE A LIST OF GOALS
- WATCH A MOTIVATIONAL VIDEO
- PREPARE A HEALTHY MEAL
- LEARN SOMETHING NEW
- TURN OFF YOUR PHONE



[The Little Book Of Sunshine](#)

In these uncertain and challenging times, looking after our mental health has never been so important. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.

The #littlebluebookofsunshine explains some of the things you can do right now to feel better, or who to turn to if things feel too much.

[Download your copy Here](#)

[Are you a parent feeling overwhelmed at the moment?](#)

When things aren't so good out there make inside feel better by creating a free NHS approved personalised Mind Plan. Just answer 5 questions to get top tips and advice for your mental well being. [Click here for a 'Mind Plan'](#)

This includes tips and support on how to deal with change, cope with money worries and job uncertainty and how to look after your mental wellbeing while staying at home. It also includes practical tips and videos from experts on dealing with **stress** and **anxiety**, boosting your **mood**, **sleeping** better and what you can do to help others – including advice for **parents** and for **children and young people**.

[The School Nurse Advice Line](#)

Our advice line supports children young people and their families who live in West Berkshire, Reading, Wokingham and Bracknell. It's an easy way to reach us for any health advice, questions and support you need.



We're available 9am-4.30pm Monday to Friday.

Call **0300 365 0010**



[Visit our Berkshire Healthcare website](#) for more help and support for children young people and their families in Berkshire.

How to contact your School Nursing team

Bracknell Forest

0300 365 6000, select option 3 Bracknellforest.SN@berkshire.nhs.uk

Wokingham

0118 949 5055 csnwookingham@berkshire.nhs.uk

Reading

0118 955 6888 csnreading@berkshire.nhs.uk

West Berkshire

01635 273384 csnwestberks@berkshire.nhs.uk

We are available Monday to Friday 9am-5pm. There is reduced cover during school holidays.

Enjoy the Easter Break, please remember:

