



Parent News: Friday 26th March 2021

Dear Parents/Carers

Monday was a milestone for us all as we finally opened our brand new entrance and car park. So far there have been no issues with the new arrangements and long may this continue. Please can I ask that you only use the drop off zone in the new car park to pick up or drop off students. Whilst I understand it may seem more convenient to stop on Rectory Lane or in Coningsby this does cause issues with the traffic and is no longer necessary. There is ample visitor parking as you enter the car park and turn left. Please can I ask that if you have an appointment at the school that you only use these bays to park in as all other spaces are needed for staff and many of whom come in and out during the day.

Last night we held a successful summer assessment information evening. This outlined how we would be making final assessment grades for our Year 11 and Year 13 students. If any parent was unable to attend this virtual event, please email Mr Corry who will be able to get back to you with the information.

We have been celebrating national women's month this week, with female members of staff wearing sashes provided by the textiles department and Miss Bunkell. This has allowed some fantastic conversations with students surrounding the history of women's voting rights and the suffragette movement. A really great visual way to encourage learning and conversations.

Please be aware that the Government guidance has changed regarding the lateral flow tests. If students have been identified as a close contact of a student who tests positive they should self-isolate in line with Government and NHS Test and Trace guidance. Please find more information on GOV.uk:

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/schools-coronavirus-covid-19-operational-guidance>

Can I please ask for your support in reminding your children of the importance of continuing to follow the lockdown rules as per government guidance.

SLT Assemblies:

Mr Cooper has delivered assemblies this week, focusing on the importance of the way in which social media is used and the messages that we give each other. There has never been a more important time to reflect on support and kindness.

Student of the week:

Skyla Shaw in Year 10 - for her amazingly swift actions in supporting a Year 7 student who was very afraid during a situation on her way to school. Well done Skyla for showing real community spirit.

Darren Bury-Cooke in Year 9 - for his commitment to achieving and passing his Junior Cadet Instructors Cadre.

Fab:

- It was so fun seeing the dogs on site last week, they were well trained and really cheered up students during a hard week
- The help my daughter received today with her anxiety and struggles was outstanding, you acted on it immediately. The teachers and support staff made me, as a worried parent, feel calm and at ease. Well done #teambrokenhale..... you smashed it. ♥

Drab:

Why can't children contact parents by mobile after school hours to advise if staying for after school club or a detention as it can be worrying when you see their friends went home but they did not? The child may have changed their mind about attending based on who was going to the club. I appreciate not being allowed during school time and think that is great. I have heard other local schools allow use at break times but I am not asking for that. Thank you.

- *Thank you for your feedback. If a young person needs to contact home, they are always able to do so via the Head of Year office or Reception.*

Staff member of the week:

Miss Polonara I want to nominate Miss Polonara because she is exceptional at her job. She goes the extra mile to ensure people are supported efficiently - the whole of lockdown she helped me by scribing for me with the mountain of essays I had. She believed in me when I didn't believe in myself and was constantly encouraging me. Not only has she been a great support physically but she has impacted me so well mentally as well - she's helped me a lot on days where I struggle and the first day back at school she supported me all day. I'm incredibly grateful for what she has done for me.

Ms Wilson For all her kind help with my son this week! She's a great asset to the school.

Dr Robson She's the best Science teacher ever! She's so nice and I always look forward to her lessons.

Miss Toofany Best Media teacher ever!! I always enjoy her lessons and she's always willing to help to solve any problem!!

Quote of the week:

'You are never too old to set a new goal or dream a new dream'.

Have a great weekend.

Best wishes

Jane Coley, Headteacher

Lockdown Lottery Winners**Lockdown Lottery Winners***(Friday to Thursday)*

| Attendance | 1st Prize | 2nd Prize |
|------------|--------------------------|---------------------------|
| Year 7 | Daisy Perryman | Jack Parry |
| Year 8 | Brodie Richards | Summer Young |
| Year 9 | Gracie-Anne Scott | Ruby Galt |
| Year 10 | Libby Thorn | Pharrell Swaisland |
| Year 11 | George Henson | Jackson Miller |

* 1st Prize £20 Amazon Voucher

* 2nd Prize £10 Amazon Voucher



| House Points | 1st Prize | 2nd Prize |
|--------------|-------------------------|------------------------|
| Year 7 | Amelia Partridge | Aimee Hobson |
| Year 8 | Amber Woodcock | Finn Montgomery |
| Year 9 | Freya Garland | Oscar Brook |
| Year 10 | Nikita Galanakis | Tjay Thomas |
| Year 11 | Natasha Nsofu | Marko Lazic |

* 1st Prize £20 Amazon Voucher

* 2nd Prize £10 Amazon Voucher



| Sixth Form Draw | 1st Prize | 2nd Prize |
|------------------------------|------------------------|---------------------|
| Effort and Attendance | Rachel Sullivan | Ellie Cooper |

* 1st Prize £20 Amazon Voucher

* 2nd Prize £10 Amazon Voucher

| Overall School Draw | 1st Prize | 2nd Prize |
|---------------------------|-----------------------------------|------------------------|
| HPs and Attendance | Ashton Blackwell-Jones, 7A | Macey Clark, 9A |

* 1st Prize Meal Voucher

* 2nd Prize £10 Amazon Voucher

| Weekly Tutor Competition | 1st Prize | Leading Tutor Group |
|--------------------------|--------------------------|---------------------|
| Year 7 | Abigail Brown | 7K |
| Year 8 | Connor Brettell | 8E |
| Year 9 | Demi Sibley | 9A |
| Year 10 | Ella Maynard | 10H |
| Year 11 | Marc-Eddy Adesina | 11H |

* 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 | 1280 |

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


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)

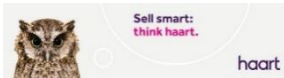


Weekly tutor competition
 Tutor group with the best average attendance and HPs per student will win £100 to spend on a tutor group rewards events.
 Tutees will also be entered into an additional draw to win:
 1st Prize - £10 Amazon voucher

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



High Expectations and Challenge #teambrokenhale



David Cliff Easter Colouring Competition

Local Estate Agents David Cliff have decided to organise an Easter colouring competition so that children and young people have something to do over the holidays!

They will be delivering some packs to school so that children can take part. The first prize is a family ticket to Legoland; a lovely family day out for the children to look forward to.

What's on next week

Next Week: A

| | |
|--------------------------------|--------------------------------------|
| Tuesday 30 th March | CCF |
| Thursday 1 st April | Last day of school, 3.05pm finish |
| Friday 2 nd April | Good Friday, start of Easter Holiday |

Positive Praise goes PINK!

The Positive Pink week has led to a flurry of even more positivity around the school. We've all enjoyed giving the students extra praise and will continue to ensure every student is given credit for their amazing effort. As we go to press the current score for Positive Pinks this week is 3647 and this total will grow even more today. Thanks to our amazing students who have made it so easy for us to award even more positive praise.

Ms Whitaker, Deputy Headteacher

Positive PINK Recognition

You have been awarded a House Point for your positive contribution to school life.

This will be added to your conduct record and your parents / carers will be notified via the gateway app.



Well done and Thank you.

CCF

During our CCF parade on Tuesday this week we were delighted to recognise fantastic achievements by two of our Cadets.

Cadet Palmer was awarded her STEMs (Science, Technology, Engineering, Maths) certificates. This was a course that Cadet Palmer attended during the October half term. The course was designed to give cadets an insight into how STEMs will play a part in the future of the British Army. Cadet Palmer was presented information from many parts of the British Army including The Royal Artillery, The Royal Signals and The Intelligence Corps. It is amazing to see Brakenhale School CCF cadets giving up their own time to attend such events. Well Done Cadet Palmer.

Cadet Corporal Bury-Cooke - It was a great honour to have Ms Coley, Headteacher, present Corporal Bury-Cooke with his JCIC (Junior Cadet Instructors Cadre) certificate on parade. Cadet Corporal Bury-Cooke, over the last 3 weekends, has worked on a national Junior Cadet Instructors Cadre. This has allowed Cadet Corporal Bury-Cooke to learn vital skills in teaching and lesson planning. During the 42 hours of lessons Cadet Corporal Bury-Cooke had to produce and deliver lessons on Army Drill, Navigation and Fieldcraft Skills. The lessons were then delivered to other cadets and Cadet Force Adult Volunteers from across the country, with some cadets even attending the virtual lesson from Cyprus.

Ms Coley acknowledged this great achievement by also promoting Cadet Corporal Bury-Cooke to the rank of Cadet Sergeant for the Brakenhale School CCF.

A big well done to now Cadet Sergeant Bury-Cooke, your commitment to the CCF is outstanding.

Second Lieutenant Bury, School Staff Instructor



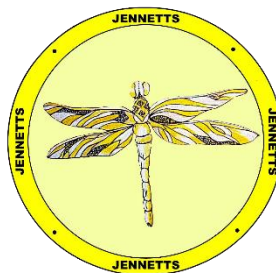
House Points this Week:

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 positive points this week across the departments.

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

| Positive Pink Week-House points | | | | | | | | |
|---------------------------------|-------------|------------|------------|------------|------------|-----------|-----------|-------------|
| | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 | Year 12 | Year 13 | Total |
| Academic Point | 789 | 491 | 615 | 206 | 194 | 8 | 9 | 2312 |
| Aspiration Points | 36 | 5 | 0 | 0 | 1 | 0 | 0 | 42 |
| Community Point | 93 | 39 | 97 | 71 | 17 | 3 | 2 | 322 |
| Culture Points | 98 | 71 | 134 | 6 | 6 | 4 | 0 | 319 |
| Leadership Points | 92 | 73 | 81 | 27 | 29 | 0 | 1 | 303 |
| Physical | 172 | 75 | 8 | 43 | 51 | 0 | 0 | 349 |
| Total | 1280 | 754 | 935 | 353 | 298 | 15 | 12 | 3647 |

| House Points this week | | | | | | | | |
|------------------------|-------------|------------|------------|------------|------------|-----------|-----------|-------------|
| | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 | Year 12 | Year 13 | Total |
| Farley (BLUE) | 325 | 181 | 204 | 91 | 65 | 3 | 6 | 875 |
| Jennetts (YELLOW) | 318 | 218 | 229 | 85 | 90 | 2 | 6 | 948 |
| Swinley (RED) | 313 | 158 | 256 | 85 | 80 | 1 | 0 | 893 |
| Temple (GREEN) | 324 | 197 | 246 | 91 | 63 | 9 | 0 | 930 |
| Total | 1280 | 754 | 935 | 352 | 298 | 15 | 12 | 3646 |



(Friday to Thursday)

House
Winners
Jennetts

PE Update

Hello everyone!

Interview with PE

So our final Staff interview from PE and it's the turn of our PGCE Student Miss Burgess in the hot seat! Check out what she has to say!

Also cast your mind back to all our other PE staff and look out for next week's quiz where you can earn yourself some house points!





@BRAKENHALEPE






NAME
Miss Burgess

INITIALS
CBU

ROLE IN SCHOOL
PE Trainee Teacher

MAIN SPORT
Basketball

POSITION
Forward (5)

GREATEST SPORTING ACHIEVEMENT
Playing for England

FAVOURITE SPORTING QUOTE
"The moment you give up, is the moment you let someone else win"








SPORTING ROLE MODEL
Kobe Bryant

MOST EMBARRASSING SPORTING MOMENT
N/A

Email address
cburgess@brakenhale.co.uk

#teambrokenhale #brakenhalepe

PE @ BRAKENHALE
GETTING THE MOST OUT OF PE THIS WINTER!

| ITEM | ALLOWED | NOT ALLOWED |
|--|--|--|
| GLOVES (MUST BE PLAIN BLACK, NO ATTACHMENTS OR MARKING) |  |  |
| T SHIRTS OR 'SKINS' TO WEAR UNDER PE KIT (MUST BE BLACK OR WHITE) |  |   |
| SOCKS (MUST BE PE SOCKS ONLY - PLAIN WHITE SPORT OR BLACK KNEE LENGTH) |  |  |
| <p>All other PE items can be worn to 'layer up' and keep warm. PE shirt (black) along with games shirt (burgundy) or purchase the black tracksuit bottoms or the PE jumper for additional layers also. You can purchase the new PE holdall from the school shop to place and carry all of your kit/items in and get a locker to store them in as well!</p> | | |

Thank you
The Brakenhale PE Department

WE KNOW YOU LOVE PE
SO WHY NOT GET SOME MORE!!!

Checkout our extra curricular Clubs
Get yourself down to for another session of PE!!!!













@BRAKENHALEPE



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 some of what our amazing past PE Champions have been awarded the prestigious certificate for and think Could you be next week's PE Champion???





Assessment: ME in PE: This term it is Physical ME and Thinking 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' | |
|-------------|--|
| Thinking ME | |
| 1 | Thinks of basic ways/ideas to increase creativity of own work |
| 2 | Thinks of basic ways/ideas to increase creativity of others' work |
| 3 | Makes basic comments on own work (positive and constructive) |
| 4 | Makes basic comments on other people's work (positive and constructive) |
| 5 | Thinks of imaginative ways/ideas to increase creativity of own work |
| 6 | Thinks of imaginative ways/ideas to increase creativity of others' work |
| 7 | Makes competent comments on own work (positive and constructive) |
| 8 | Makes competent comments on other people's work (positive and constructive) |
| 9 | Thinks of complex ways/ideas to increase creativity of own work |
| 10 | Thinks of complex ways/ideas to increase creativity of others' work |
| 11 | Applies ideas/thoughts/comments to own work (positive and constructive) |
| 12 | Applies ideas/thoughts/comments to other people's work (positive and constructive) |

Mr M Potter, Head of PE

Mr C Maye, Second in PE

| PE CHAMPIONS OF THE WEEK | | | |
|---|---|---|--|
| Week of: 22/3/2021 | | | |
|  |  |  |  |
| | Staff | Student | Tutor |
| | Mr Potter | Riley Butler | 9A |
| | Mr Maye | Tori Southall | 10H |
| | Mrs Lazarczuk | Robyn Duncombe | 10H |
| | Mr Boucher | Thomas Edwards | 8H |
| | Miss Rushby | Sean Oscar | P16B |
| | Ms Wilson | Alesia Cleary | 7H |
| | Miss Butler | Keyan Nugent | 7H |
| | Miss Burgess | Chloe Gildersleve | 7K |
| | Well done! | | |
| | #teambrokenhale #brakenhalepe | | |



Follow us . . .

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




BRAKENHALE PE DEPARTMENT - AFTER SCHOOL CLUBS - HALF TERM 4 - 2020-2021

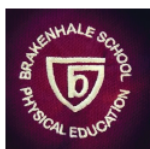

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|--|
| Lunch time (1330-1400) Ties & blazers OFF, trainers ON! | | YEAR 10 Activity; BASKETBALL Where; SPORTS HALL Staff; CBU (JBO) | | | |
| AFTER SCHOOL (1515-1630) Full kit needed to participate ***4pm FINISH for Trampoline*** 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 *Sports Hall and Trampoline start wb 22/3/21 due to loss of space upon return to school | No clubs due to staff meetings! | YEAR 7 Activity; BADMINTON* Where; SPORTS HALL Staff; CPI & CBU YEAR 8 Activity; TRAMPOLINING* Where; TC Staff; NLA & MPO YEAR 9 Activity; FOOTBALL Where; ASTRO Staff; CMY Activity; BOXING/FITNESS Where; JNS Staff; ABI | YEAR 7 Activity; INDOOR* CRICKET Where; SPORTS HALL Staff; KWH & CBU Activity; TRAMPOLINING* Where; TC Staff; JBO & ABT YEAR 8 Activity; FOOTBALL Where; FIELD Staff; MPO YEAR 9 Activity; RUGBY LEAGUE Where; ASTRO/FIELD Staff; ABI | YEAR 7 Activity; FOOTBALL Where; ASTRO Staff; JBO & CCO Activity; NETBALL Where; COURTS Staff; ABT YEAR 8 Activity; NETBALL Where; COURTS Staff; KWI Activity; BASKETBALL* Where; SPORTS HALL Staff; CBU (MPO) YEAR 9 Activity; TRAMPOLINING* Where; TC Staff; CMY & NLA YEAR 10 Activity; TEAM GAMES Where; MUGA Staff; LRU | No clubs due to PE exam revision and catch up sessions! |
| Changing spaces for school clubs *DANCE (Y8) changing rooms not available wb 15/3/21 only - alternative changing spaces to be provided | | 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 | Y7 - CHANGE IN SPORTS HALL CHANGING ROOMS Y8 - CHANGE IN DANCE CHANGING ROOMS Y9 - CHANGE IN JNS CHANGING ROOMS Y10 - CHANGE IN MAIN SCHOOL TOILETS | |

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!

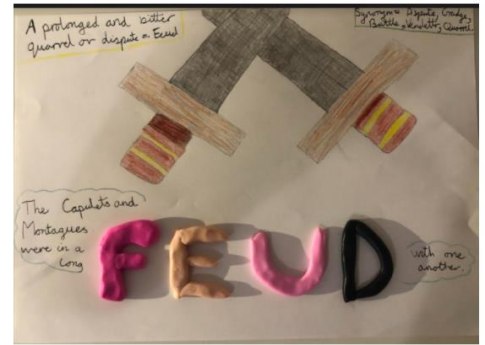
Literacy Challenges

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


The next Challenge is in conjunction with the Music Department!

Please see their challenges below.

Please send your answers and workings out to Mrs Hope and Mrs Lewis by Wednesday 31st March.



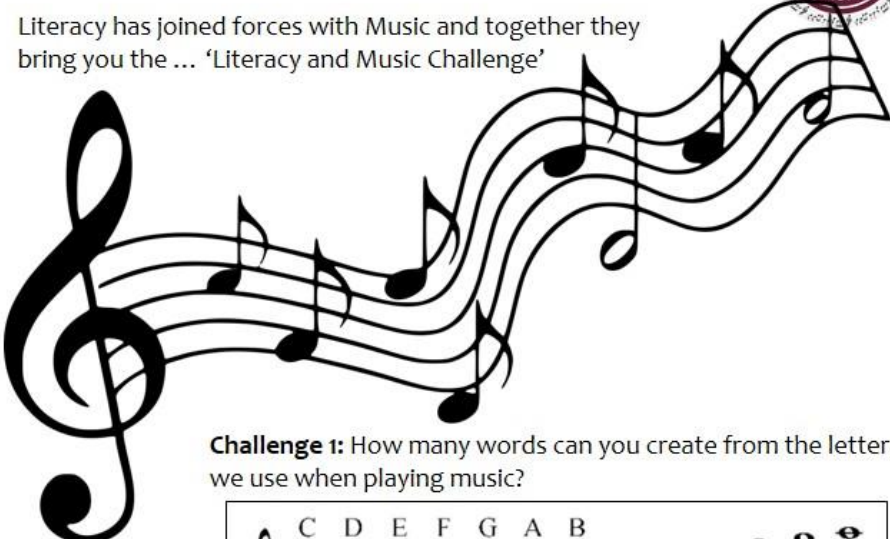
By Michaela Sichova 7K




LITERACY & MUSIC

Calling all staff and students....

Literacy has joined forces with Music and together they bring you the ... 'Literacy and Music Challenge'




Challenge 1: How many words can you create from the letters we use when playing music?



Challenge 2: Can you write your words in music notation?
 Here is where to find blank music sheets: <https://www.blanksheetmusic.net/#g>

Challenge 3: Combining different words from challenge 1, what does the melody sound like to play? You can do this with an instrument (if you have one) or using a virtual keyboard (in settings you can add the note names to the piano).
<https://musiclab.chromeexperiments.com/Shared-Piano/>

Send your answers, videos and photos to Mrs Hope and Mrs Lewis:
 ehope@brakenhale.co.uk / dlewis@brakenhale.co.uk by Wednesday 31st March

#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 will be week 1:

| Week 1 | Monday | Allergen | Tuesday | Allergen | Wednesday | Allergen | Thursday | Allergen | Friday | Allergen |
|--------------------------|---|--|--|--|--|---|--|---|--|---|
| Option 1 | BFA * Chinese Pork Stir-fry | Containing Gluten, Soybeans | BFA * Chicken Korma, Mango Chutney | Cereal Containing Gluten, Dairy | BFA * Roast Chicken Breast, Gravy | N/A | Beef Chilli Con Carne & Tortilla Chips | Containing Gluten | MSC * Battered Baked Fish Chicken Nuggets Sausage | Containing Gluten, Egg, Fish |
| Option 2 | Vegetable Stir-fry & Spring rolls | Containing Gluten, Dairy | Vegetable Korma Naan Bread | Dairy Gluten | Three Beans Casserole | Gluten | Cauliflower & Broccoli Cheese Bake | Containing Gluten, Dairy | Margarita Pizza | Containing Gluten, Dairy |
| Carbohydrates | Noodles | Gluten, Egg | Basmati Rice | N/A | New Potatoes | N/A | Steamed Rice | N/A | Oven Chunky Chips | Containing gluten |
| Vegetables Of the day | Sweetcorn Carrots | N/A | Broccoli Cauliflower | N/A | Roasted Mixed Vegetables | N/A | Herby Courgettes & Sweetcorn | N/A | Garden Peas Baked Beans | N/A |
| Dessert | Syrup Sponge & Vanilla Custard | Containing Gluten, Egg, Dairy | Lemon Drizzle Cake | Dairy, Gluten, Egg | Apple Crumble & Cream | Containing Gluten, Dairy | Cocoa Muffins | Dairy, Gluten, Egg | Fresh Fruit Salad | N/A |

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.

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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/>

Mindful March 2021

Daily actions to help you be more mindful and live in the moment.

Let's take the time to pause, breathe and really take in what's all around us. This month we're encouraging you to take some time to look within. Learning to be more mindful and aware can do wonders for our well-being in all areas of life - like the way we eat, the things we notice or our relationships. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future - so we get more out of the day-to-day. It can also help us identify what we're grateful for, which has been proven to help boost your happiness levels!



ACTION CALENDAR: MINDFUL MARCH 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|---|
| 1 Set an intention to live with awareness and kindness | 2 Notice five things that are beautiful in the world outside | 3 Start today by appreciating your body and that you're alive | 4 Notice how you speak to yourself. Try to use kind words | 5 Take three calm breaths at regular intervals during your day | 6 Bring to mind people you care about and send love to them | 7 Have a 'no plans' day and notice how that feels |
| 8 Eat mindfully. Appreciate the taste, texture & smell of your food | 9 Take a full breath in and out before you reply to others | 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 Pause to just watch the sky or clouds for a few minutes today | 14 Find ways to enjoy any chores or tasks that need doing |
| 15 Stop, breathe and just notice. Repeat regularly during the day | 16 Get really absorbed with an interesting or creative activity | 17 Look around and spot 3 things you find unusual or pleasant | 18 If you find yourself rushing, make an effort to slow down | 19 Cultivate a feeling of loving-kindness towards others today | 20 Celebrate the International Day of Happiness dayofhappiness.net | 21 Listen to a piece of music without doing anything else |
| 22 Walk a different route today and see what you notice | 23 Tune in to your feelings, without judging or trying to change | 24 Appreciate your hands and all the things they enable you to do | 25 Focus your attention on the good things you take for granted | 26 Notice when you're tired and take a break as soon as possible | 27 Have a device-free day and enjoy the space it offers | 28 Appreciate nature around you, wherever you are |
| 29 Notice what is working today and be thankful that this is so | 30 Mentally scan down your body and notice what it is feeling | 31 Notice the joy to be found in the simple things of life | <p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p>  | | | |

ACTION FOR HAPPINESS







www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Vacancies



- Maths Teacher
- Dance Teacher (maternity cover)
- Senior Science Technician (maternity cover)
- Science Teacher (maternity cover)
- History Teacher
- Religious Studies/ Criminology/ Psychology Teacher
- Assistant Headteacher
- Music Teacher
- Head of Sixth Form

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.

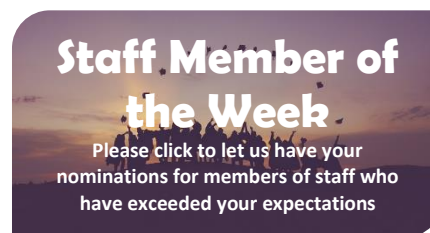
Electronic submission:



[Fab](#)



[Drab](#)



[Staff Member of the Week](#)

Future Diary Dates

* Please note that all events may be subject to change

| | |
|-------------------------|---|
| Easter Holiday | Friday 2 nd April to Friday 16 th April |
| Summer Half Term | Monday 31 st May to Friday 4 th June |
| Year 7 Parents' Evening | 10 th June |
| Year 8 Parents' Evening | 17 th June |

Term Dates 2020-21

SPRING TERM 2021

Tuesday 5th January – Thursday 1st April 2021

Spring Half Term - Monday 15th February to Friday 19th February 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

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High Expectations and Challenge