



Parent News: Friday 15th January 2021

Dear Parents/Carers

Every week brings a new challenge for us all and this week it was Key Stage 3 live lessons for all students. After some initial teething problems and dedicated staff working behind the scenes to iron these out our very talented #teambrokenhale are up and running delivering high quality lessons. I really appreciate all the messages of support and such understanding that this is a learning curve for students and staff alike. Many staff are teaching for 5 solid hours in very small rooms at home with limited technology, often with little people running around and I am so proud of them all. I am also aware as a parent of a Year 3 and Year 8 student also accessing live lessons from home how tough this is for the children themselves and the vast majority have shown such resilience with all of this change. Our mass testing centre has continued to run lateral flow tests for our staff and students on site and our superb team have processed them efficiently.

Sadly we have staff who have been badly affected by this terrible virus and we continue to ensure we support and protect them as much as we possibly can. Our community spirit has ranged from a shoulder to cry on to delivering home cooked meals for those who need our support. Our staff have had to take on a variety of new duties including the catering staff organising free school meal packages delivering to those in isolation! These same staff have made many phone calls to parents to check on them if they haven't been in to collect the packs making sure that we were able to support as many families as possible. We move over to the voucher scheme next week but we do have some meal parcels still left so if any family who has been in receipt of one would like extra please do let us know.

This week we held our penultimate monthly meeting with the DfE and the building contractors and I am very pleased to report that we are now only 4 weeks away from final completion of the last stages of the ground works.

Yesterday we held our Year 9 Virtual Options Evening led expertly by Mr Corry with contributions from all departments. We are so pleased so many of you were able to join us. Next week we will be holding the virtual Year 9 Parents' Evening. This is an important opportunity to discuss option choices with teachers so please book your appointments.

SLT Assemblies:

This week I started the Assembly proceedings and I hope that some reassurance was taken from my message. Next week will be our new Assistant Headteacher Mrs Lister.

Student of the week:

Hannah Franklin in Year 13 - for her outstanding achievement in being offered a place at Oxford University. Well done Hannah!

Fab - a selection of the wonderful feedback we have received this week:

- Just wanted to say a huge 'Thank you' for organising the chromebook for our daughter. It's making a huge difference and she only picked it up this afternoon. Please pass on my thanks to Mr Murray for having a look at her laptop. Also wanted to say what an amazing job ALL of you are doing, it is much much appreciated. Fab school with fantastic teachers. So glad we let our daughter change schools and join your Sixth form.
- My son enjoyed the structure of today, it was never going to be perfect on day 1 but well done for all the effort team Brakenhale, onwards and upwards!!
- I just want to thank you and all the Year 7 teachers for getting the Year 7 onto live teaching. My daughter really missed seeing and hearing familiar faces and voices [so] she enjoyed today. Please keep up the good work.

- I cannot thank Mr Hilton and Mrs Powell enough for being supportive and understanding of my son’s condition, they are always there at a drop of a hat.
- I don’t envy you guys and wish you all the best - you’re doing a great job under such difficult circumstances.
- I have just watched your YouTube of this morning’s assembly and I was touched! You guys are working so hard and to have these live lessons really takes the pressure off as parents, so we really appreciate it.
- Well done #teambrokenhale, what a first week back! Amazing response to a continually moving situation. We as parents really do appreciate all that the whole school community have been doing to keep things going. Thank You!
- Great start to live lessons. Thanks Year 9.

Staff member of the week:

Mr Hilton For keeping our son in Year 9 motivated and he's always so helpful .

Miss Faluyi For the tutor call home to see our son was doing ok and if she could help with anything. Also encouraging whilst home learning. Always so supportive and caring in school and during lockdown. Thank you.

Mr Beukes Brilliant teacher, so funny and nice.

Quote of the week:

If you only carry one thing throughout your entire life, let it be hope. Because during these times, hope will be the very thing that carries you through. ~Nikki Banas~

Have a great weekend.

Best wishes

Jane Coley, Headteacher

What’s on next week

This year we have a 2 week timetable so there will be a week A and a week B.

Next Week: B

Thursday 21 st January	Year 9 Virtual Parents Evening, 4-8pm
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Thank you

A huge THANK YOU to Malachi in Year 9 for the delicious tray of cakes he sent in to school for those working in the office.

What a treat! Unfortunately they all went before we had time to take a photo!



Lockers

If your son/daughter has left anything in a locker which you need us to recover for you, please contact lockers@brakenhale.co.uk with your child’s name, their locker number and their lock code and we will look for any items for you to collect.

Raising Aspirations for Year 10

Have a look at this opportunity presented by Oxford University. This will be a great way of raising aspirations for our students.

Booking now for January onwards, the Confidence to Argue programme for 2020/21 offers effective tools to build learners' confidence to produce well-constructed spoken arguments, including how to structure ideas; presentation skills; spotting bad arguments and fallacies; language fluency.

It includes an online toolkit, a live webinar and a competition giving opportunity for students to put their learning to use.

To book now or make enquiries, please send Study Higher an email. They can discuss your needs with you by phone, videocall or email.

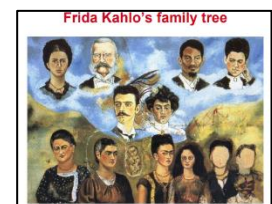
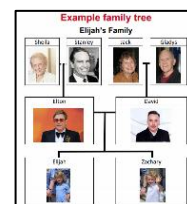
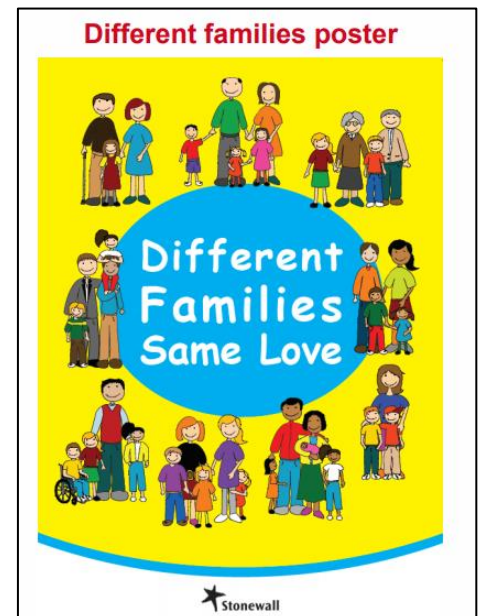
Studyhigher@admin.ox.ac.uk

<https://www.studyhigher.ac.uk/outreach-provision/confidence-to-argue/>



Identity Activities

- Draw or paint a portrait of your family.
- Make an LGBT inclusive story book aimed at primary school children. You could make an e-book in PowerPoint or Scratch, or it could be a paper book. Watch some of Pop'n'Olly's videos for inspiration: <https://www.youtube.com/channel/UCpjrpld11TqcVXag6sPSU3A>
- Make a family tree for your own family – you could use the example family tree or the Frida Kahlo family tree picture to help you, but you might think of another way. Can you use Scratch or PowerPoint to make an interactive family tree? Get creative! Phone some of your family members to help you find out more about your family history.
- Write a script for a podcast about families. Think about your own family but other people's families too. You could use the pictures of different families to help you. What do all families have in common? What are some of the things that make other families different from each other?
- Create a short comic book story about an event that happened to your family or a situation that your family has faced.
- Using Stonewall's Different Families, Same Love poster as inspiration, design a poster to show primary school children about lots of different family types.



Mrs Lewis, Identity

Images from Stonewall

Literacy

Literacy Corner

From the following poem, can you spot the verbs, the nouns and the adjectives?



**Hey diddle diddle,
The cat and the fiddle,
The cow jumped over the moon,
The little dog laughed to see such fun,
And the dish ran away with the spoon.**



What is everyone reading in tutor?

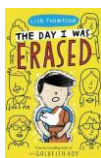



Book	Goodreads says:
<p>Year 7</p> 	<p>The Day I was Erased - by Lisa Thompson</p> <p>Eleven-year-old Maxwell is always, always in trouble. Roaming the town with his beloved pet dog Monster (who he rescued as a puppy from being run over) as a way to escape his parents' constant sniping at home, he's a menace to the neighbours and teachers at school. While visiting an elderly neighbour, Maxwell comes across a mysterious cabinet of curiosities and suddenly finds himself erased from his life: it's as if he's never existed. Able to walk around anonymously might be great at first - finally, no-one is yelling at him! - but he soon realises that he misses his old life...</p>
<p>Year 8</p> 	<p>My Sister Lives on the Mantelpiece - by Annabel Pitcher</p> <p>Ten-year-old Jamie hasn't cried since it happened. He knows he should have - Jasmine cried, Mum cried, Dad still cries. Roger didn't, but then he is just a cat and didn't know Rose that well, really. Everyone kept saying it would get better with time, but that's just one of those lies that grown-ups tell in awkward situations. Five years on, it's worse than ever: Dad drinks, Mum's gone and Jamie's left with questions that he must answer for himself.</p> <p>This is his story, an unflinchingly real yet heart-warming account of a young boy's struggle to make sense of the loss that tore his family apart.</p>
<p>Year 9</p> 	<p>More than this - by Patrick Ness</p> <p>A boy drowns, desperate and alone in his final moments. He dies. Then he wakes, naked and bruised and thirsty, but alive. How can this be? And what is this strange deserted place?</p> <p>As he struggles to understand what is happening, the boy dares to hope. Might this not be the end? Might there be more to this life, or perhaps this afterlife?</p> <p>From multi-award-winning Patrick Ness comes one of the most provocative and moving novels of our time.</p>
<p>Year 10</p> 	<p>Fahrenheit 451 - by Ray Bradbury</p> <p>Guy Montag is a fireman. In his world, where television rules and literature is on the brink of extinction, firemen start fires rather than put them out. His job is to destroy the most illegal of commodities, the printed book, along with the houses in which they are hidden.</p> <p>Montag never questions the destruction and ruin his actions produce, returning each day to his bland life and wife, Mildred, who spends all day with her television 'family'. But then he meets an eccentric young neighbor, Clarisse, who introduces him to a past where people did not live in fear and to a present where one sees the world through the ideas in books instead of the mindless chatter of television.</p>

Image Credits: Goodreads

Mrs Lewis, Literacy Lead

School Houses

Have you got lots of ideas?
 Do you want to make a difference?
 Do you want to really fly the flag for your House?
 Do you see yourself as an inspirational leader?
 If so your house needs you!
 We are looking for House Captains across all year groups.
 If you would like to apply, please click on the [link](#) to submit your application as soon as possible.

Mr Beukes, Assistant Headteacher



YOUR HOUSE NEEDS YOU!

WANTED!
HOUSE CAPTAINS

Contact Head of House
 Mr C Maye:
 ccmaye@brakenhale.co.uk



YOUR HOUSE NEEDS YOU!

WANTED!
HOUSE CAPTAINS

Contact Head of House
 Mrs C Duffy:
 cduffy@brakenhale.co.uk



YOUR HOUSE NEEDS YOU!

WANTED!
HOUSE CAPTAINS

Contact Head of House
 Mrs D Turner:
 dturner@brakenhale.co.uk



Brakenhale 
PSHE Portal

PSHE Portal

At #teambrokenhale we are so fortunate to be a part of a rich and diverse community. For this reason - we would really like to hear from you!

PSHE Portal @ Brakenhale (launching in January 2021) has been set up to enrich our students and community members with eclectic pieces of knowledge and information that will continue to build our cultural capital as a community.

We would like family history and heritage stories, we would like recipes for food that has symbolic meaning, we would like fascinating hobbies and interests that will spark an interest in others, we would like to highlight causes that mean the most to us so we can continue to support one another... by educating us all in the process. The more informed we are the more good we can do!

If you are interested and would like to contribute please complete the very quick form [here](#).

Brakenhale School High Expectation and Challenge

Character Challenge (Fun Fridays) and House Competitions

In a bid to raise spirits, gain Character Strength House Points and encourage friendly House Competition, we relaunched the Fun Friday Challenge. This week we have decided to once again team up with The Greenshaw Learning Trust. This will mean a slight change to our challenges that we advertised last week.

Please keep an eye out every Friday as we launch a new Challenge. All entries to character@brakenhale.co.uk

Please find below the Challenge for next week, which will come under our Character of CULTURE.

Please send your entries to character@brakenhale.co.uk.

We would like to encourage as many students, young and old, to get involved!

LAUNCH: Friday 15th January

THE FUN FRIDAY CHALLENGE

Wrap up warm, it's the
**WINTER WONDERLAND
NATURE PHOTOGRAPHY CHALLENGE!**

Nature and the world outside is a winter wonderland at the moment.
What photographs sum up nature in your area?

Be sure to respect government guidelines when completing this challenge.
Take your photographs as part of your daily exercise or explore your own garden/outdoor space.

Send your entries in to your school's Fun Friday team
by MIDDAY THURSDAY 21st JANUARY

Mr R Beukes, Assistant Headteacher

Each entry will receive 3 House Points in line with the Character Strength.

A winner and a runner up will be selected in each year group.

🏆 **1st place**

= 10 additional House Points

🏆 **2nd place**

= 5 additional House Points

🏆 **3rd place**

= 3 additional House Points

PE Update

Hello everyone!

Brakenhales Teachers Vs Students Step Challenge

Please continue to send all evidence to Miss Butler
 abutler@brakenhale.co.uk























Please check the school website for a weekly updated step count monitor:

<https://brakenhale.co.uk/pe-lockdown-challenge-january-2021/>

Please ensure that you are doing this challenge safely and within Government guidelines!!



PE Champions of Week

PE CHAMPIONS OF THE WEEK		
Week of; 11/1/21		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		
		

Events Starting This Week

Maidenhead Support Group for Adopters, Foster Carers and Kinship Carers

A support group for parents and carers of children who have been through early life trauma and thus have special needs living in Maidenhead and the surrounding Berkshire areas.

Sunday 17 January: 9.30-11am

Events Starting Next Week

Pre and Post Assessment Workshop: SLEEP and Autism/ADHD: East Berkshire

For families with children living, or attending a school, in the East Berkshire NHS area (Bracknell Forest, Slough, Windsor and Maidenhead)

Friday 22 January: 10am-12pm

“Who’s in Charge?”: Child/Adolescent to Parent Violence and Abuse (APVA): Berkshire

A therapeutic approach for Berkshire parents/carers of children and young people with special needs (aged 8 – 16) who are violent or aggressive.

Mondays: 7-9pm - 25th January, 1st and 8th February, break for Half Term, 22nd February, 1st, 8th, 15th and 22nd March. (Follow up session: expected June 2021).

Only have one place left on this course so please book asap if you would like to attend

NEW

Social Interaction Skills Group Course for West Berkshire Children and Young People

A six week course for young people in mainstream education (aged 11 to 16, school year groups 7 to 11) with a diagnosis of Autism/ADHD, or who are awaiting an assessment, and registered with a GP practice in the West Berkshire NHS area (Reading, West Berkshire, Wokingham). The course will focus on independence, self-advocacy, friendships, self-esteem and knowing ourselves. Starting in February 2021. Please click the title above for further information.

ON DEMAND PRESENTATIONS

Sleep Tips for Children and Young People (age 8+)

A 12 minute presentation for children and young people (age 8+). Available to view on demand until 30 April. £2 per download.

Sleep Tips for Teens

A 40 minute presentation for teenagers who struggle with their sleep. Available to view on demand until 30 April. £2 per download.

For help and advice or if you just need to talk:

Helpline and Diagnosis Support Service (Mon – Thur, 10am – 2.30pm)

Tel: 0118 9863532, email: dss@parentingspecialchildren.co.uk

Trauma and Attachment Service

Tel: 07557 102623, email: tas@parentingspecialchildren.co.uk

Sleep Service

Email: sleep@parentingspecialchildren.co.uk

Community Support Groups

Tel: 07810 689679, email: supportgroups@parentingspecialchildren.co.uk

For any other enquiries please email admin@parentingspecialchildren.co.uk

PSC are continuing to raise vital funding for the COVID-19 Emergency Appeal, thank you.

Donate to Fund

Miss Manisier, Student Support

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, even in lockdown.

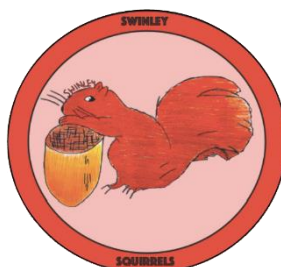
Keep up the Hard work! Congratulations to everyone who has gained house points this week:

House Points this week

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Total
Farley (BLUE)	33	22	28	35	17	2	1	138
Jennetts (YELLOW)	38	28	38	56	21	0	0	181
Swinley (RED)	44	24	39	64	26	0	0	197
Temple (GREEN)	29	33	34	41	17	0	0	154
Total	144	107	139	196	81	2	1	670

Achievement Points this week.

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Total
Academic Point	99	24	19	126	55	2	0	325
Aspiration Points	0	0	0	1	0	0	0	1
Community Point	2	0	28	7	0	0	0	37
Culture Points	0	0	0	21	0	0	0	21
Leadership Points	0	0	0	16	0	0	0	16
Physical	43	83	92	25	26	0	1	270
Total	144	107	139	196	81	2	1	670



House
Winners
Swinley

Helpful Mental Health Graphics

These worksheets have been recommended by one of our parents who found them very useful during the last year. They give a great visual snapshot to help improve mental health and are brilliant for students to help them digest the information.

These resources have been kindly shared by Banana Tree Log - <https://www.bananatreeelog.com/>

SELF CARE FOR CHILDREN & TEENS (COVID-19)

Mental health self care for childrens and teens during the COVID-19 Pandemic

1 STRESS IN CHILDREN & TEENS

Children and teens can experience a wide range of strong emotions. Pay attention to some of the following signs:

- Excessive crying or irritation in younger children
- Returning to behaviours they have outgrown
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and acting out behaviours in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities they normally enjoy
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

2 SUPPORT YOUR CHILDREN & TEENS

It is important during this pandemic to support your children or teen. Some of the ways you can support them are:



Talk With Your Child/Teen

Help them understand what it is, what they should be doing and answer any questions they have.



Be a Role Model

Your children and teens will follow your example. Set good habits such as taking breaks, get plenty of sleep & exercise and eat well.



Reassure Your Child/Teen is Safe

Let them know it's okay to be worried or afraid. Share how you deal with your own stress so they can copy with the situation.



Connect with Family & Friends

Try to connect your child and teen to family and friends they can't see in person. Video calling is a great way to do this.

3 SELF CARE FOR CHILDREN & TEENS

Circle the self care activity that you would be most likely to enjoy doing. Fill in your own self care activities in the empty spaces below:

 Connect with Family & Friends Digitally	 Learning Activities	 Arts & Crafts	 Have a Daily Routine	 Learn Something New
 Stay Active	 Watch a Movie	 Gardening	 Play an Instrument	 Play a Card Game
 Read a Book	 Baking	 Play Board Games	 Proper Rest & Sleep	 Do a Science Experiment
 Coloring	 Painting	 Eat Healthy	 Avoid Substance Abuse	 Solve a Puzzle

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SELF CARE WORKSHEET FOR COVID-19

Practice mental health self care during the COVID-19 Pandemic

1 ATTENTION DIET



Identify 2-3 reliably sources of information

1. _____
2. _____
3. _____



Designate a specific time of day to consume that information: _____ am/pm



Limit the duration you are consuming that information: _____ minutes



Number of times a week you will consume that information: _____ /week



Stick to a set schedule and don't overwhelm yourself by checking more than you have designated

2 DEALING WITH STRESS & ANXIETY

- Accept that some anxiety and fear is normal
- Find a balance and limit yourself from consuming news stories
- Talk about the stress and anxiety to a close family or friend
 - what do you think the cause is?
 - how does it make you feel (physical & emotionally)?
 - why do you think it makes you feel that way?
 - what can you do to prevent or mitigate it next time?
- Seek support from a family, friend or professional
- Challenge worries and anxious thoughts. Working through them can help you understand that most of them are unrealistic.

3 PRACTICE SELF CARE

Circle the self care activity that you would be most likely to enjoy doing. Fill in your own self care activities in the empty spaces below:



Connect Digitally



Listen to Music



Arts & Crafts



Have a Daily Routine



Learn Something New



Stay Active



Watch a Movie



Take an Online Course



Meditation / Breathing Exercise



Send a Letter or Message to Someone You Can't Be With



Read a Book



Baking



Play Board Games



Proper Rest & Sleep



List 10 Things You Are Grateful For in Life



Write a Journal Entry



Painting



Eat Healthy



Avoid Substance Abuse



Do 3 Acts of Kindness

4 WORKING FROM HOME



Have a separate work space from your personal space



Check in with your colleagues regularly (video calls, emails and chat)



Set a scheduled time for doing your work and maintain that daily routine



Take necessary breaks and get up from your work space



Set clear expectations of tasks that need to be completed each day



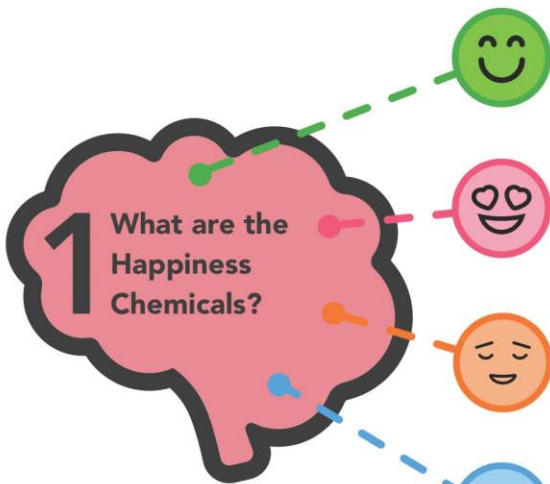
Do not use extra time to work, keep your personal time for unwinding

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GET YOUR DAILY D.O.S.E. OF HAPPINESS

How to get your daily DOSE of happiness chemicals



1 What are the Happiness Chemicals?

DOPAMINE

- Enables motivation, learning and pleasure
- Gives you determination to accomplish goals, desires and needs

OXYTOCIN

- Gives feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHIN

- Releases a brief euphoria to mask physical pain
- Response to pain and stress to alleviate anxiety and depression

2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behaviour



3 How to Increase Happiness Levels

- meditate
- daily to do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music or art

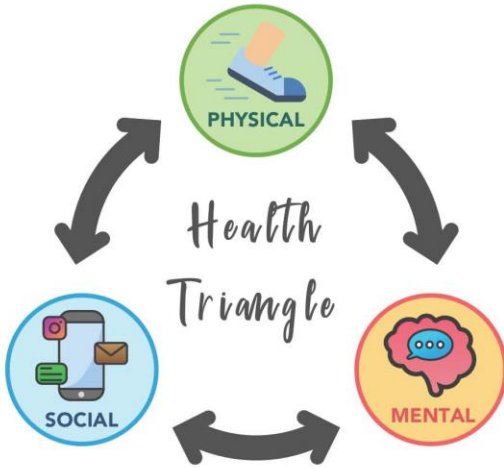
- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

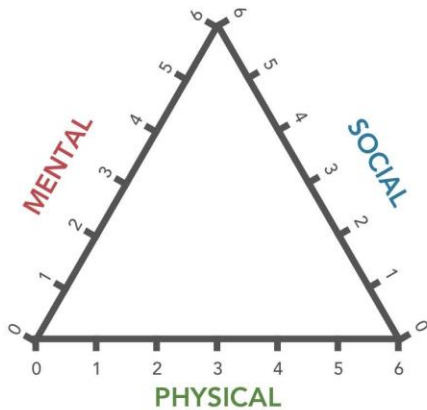
HEALTH TRIANGLE WORKSHEET

1 Evaluate your overall health by assessing each aspect of the health triangle, physical, mental and social. Answer Yes or No to each statement associated with each aspect of the health triangle, circle the answer.



- | | | |
|-----------------|---|----------|
| PHYSICAL | 1. I get around eight hours of sleep each night | YES I NO |
| | 2. I eat a well-balanced diet, which includes a healthy breakfast | YES I NO |
| | 3. I keep my body, teeth, and hair clean | YES I NO |
| | 4. I do at least 30 minutes of some form of physical activity each day | YES I NO |
| | 5. I avoid use of tobacco, alcohol, and other drugs | YES I NO |
| | 6. I see a doctor and dentist for regular checkups | YES I NO |
| MENTAL | 1. I generally feel good about myself and accept who I am | YES I NO |
| | 2. I am able to express my feelings clearly and calmly | YES I NO |
| | 3. I accept constructive criticism | YES I NO |
| | 4. I have at least one activity that I enjoy doing by myself | YES I NO |
| SOCIAL | 5. I feel like people like and accept me for who I am | YES I NO |
| | 6. I like to learn, think about new things and develop new skills | YES I NO |
| | 1. I have at least one close friend that I keep in contact with regularly | YES I NO |
| | 2. I respect and care for my family | YES I NO |
| | 3. I know how to disagree with others without getting angry | YES I NO |
| | 4. I am a good listener when a friend or family is in need | YES I NO |
| | 5. I get support from others when I need it | YES I NO |
| | 6. I say no if people ask me to do something that I feel uncomfortable with | YES I NO |

2 Illustrate your health triangle by adding up the number of "Yes" answer you have for each aspect of the health triangle. The total will correlate to the length of each side of the triangle.



3 Reflect on your triangle and describe what your overall health looks like based on the results.

Think about and comment on the following:

1. Does your health triangle have equal sides?
2. Is there an area you are strong in?
3. Is there an area you need to improve on?

4 List your strengths and weakness for each aspect of the health triangle (physical, mental and social). Identify how you can continue to maintain your strengths and actions to improve your weaknesses.

	Area <small>Physical, Mental, Social</small>	Description	Action
STRENGTHS			
WEAKNESSES			

Attendance

If your son/daughter is unwell or has a medical appointment where they are unable to attend online/live lessons can you please inform us by sending a message via gateway or emailing attendance@brakenhale.co.uk.

We still need to report any students that have Covid-19 symptoms and if tested the results and if they are isolating due to a member of their household/bubble having a positive test.

If this is the case can you please complete the form on the following link:-

[Covid Notification Form](#)

The form can also be found on the front page of the school website.

Action for Happiness – Happier January

Happier January 2021 : <https://www.actionforhappiness.org/>

Daily actions to help you focus on what really matters:

How can we start this new year happier? Things have certainly not been easy over the last year, and we are still in difficult and uncertain times. The best way to try to handle our difficult emotions and experiences is by focusing on what we can control. This month, we're encouraging everyone to focus on small steps to try to boost happiness - for ourselves and others around us - to spread kindness and hopefully inspire others to do the same.



ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi</p>				<p>1 Find three good things to look forward to this year</p>	<p>2 Make time today to do something kind for yourself</p>	<p>3 Do a kind act for someone else to help to brighten their day</p>
<p>4 Write a list of things you feel grateful for in life and why</p>	<p>5 Look for the good in others and notice their strengths</p>	<p>6 Take five minutes to sit still and just breathe</p>	<p>7 Learn something new and share it with others</p>	<p>8 Say positive things to the people you meet today</p>	<p>9 Get moving. Do something physically active (ideally outdoors)</p>	<p>10 Thank someone you're grateful to and tell them why</p>
<p>11 Switch off all your tech 2 hours before bedtime</p>	<p>12 Connect with someone near you - share a smile or chat</p>	<p>13 Be gentle with yourself when you make mistakes</p>	<p>14 Take a different route today and see what you notice</p>	<p>15 Eat healthy food which really nourishes you today</p>	<p>16 Get outside and notice five things that are beautiful</p>	<p>17 Contribute positively to a good cause or your community</p>
<p>18 Focus on what's good, even if today feels tough</p>	<p>19 Get back in contact with an old friend you miss</p>	<p>20 Go to bed in good time and give yourself time to recharge</p>	<p>21 Take a small step towards an important goal</p>	<p>22 Try out something new to get out of your comfort zone</p>	<p>23 Plan something fun and invite others to join you</p>	<p>24 Put away digital devices and focus on being in the moment</p>
<p>25 Decide to lift people up rather than put them down</p>	<p>26 Say hello to a neighbour and get to know them better</p>	<p>27 Challenge your negative thoughts and look for the upside</p>	<p>28 Ask other people about things they've enjoyed recently</p>	<p>29 Use one of your personal strengths in a new way</p>	<p>30 Count how many people you can smile at today</p>	<p>31 Write down your hopes or plans for the future</p>

ACTION FOR HAPPINESS







www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/happier-january

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

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.

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.



Free School Meals

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.

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

Taz Asran, Chef Manager

Vacancies

	<ul style="list-style-type: none"> • Performing Arts Teacher • Maths / Economics Teacher • Maths / Economics Graduate 	<p>Please visit our website for more details: https://brakenhale.co.uk/about/vacancies/</p>
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Feedback Initiative

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

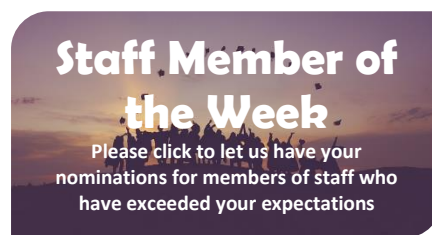
Electronic submission:



[Fab](#)



[Drab](#)



[Staff Member of the Week](#)

Future Diary Dates

** Please note that all events may be subject to change*

<p>Monday 15th to Friday 19th February</p>	<p>Spring Half Term Break</p>
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Term Dates

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 Tuesday 1st and Wednesday 2nd September 2020
Monday 19th, Tuesday 20th and Wednesday 21st July 2021

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>



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

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

High Expectations and Challenge