



Parent News: Friday 18th September 2020

Dear Parents/Carers

It has been an incredibly busy week which I am sure will come as no surprise to you! I have now decided to rename myself 'Covid Manager', due to the daily updates that are flooding my inbox from the NHS, Public Health, Department for Education to name but a few. The speed at which decisions are taking place is rapid and I want to thank all the parents for their support and patience in bearing with me. I am sure there will be more changes in the coming weeks, but I will of course keep you up to date with everything that I am made aware of that may impact on your children.

Students have responded very well to the new requirement to wear masks in corridors, so thank you for your support with this. Please can I remind parents that supplying your child with a mask is preferable and that students should ensure they are wearing them correctly. Despite the current issues, our overall attendance figures have been in line with non-pandemic national averages, which is absolutely outstanding. What I am very keen to make sure is that school life is not taken over by Covid. I want to assure you that we are very much focused on achievement in the classroom and continuing to develop our strategies for world class learning. All students have settled back into the routine incredibly quickly and it is an absolute joy to walk the school every day and to see all of our students focused and engaged in the classroom.

On Tuesday the first Combined Cadet Force (CCF) weekly training session took place; led by our new Senior Staff Instructor, Mr Bury who has been joined this year by Miss Carr-Jones, Mr Falconi and Dr Robson as well as Miss Manning and Mr Beukes, two of the original members of staff. Next week we will be running the first Duke of Edinburgh Expedition and practice run of the Academic year, although it will take a slightly different 'Covid safe' format. Over the next few weeks we will be looking to get as many clubs up and running as we are able to. It is really important that our young people have access to a range of activities and it is definitely something that we are planning. Our school photographer arrived on Wednesday and took pictures of all of our fresh faced Year 7 students who all behaved impeccably and we look forward to seeing the photos.

Last night, saw our very first (and hopefully our very last!) virtual Year 6 open evening. Over 700 people from 350 families logged on to the live presentation, a phenomenal response! I can't deny that it was very strange presenting to myself on a screen but what was lovely were the constant messages of support popping up. We have received lots of positive feedback about the presentation and the excellent virtual tour that followed. A big thank you to our Network Manager Mr Murray, who supported me on the night and managed to work with some very new software. As we say 'Every day is a school day'!

Fab:

- Thank you for helping our son who got lost on Friday. We have been so impressed with how he has settled in. Thanks to your team.
- Thank you for your quick reply. Things like this are why the Brakenhale team are really outstanding.
- I just wanted to say thank you for your email about the video on Tiktok explaining everything and offering guidance and advice. I really appreciate this. Your email about it was brilliant and reassuring to parents like me that are worried and feel annoyed about it.

Virtual Open Evening

- My son goes to Brakenhale and it is a fantastic school.
- Thank you, brilliant overview.
- So impressed, thank you.
- This was really helpful.
- Thank you, your passion is evident.

- Wonderful presentation, thank you.
- High quality teachers to support high quality teaching. Love it.
- Very authentic, love that you talk from the heart, your passion shines through, thanks for your time.

Drab:

Why do us Year 11s have to do period 6 everyday, it’s annoying and too much work! Can you please make Year 11 period 6 optional or make it only 30 minutes rather than a whole hour? Period 6 is exhausting.

Student of the week:

Ethan Spary-Hawthorn – Ethan is constantly thinking of others and has supported his mum in donating lots of PPE to the school. A very BIG thank you!

Staff member of the week:

Mrs Harris For helping my daughter with her anxieties with coming back to school; Always being there when my son needs help; Supporting my child through her hardest week and making her smile and laugh at the end of each day.

Miss Hodgson As I missed the first two days of school she helped me catch up and also told me what I need to do to be at the same level as the rest of the class after they already had 2 days.

Quote of the week:

“In the middle of every difficulty lies opportunity.” (Albert Einstein)

Have a great weekend.

Best wishes

Jane Coley, Headteacher



Open Evening Virtual Information

- ▶ [Headteacher’s Live Stream](#)
- ▶ [Department Information Video](#)
- ▶ [Virtual School Tour](#)



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

Monday 21 st September	Year 11 Revision Training
Saturday 26 th /Sunday 27 th September	Duke of Edinburgh Bronze Expedition and Silver/Gold Practice

Applying for Secondary School 2021

As you are most likely aware the process to apply for secondary school for Year 7 in September 2021 opened on Saturday (12th September 2020).

Please see the useful links below:

[Applying for Secondary School](#)

www.bracknell-forest.gov.uk/applyforsecondary

www.facebook.com/bracknellforestcouncil/

[School Admissions, Bracknell Forest Council](#)

school.admissions@bracknell-forest.gov.uk

www.bracknell-forest.gov.uk/schooladmissions

- Phone lines are open weekdays between 8.30am - 12.00pm

Parent Governor Election

Dear Parents,

Please see the letter (uploaded to our website) regarding our current parent governor vacancy. We do hope you will consider the vacancy.

» [Brakenhale School Parent Governor Vacancy letter](#)

You can find out more information about Governance at Brakenhale on our website:

<https://brakenhale.co.uk/governing-body-elections/>

Dawn Deykin, Clerk to the Governors.



School Library

READ ALL ABOUT IT – BUSINESS AS USUAL

The LRC has changed slightly to accommodate the split breaks but we are still open for business.

Social distance rules apply at all times. One student at a table or computer only, masks should be worn.

Once homework has been completed, students are required to join their year group in their allocated area.

Before school. 7:30-8:30

- The LRC is open to all students needing to complete or print homework.

Break time.

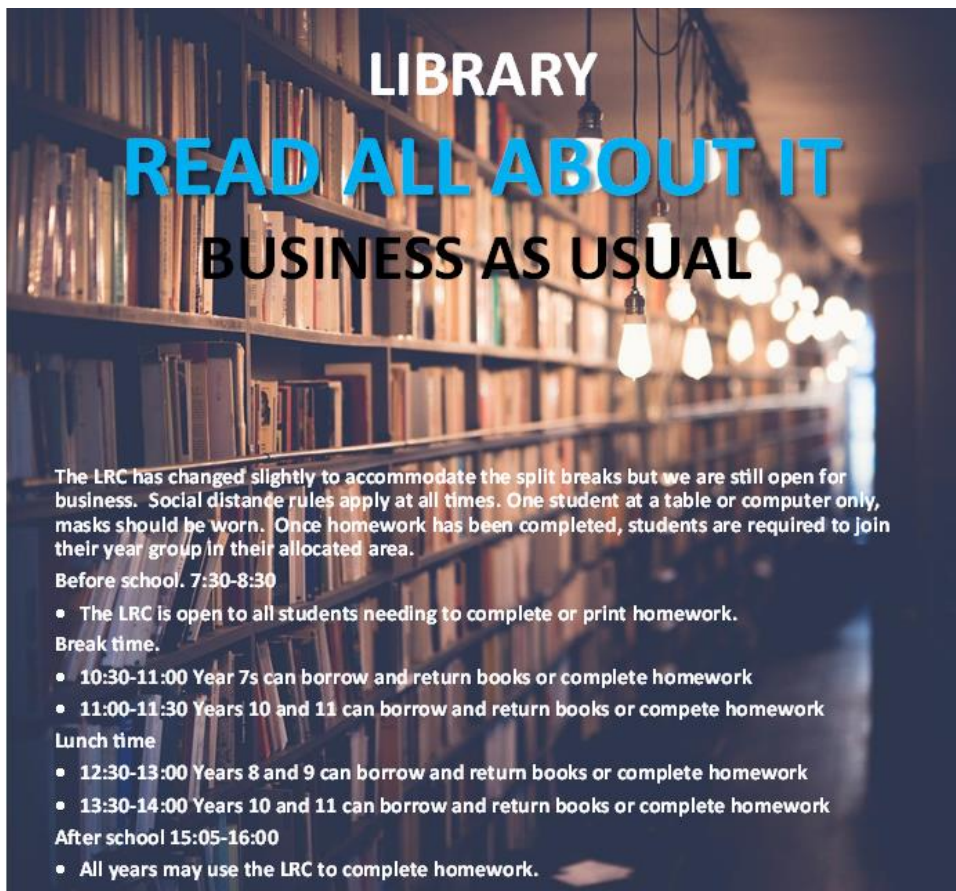
- 10:30-11:00 Year 7s can borrow and return books or complete homework
- 11:00-11:30 Years 10 and 11 can borrow and return books or complete homework

Lunch time

- 12:30-13:00 Years 8 and 9 can borrow and return books or complete homework
- 13:30-14:00 Years 10 and 11 can borrow and return books or complete homework

After school 15:05-16:00

- All years may use the LRC to complete homework.



Mrs K Daniels, LRC Manager

Life Skills Courses

CAP is a charity that supports families who are struggling with debt or unemployment. It supports people to help break free from habits or learning new life skills. If you are living in debt and would like to join a course there is an online Life Skills course being run by Janine Jackson, from Tuesday 22nd September to the end of November, 10am to 11.30am



To book on this go to the Kerith Community Church website: www.kerith.church - where under courses, you can sign up under the REVIVE section: <https://www.kerith.church/new-to-church/revive-projects>

They are offering technical support to anyone who may need it if going online is a barrier.

Face Masks

Thank you for ensuring that your child has a face mask with them at school as it is compulsory they are worn in all school corridors.

Your continued support at this challenging time is much appreciated.



Reminders



Lost Property

Please can we kindly remind all parents and students to name all items, including uniform, PE kits, water bottles, pencil cases, other tools for learning - EVERYTHING.

We have a member of staff dedicated to reuniting lost property with owners and she endeavours to return items daily. However, she is unable to return items to students without a name and items will be disposed of at regular intervals. Email: lostproperty@brakenhale.co.uk

All items of unnamed lost property will be given to charity at the end of term unless they have been collected.

Chewing Gum

We would like to remind you that chewing gum is not permitted on the school site, sanctions will be issued if this is not adhered to.

Water Bottles

It is important that students stay hydrated. You can buy Brakenhale water bottles from school or bring in a re-useable bottle from home.

Tools for Learning

Student Tools for Learning are sold by Mrs McCrorie from the Head of Year office on the first floor.

Tools for Learning are available to purchase before school from 8.20am to 8.35am and then during tutor time until 8.55am. Please note that they will not be available from the Head of Year office during the staggered break times for the time being. Emergency pencil cases to borrow for the day will also be available from the Head of Year office during morning tutor time.

Tools for Learning that have been purchased online via parentpay should be collected from main reception.

Mrs McCrorie, Midday Supervisor, Curriculum Support Assistant, Lost Property Link



Literacy: Hammer that Grammar

Hammer that Grammar: Issue 2

It's time to hammer our grammar skills.

Now, no one is perfect and it is OK not to know something but, together, we can improve, develop and become experts!



This week's focus: **their, there and they're**

These are homophones (words that sound the same but have different spelling and meanings) and there are a lot in the English language which can cause some confusion and difficulty, especially for our EAL learners.

There

Their

they are

The rules:	
The definitions	<ul style="list-style-type: none"> ➤ There – referring to place/location (There are multiple definitions but for this exercise, I will stick to one). ➤ Their – showing belonging. ➤ They're – a contraction and when lengthened reads 'they are'. The apostrophe shows omission.
The dos	<ul style="list-style-type: none"> ➤ Practise makes perfect. Practise the spelling and definitions if you know this is something you need to improve on. ➤ Use dual coding (images as well as words) to help your brain remember the correct way to use these homophones. Look at the images below, these may help. You may want to create your own! <div style="text-align: center;"> <p>There Their they're</p> </div> <ul style="list-style-type: none"> ➤ Always proof read your work and if you are unsure that you have used the correct spelling - eliminate what it can't be. For example: There was a man... Well, it can't be 'their' because there is no belonging, it can't be 'they are was a man' because that sounds crazy so it must be 'there' as it is referring to place.

P.S - did you know 'Their / They're / There' are an Indie band in Chicago!

Mrs D Lewis, Literacy Coordinator

House Points this Week: 11th to 17th September

We continue to recognise the hard work that our students are doing through our House System by issuing House Points. Our House system remains very competitive so please check our communications for the latest placements of each house!

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)	366	222	241	157	134	5	2	1127
Jennetts (YELLOW)	339	264	298	177	164	6	0	1248
Swinley (RED)	353	197	295	194	148	6	3	1196
Temple (GREEN)	376	275	301	181	116	9	2	1260
{None}	0	0	0	2	0	1	0	3
Total	1434	958	1135	711	562	27	7	4834

Achievement Points this week								
	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Total
Academic Point	740	532	591	477	314	23	4	2681
Academic Point (x2)	334	310	190	112	54	0	0	1000
Academic Point (x3)	6	12	18	42	54	3	0	135
Aspiration Points 2	0	0	0	2	0	0	0	2
Community Point	53	31	216	38	20	1	1	360
Community Point (x3)	90	18	6	0	6	0	0	120
Community Points (x2)	64	6	70	2	4	0	2	148
Culture Points	7	0	0	0	0	0	0	7
Culture Points (X3)	0	0	3	0	0	0	0	3
Culture Points (x2)	0	8	0	4	0	0	0	12
Leadership Points	1	0	0	2	0	0	0	3
Leadership Points (X2)	2	6	2	0	0	0	0	10
Leadership Points (x3)	0	0	0	0	6	0	0	6
Physical	30	24	33	19	100	0	0	206
Physical Points (x2)	104	8	6	4	4	0	0	126
Physical Points (x3)	3	3	0	9	0	0	0	15
Total	1434	958	1135	711	562	27	7	4834

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

 Brakenhale School Autumn Menu 2020/21 										
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

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

 * All Menu Nut Free

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 - kitchen@brakenhale.co.uk

Attendance

We believe that high attendance is essential in order for students to make good academic progress and to feel that they are active members of the school community, involved not only in lessons but also in the extra-curricular activities that are so important to their wellbeing. Parents of all years and students in Year 8 and above can keep track of their attendance on their school gateway account.

Regular and punctual attendance of students at school is both a legal requirement and crucial to a student's success - there is a clear link between a high rate of attendance and high achievement. I am sure that you are already aware of the 95% attendance target that we are working towards. If students are not in lessons they cannot learn! Every lesson really does count! Statistics show missing 8.5 days or 5% of school in any school year can reduce the success level of a student by 1 GCSE grade.

With this in mind it, I would like to reiterate the expectations that we have regarding attendance:

- Students are expected to be in school in their designated area by 8.35am.
- Should your child be unwell please call the attendance line on 01344 465050 or email attendance@brakenhale.co.uk to inform us of the illness.
- Should you need to arrange a medical or dental appointment can I encourage you where possible to arrange these after 12:30pm as this will reduce the disruption to your child's learning.

If the absence is in relation to coronavirus do not attend school if you have any of the following:

- A high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).
- A new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).
- A loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

To find further guidance and advice you should take reference from relevant government and NHS guidance available at:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/coronavirus>

Should you have any questions or wish to discuss any issues that may be preventing regular attendance or causing lateness, please do not hesitate to contact me.

Mrs Silvey, Attendance Officer

PE Update

REMINDERS!!!!

- Please bring a signed and dated note from parents/carers if you cannot do PE. Sick or fit, still **BRING** your kit.
- Label your kit (name tags, sew or write initials).
- Get changed in your own space with your own kit.
- Do not bring in valuables, we do not take responsibility for them. Jewellery and watches are NOT to be worn.

If you have any questions please email Mr Potter: mpotter@brakenhale.co.uk

MON		TUE (3:15-4:30)		WED	THURS (3:15-4:30)		FRI (3:05-4:00)
STAFF MEETINGS - NO CLUBS RUN (ALL PE staff)	Y7	Y8	CLEANING AND STOCK CHECK OF ALL PE KIT/EQUIPMENT (ALL PE staff)	Y9	Y10	EXAM PE REVISION CLASSES AND END OF WEEK STOCK CHECK AND CLEAN OF PE KIT (ALL PE staff)	
	Boys: Activity - football Staff - JBO Location - astro 1 Changing - sports hall boys	Boys: Activity - football Staff - MPO Location - astro 2 Changing - dance boys		Boys: Activity - football Staff - CMY Location - astro 1 Changing - sports hall boys	Boys: Activity - football Staff - JSP/CCO Location - astro 2 Changing - dance boys		
	Girls: Activity - netball Staff - LWI Location - sports hall Changing - sports hall girls	Girls: Activity - netball Staff - LRU Location - courts Changing - dance girls		Girls: Activity - netball Staff - ABT Location - sports hall Changing - sports hall girls	Girls: Activity - netball Staff - KWI Location - courts Changing - dance girls		

Clubs may be cancelled due to staff meetings or calendared events. We will send a schools comms home to inform parents.

Follow @brakenhalepe - on twitter and instagram!

Assessment: ME in PE

Your son/daughter will be assessed in 4 major areas, 2 per term, each known as a 'ME in PE'. These are:

- Physical ME (assessed every term, all throughout out the year)
- Social ME (assessed term 1 - September to December)
- Thinking ME (assessed term 2 - January to March)
- Leading ME (assessed term 3 - April to July)


Assessment criteria

'ME in PE'

'ME in PE'

PHYSICAL	
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

SOCIAL	
1	Independently gets changed in the changing rooms and takes care of personal belongings
2	Communicates effectively with class teacher
3	Communicates effectively with a single peer (verbally)
4	Communicates effectively with a small group of peers (verbally)
5	Works well on a 1-2-1 basis with others
6	Works well in a small group
7	Works well as part of the whole PE group
8	Communicates effectively with the whole class (verbally)
9	Engages and participates in situations with familiar peers
10	Deals with and manages situations with familiar peers
11	Engages and participates in situations with non-familiar peers
12	Can deal with and manage situations with non-familiar peers



PE CHAMPIONS OF THE WEEK

Week of: 14/9/20




Staff	Student	Tutor
Mr Potter	Stacey Stevens	10H
Miss Willimott	Lily Warner	10A
Mr Maye	David Hales Owen	7R
Mr Boucher	Brooke Sumner	11A
Miss Rushby	Connor Pringle	10H
Ms Wilson	Josh Buchanan	10N
Miss Butler	Grace Sikora	7N

Well done!

#teambrokenhale #brakenhalepe

Mr M Potter, Head of PE

On Twitter & Instagram: @brakenhalepe

#teambrokenhale #brakenhalepe #bekind

Clothes Recycling

Here at Brakenhale we collect in your unwanted clothes, shoes, accessories and other household linen items for recycling to help raise money for the school.

We have special Bag2School bags to put your unwanted items in (normally available from main reception) or you can just use a normal bin liner. Please ensure that your bags are not overfilled and are tied firmly to prevent water ingress as wet items will not be accepted by the collectors.

We have 2 big red bins for you to deposit your bags in at any time and they are located at the Coningsby entrance by the bike compound.

Brakenhale School

CLOTHES RECYCLING!

**Don't send your unwanted items to landfill...
The more bags you bring the more money we raise for the school.**

The following 'good quality' items are accepted for RE-USE:

- ✓ Men's, Ladies' and Children's clothing
- ✓ Paired shoes (tied together/elastic band around)
- ✓ Handbags, Hats, Bags and Belts
- ✓ Scarves and Ties
- ✓ Jewellery
- ✓ Lingerie and Socks
- ✓ Soft toys
- ✓ Household linen, Curtains and Towels
- ✓ Bedding (bed sheets, pillow cases and duvet covers)

Put your items in a black bin bag. ✓

Please note that the following are not accepted:

- ✓ Duvets and Blankets
- ✓ Pillows and cushions
- ✓ Carpets, rugs and mats (including bath, shower and toilet mats)
- ✓ Soiled, painted, ripped or wet clothing
- ✓ School uniforms with and without logo
- ✓ Corporate clothing and workwear
- ✓ Textile off cuts, yarns or threaded material

✗

Thank you for supporting the school!

Please see the poster to find out which items are accepted and the short list of items not collected.

<https://bag2school.com/>

Bag2School is one of the UK's leading textile recycler and fundraiser working with schools and since its inception in 2001 it has now paid out over £36 million.

As well as raising vitally needed funds for our school, it also helps the environment by helping to divert unwanted textiles away from landfill. A recent DEFRA report has shown that textile collection schemes are helping to reduce the volume of textiles discarded as municipal solid waste. However it is a fact that as a nation we still send 350,000 tonnes of textiles to landfill every year.

By getting involved in our Bag2School collection, you have an opportunity to sort through your cupboards and wardrobes and donate unwanted textiles in the bag provided – this can include adults' and children's clothes, shoes (tied together please), hats, belts, handbags and soft toys. In addition to raising much needed funds it will also raise awareness amongst the children of the benefits of recycling and reuse.

If you fill the donation bag and still have more then you can use any other bag to donate your items and don't forget to ask grandparents, friends and neighbours to have a sort out as well!

Many thanks indeed for helping us with this unique fundraising opportunity. Since we started our clothes collections we have raised over £1600 for the school which is fantastic.

Our next collection is on Tuesday 15th September.

Fundraising



Please click here to see our fundraising video on YouTube: [Brakenhale Unlocking Potential Fundraising Video](#)

Please click here to see our BBC News film: [Brakenhale School on BBC News](#)

New fundraising page: [Virginmoneygiving](#)

Brakenhale's all-things fundraising/new build webpage: <https://brakenhale.co.uk/about/new-build/>

Brakenhale School Lottery

Congratulations to the prize draw winners over the summer holiday. Even though we weren't in school, the lottery winners kept winning!

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](https://www.yourschoolottery.co.uk)

You have to be in it to win it.

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](#).

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



Action for Happiness

<https://www.actionforhappiness.org/>: Self-Care September 2020
Daily actions to help you be kinder to yourself (as well as others):



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Remember it's ok not to be ok. We all have difficult days	1 Remember that self-care is not selfish. It's essential.	2 Be willing to share how you feel and ask for help when needed.	3 Free up time in your diary by cancelling any unnecessary plans.	4 Forgive yourself when things go wrong. We all make mistakes.	5 Plan a fun or relaxing activity this weekend and make time for it.	6 Focus on the basics: eat well, exercise and go to bed on time.
14 Talk kindly to yourself like you would to someone you love.	8 Notice the things you do well today, however small.	9 Avoid saying 'I ought to' or 'I should' to yourself.	10 Give yourself permission to say No to requests from others.	11 Aim to be good enough, rather than perfect.	12 Let go of being busy. Allow yourself to take some breaks today.	13 Make time today to do something you really enjoy.
21 Remind yourself that you are loved and worthy of love.	15 Find a caring, calming phrase to say to yourself when feeling low.	16 Notice what you are feeling today, without any judgment.	17 Leave positive messages for yourself to see regularly.	18 Don't compare how you feel inside to how others appear outside.	19 Get active outside and give your mind & body a natural boost.	20 No plans day - make time to slow down and be kind to yourself.
28 Accept your mistakes as a way of helping you make progress.	22 Look at photos from a time with happy memories.	23 Let go of other people's expectations of you today.	24 Ask a trusted friend to tell you what they like about you.	25 Release yourself from inner demands and self-criticism.	26 Find a new way to use one of your strengths or talents today.	27 Take your time. Make space to just breathe and be still.


Self-care is not selfish. You can't pour from an empty cup


ACTION FOR HAPPINESS






www.actionforhappiness.org/self-care-september
 Learn more about this month's theme at www.actionforhappiness.org/self-care-september

www.actionforhappiness.org
 Keep Calm · Stay Wise · Be Kind

Vacancies



- Deputy SENCo
- Assistant Caretaker (Part time)
- PE Technician

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

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](#)

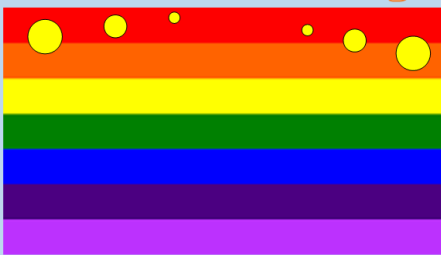


[Drab](#)



[Staff Member of the Week](#)

Identity



We meet every Friday in F10

3.05-3.35

With Mrs Lewis and Miss Bunkell

Everyone is welcome 😊

A space to be free and be you.

What do we do?

- Discuss recent issues – locally and globally
- Task Master
 - Quizzes
- Speed friending
- Film nights
- Competitions

Future Diary Dates

* Please note that all events may be subject to change

Monday 5 th October	:	National Libraries Week Year 13 PPEs start
26 th to 30 th October	:	Half Term

Term Dates

Term Dates 2020-21

AUTUMN TERM 2020

Tuesday 1st and Wednesday 2nd September 2020 **Inset Days**

Thursday 3rd September – Friday 18th December 2020

Autumn Half Term - Monday 26th October to Friday 30th October 2020

Christmas Holiday: Monday 21st December 2020 to Friday 1st January 2021

(Friday 1st January Bank Holiday)

SPRING TERM 2021

Monday 4th 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>



#challengeforall

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High Expectations and Challenge