



# Brampton Abbotts CE Primary School Newsletter

11<sup>th</sup> October 2022

## Diary Dates

### OCTOBER

- **Thursday 20<sup>th</sup>**  
Harvest Service –  
School Hall 9.15am
- **Thursday 20<sup>th</sup>**  
PTFA Halloween  
Disco  
6pm – 7.30pm
- **Friday 21<sup>st</sup>**  
Last Day – normal  
finish time

### Mon 24<sup>th</sup> – Fri 28<sup>th</sup> HALF TERM

- **Mon 31<sup>st</sup>**  
Pupils return
- **Mon 31<sup>st</sup>**  
PTFA Balloon Pop

### NOVEMBER

- **Tues 1<sup>st</sup>**  
Rowling Class –  
Hereford Museum  
Visit
- **Week beginning 7<sup>th</sup>**  
Parent Consultation  
Meetings – Online –  
more info to follow
- **Sun 13<sup>th</sup>**  
St Mary's  
Remembrance Day  
service

Our Value for  
October is:  
**HONESTY**

## Dropping off and picking up times

Things are a little different this year to last because of the easing of Covid restrictions when we had to make some fairly radical changes to school opening and closing times.

We are now operating a 'soft' start and finish in order to ease possible car park congestion before and after school.

Dropping off time is **8.40-8.50am** at the main entrance. Gate closes at 8.50am.

Picking up time is **3.05** at classroom doors (gate opens at just after 3pm).

## Mental Health and wellbeing in school

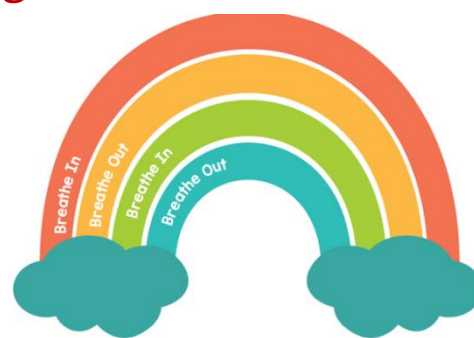
We would like to make you aware of a number of services that we are providing for pupils in school to help with mental health and wellbeing of pupils.

### Wellbeing and Emotional Support Team

Registered Children's Nurse/ Children's Wellbeing Practitioner, Jess will be regularly visiting school (weekly) using a Cognitive Behavioural Therapy (CBT) approach initially with a whole school focus. She is part of the NHS Trust Wellbeing and Emotional Support Team and has already started teaching the children breathing and grounding techniques to help regulate emotions and feelings of anxiety.

### ELSA

Our Emotional Literacy Support Assistants (ELSA) are Mrs Price and Mrs Lewis who work regularly with specific pupils in school. Emotional Literacy refers to our ability to express our emotions and feelings which is an important skill that children must develop from an early age. Inability to do this can become a barrier to learning and friendships. An ELSA is trained to help with self-esteem, anxiety, conflict, bereavement, social skills and many other areas which pupils can find difficult to navigate.



### 5-4-3-2-1 Mindfulness

List...  
5 things you can see  
4 things you can touch  
3 things you can hear  
2 things you can smell  
1 thing you can taste

## Flu Vaccine E-consent

On Friday 21<sup>st</sup> October all pupils are able to have a nasal flu vaccination in school. Vaccination UK are moving away from paper consent forms for school vaccinations, and replacing them with consent being given by E-Consent. Please click [this link](#) to access the e-consent form.

A specific letter from The NHS School Immunisation Team about this is being sent separately and it contains the following statement:

***'It is important to complete and return the form even if you do not want your child to have the vaccine. If you choose not to complete the consent, this does NOT mean that you have refused the vaccine for your son or daughter.'***

**NB This is different from previous years.**

If you are unable to access and complete online, please contact school office for a paper copy.

## Cheap older iPads anyone?

We are getting rid of our stock of older iPads. We have 4<sup>th</sup> generation iPads (16GB) and iPad Air 1st generation (16GB) going for a suitable donation. Please bear in mind that these iPads will work for basic functions and simple older apps but are unlikely to support more modern apps. Obviously, these machines are WELL-USED and this is reflected in the suggested donations of £20 each for iPad 4's and £25 for iPad Air (1<sup>st</sup> gen).

Please complete [this form](#) if you are interested in having one (or more!) of these or email [head@bramptonabbotts.hereford.sch.uk](mailto:head@bramptonabbotts.hereford.sch.uk) if you have any trouble completing the online form.

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## Harvest Festival

On Thursday 20<sup>th</sup> October we will be coming together as a Brampton Abbots community to celebrate Harvest. Parents and carers are invited to attend the service to be held in the school hall starting at 9.15am.

As is normally the case, we welcome donations of fresh fruit and vegetables as well as more long-life, non-perishable goods. We plan to put together 'care-packs' for local vulnerable and elderly people, donating the remainder to the Ross Community Larder. Should you have any names and addresses of vulnerable or elderly members of the local community that would welcome a package, please drop their details into the school office.

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## Free Breakfast Club continues...

Spring Gate Nursery continue to offer FREE Breakfast Club provision for all Brampton Abbots children every morning from 7.45am.

They cannot operate the service on a last minute basis and require parents/carers to pre-book at least a week in advance. Should you wish to book in, please contact [springgatenurseryschool@outlook.com](mailto:springgatenurseryschool@outlook.com). An email address will be required to complete the sign up process.