



Brimsdown
Primary School
Enfield

Monday 30th September

The children have enjoyed learning about the environment and climate change over the last couple of weeks and it was lovely for some children to be featured on Sky News.

Thank you to those parents able to attend last weeks coffee morning – there are more to come and we hope to see you and get your feedback.

*Dani Lang
Headteacher*

Attendance Facts

An attendance rate of 95% is generally considered good; this allows for children to miss 9.5 days across the school year.

Persistent absence (PA) is defined as an attendance rate of 90% or below.

Missing a few days of school here and there may not seem a big deal, but research shows that it can have a significant impact on children's learning.

Children who miss a substantial amount of school fall behind their peers, and struggle to catch up.

If your child is 15 minutes late every day they will miss 2 weeks of learning each year.

Dates for your diary

Tues 1st Oct	<ul style="list-style-type: none"> 9am Y6 secondary transfer meeting 9am Y3/4 Prevent assembly Y5 Prevent workshops
Wed 2nd Oct	<ul style="list-style-type: none"> Y6 prevent workshops
Thurs 3rd Oct	<ul style="list-style-type: none"> Y4 Less Valley trip School census day
Fri 4th Oct	<ul style="list-style-type: none"> Parent consultation day for Nursery-Y6 – School closed
Tues 8th Oct	<ul style="list-style-type: none"> 9am Chipmunks class assembly
Wed 9th Oct	<ul style="list-style-type: none"> 2.45pm Parents invited in to try school lunches
Thurs 10th Oct	<ul style="list-style-type: none"> WOW day World Mental Health Day Y4 Greek workshop
Tues 15th Oct	<ul style="list-style-type: none"> 9am Buffaloes class assembly Y6 EE trip Individual photo day
Thurs 17th Oct	<ul style="list-style-type: none"> PC Doris in – Stranger Danger for Y2-Y4
21st-25th Oct	<ul style="list-style-type: none"> Half term
Tues 29th Oct	<ul style="list-style-type: none"> Y6 EE trip
Fri 1st Nov	<ul style="list-style-type: none"> WOW day Y4 Greek workshop
Tues 5th Nov	<ul style="list-style-type: none"> 9am Buffaloes class assembly
Wed 6th Nov	<ul style="list-style-type: none"> Y6 WW2 workshop
Tues 12th Nov	<ul style="list-style-type: none"> 9am Emu class assembly
Fri 15th Nov	<ul style="list-style-type: none"> Children in Need
Tues 19th Nov	<ul style="list-style-type: none"> 9am Possums class assembly
Thurs 21st Nov	<ul style="list-style-type: none"> Rec-Y6 fluenz by NHS
Wed 27th Nov	<ul style="list-style-type: none"> 5pm Brimsdown's Got Talent

Mindfulness

Mindfulness is a technique you can learn which involves making a special effort to notice what's happening in the present moment (in your mind, body and surroundings) – without judging anything.

It aims to help you:

- Become more self-aware
- Feel calmer and less stressed
- Feel more able to choose how to respond to your thoughts and feelings
- Cope with difficult or unhelpful thoughts
- Be kinder towards yourself.

Many people find practicing mindfulness helps them manage their day-to-day wellbeing.

How does mindfulness work?

The way we think (and what we think about) can affect how we feel and act. For example, if you think or worry a lot about upsetting past or future events, you might often feel sad or anxious.

The theory behind mindfulness is that by using various techniques to bring your attention to the present (usually focusing on your body and your breathing), you can:

- Notice how thoughts come and go in your mind. You may learn that they don't have to define who you are, or your experience of the world, and you can let go of them.
- Notice what your body is telling you. For example, tension or anxiety can often be felt in your body (such as in a fast heartbeat, tense muscles or shallow breathing).
- Create space between you and your thoughts, so you can react more calmly.

School Census Day

On Thursday 3rd October, the government count how many children have a free school meal and this can help school funds and the support given to your children. As you will be aware Brimsdown now has a new catering company and so we are using this day to further encourage the children to try a lovely home cooked school meal. We hope your child will join in our free Harvest lunch, which will be a roast chicken or vegetarian sausages, vegetable bake and herby potatoes, followed by apple crumble and custard. It promises to be a very tasty lunch.

Attendance

Our top three classes for September are...

97.87% Zebras

97.73% Leopards

96.17% Possums

Well done.