



Using our Character Virtues

Today at 11am our school participated in one minute's silence to mark the first anniversary of the invasion of Ukraine. Our school community continues to think of the hardship being suffered over there and we linked our feelings to our character values of empathy, respect and courage.

Linking to our virtue of responsibility, all parents are invited to attend an evening event at the Infant School led by "The Two Johns." This is from 6.30pm-7.30pm on Tuesday 7th March and is for adults only. No children are able to attend. The Two Johns are ex-police officers who specialise in online safety. Their sessions are extremely informative as they share the latest risks and provide guidance on how to protect our children in the online world.

ATTENDANCE MATTERS!

All absence must be reported on the first day.

If we do not have a reason for absence your child will receive an unauthorised absence mark. This data is monitored by The Department for Education on a regular basis.

Attendance Percentages for this academic year so far:

Class 1	95.9%
Class 2	93.7%
Class 3	96.1%
Class 4	94.4%
Class 5	93.7%
Class 6	93.1%
Class 7	94%
Class 8	94.9%
Whole school	94.5%

KEY DATES

- *Thursday 2nd March: World Book Day
- * Tuesday 7th March: The Two Johns (parent Internet Safety talk at the Infant School) 6:30pm-7:30pm
- *Thursday 9th March: BSA Junior Discos
- *Tuesday 14th March: Y3 Prehistoric Experience
- *Friday 17th March: Comic Relief Day
- *Tuesday 21st March: Parents' Evening (3.30-7pm)
- *Thurs 23rd March: Parents' Evening (3.30-5.30pm)
- * Friday 31st March: Last day of term
- *April 3rd - 14th: EASTER HOLIDAY

BSA Easter Fayre - date to be confirmed!

4th May 2023 Elections

As you will know, children will not be at school on 4th May as the school is being used as a polling station for the local elections.

We have been asked to remind everyone that electors will be required to bring photographic ID when voting at their polling station. For further information:

<https://www.colchester.gov.uk/elections/voterid/>



BSA info by Stacey Street, Vice-Chair of Juniors

The BSA would like to thank you all for your continued support, and this year we endeavour to continue fundraising for the schools in order to offer additional funds to enhance our children's learning journey!

Next on the BSA calendar is the *Friendship Disco* ☐ for both the Infant and the Junior schools! *Juniors* : Thursday 9th March : Yr 3 & 4 : 4.30pm-6pm / Yr 5 & 6 : 6.30pm-8pm Please keep a look out for our poster with all the details.



We also look forward to our Easter fair and will provide a date once we have this confirmed.

2023 will also see the return of BOOMGROVE which has in the past been a much loved event by the school and wider community. We look forward to enjoying these events with you all and as always require volunteers to run these, if you can help or support in anyway please do get in touch. Don't forget you can follow us on Facebook [@Broomgrove schools association](#) for all info on upcoming events and fundraising news.

COMIC RELIEF 2023



To support this year's Comic Relief event on Friday 17th March, in return for donations to this worthwhile charity, children can come into school wearing red or spots or official Red Nose Day merchandise (and they can wear red noses etc.)

As we are slowly becoming a cashless school, instead of having collection buckets on the school gates, we have accepted Comic Relief's Just Giving option. Here is the link to our school's official Comic relief Just Giving Page:

https://www.justgiving.com/fundraising/rednoseday23-broomgrove-junior-school?utm_campaign=lc_frp_share_transaction_transactional_-_page_launched_-_campaign&utm_content=a1b86ecb-97e4-4520-9ec8-72f9d8fc7862&utm_medium=email&utm_source=postoffice&utm_term=1677070378944

Children's Mental Health Week by Mrs Van der Wolf

'Let's Connect!' This was the theme for this year's 'Children's Mental Health Week', which took place from the 6th to the 12th of February. During the week, staff and children explored the importance of making meaningful connections through lesson activities, a whole school assembly and conversations on the playground.

We discussed the fact that, as human beings, we thrive in the communities we live in, and that this connection is vital for our wellbeing. We spoke about what it means to be connected and that being connected is not just through words, it is also about eye contact, facial expressions, gestures, touch such as shaking hands, or high fives. We realised that having healthy connections – to family, friends and others – can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.



With this in mind, all classes in the school took part in a 'Walk & Talk' activity on the school playing field, to experience that feeling of connection that we can have when spending time and talking with others, who may or may not be our immediate friends. Many of us were paired up with children we did not connect with every day. Here are the thoughts of two children from Year 4: "I walked with K. He was very kind and honest. We talked about our favourite YouTubers and games. It made me feel calm and energetic just by talking and the weather was sunny. It was peaceful."

"I walked with L and O and we talked about what we like and it was sunny and wet and the walk made me feel happy and joyful. I loved talking. My feet got wet. And if you ever feel sad, walk with someone and talk."

World Book Day 2023

As you will know, it's World Book Day on Thursday 2nd March. Mr Hawkins has sent a letter out on Class Dojo and Parentmail about this exciting event. We look forward to seeing the children dressed as their favourite book characters – there may be some staff dressing up too!



Dear Parents

On behalf of the **Essex Rebels** we would love to invite you to join us for this very special basketball game day and help the Essex Rebels beat their home attendance record at the incredible Essex Sport Arena. On the 11th March the Essex Rebels women's senior team will be taking on the WBBL Trophy finalists, Leicester Riders and hope to pack out the Essex Sport Arena for an afternoon filled with fun activities, crowd engagement, special guest performance and of course, elite level Women's Basketball. **PLUS:**

- ✓ Award winning game day experience with lights, dance cams, kiss cams and more
- ✓ Halftime performance from singing artist Aya Bleu
- ✓ Live DJ and in-game commentary from Big Dog Ballin'
- ✓ Pre-game outdoor fan zone with live DJ, games and activities for all ages
- ✓ Special guest appearances to be announced
- ✓ Performance from our Essex Flames cheerleaders and our one and only Mascot, Queen B!
- ✓ Giveaways and prizes to be won throughout the game

All school children go FREE!

To grab your free child tickets and purchase adult tickets, simply head to the Essex Rebels Eventbrite page by scanning this QR code:



Or follow this link: <https://www.eventbrite.co.uk/e/international-womens-day-special-women-v-leicester-riders-tickets-405106162437?aff=ebdsoporgprofile>

We look forward to seeing you all there!



FIND US

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Address: University of Essex,
Sports Centre, Wivenhoe Park,
Essex, CO4 3SQ



St Mary's church Wivenhoe

PRIZE BINGO

Saturday 25th February 3.00pm

£5 for 7 games

42 CHANCES TO WIN!

Light refreshments and £1 raffle

Bring your friends and family

FUN FOR ALL AGES

In aid of St Marys Fundraising

Fundraisingwivstmarys@gmail.com

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Set an intention to live with awareness and kindness	2. Notice three things you find beautiful in the outside world	3. Start today by appreciating your body and that you're alive	4. Notice how you speak to yourself and choose to use kind words	5. Bring to mind people you care about and send love to them		
6. If you find yourself rushing, make an effort to slow down	7. Take three calm breaths at regular intervals during your day	8. Eat mindfully. Appreciate the taste, texture and 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 watch the sky or clouds for a few minutes today	14. Find ways to enjoy any chores or tasks that you do	15. Stop. Breathe. Notice. Repeat regularly	16. Get really absorbed with an interesting or creative activity	17. Look around and spot three things you find unusual or pleasant	18. Have a 'no plans' day and notice how that feels	19. Cultivate a feeling of loving-kindness towards others today
20. Focus on what makes you and others happy today daysof happiness.net	21. Listen to a piece of music without doing anything else	22. Notice something that is going well, even if today feels difficult	23. Tune into your feelings, without judging or trying to change them	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. Choose to spend less time looking at screens today
27. Appreciate nature around you, wherever you are	28. Notice when you're tired and take a break as soon as possible	29. Choose a different route today and see what you notice	30. Mentally scan your body and notice what it is feeling	31. Discover the joy in the simple things of life		

ACTION FOR HAPPINESS **Happier · Kinder · Together**

PRIZE BINGO EVENT:

This is a family event and this is reflected in the prizes which are suitable for children. All children must be accompanied by a responsible adult and light refreshments will be available, as well as a raffle. All monies raised will go to St Mary's General Fund to support church life. The church would like parents to contact them if you have any questions as this will provide them with an indication of numbers likely to attend.