



Brandesburton News

22.12.23

[Home Reading and TT Rockstars](#)

We are trying our hardest to improve reading fluency and arithmetic skills whole school.

If you could support this at home with home reading and TT Rockstars, it would be very much appreciated.

Happy Christmas

From the whole Brandesburton Team, we wish all our families and Brandesburton community a very Happy Christmas. Thank you for all your support. We hope you have wonderful time with your families and friends over the festive holiday and a well-earned rest!



Ready, Steady, Cook!

The last week of term saw our whole school work hard on our DT units. For KS1 and Class 3 these were food units.

KS1: Soup and bread

Class 3: Lamb Koftas

Upper KS2 focussed on :

Class 4: Creating a beach buggy

Class 5: Creating a beach buggy

A huge thank you to our amazing parents who made this possible. Cooking with a full class needs many hands to ensure every child is enabled to develop the knowledge and skills independently and not just watching a demonstration. Our team and parents made this possible - they loved it!

Foundation Stage:

Our EYFS team have worked hard to continue learning in each area and making it Christmas related. On Monday they started creating their own Christmas bauble.



Support over Christmas:

Despite the images seen on social media, we do understand it can be a tricky time for many people. On the next few pages is a little more information, should you find yourself feeling a little lost over the festive period.

KS2 Performance in the Church

The children across Year 3,4,5 and 6 each participated with Christmas poems and songs that had the whole church buzzing with Christmas cheer.



Dates for your diary:

Our next Championing Event:

Focus area: **Maths**

Date: Tuesday 16.1.24

CHRISTMAS Performances

FS have been busy recreating the story of the birth of Jesus Christ. Fantastic performances by all the children.



KS1 have had a brilliant time with their performance of *It's a Cracker*. Fabulous dialogue and singing done by all. Parents were able to enjoy the show with a KS1 school-made hot cup of soup and bread roll.



Wall of Achievements



Swimming Superstar:

Competing with children across Yorkshire, Georgina came home with 2 Gold medals in 200m back and 200m free and a silver in the 100m back. Well done!

Visitors at the Hospital

Jack has been unwell and while in the hospital, he was visited by the Seahawks as they were handing out stuffed toys to all the children. One of them also visited our school earlier in the year!

We wish Jack a speedy recovery and can't wait to see him back at school in the New Year. Get well soon!



We know Christmas isn't a jolly holiday for everyone. There's stuff that can make this time of year really tough, from family politics, feeling lonely to financial worries. So, if the mention of the 25th December has got your palms all sweaty there are things we can do for ourselves to support a healthier festive holiday.

Help I worry about affording Christmas

Christmas can be expensive, and the cost-of-living crisis has added extra worries for people whose budgets were already squeezed. The additional stress of having enough money can affect our well-being and potentially lead to further health issues. Follow the link for some tips and advice on how to survive Christmas without breaking the bank or you!!

<https://www.moneyhelper.org.uk/en/blog/christmas/we-need-to-talk-about-christmas>

<https://hullisthis.news/local-charities-join-forces-to-improve-financial-and-mental-health-ahead-of-christmas/>

Help I have lost a loved one

Whether your first Christmas since they died, or you lost someone many years ago Christmas can be a particularly painful time. When you're grieving, the thought of celebrating Christmas can be really daunting. It's important to look after yourself and work out the best ways to cope throughout the season. Follow the links for further support.

<https://www.cruse.org.uk/christmas/> <https://www.thecalmzone.net/guides/grief>

Help I feel stressed/anxious about Christmas

[Coping with Christmas - Mind HEY - Hull & East Yorkshire Mind \(heymind.org.uk\)](#)

Help I have/support someone with an eating disorder

<https://www.beateatingdisorders.org.uk/your-stories/five-questions-about-christmas-eating-disorder/>

Social Media

Social media can be difficult during the festive period, with advertising and gift sharing impacting many people's self-esteem. Remember that social media is a place where people share their highlights – try not to compare your experiences to what you see others doing online.

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/practical-tips-doomscrolling-news-social-media/>

Connect with others who understand what you are going through

We all know what it's like to struggle sometimes. Side by Side provides a safe place to listen, share and be heard.

<https://www.mind.org.uk/information-support/side-by-side-our-online-community/>

You're not alone this Christmas



Text 85258
www.giveashout.org



0300 123 3393
www.mind.org.uk



0300 7729844
www.nopanic.org.uk



0800 58 58 58
www.thecalmzone.net



0808 808 4000
www.nationaldebtline.org



116 123
www.samaritans.org.uk



0808 808 1677
www.cruse.org.uk

4 TIPS ON HOW TO FEEL A LITTLE LESS LONELY THIS CHRISTMAS:

Limit your social
media usage

Volunteer in your
local area

Consider scheduling a
call with family or friends

Have a look at what
places are open near you

For more support organisations, you can find the Everymind
Mental Health Support Directory on www.everymindatwork.com.

Don't suffer in silence.

Dates for your diary 22.12.23

Tuesday 9 January—Return to school for 2024

Tuesday 16 January—Championing Event: Maths at 9.00am

Wednesday 24 January 2024—Scooter training Year 2 and Pedestrian training Year 4

Wednesday 21 February - 20 March 2024: Swimming Lessons information to follow