

The Bishops' School News



Issue: 19
31st January 2025

Dear Parents/Carers and Children,

Lots going on!

As always, the school has been a hive of activity this week!...



Year 2 have been learning rugby!



Foundation Stage have been busy building...

and Joss and Emerson are building the flight machines of the future!



Live Fully, Laugh Often, Learn Deeply,
Love as God Loves You and Let Your Light Shine

Hear the Bishops' Cheer!

On Wednesday, 13 Year 2 children attended a cheerleading competition. The children took part in some warm up dance activities and were given time to practise their routine. The cheerleaders performed their routine in front of other participating schools and lots of parents.



We were amazed at how they performed with such confidence and enthusiasm. The team came 2nd place and the children were proud to receive their silver medals. Well done the Year 2 cheerleading team!



Famous Visiting Author!



We have some exciting news! **Nick Butterworth** - illustrator and award winning author of Percy the Park Keeper amongst other titles - is coming to The Bishops' on **Thursday 13th February.**



He has sold over 17 million books and had his work translated into 25 languages.

On Feb 13th he will be giving a talk to parents from 8.45-9.15am about hearing children read, and then he will speak to all year groups at various times throughout the day.

This is set to be a fantastic experience for all and we hope that everyone enjoys it. Donations from World Book Day (see below!) will be going towards funding Nick's visit.



World Book Day



We are very much looking forward to **World Book Day on Thursday 6th March.**

On this special day, we are asking the children to dress up as an **adjective** of their choice. They could wear their own clothes but with a theme e.g. spotty, colourful, green or sparkly. Alternatively, they could dress up as a book character and link it to an adjective e.g. Mr Bump (clumsy) or Matilda (clever). They could even wear their pyjamas (cosy). We ask that they display their adjective somewhere on their costume e.g. a label or a badge.

As part of this, we are asking for a suggested £1 donation. This money will go towards a very special visit from author Nick Butterworth for all of the children.

Well done!

Olivia-Rose passed her grade 8 in ice skating a few weeks ago having already passed the section of spins in level Bronze.

Keep up the great work!



Congratulations also to Scarlett, Bianca and Tianna for your cheerleading awards!

It's been a great week for cheerleading successes.



Please be advised of the following message from Clare Kershaw, Director of Education at Essex County Council:



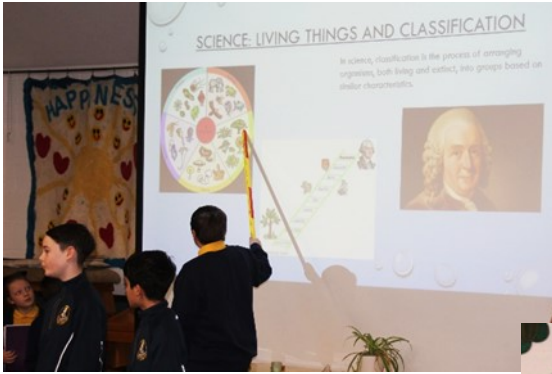
Essex Activate Holiday Activity & Food Programme Funding



We are pleased to share that the Department for Education have confirmed funding for the Holiday Activity and Food (Essex Activate) for Easter, Summer and Winter holidays in 2025.

This exciting news means that the Essex Activate programme can continue to deliver holiday clubs for children on income related free school meals, ensuring the children get a hot meal during the day and can take part in many physical and enriching activities.

Hawthorn Assembly



Year 6 wowed us in assembly this morning with their scientific and volcanic knowledge, their singing, their triumphant survival of a rainy Thorpe Woodlands – and their beautiful singing especially for their buddies, Hedgehog Class.



Please Park Safely

Here is a message on behalf of some concerned parents/carers about parking...

Just a quick note to ask everyone to park with care please.

Parking on the pavement or on the road adjacent to the church in St Augustine's Way causes an exceptional backlog of traffic at both pick up and drop off times.

Please also refrain from using Constable view as a turning point as this obstructs the elderly residents exit. This also adds a safety risk to the children who walk home. Please kindly refrain from parking on the roadway and use the parking available at the church and parish centers. You will note there are notices on the fence along St Augustine's Way asking that you do not park there, however this is not being adhered to. For the safety of our school children please do not park there.

Many thanks.

Children's Mental Health Week 3rd – 9th February 2025

Know Yourself, Grow Yourself



BCCS

a children's charity for
Essex and East London

For parents and carers

We support Children's Mental Health Week every year and we were delighted to learn that this year, Place2Be have teamed up with Disney to celebrate the film 'Inside Out 2'. The film deals with feelings and so is a perfect companion for this year's theme.

The idea of '**Know yourself**' aims to focus on supporting a child or young person to develop their self-awareness, as well as encouraging them to develop as individuals, to '**Grow yourself**'.

We wanted to provide resources for parents and carers to use to better help you engage in a dialogue with your child/ren about their feelings.

With this in mind, we have echoed the colours referenced as emotions in 'Inside Out 2', in the hope they will feel familiar to your child.

A vital skill for a child or young person is to maintain an awareness that big feelings come, that they can feel overwhelming, but that they go. That we can sit with them, **manage** them and understand ourselves within them. For example, lots of children tend to show anger when they feel overwhelmed. It is a defence mechanism: I feel uncomfortable feeling vulnerable, so I'll display anger to keep you at bay.

That isn't helpful and can lead to a child feeling like their big feelings are overwhelming - for them and for you. We want children to feel comfortable with emotion, and to feel confident within themselves about not only how they experience emotions, and how others around them experience them too.

Put simply, when we help children get to **know themselves** by noticing their behaviours and emotions, by getting them to explore them alongside you, you allow your child the freedom to **grow themselves** in terms of their own self-awareness. We want to help you to try it!

Parents' activity: Why don't you talk to your child each day, for the next seven days, about how you both experience certain emotions? Your child could choose the emotion they want to explore. It may be helpful for your child if you go first, and you share your recent experience of having felt angry, envious, sad etc. and they can follow your lead.



01277 712022



www.bccs.org.uk



headoffice@bccs.org.uk



[@bccscharity](https://www.facebook.com/bccscharity)



[@bccs_charity](https://twitter.com/bccs_charity)



[bccs_charity](https://www.instagram.com/bccs_charity)

BCCS, 133 High Street, Billericay, Essex, CM12 9AB

Brentwood Catholic Children's Society - Registered Charity Number: 1000661

Children's Mental Health Week 3rd – 9th February 2025 Know Yourself, Grow Yourself



For parents and carers (continued)

The big feelings we are looking at this week are:



As parents, we tend not to feel comfortable with acknowledging a child's feelings because we don't want to say the wrong thing, make it worse, or draw attention to it. But inviting a chat about it shows your child that you want to know, that you get it, and you're attuned to them. It's also really powerful to share your own experience of feeling difficult things.

All emotions feel better when they are thought about and talked about. It really is that simple – so simple, that Disney made a film out of it! The trick for us parents is not to try to fix or disregard our child's emotional exploration.

Suggested interaction:

If your child chooses the emotion **fear**, for instance, it may be helpful to say, "I don't always like to feel scared, do you?". And, "when I feel scared, it's often because I feel I can't do something ..." or "it's often because I feel unsure in myself" or, "when I feel scared sometimes I feel out of control". "What last made you feel scared?" And you're off!

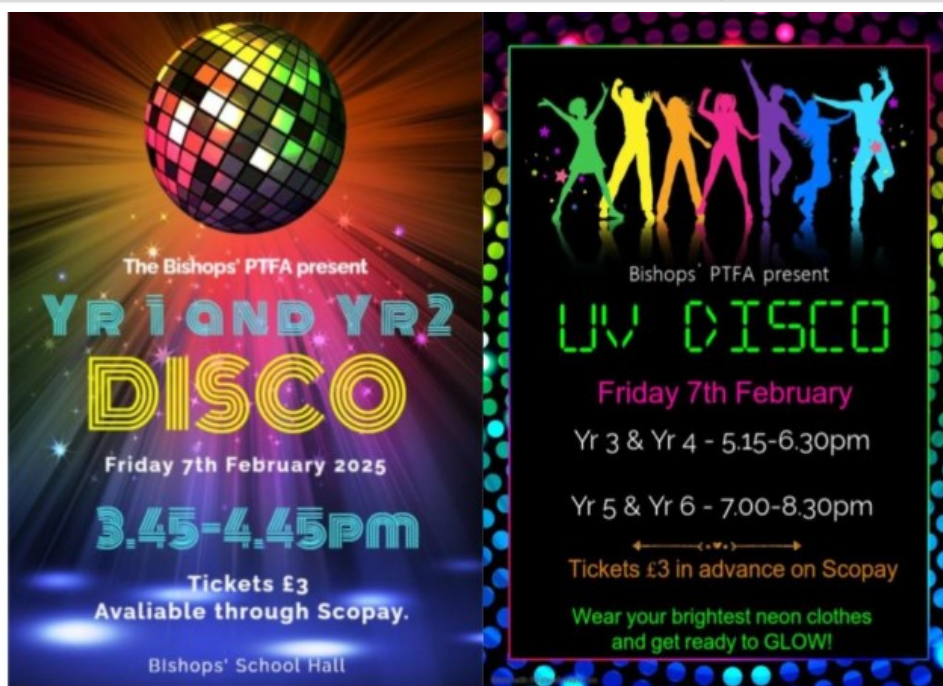
Remember to validate, "do you know what, I get that" or "that makes complete sense to me", or empathise, "I can imagine that felt ..."

It is **so** important that you're listening, and that you're able to focus with your child on the fact they **recovered and carried on**: that's resilience building. Children don't often notice when they recover, they can instead become preoccupied with how often they have felt something. It really helps develop their sense of self, and their resilience if we notice for them how well they have managed something difficult.

Please see our social media channels for a daily "how to" for emotional exploration chats (@bccscharity on Facebook & Instagram) or visit our webpage for Children's Mental Health Week for more hints and tips: <https://www.bccs.org.uk/our-resources/guidance/>

PTFA NEWSLETTER UPDATE

JUST TO SAY :	EVENTS TO COME	FINANCE UPDATE
<ul style="list-style-type: none"> We will be placing some coats from donations received on the rail in reception. Please feel free to take what you like, no contributions required. The disco scopay link will stay live until Thurs, 6th of Feb. 	<p>☞ Fri 7th Feb School disco</p> <p>☞ Thur 13th Feb Celebrate your culture nonuniform day & Doughnut sale after school</p>	<p>FUNDRAISING TARGET FOR 2024/2025: £4366.28 OUT OF £10 000</p>



**“ALONE WE CAN DO SO LITTLE; TOGETHER WE CAN DO SO MUCH”
THANK YOU FOR YOUR CONTINUED SUPPORT!**



✉ thebishopspta@gmail.com

**FOLLOW US ON FACEBOOK
'THE BISHOPS' SCHOOL PTFA'
CHARITY NUMBER: 1017473**



Lunch Menu for Week Beginning Monday 3rd February

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken	Chilli con Carne	Sausage & Yorkshire Pudding	Chicken Curry	Breaded Pollock Fish Fillet
<u>OR</u>	<u>OR</u>	<u>OR</u>	<u>OR</u>	<u>OR</u>
Quorn Fillet	Vegetarian Chilli	Veggie Sausage & Yorkshire Pudding	Meat Free Meatballs in a Tomato Sauce	Grilled Halloumi Burger in a Bun with Lettuce
Served with Rice and Sweetcorn	Served with Rice, Tortilla Chips & Peas	Served with Crushed New Potatoes, Broccoli & Carrots	Served with Rice, Naan Bread & Sweetcorn	Served with Chips & Winterslaw
Fresh Fruit Selection & Yoghurt	Fresh Fruit Selection & Yoghurt	Fresh Fruit Selection & Yoghurt	Ice Cream	Fresh Fruit Selection & Yoghurt

© Copyright 2011, www.sparklebox.co.uk

Community News

The [Community News](#) page on our website has lots of information about activities, events and support available locally. These include:

- * **Support for parents/carers**
- * **Local church events**
- * **Holiday camps/activities**
- * **Local shows**
- * **Music workshops**
- * **Sports clubs and activities**
- * **Performing Arts**
- * **Competitions**



Our school needs your help...

We are seeking donations to allow us to make improvements to the buildings and facilities at The Bishops' School.

These donations will help provide a physical environment that allows our children to reach their full potential.

If you are able to help, please use the link below. Any donations would be greatly appreciated.

<https://www.stewardship.org.uk/partners/20461994>



Looking Ahead



Tuesday 4th February - Year 4 Trip to Superstars Festival at CSAC, 8.45am to 12.15pm;
Church Service for Grp2 & both FS classes led by Alder Class, 9.10am;

Friday 7th February — Wren Class Assembly in the Hall, doors close 9am for 9.10am start;
PTFA Disco: 3.45 to 4.45pm Yrs 1&2 / 5.15 to 6.30pm—Yrs 3&4 / 7 to 8.30pm Yrs 5&6

Monday 10th February — Football Matches v Springfield Primary on the Parish Field,
3.30 to 4.15pm (Selected Girls) & 4.20 to 5pm (Selected Boys)

Tuesday 11th February— Church Service for Grp1 led by Aspen Class, 9.10am

Wednesday 12th February - Computing & Animation Club extended session, 5pm finish

Thursday 13th February - PTFA Non-uniform Day - Celebrate Your Culture;

Visiting Author - Nick Butterworth: Parent Talk in the Hall, 8.45 to 9.15am /
Book Sale & Signing in the Hall, 3.15pm onwards

PTFA Donut Sale (after school)



Friday 14th February— Non Pupil Day

Monday 17th February to Friday 21st February—Half Term Break

Monday 24th February—Back to School for all



Thursday 6th March - World Book Day - Dress Up as an Adjective



Please advise the office..

Absences/Lates ...

Illness: advise by email by 9am

Medical appointments: provide a copy of the appointment notification at least a week in advance

All other absences: complete a leave of absence form at least 2 weeks in advance

All lates: advise lunch choice by 9am

Thank you.



Changes to Collection

Arrangements ...

Advise by email by midday

After this, **urgent messages only, by phone by 2.30pm**



Thank you.



Email: admin@bishops.essex.sch.uk / Tel: 01245 460107

Please state your child's class in any communications with us, thank you.

