



## Dear Families

As you will be aware **resilience** is one of the chosen school values. With that in mind I would like to share some simple tips and ideas for helping build resilience in your child/ren.

### Maintain a daily routine

Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Work with your child to develop a routine, and highlight times that are for school work and play.

Particularly during times of distress or transition, you might need to be flexible with some routines. At the same time, schedules and consistency are important to maintain.

### Take a break

Teach your child how to focus on something that they can control or can act on. Help by challenging unrealistic thinking by asking them to examine the chances of the worst case scenario and what they might tell a friend who has those worries. Be aware of what your child is exposed to that can be troubling, whether it's through the news, online, or overheard conversations.

### Teach your child self-care

Teach your child the importance of basic self-care. This may be making more time to eat properly, exercise, and get sufficient sleep. Make sure your child has time to have fun, and participate in activities they enjoy. Caring for oneself and even having fun will help children stay balanced and better deal with stressful times.

### Move toward your goals

Teach your child to set reasonable goals and help them to move toward them one step at a time. Establishing goals will help children focus on a specific task and can help

build the resilience to move forward in the face of challenges.

### Nurture a positive self-view

Help your child remember ways they have successfully handled hardships in the past and help them understand that these past challenges help build the strength to handle future challenges. Help your child learn to trust themselves to solve problems and make appropriate decisions.

### Keep things in perspective and maintain a hopeful outlook

Even when your child is facing very painful events, help them look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on their own, help them see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook can enable children to see the good things in life and keep going even in the hardest times.

### Accept change

Change often can be scary for children. Help your child see that change is part of life and new goals can replace goals that have become unattainable. It is important to examine what is going well, and to have a plan of action for what is not going well.

*'Failure is an important part of your growth and developing resilience.'* **Michelle Obama**

In the meantime have a lovely weekend  
Mr P Newbold

## Dates for your Diary

### March

Mon 14<sup>th</sup> – Y4/Y5 Handball Tournament at Warden Park

Weds 16<sup>th</sup> – Y4 Hindu Temple Trip

Fri 18<sup>th</sup> – **Red Nose Day** (Comic Relief)

Mon 28<sup>th</sup>-Tues 29<sup>th</sup> – Y5 Lodge Hill Residential

### April

Fri 8<sup>th</sup> – Last Day of Term – Children finish at 1.30pm

Mon 25<sup>th</sup> April – Back to School

## Noticeboard

### War in the Ukraine

To help parents, family and care-givers navigate the overwhelming task of responding to children's fears and worries, Ane Lemche, a psychologist and child counsellor at **Save the Children**, has shared five tips on how to speak to children about war:

<https://www.savethechildren.org.uk/blogs/2022/how-to-talk-to-children-about-war>





# Achievements

Ofsted  
Good  
Provider



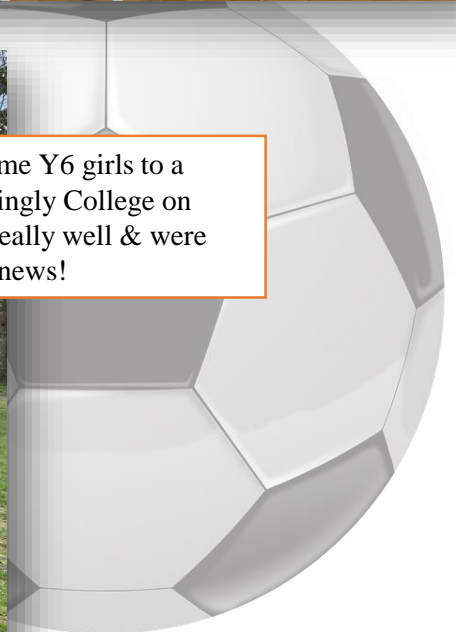
Here's the Y5/Y6 Netball Team, following a recent tournament at Downlands. Mrs Peiris was impressed by their tenacity & the children had a great time!



This group of children from across the school were nominated for Golden Awards, Maths Awards & English Awards by their teachers. Here they are with their certificates & prizes.



Mrs Navarro-Hunt took some Y6 girls to a football tournament at Ardingly College on Wednesday. They played really well & were featured on the BBC local news!

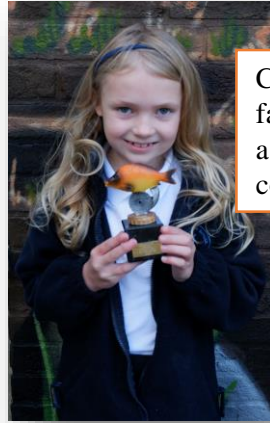




# Out of School Achievements



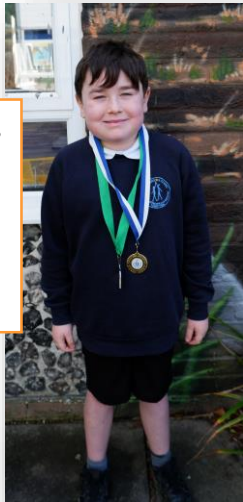
Zac from Picasso Class & the rest of 2nd Burgess Hill Boys Brigade recently won the Brighton & Hove District Battalion Junior Section swimming trophy. Zac won 2 individual races, came 2nd & 3rd in 2 others and also swam in a relay race!



Chloe from Dali Class won this fantastic fishing trophy for catching a 7lb common carp in a fishing competition.



Archie from Dali Class was awarded two medals for scoring two goals & taking part in a football tournament. He plays for Haywards Heath.



James from Hawking Class won a trophy for coming 1<sup>st</sup> place in only his second karting race. Watch out Lewis Hamilton!



Amelia from Curie Class proudly displays her medal & certificate for coming 2<sup>nd</sup> place in a karate competition.



Viktoria from Dickens Class is a real eco warrior! Here she is with the 7 sacks of rubbish she collected on a recent litter pick with a local councillor. She has also asked to have some trees planted as her birthday present this month.

Raiyyan from Mandela, Ansh from Rowling, Sam from Curie & Josh from Turner, were all winners in our recent Times Tables Rockstars Competition – well done boys!

