



Braishfield Bugle



Friday 9th January 2026

Be kind, be brave, be ready to learn, and be your best.

Dear Families,

Welcome back and Happy New Year!

It was lovely to see the children bouncing back into school on Monday, and they certainly made the most of getting outside to enjoy the light dusting of snow we had.

This week, Little and Big Acorns enjoyed a wintry walk, Saplings happily resumed their music lessons, and Oaks celebrated a Greek Day today. Bringing the curriculum to life is so important to us at Braishfield, and these activities are wonderful examples of how learning can be engaging, meaningful and memorable.



Alongside our value of *Be Kind*, our focus value this half term is *Be Brave*. This was clearly demonstrated as Big Acorns, Saplings and Oaks all took part in new PE sessions linked to dance. While some children were initially reluctant, everyone got involved, learned something new and ultimately enjoyed the experience – a very brave effort all round!

Finally, this year we will be celebrating a very special milestone as our school turns **150 years old**. We will be planning a different activity or event each month to mark the occasion and look forward to involving the whole school community in these celebrations.

Wishing you a lovely weekend,

Natalie Alldred – Headteacher

headteacher@braishfield.hants.sch.uk

Celebration Assembly – 9am on Friday morning

Our wonderful children who have been awarded certificates this week.

Headteacher's Certificate			
Little Acorns	Big Acorns	Saplings	Oaks

Upcoming events ...

- Tuesday 13th January - Big Acorns - RE day with Southampton City Mission
- Monday 9th February 2:30pm - Parent Forum
- Monday 9th to Friday 13th February Children's Mental Health Week
- Wednesday 11th February - Little Acorns - Gurdwara trip
- Friday 13th February – Braishfield Be Brave Day
- **Monday 16th February - Friday 20th February 2026 - Half term**
- Monday 23rd February - INSET
- Tuesday 24th February - Oaks - RE day with Southampton City Mission
- Thursday 26th February – Parents' Evening
- Week beginning 2nd March - Braishfield Book Week
- Tuesday 3rd March – Parents' Evening
- <https://www.braishfield.hants.sch.uk/special/calendar/>

What we have been learning this week...

Little Acorns

This week, Little Acorns have been learning all about the weather. The children created fabulous weather-inspired artwork using oil pastels and paint, went on a wintry welly walk with their friends in Big Acorns, and explored sound by creating their own weather music using instruments and body percussion. In PSED, the children have been thinking about why we have rules, and in PE they have begun their new unit on Games. In Phonics, Little Acorns are starting to learn some new digraphs and trigraphs (two or three letters making one sound), and in Maths they have been practising their subitising skills (saying how many there are without counting). It's been a busy, exciting first week, settling back into routines and enjoying learning and playing together after the Christmas break.

Mrs Wortham and Miss Jones





Big Acorns

Big Acorns have had a lovely first week back to school after the Christmas holidays. The children were ready to learn and enjoyed catching up with their friends. In English, we started our new book 'The Queen's Hat'. We explored different London Landmarks that were mentioned in the text and then we had a go at sequencing the events in the text. In maths, we continued our unit on shape. The year 2s explored vertical lines of symmetry while the year 1s identified different 2D shapes as well as made patterns using different 2D and 3D shapes. In PSHE, we talked about people who keep us safe in our community and created job descriptions about these people. In PE, it was our first week of dance up at the village hall. The children had a fantastic time taking part in different activities lead by the dance teachers. Earlier this week, we went on a winter walk through the village as part of our science unit about seasons. The children picked out different signs of winter such as snow, ice and the cold temperature. Some also identified trees as deciduous or evergreen based on whether they had leaves or not. It has also been really lovely having Miss Othen join our class this week who will be working in Big Acorns as well as across the school.

Mrs Morant





Saplings

This week in Saplings, we have been practising a wide range of skills in mathematics and reading. Mrs Doherty was very impressed with how much we were able to remember after a two-week break.

In PSHE, we have been learning about staying safe online and cyberbullying. We now understand what to do if we feel unsafe online. We have also discussed the differences between public and private information, as well as the concepts of secrets and surprises. In computing, we have started a new unit on controlling a moving turtle. We typed in code and used it to make the turtle create different shapes and patterns.

In PE, we had our first dance lesson. Some of us felt a little nervous and unsure at first, but within minutes we were thoroughly enjoying ourselves. We absolutely loved it and are already looking forward to the next session.

Mrs Doherty



Oaks

Oaks' Class have had a busy and creative first week back. In English, we have been exploring and writing nature poetry inspired by 'The Lost Words'. The children were very proud of their beautiful pieces and thoroughly enjoyed performing them for one another. In French, we have been learning about elements of the solar system, with the children enthusiastically practising and recording new vocabulary. In maths, we have been calculating fractions of amounts, working confidently with both unitary and non-unitary fractions.

Yesterday, we thoroughly enjoyed our dance sessions and many have already changed their opinion on dance. The children challenged themselves to perform different partner balances and worked together brilliantly. We already can't wait for next week.

Today was a real highlight. It has been the perfect way to introduce our new topic 'Who Let the Gods Out?' The class went back to Ancient Greek times and had an amazing day with Russ, acting in role and learning all about the time period in a really fun and engaging way.

Miss Jones and Mrs Niles



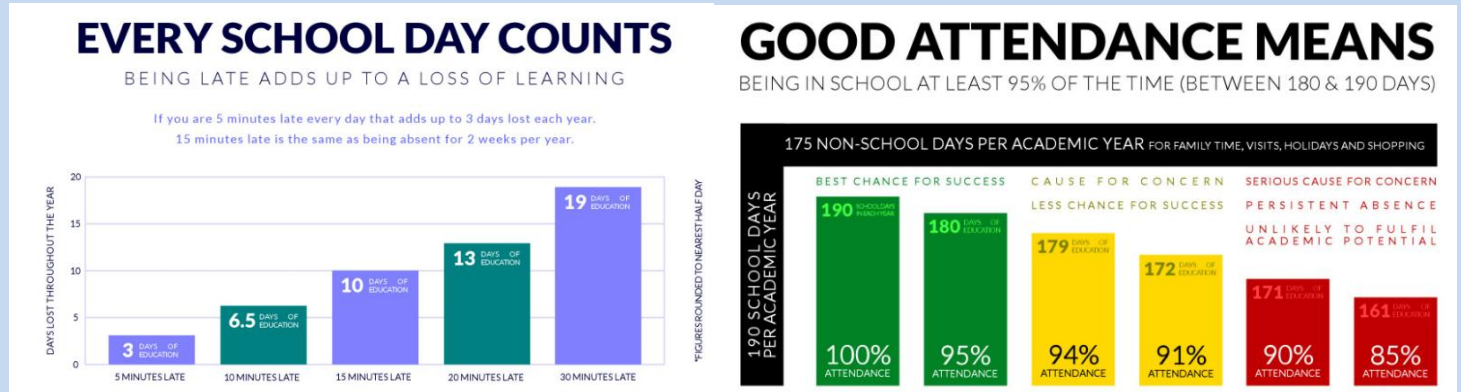
Bike Helmets

We are kindly asking for donations of any old children's bike helmets that you may no longer need. Helmets must be undamaged and suitable for our youngest children. If you are able to help, please could any helmets be given to Mrs Wortham or handed in to the school office. Thank you for your continued support

Why Attendance Matters!

It is the legal duty of parents to ensure that their child receives full time education. Good attendance is vital to a child's progress and achievement. Common sense tells us that absence and lateness disrupt the continuity of learning and therefore affect progress and, ultimately, success. As a result of the direct correlation between attendance and achievement, it is vital that children achieve full attendance.

It is also important to note that short periods of regular absence can be just as damaging to learning as long term absence.



🌟 Congratulations to **Year R** who this week have achieved the best attendance in the school with **100%**. Well done for showing such great commitment to learning!

Year R – 100%
Year 5 – 98.3%
Year 2 – 97.9%
Year 1 – 97.6%
Year 4 – 95.1%
Year 6 – 94.4%
Year 3 – 91.2%
Overall this week – 96.4%
Overall this year – 95.9%
Our target is 96.5%

Homework

Big Acorns

Year 1

Spelling – Spring 1 Week 1 sheet. Practise writing the words daily.

Year 2

Maths – p41 and Spelling – p24

Saplings

Maths- TTRS or Timestables.co.uk

Spelling - continue to learn year 3/4 spelling words

Oaks

Year 5

Maths- p40 & 41 and Spelling- p15

Year 6

Arithmetic- p11, Reasoning- p13, Spellings- p12 and Grammar- p12

PARENT FORUM



Monday 9th February 2:30pm

This will be an informal opportunity to talk about what is going well in school and to share ideas about how we can continue to improve. It is an open forum where everyone is welcome to contribute thoughts, opinions, or concerns, with the aim of strengthening parent-teacher relationships and working together to solve problems.

Your voice really matters to us, and we would love to hear from you. Even if you don't have anything specific to share, please feel free to come along and listen. Little ones are very welcome.

We hope to see you there.

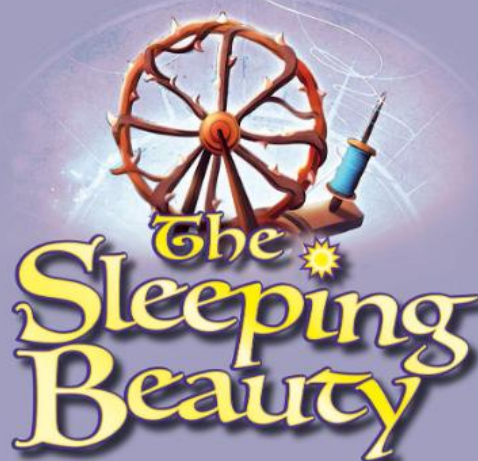


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a production

A Peter Denyer pantomime



A fun filled show for the whole family

Runs from 9th to 24th of January 2026
Relaxed performance on the 11th January

THIS AMATEUR PRODUCTION IS PRESENTED BY ARRANGEMENT WITH NCOA. WWW.NCOA.ORG.UK • SUITABLE FOR AGES 7 AND OVER

PLAZA THEATRE : ROMSEY

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BOX OFFICE: 0333 666 3366

Monday to Friday 8am-7pm
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Starring one of our own pupils!

Extra Support and Guidance

<https://fish.hants.gov.uk/kb5/hampshire/directory/advice.page?id=XRITDNF8hhM>

We are an independent charity covering the Southern Test Valley.

We support Young Carers aged 8-18 through:

- youth groups
- trips and activities
- residentials
- school exploration
- befriending
- family support

If you think you are a young carer there is lots of support and opportunities available! Please get in touch.

Do you support a parent, sibling or family member? This could be with a long term condition, illness, mental health or substance misuse. You may be a young carer.

TO REFER

Call: 01794 515908
Website: romseyyoungcarers.org.uk
Email: referrals@romseyyoungcarers.org.uk
FB: Romsey Young Carers

Romsey Young Carers
Charity Number: 1182278

INSET days

The remaining INSET Days for the 2025/26 academic year are as follows:

- Monday 23rd February 2026
- Friday 26th June 2026

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

