



Braishfield Bugle



Friday 20th March 2026

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

Together, we grow a love of learning and a community where everyone belongs and achieves.

Dear Families,

It has been a pleasure to see the children making the most of the spring weather this week. They have thoroughly enjoyed having their PE lessons out onto the rec, as well as getting involved in litter picking both on the school site and within our local community, something we are looking to continue doing now that the weather is changing. These activities are a wonderful way to promote wellbeing, teamwork and a sense of responsibility for our local environment.

I would like to give my sincere thanks to all of the staff for their hard work and dedication during our current staff absences. Their commitment has ensured that the children's learning and school experience have remained uninterrupted. They continue to be a truly supportive and resilient team, and I am very grateful for all that they do.

Thank you also to our children for their flexibility, positivity and enthusiasm, and to our parents and carers for your continued support and understanding. It is greatly appreciated and makes a real difference to our school community.

Have 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 24th March - Easter service in church at 2pm - Please gather by the Little Acorns gate at 1:30pm if you would like to walk with us.
- Friday 27th March – End of Term and BSA Break the Rules Day – see below
- **Monday 30th March - Friday 10th April - Easter Holidays**
- Monday 13th April 3:30pm - Phonics Screening Meeting for Y1 parents - Save the date!
- The remaining INSET Day for the 2025/26 academic year: Friday 26th June
- <https://www.braishfield.hants.sch.uk/special/calendar/>

What we have been learning this week...

Little Acorns

This week in Maths, Little Acorns have continued exploring the composition of numbers within 10, with a focus on the special case of combining two equal parts to make a whole. We have been beginning to recall doubles facts using our fingers, as well as creating our own representations of doubles using whiteboards and pens. In RE, we have been learning about the Easter story through the concept of eggs as a symbol of new life. We started by thinking about animals that hatch from eggs and enjoyed acting them out expressively. We then explored signs of new life in spring, working in groups to draw pictures representing our ideas. Next, we discussed symbols and shared our thoughts about what an egg might represent. This led us to learn the Christian story of Easter and create collages using symbols to represent key events. Finally, we reflected on how eggs can help Christians remember the Easter story. We are very excited about our eggs hatching next week!

Mrs Wortham and Miss Jones

To find out more about the learning in Little Acorns, please visit: <https://www.braishfield.hants.sch.uk/little-acorns-1/>



Big Acorns

This week in Big Acorns, the children have shown fantastic kindness and bravery in both their learning and their attitudes. In English, they have continued to enjoy their unit on *The Storm Whale*, bringing the story to life through some wonderful acting activities. It has been lovely to see their enthusiasm and enjoyment of the story. In Maths, the children have been exploring measuring, with lots of hands-on, practical opportunities to help deepen their understanding. They particularly enjoyed using different tools to compare and measure a range of objects. In PSHE, they have been thinking about emotions and how colours can be used to represent different feelings. A real highlight of the week was their music session with Mrs Sherfield, which was thoroughly enjoyed by everyone. They have been focusing on low and high sounds and exploring how to create these using a glockenspiel, linking their learning to the song "Teddy Bears' Picnic".

Big Acorns Team

To find out more about the learning in Big Acorns, please visit: <https://www.braishfield.hants.sch.uk/big-acorns-1/>



Saplings

This week in Saplings, we completed our unit on perimeter and revisited addition, subtraction, and multiplication. Mrs Doherty was very impressed with how much we were able to remember. In English, we began a new book titled *It Starts with a Seed*. We discussed our predictions about the story and explored the vocabulary we might encounter. In science with Mrs Cooper, we investigated what happens when two magnets are brought together. We also continued learning Spanish, focusing this week on how to greet people. Today, we enjoyed taking part in Red Nose Day activities during the afternoon.

Mrs Doherty

To find out more about the learning in Saplings, please visit: <https://www.braishfield.hants.sch.uk/saplings-1/>



Oaks

Oaks have been working very hard this week, producing a range of high-quality work. In English, we have proudly published our own entries inspired by the book 'Mythical Beasts and Magical Monsters', and we were particularly impressed by the children's creativity and imagination. In maths, we have been learning to convert units of time and solve problems using different timetables. During guided reading, we have been exploring relationships between characters and developing our skills in supporting our ideas with evidence and quotations from the text.

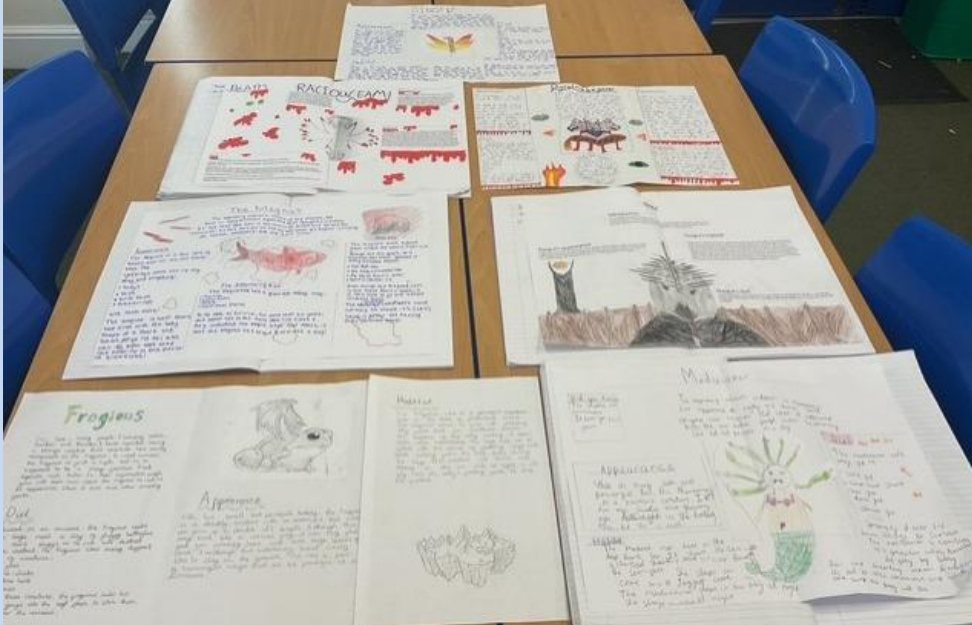
Year 6 have worked incredibly hard this week as they completed their mock SATs. We were very impressed with their focus, resilience and mature attitude. Completing these assessments now will help us to tailor our teaching to best support them in the lead-up to their SATs.

The whole class have thoroughly enjoyed their golf sessions, especially with the welcome arrival of some sunshine. The children practised a range of skills, including putting and chipping techniques, showing great enthusiasm and determination throughout. They also had the chance to see who could hit the ball the furthest — an activity they absolutely loved! A particular highlight was watching Henry and Tommy, our golf pros from Paultons Golf Club, demonstrate their impressive skills, which really inspired the children.

Miss Jones and Mrs Niles

To find out more about the learning in Oaks, please visit:

<https://www.braishfield.hants.sch.uk/oaks-1/>



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.

EVERY SCHOOL DAY COUNTS

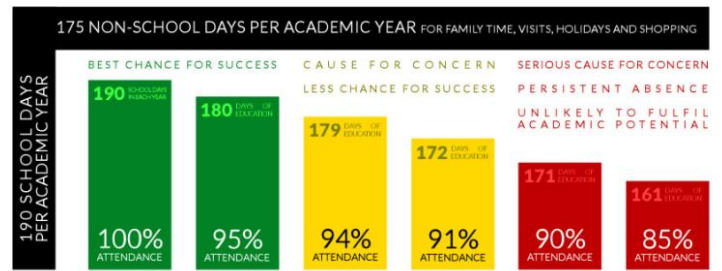
BEING LATE ADDS UP TO A LOSS OF LEARNING

If you are 5 minutes late every day that adds up to 3 days lost each year.
15 minutes late is the same as being absent for 2 weeks per year.



GOOD ATTENDANCE MEANS

BEING IN SCHOOL AT LEAST 95% OF THE TIME (BETWEEN 180 & 190 DAYS)



🌟 Congratulations to **Year R** who this week have achieved the best attendance in the school with **98.7%**. Well done for showing such great commitment to learning!

Year R – 98.7%	1 day missed
Year 2 – 95.6%	3.5 days missed
Year 1 – 94.3%	4 days missed
Year 4 – 93.3%	5 days missed
Year 5 – 91.5%	5 ½ days missed
Year 6 – 91.4%	6 days missed
Year 3 – 70%	21 days missed
Overall this week – 91%	46 days of missed learning across the school
Overall this year- 95.9%	
Our target is 96.5%	

Should my child stay at home?

Type of illness	NHS recommended period to be kept away from school	NHS further advice/comments
Diarrhoea or vomiting	24-48 hours since last episode.	This may vary in each case, please contact school for further advice.
Flu	Until recovered.	
Whooping cough	Five days from commencement of antibiotics or 21 days from onset if no antibiotic treatment.	After treatment non-infectious coughing may continue for many weeks. Vaccination is available.
Conjunctivitis	None.	
Head lice	None if the hair has been treated.	Recommend use of proprietary hair conditioner combed through the hair with a nit comb.
Mumps	Five days from onset of swelling (vaccination).	Mumps in teenage children can cause other serious medical complications.
Thread worms	None.	Treatment is required for the child and household contacts.
Tonsillitis	None.	There are many causes, most are due to viruses and do not need antibiotics.
Chicken pox	Five days from onset of rash or until spots are crusted over – common March to May.	Chicken pox can effect pregnant women if they have not already had the infection – please call school.
Cold sores	None.	Avoid contact with the sores.
German measles	Five days from the onset of rash can be vaccinated against.	If pregnant women or children under 13 months come into contact with German measles they should inform their GP immediately. Please call school.
Hand, foot and mouth	None.	
Impetigo	Until lesions are crusted and healed or 48 hours after starting antibiotics.	Antibiotics can speed the healing process and reduce the infectious period.
Measles	Four days from the onset of rash.	If a pregnant woman comes into contact with German measles she should inform her GP immediately. Please call school.
Slapped cheek	None – most cases are caught late winter – early spring.	Pregnant women, people with weak immune systems or blood disorders who come into contact with Slapped cheek should contact their GP. Please call school.
Warts and verrucae	None.	Verrucae should be covered in swimming pools, gyms and changing rooms.

For more advice visit please: www.nhs.uk/Livewell/Yourchildatschool/Pages/illness.aspx.

BSA News

Break the Rules Day

Join us on Friday 27th March to celebrate the end of term in style! Children are invited to break up to 5 school rules, donating £1 per rule broken. They might choose not to wear their school uniform, or perhaps bring a chocolate bar for their snack! See the poster for full information on rules that can be broken.

The BSA will be collecting cash on the day or donations can be made in advance using the following link - please just adjust the quantity for how many rules your child would like to break. <https://bsa.sumupstore.com/product/break-the-rules-day-1-rule>

Easy Fundraising

Just a reminder that the BSA can receive cash back donations from retailers when you shop via 'Easy Fundraising'. These do add up and is literally an easy way to help support the school.

Follow the link below or download the Easy Fundraising app and search for 'Braishfield School Association' to get started.

https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?char=358482&invite=53n9pt&referral-campaign=c2s&utm_campaign=web-referral

Homework

Big Acorns

Year 1 Practice reading and spelling the sounds and words on the sheet 'Y1 Spring 2 Week 4' and number bonds sheet

Year 2 Maths and Spelling – Timestables and Spelling sheets sent home

Saplings

Year 3 Spelling sheets sent home and TTRS/ timestables.co.uk

Year 4 Spelling sheets sent home and TTRS/ timestables.co.uk

Oaks

As next Friday is our 'Be Ready to Learn Day', we have decided to set enough homework for next week and over the holidays. The homework set today, will be due in on 14th April.

Year 5 Maths pg. 46,48,49,50 Spellings pg. 27,28,29,30

Year 6 Arithmetic pg. 39,40,43,44 Reasoning pg. 26,27,28,29 Spelling pg. 25,26,27,28

Grammar pg. 28,29,30,31

We'd like to remind you that we do run a **Homework Club on a Tuesday lunchtime** if anyone does need additional help. Thank you for your continued support.

Year 6 Parent Message

If you were unable to make the SATS meeting, your child will also come home with some practise papers for them to complete. These can either be done in test conditions, working with you or even turned into an adult vs child challenge! The timings are stated in the hand out if you'd like to keep to them and the purpose is to keep the children familiar with the

knowledge whilst also allowing them to have a little bit of extra practise. Please do come and see us if you have any questions.

The following link may be useful for further information too:

<https://educationhub.blog.gov.uk/2026/03/ks2-sats-2026-what-parents-need-to-know/>

Safeguarding and Wellbeing:

Here is the link to the government's national consultation surveys about children and their online/ social media exposure. There is a survey for everyone, a survey for parents and a survey for children over 10. Please use the link below to share your views.

<https://www.gov.uk/government/consultations/growing-up-in-the-online-world-a-national-consultation>

<https://kidsonlineafety.campaign.gov.uk/>

Help Your Child Stay Safe Online

Find practical information from trusted places to help you feel more confident on the steps you can take to protect your child online.

With so many apps, games, and websites out there, it's easy to feel overwhelmed. But the good news is you're not alone.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/children-phones-online-safety/>

Children, Phones and Online Safety

Find out how you can navigate phones and online safety for your child and encourage responsible use.

With more choice than ever and rising concerns about safety, phone ownership can raise important questions for families

<https://www.hampshirehealthysteps.org.uk/>

MHST – Mental Health Support Team – we are very grateful to the team for attending our parents' evening on Thursday and hope that the parents that spoke to them found it supportive and informative. They kindly gave us a range of different leaflets and information, which can be found on the bookshelf in the office foyer, and parents are welcome to take anything that might be useful to them. This includes details about upcoming events.

The image shows two NHS leaflets for parent workshops. The left leaflet is titled 'Primary Parent Workshop for Understanding & Managing Childhood Anxiety' and is delivered by Amie, Caroline and Charlotte, Romsey EMHP's. It includes a 'What To Expect' section, 'Aims and Objectives', and Zoom details for Friday 17th April, 2026. The right leaflet is titled 'Primary Parent Workshop, Understanding Low Mood in Childhood' and is delivered by Amie, Caroline and Angie, Romsey MHST Education Mental Health Practitioners. It also includes a 'What To Expect' section, 'Aims and Objectives', and Zoom details for Friday 24th April, 2026. Both leaflets feature the NHS logo and 'MENTAL HEALTH SUPPORT TEAMS' branding.

Primary Parent Workshop for Understanding & Managing Childhood Anxiety

What To Expect:
The workshop will last for approximately **one hour** with time at the end for a Q&A.
It will be delivered by experienced mental health practitioners. They will talk through the topics listed and give strategies on how to support children who may be having difficulties with managing worries and anxiety

Delivered by: Amie, Caroline and Charlotte, Romsey EMHP's

Aims and Objectives

- What childhood anxiety is, possible causes and maintenance factors.
 - Signs and symptoms.
- Strategies and resources to manage childhood anxiety.

Zoom details:
Meeting ID: 836 5320 0910
Passcode: 019187

MENTAL HEALTH SUPPORT TEAMS 9:15am – 10:45am Friday 17th April, 2026

Primary Parent Workshop, Understanding Low Mood in Childhood

What To Expect:
The workshop will last for approximately **one hour** with time at the end for a Q&A.
It will be delivered by experienced mental health practitioners. They will talk through the topics listed and give strategies on how to support children who may be having difficulties with managing low mood

Delivered by: Amie, Caroline and Angie, Romsey MHST Education Mental Health Practitioners

Aims and Objectives

- To gain a better understanding of **what** low mood is.
 - To understand **why** low mood can occur.
- To understand what can **trigger** symptoms of low mood in younger children
- To understand how to **support** your child to maintain positive wellbeing

Zoom:
Meeting ID: 812 6323 8232
Passcode: 199346

MENTAL HEALTH SUPPORT TEAMS 9:15am – 10:45am Friday, 24th April, 2026

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do; the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Made Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2024