

# BURNHAM-ON-CROUCH PRIMARY

## SCHOOL INFORMATION

### NEWSLETTER



Burnham on Crouch  
Primary School  
Connected to our world

28th March 2024

#### Red Nose Day

'Break The Rules' for Red Nose Day was a huge success! All the staff and children embraced their inner rebel and we raised an amazing £580!

Thank you for your continued support.





**RED  
NOSE  
DAY**



**DO  
SOMETHING  
FUNNY  
FOR MONEY**



# British Science Competition

A huge thank you and well done to all of the children that created a poster for the British Science Week poster competition! All entries have been submitted to the British Science Association for judging! Good luck!

Our entrants are:

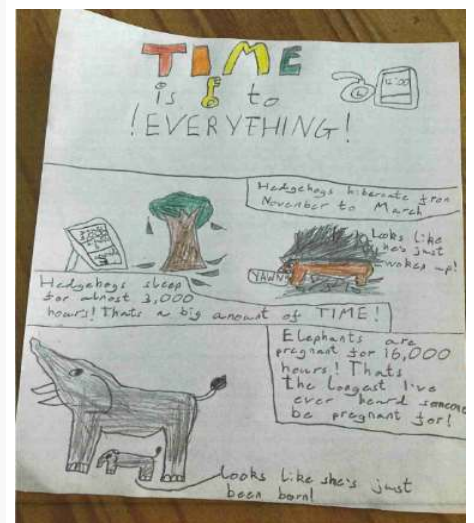
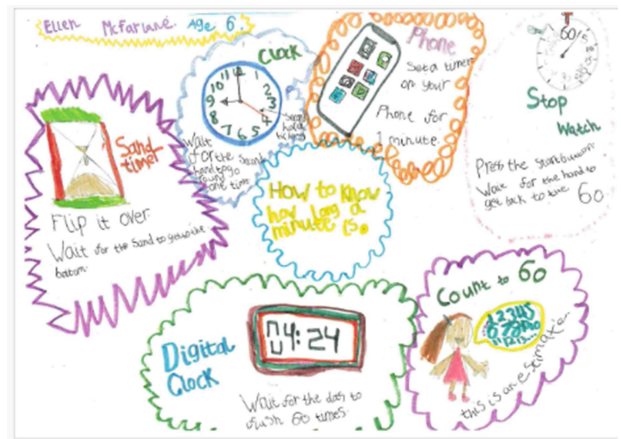
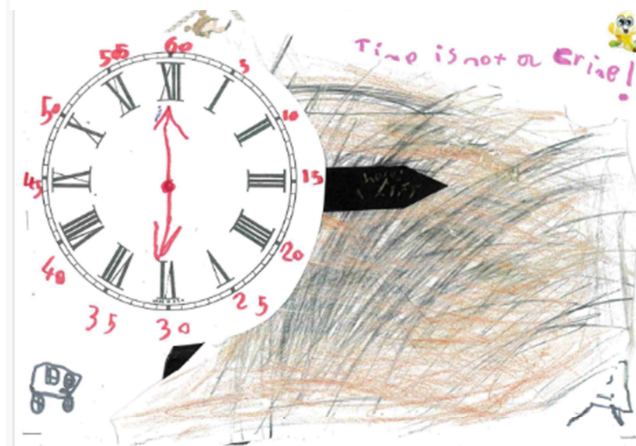
Maeve (Owl)

Scott (Panda)

Ellen (Gorilla)

Ruby (Kangaroo)

Inigo (Meerkat)



## Wake Up Wednesday

Children can often be guarded about their emotions or any difficulties they are experiencing 😊 this reticence can extend to chats with their parents. A study by the Office for National Statistics found that 64% of children reported regularly talking to their mum about “things that matter”, and even fewer (45%) held conversations of the same kind with their dad 🗨️

It is incredibly important, of course, for young people to have someone to confide in when they are confused, upset or unsure of themselves – and to know that they can do so without fear of being judged or punished. This week, our [#WakeUpWednesday](#) guide explores how to encourage open and honest discussions with children, empowering them to open up if they need help.

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, facts and tips, please visit [nationalcollege.com](https://www.nationalcollege.com).

### 10 Top Tips for Parents and Educators

# ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

- 1 CREATE A SAFE SPACE**

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.
- 2 CONSIDER OTHER OUTLETS**

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together provides you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up if their own record.
- 3 NORMALISE CHATS ABOUT FEELINGS**

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"
- 4 LISTEN ACTIVELY**

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to blanket their issues as "childish" or "teenage angst" – or to assume that they'll simply "get over" whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.
- 5 ASK OPEN QUESTIONS**

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"
- 6 RESPECT THEIR BOUNDARIES**

If a child isn't ready to talk to about something yet, respect their boundaries. It's important that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without shaming them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.
- 7 LEAD BY EXAMPLE**

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children fear adult's being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat the behaviour themselves as they grow.
- 8 HAVE REGULAR CHECK-INS**

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular time in a coffee shop or a cafe, or just a weekly walk.
- 9 PROVIDE RESOURCES**

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around seeking help. Older children could engage with resources such as [Kooth](#) or [YoungMinds](#).
- 10 CELEBRATE EMOTIONAL EXPRESSION**

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking openly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

**Meet Our Expert**  
With 20 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bottomley has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.

[#WakeUpWednesday](#) The National College

[@wake\\_up\\_weds](#) [/www.thenationalcollege](#) [@wake.up.wednesday](#) [@wake.up.weds](#)

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Did you know that there is a great deal of good work going on in our town to support people? A resource database is available for residents and their families, accessible on the Burnham Town Council website and through Maldon Connect. Please do have a look at the following links:

<https://burnhamoncrouchtowncouncil.gov.uk/health-wellbeing/plan/>

<https://maldondistrictconnects.org.uk>



*Come to Riverside Park and the Council Chambers in Chapel Road for Easter fun.*

Burnham-on-Crouch Town Council is organising an Easter Trail on Bank Holiday Monday, 1st April, Starting in Riverside Park from 1pm-4pm.

An event for all the family, you can collect clues to make an Easter word and so get a chance to win a prize.

Join in some more fun, alongside the trail there will be egg painting and colouring open from 1pm till 4pm at the council chambers.

Bring your home-decorated Easter Bonnet's to enter a competition at the council chamber's from 2pm for judging:

The categories for the competition are :

Under 8's

Under 12's

Over 18's

Every child will get a chocolate Easter Egg.

ESSEX

# Soccer Schools



FOUNDATION

Holiday camps in  
February, Easter,  
May and Summer.

BOOK NOW AND JOIN US.



WEBSITE:

[www.chelseasoccerschools.co.uk](http://www.chelseasoccerschools.co.uk)



National Smile Month 2024  
Love your Smile.

Community  
Dental  
Services



National Smile Month  
is a great way to promote oral  
health within your setting.  
This year's theme is  
"Love your Smile"  
Here are some activity ideas for  
your setting.

- Activity Ideas**
1. Create a poster competition.
  2. Draw a silly smile picture board.
  3. Hand out brushing charts to the children.
  4. Hold an assembly promoting oral health.

The Oral Health Foundation has activities your setting could participate in:-  
<https://www.dentalhealth.org/Pages/Site/national-smile-month/Category/activities-for-schools>  
or visit CDS Family Fun Page  
<https://www.communitydentalservices.co.uk/oral-health-improvement/family-fun-information/>

### Write a letter to the Tooth Fairy

During this year's National Smile Month, the tooth fairy wants to receive letters from her most admiring followers, so make sure to write one!  
The tooth fairy wants to know how well children are taking care of their teeth.  
The letters can be sent to the Oral Health Foundation office who will publish some on their social media.

Tooth Fairy  
Smile House  
2 East Union Street  
Rugby  
Warwickshire  
CV22 6AJ

The tooth fairy is looking forward to receiving and reading all the lovely letters!



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## Dates for your Diary

Monday 15<sup>th</sup> April – return to school  
Monday 13<sup>th</sup> – 17<sup>th</sup> May – Year 6 SATs week  
Friday 24<sup>th</sup> May – Inset Day  
Monday 27<sup>th</sup> – Friday 31<sup>st</sup> May – May half term  
Monday 3<sup>rd</sup> June – Inset Day  
Thursday 13<sup>th</sup> June – New Intake Parents Meeting 5pm  
Wednesday 19<sup>th</sup> June – Sports Day  
Monday 24<sup>th</sup> June – Year 6 Ormiston Transition Day  
Wednesday 26<sup>th</sup> June – Year 6 Plume Transition Day



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