



Compassion

Confidence

Creativity

Curiosity



Bethany CE Junior School

Newsletter: December 2023



God's hope in us to make a difference: For Ourselves, For Each Other, For the World.

Headteacher Welcome

Welcome to our December newsletter.

Thank you to all those that attended parents evening a couple of weeks ago. We hope it was a valuable time for you to find out how your child is progressing at school. And an extra special thank you and well done to the Y6 ambassadors who helped to direct parents/carers and hold the doors - they were paid with cold pizza and biscuits!

We will be collecting food for the Bournemouth Food Bank this month, so please bring along any spare non-perishable food you have any time from 11th December. The food bank will collect the food on 13th December. Please remember, this is voluntary.

If you have any questions or worries, please don't hesitate to speak to us.

Y3 Christmas Party!

Year 3 children were treated to a Christmas Party at the Marsham Court Hotel, by our friends at Variety Wessex. They had a delicious lunch, enjoyed magic tricks and dancing with Krazy Kev and then EVERY child spoke to Father Christmas and received a party bag. The children behaved beautifully throughout and were so grateful for their day!



Christmas Events

Christmas Accessory Day - Thursday 7th December

Class Christmas Parties w/c - 11th December

Christmas Dinner (hot meals) Y3/4 - Wednesday 13th December

Christmas Dinner (hot meals) Y5/6 - Thursday 14th December

Y3 and 4 Christmas Pantomime - Thursday 14th December

Christmas Service - Friday 15th December 10am (all welcome)





Food Bank Collections

We will be collecting food for the local food bank from Monday 11th December to Wednesday 13th December. Please only send non-perishable food, for example, tins, dried foods, packets, toiletries.

MOST NEEDED
JUICE 🍹
BISCUITS 🍪
PEANUT BUTTER 🥜
RING-PULL TIN RAVIOLI 🍝
SMALL PACKS OF CEREAL SUCH AS WEETABIX, VARIETY PACKS, PORRIDGE SACHETS & POTS 🥣
TOILETRIES, ESPECIALLY TOILET ROLL 🧻

WE'RE WELL STOCKED ON
CEREAL 🥣
TINNED BEANS 🫘
PASTA 🍝
RICE 🍚
TINNED & PACKET SOUP 🍲

Dog's Trust Assemblies

This week, each class has had a visit from the Dogs Trust to learn to 'Be Dog Smart.' Vicky from the Dogs Trust has been teaching us how to get along with and behave safely around dogs so that we can have safe, loving relationships with the dogs in our lives. Some of the things we have learned include that hugs are for humans and that we should leave dogs alone when they are eating.



Y6 Pupil Raising Money for the Bournemouth Food Bank

Please help support William in Y6 with raising money for the Bournemouth Food Bank: William had decided to get his hair cut!!

After growing his hair for 3 and a half years William has decided that now is the time get it cut, not only has he chosen to donate his hair to the little princess trust, he has also decided to raise money for our local food bank, he knows how important local food banks are for people and understands that without people donating then others less fortunate than us are not able to eat.



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‘Do you want to join me in making a difference? I’m raising money in aid of Bournemouth Foodbank and every donation will help. Thank you in advance for your contribution to this cause that means so much to me.’

More information about Bournemouth Foodbank: The Bournemouth Foodbank works to bring our community together to end hunger and poverty in Bournemouth and the UK by providing compassionate, practical help, upholding dignity and challenging injustice.


Thank you in advance for any donations for this amazing cause, no matter how small.

Please see this link to donate: https://www.gofundme.com/f/williams-charity-hair-cut?utm_campaign=p_cp+sharesheet&utm_medium=copy_link_all&utm_source=customer



Attendance

Each month, we will update you with the attendance figures for each class from 1st September. We aim to have attendance above 96%.

Class	Attendance
3AH	95.0%
3SD	95.7%
3RH 	96.2%
4KW	93.4%
4EW	93.8%
4SW	93.7%
5SB	94.1%
5BD	89.9%



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5AB	93.0%
6PM	96.1%
6KR	94.8%
6JW	94.0%

Coffee Mornings

On Tuesday 6th December, we will be holding a coffee morning in the SEAL room from 9am (just so we can get all the children in and settled first). All welcome!



Due to popular demand - we will now hold a monthly coffee morning from January!

Next Coffee morning - Tuesday 9TH January 2024 - 9AM. All welcome!

Safeguarding

Parenting can be hard. Very hard. It can be made even harder if you suffer with a mental health problem. Please see this NSPCC link if you feel this affects you:

<https://shorturl.at/itDWX>

Top 10 mental health tips for parents (NSPCC)

Trying new or different coping strategies can help support your mental health and lower stress in a positive and interactive way.

If you have coping strategies that work well for you, keep doing them - whether that's mindfulness, walking or as simple as taking 5 minutes for yourself.

- 1) Being physically active might help your mental health. It also helps boost your immune system and can help encourage your children to exercise too. You could try walking, going for a jog or doing an online class. If these don't suit you, you could try a gentler activity like gardening, sitting next to an open window to get some fresh air or doing a crossword.
- 2) Maintain a regular sleeping pattern if possible. The NHS have tips and advice to help.
- 3) Keep in touch with family and friends on the phone or try a video call.
- 4) It's important to be healthy and eat well. We know it's not easy for everyone, and if you need help with getting essentials you can contact your local food bank.
- 5) Keep a journal. Writing down your feelings can help you reflect, understand and let go of emotions.
- 6) Join a support group or network online. Talking to others in a similar situation can help. netmums.com offers forums for both mums and dads.



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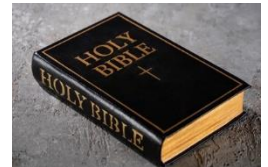
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- 7) Create mini zones in the home where possible, allowing everyone to have space. If this isn't possible, try spending set amounts of time in different rooms if you can.
- 8) Try to have some time for yourself, whether that's within your home or by going for a walk. We have advice if you're not sure if your child is old enough to stay home alone.
- 9) Managing how you keep on top of the latest news can help reduce anxiety. You could create limits on how much time you spend on social media and set 1 or 2 specific times of the day you check the news. Staying up to date can help you support children with any questions they may have but it's also important to take care of your own wellbeing.
- 10) Making a plan of things to do by yourself or with your child can help create structure and a routine for the day. Try starting your day with a short list of 4 small, achievable things you'd like to do. If there's another adult in your house or older children, ask them to play an active part too. But, if you're struggling with your mental health and emotional wellbeing it's okay to do the best you can and recognise there will be good and bad days.

Bible Quote



Joseph also went up from Galilee, out of the city of Nazareth, into Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be registered with Mary, his betrothed wife, who was with child. LUKE 2:4-5



Have a Blessed Advent!

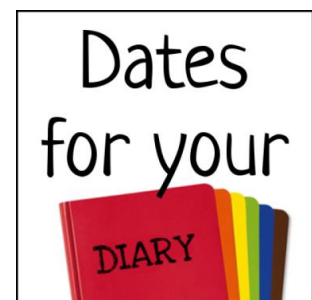
Diary Dates

Friday 17th November: 4SW Swimming 7/8

Friday 17th November: Children in Need

Tuesday 5th December: Coffee Morning 9am

Thursday 7th December: Christmas Accessory Day





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Wednesday 13th December: Christmas Dinner (hot meals) Y3/4

Thursday 14th December: Christmas Dinner (hot meals) Y5/6

Thursday 14th December: Y3/4 Pantomime in Ferndown

Friday 15th December: Last day of term. Children finish at 1:30pm

Wednesday 3rd January: Children first day back

Friday 5th January: 4EW swimming

Tuesday 9th January: Coffee Morning 9am

Thursday 11th January: Y5/6 football @ Littledown

Friday 12th January: 4EW swimming

Friday 19th January: 4EW swimming



Please see this link: <https://shorturl.at/iruAZ> for information about Festive Point at Castlepoint

Information from Castlepoint: This is a new concept for us with affordable prices and it would be great to spread the message to local families. Festive Point is an indoor and dry Christmas Village with fantastic activities available for all ages. Festive Point can be located at Castlepoint below Mountain Warehouse in the lower level of the car park.

We have a magical Santa lift experience followed by a Grotto, Virtual Reality Games (including snowball fight), Roller Rink, Festive Flicks, Food & drink and much more.

We want to offer you an exclusive 50% off discount for the Virtual Reality Experience at Castlepoint across the dates we are open. The first 500 people to use our exclusive code can receive the 50% off discount on our Virtual Reality Free Roam area. *Please note players must be 9 years or older to participate in the VR games but there are plenty of other activities available for younger children.

All the information and for bookings please visit <https://www.festivepoint.co.uk/> and to **use the 50% off code please use the code: CASTLEPOINTXMAS23 in the promo voucher section at the online checkout** for your exclusive discount.

