



BROOKLANDS BULLETIN

Weekly Reflection

Dear parents and carers,

It has been an absolute pleasure to welcome everyone back to Brooklands for this new academic year; to our new Reception, Nursery and in-year children and families across the school. Brooklands is delighted to have you as part of our school community and we hope you will be happy, thrive and form strong, life-long relationships with us here.

The Brooklands Bulletin is a weekly round-up of the fantastic learning and opportunities the children have been doing in the week. We share important information here as well as remind you of up-coming events. Please take the time to read the Bulletin to make sure you are 'in the know' as to what is happening!

This week, albeit a short one, has been full of excitement, friendship and fun, despite the weather! The children have settled so well and we have been so proud to walk around the school, hearing about holiday adventures, curious questions about up and coming learning and new friendships forming.

Over the next few weeks, we will be sharing more about our teaching and learning approach and Brooklands so please do look out for this communication. The children will be coming home with reading records and banded reading books. Please encourage your child to read every night and record comments in their record books; the teachers will be checking regularly and school adults will comment when they read with your child.

Have a lovely weekend; let's hope for better weather next week!

Best wishes,
Mrs McGrath and Mrs Armstrong

UPCOMING DATES

Friends and Family Fridays begin

Friday 5th September 2025 3:30-4:30pm

Drama workshops- Wednesday 10th September

Year 4 swimming starts

Wednesday 10th September

Year 3 Chromebook meeting

Tuesday 16th September 3:30pm and
Wednesday 17th September 9am

A reminder that the only items that need to come to school are named water bottles, reading records and reading books. If you are in KS2, chrome books need to be brought in daily and charged. Thank you!



We are really looking forward to Perform for Schools coming next week to deliver some workshops!

We are always keen to invite groups in to Brooklands...we look forward to lots of opportunities coming our way this year!

Our Safeguarding Team

At Brooklands, we are committed to the safeguarding of all children and staff. The Designated Safeguarding Leads for Brooklands are:

Mrs. Sarah Armstrong
Designated Safeguarding Lead
Co-Head of School



Mrs. Emily McGrath
Deputy Designated Safeguarding Lead
Co-Head of School



Maritime Academy Safeguarding Officers
are:



Matthew Bullpit



Emma Pape

We take our duty of safeguarding incredibly seriously at Brooklands Primary School. We understand that safeguarding is EVERYONE's responsibility.

We led an assembly about safeguarding for Years 2-6 this week; children are aware of who their safeguarding leads are and what they can do if they do not feel safe. We will continue to remind children of key messages about safeguarding throughout the year. Below and on the next page are important safeguarding information and procedures we follow. If you have any questions about safeguarding, please do feel free to speak to us.

**I have a safeguarding concern
about a child**

**You MUST report this immediately via Myconcern(or form
if you do not have a my concern account)**

Designated
Safeguarding Lead
Sarah Armstrong

Deputy Designated
Safeguarding Lead
Emily McGrath

Designated safeguarding lead will assess the concern
and take one of the following actions:

Monitor

Speak to parents/carers

Referral

Concern will be monitored and support given where
deemed appropriate. For example foodbank, housing
support, clothing or toy bank. There are many areas of
support and strong community links have been established to
benefit our families.

A TAC may be initiated to document targeted support.

Where there is a
serious or ongoing
concerns a referral
may be made to
MASH or Early
Help.

The situation does not improve and concerns remain or increase.

Child Protection Officer (DSL)
Sarah Armstrong

Deputy DSL
Emily McGrath

Greenwich LADO 020 8921 3930 / childrens-LADO@royalgreenwich.gov.uk

Children's services MASH Team - 020 8921 3172

Out of Hours Line - 020 854 8888

Reading at Brooklands

We have a wonderful reading culture at Brooklands and celebrate this in lots of ways!

What's your favourite book?

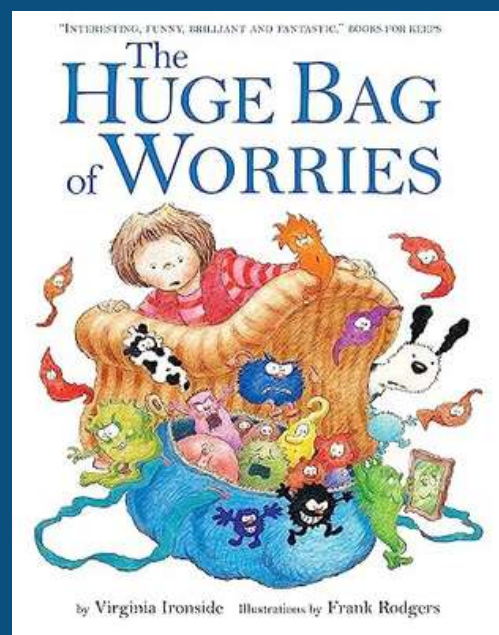
Let your teacher know!

We would love to hear what books and stories you enjoy at home- please email in to share your favourite books, or photos of you reading together at home!

Year 1 chose to read this book this week...we wanted to share it with you too!

The Huge Bag of Worries by Virginia Ironside

A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings. The perfect book to soothe worries during stressful times. Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.



ONLINE SAFETY

More and more young people are using VPNs to hide what they're doing online. While these tools can boost privacy in the right context, they can also create risks if used without guidance. Our #WakeUpWednesday guide explains what every parent and educator needs to know – from why young people turn to VPNs to how they might affect safety monitoring.

With practical tips and clear explanations, this week's guide shines a light on the potential dangers of unreliable providers, hidden malware, and children bypassing safeguards. It also offers supportive strategies to start conversations, set boundaries, and ensure VPNs are used responsibly. Read more in this essential guide.

What Parents & Educators Need to Know about VPNs

WHAT ARE THE RISKS?

BYPASSING RESTRICTIONS

VPNs are commonly used by young people to get around blocks on school networks or parental controls. This could include accessing social media, gaming sites or adult content that would otherwise be filtered out.

ACCESSING INAPPROPRIATE CONTENT

When a VPN is active, content filters can no longer see which sites a child is visiting. This means they could access inappropriate content without detection. This also makes it harder to intervene when a child is engaging in risky behaviour, as it may be difficult to detect it's happening.

REDUCED TRANSPARENCY

VPNs may make parental monitoring software ineffective, stopping parents from monitoring their child's activities, including their ability to identify potentially harmful or inappropriate content or online contact. This in turn may prevent parents from protecting their children from attempted sextortion or other online threats.

VPN use among UK teens is on the rise – with a noticeable uptick following the introduction of the Online Safety Act's age-verification rules. A VPN – or virtual private network – can boost online privacy by hiding internet activity and masking the user's location. But while this technology has legitimate uses, it can also allow children to bypass safety filters and access inappropriate content. This guide covers what parents and educators need to know about VPNs and how to keep young people safe.

FALSE SENSE OF ANONYMITY

Children believing that VPNs make them 'invisible' online may seek to explore unsuitable internet content, including content which might otherwise be blocked. This may result in them seeking and accessing increasingly inappropriate – or even harmful – content.

INCREASED EXPOSURE TO MALWARE

Many free VPN apps are poorly regulated and may carry hidden malware. Young people installing unverified software could unknowingly open up their device (and home network) to spying, data theft, computer viruses, or even remote access by criminals.

RISK OF MALICIOUS VPN PROVIDERS

Although VPNs may increase privacy from network or service provider filtering and monitoring, this results in providing user and usage data to VPN providers. Some VPN providers may track user activity and sell that data to advertisers – or worse, malicious third parties. Not all VPNs are trustworthy.

Advice for Parents & Educators

EXPLAIN THE POSSIBLE BENEFITS OF VPNs

Explain how VPNs can help protect user data and therefore may be appropriate when using public or other unsecured Wi-Fi, or while dealing with sensitive corporate or personal data.

EXPLAIN THE RISKS OF VPNs

Discuss online risks, including harmful, disturbing, and criminal content. Inform children about criminal contact, such as sextortion, and how VPNs may restrict adults from monitoring children's internet use and helping them avoid these risks.

FREE ISN'T FREE

Discuss the risk of 'free' VPNs and how they may sell or use people's data, which adds privacy risks. Additionally, discuss the potential for added malware in VPN downloads, and how these compromise devices and apps, leading to potential fraud or theft.

CHECK DEVICES FOR VPNs

VPNs can be installed as both apps and browser extensions, so regularly check these on the devices used by the young people in your care. If they have been using VPNs, discuss it, listen to their reasoning, and inform them of the associated risks. In some cases, it may be appropriate to block VPN use via parental controls and other settings.

DISCUSS ONLINE BOUNDARIES

Reinforce the importance of keeping safe online and how filtering and monitoring helps keep young people safe – explain this to them rather than just 'being strict'. Encourage an open conversation around what they're accessing and why.

Meet Our Expert

This guide has been created in collaboration with Gary Henderson, director of IT at a large independent school in the UK, an ambassador for the Association of Network Managers in Education and the Vice Chair of the Independent Schools Council Digital Advisory Group.



The National College®

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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Attendance

100

Reception	94.96%
Year 1	95.40%
Year 2	97.70%
Year 3	90.23%
Year 4	89.26%
Year 5	95.68%
Year 6	94.25%

ATTENDANCE

WHY IS IT IMPORTANT?

ABSENCE FROM SCHOOL

Children are required by law to attend school 190 days per year. The Government states that every pupil's attendance should be at least 95%.

How do YOU measure up?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

89% & Below
Drastic effect on academic achievement

95%-90%
Cause for concern

100%-96%
Excellent



Office Reminders



- **Absence** – Please ensure you call the office before 9am if your child will not be in school that day. Alternatively, you can report your child's absence on Studybugs.
- All enrichment club information will be sent out next week.
- All outstanding payment must be paid by Friday 12th September
- Bat Club
- Nursery
- Clubs
- **Punctuality** – Should a child's punctuality be identified as persistent (more than 10%) or a pattern (e.g. late on a particular day of the week), parents will be invited in to meet with leadership and/or the local authority attendance officer to discuss how the school can support the family to improve punctuality for the child.



Please get the **free Studybugs app** for reporting your child's absence due to illness.

<https://studybugs.com>

Download on the App Store | GET IT ON Google Play | Get it from Microsoft

Report sickness, receive guidance, help improve children's health
See what illnesses are going around
Secure system, all communications encrypted

Working in partnership with:

NHS | Brighton and Sussex Medical School | Brighton & Hove City Council | Epsom & Ewell NHS Trust

Studybugs

Please sign up to our attendance app which is how we now ask parents to inform us of absence; thank you to those who have already signed up. There is also a link to the page along the top of our home page on our website.

FRONT ROW MUSIC

Hello!

Learn ukulele or guitar at school!

Front Row Music provides extracurricular music lessons at Brooklands Primary School. Our tutor teaches ukulele and guitar to small groups of students every Tuesday. If your child is interested in learning an instrument in the new school year, please sign-up by visiting: www.frontrow-music.com/signup to secure a place.

Front Row Music offers fun, engaging and affordable music lessons for primary schools. Specialising in guitar, ukulele and keyboard we LOVE music and are on a mission to teach a new generation how to play by learning their favourite music!

- Your child can learn ukulele from Reception and guitar from Year 3.
- Lessons cost £36.50 per month charged from September to July, payment is made directly to us rather than the school.
- Lessons are 30 minutes and take place during the school day in small groups of 6-8 children of a similar age.
- We provide instruments for your child to use in class. We also sell guitars and ukuleles if you would like to purchase one to practise at home.
- We organise performances at school twice a year so your child can showcase what they have learnt

To enrol your child for guitar or ukulele lessons, please complete the sign-up below and select East London as the area www.frontrow-music.com/signup

If you have any questions, please don't hesitate to contact us on 020 3633 6188 or by email at eastlondon@frontrow-music.com.

Kind regards,
Howard Rose **FRONT
ROW MUSIC**

Howard, from Front Row Music came to Brooklands today to share the type of music he teaches in his sessions. The children were very impressed!

STARS OF THE WEEK

Nursery	Each week, our teachers are always looking for children who are showcasing our school values in some way. This could be a piece of work where the child has really done their best, showing EXCELLENCE; it could be that they have shown RESILIENCE with a task throughout the week; it could be that they have asked amazing, inquisitive questions, showing keen CURIOSITY; it could be that they really supported a peer who was struggling with something, showing TOGETHERNESS or that they showed real EMPATHY when discussing an incident in the playground or they could relate to something they have been learning about. Each week, our teachers choose two children who have really shone. These children and their efforts will be celebrated in our Friday assembly, led by year 6. We will also publish their names here in the Bulletin for you to see. This week, we have been so impressed by all children's return to school. They have been focusing on making sure transitions around the building and between lessons has been smooth, they have shown fantastic focus in lessons and have settled back into the new school year with confidence and a positive attitude. Well done, Team Brooklands!
Reception	
Year 1	
Year 2	
Year 3	
Year 4	
Year 5	
Year 6	



GENTLE REMINDERS

A reminder that the gate opens for children and families at 8:30am. This is for families and children to socialise and network as well as giving children plenty of time to be on site in time. The classroom doors and main KS2 door opens at 8:40am and children need to be on site by 8:45am.

Parents on site at the start of the day

Parents are expected to remain on site, with their children, until the classroom doors open. This is for health and safety and safeguarding reasons. If children come to school alone (Years 5 and 6), they are to remain in the Early Years playground to ensure they are in sight of the school staff.

Mobile phones and smart watches

Children who walk to and from school are allowed to bring a mobile phone to school so they are able to inform parents they have arrived safely. However, mobile phones should not be used on site and so children are to take phones and smart watches to the office so they can be kept secure until they can be collected at the end of the day. Having these devices on and accessible during the school day poses a safeguarding risk, which we take very seriously. Please support the school in reminding children to only use their phones once they are off-site. Thank you.

Appropriate clothing for school

We have had a few children coming to school recently in clothing that has not been appropriate for school e.g. costumes, restrictive clothing and loose footwear. We know that being a non-uniform school is a unique feature of Brooklands and we do not wish to prevent children from expressing their individuality. However, please ensure children are dressed in clothing that does not restrict movement and footwear that is secure. We have had a few accidents at playtime recently and this is something we are closely monitoring. We thank you for your support in this matter.

This week at Brooklands...

Nursery	This week we welcomed back some of our returning nursery children and it has been lovely to see them after the summer break and hear all about what they have been up to. We have also welcomed some of our new children who have enjoyed a stay and play session before they start next week. All the children have been very settled and have enjoyed a variety of activities in the classroom and the outdoor area. Playdough, dinosaurs, role playing in the kitchen and using the sandpit have been particular favourites! We look forward to having all the children back next week and continuing to engage in lots of playful learning activities!
Reception	This week, Reception have been busy exploring their new classroom and getting to know the Brooklands community. Although there were a few tears, it has been a week filled with happy moments, new friendships, and the excitement of starting a new chapter. The children also enjoyed their very first school dinner and full day at Brooklands, which was such a joy to see. They sat beautifully and quickly picked up the lunchtime routines, showing just how ready they are for this new adventure. Well done to all the children and parents for completing such a fantastic first week!
Year 1	Year 1 settled brilliantly this week, showing us their superb behaviour and getting stuck into their busy learning with gusto. They have demonstrated their fantastic understanding of number recognition and enjoyed the outside area, when the rain held off. In English we looked at a thought provoking book called 'Have you filled a bucket today?' which is about how we can fill each other's lives with good and bad emotions. Inspired by the story Year 1 created and decorated their own mini buckets sharing with the class what they will fill them with e.g. kindness, trust and happiness. In Art, they made and decorated a 'First Day in Year 1' hat as well as enjoying other activities such as building marble runs, playing in the doctors roleplay area and using the playdough to make different shapes and colours. What a creative start with so many children making brilliant creations and also showing resilience when trying new foods at lunch. Well done Year 1!
Year 2	Year 2 have had a wonderful start to the new school year showing excitement towards the new learning that has been taking place over this week. They have really been showing the school value of curiosity, with lots of questions about their new start into year 2. They have had the chance to welcome new children to the class. They have also had the chance to discuss the different emotions that they may be feeling this week and how we can help each other in the class. This week in year 2 they have been working on building sentences in English. Looking at number bonds in maths exploring different ways to make 10. Also they have been exploring the wonderful world of plants and have had the opportunity to design their own flowers in the classroom. Along with looking at the different countries that are in the United Kingdom in geography.
Year 3	Year 3 have made a fantastic start to the new school year, settling in beautifully and showing enthusiasm for their learning. This week, they have been practising their handwriting and working carefully to present their work neatly. In English, they wrote about their summer holidays, sharing their experiences with pride and enjoyment. In maths, they have been revisiting and practising place value, showing great focus and determination. The children also took part in lots of circle time sessions, where they discussed behaviour and expectations, and they were amazing at listening to one another and sharing thoughtful ideas. Circle time also gave them the chance to get to know each other better and begin building strong classroom friendships. Well done, Year 3!



This week at Brooklands...in photos!

Year 4	We've had a fantastic first week back at school! We started by warmly welcoming everyone and sharing stories about our summer holidays. It was lovely hearing what everyone had been up to. We also spent some time looking ahead at all the exciting things we'll be learning this year. As part of settling back in, we revisited our class expectations to make sure we're all ready to do our best. There's a real buzz in the air, everyone seems so excited to be back and ready to get cracking! I can't wait to see what this year has in store for Year 4!
Year 5	Year 5 have spent the first week of this year getting to know our new surroundings and new teacher! We have been busy learning all about our new topic on the Maya through research, creating a PowerPoint and presenting our findings to the rest of the class. We have also been busy creating posters as part of our science topic on the Solar System. We have started to read this term's text: The Chocolate Tree. We are reading this so that we are ready to begin to write our playscripts next week. We wrote a recount of our summer holidays and hopes for our Year 5 journey. We took this as an opportunity to practice our handwriting and to get back into our routines. We took the time to have a circle time on our feelings and how we communicate them. We are able to 'check in' through the use of our regulation area, should we wish to. We are really looking forward to going back on timetable next week and to hit the ground running with our learning!
Year 6	We've had a brilliant start to the new school year in Year 6! The children have settled in quickly and have shown a fantastic attitude towards their learning. This week, we have spent time discussing our expectations and what makes a positive and productive classroom. The children enjoyed talking about the different responsibilities that come with being in Year 6, before writing their own job applications which was a great opportunity to practice their handwriting and presentation. In maths, we focused on developing our arithmetic skills and started using IXL and Maths Whizz. These platforms will be a great way to support our learning both in school and at home. During the afternoons, we set personal goals for the year ahead and revisited some of our prior learning. We have also begun researching our exciting new topics for this half term. It has been a busy and positive first week and we are looking forward to what the rest of the term brings!





Are you ready for some

BIG NEWS?

The Greenwich Maritime Skills Academy is moving to Hook Lane in October - and it's going to be better than ever!

It's a 10 week course of fun activities for children aged 7-11, every Saturday morning, from 10am-1pm.



We're talking sports, robotics, art and drama - oh, and we haven't told you the best bit yet...

It's completely **FREE!**



Look out for more details and information on how to sign up in September. We can't wait to get started!...

Engineering
Minds



Apply for Free School Meal eligibility
You'll be helping the school with funding and
may qualify for money for the holidays for
your child too.



What have you got to lose?

If your child is eligible for 'free school meals' and you register them for this then the school will receive extra funding called 'pupil premium'. This is in addition to the funding we receive for your child towards meals. We use this extra money to improve the educational provision and resources at the school - which benefits your child's experience of school

Did you know that qualifying parents receive money from Greenwich each school holiday - got to be worth checking if you're eligible too, surely?

To check your eligibility using the checker system linked to local government go to this link:
Entrust
https://apply.cloudforedu.org.uk/o_fsm/link2ict

How do I check
if my child is
eligible?

Alternatively click on the QR Code
which will take you to the website:



Or provide your NI Number and
your date of birth, along with your
child's details to the admin team
and we'll do it for you!





Greenwich has a critical shortage of foster carers, which is significantly impacting our children's well-being and stability. When local children cannot be placed with Foster Carers near their existing support networks, they face additional emotional challenges. We are reaching out to educational professionals who understand these children's complex needs.

By becoming a foster carer, you can provide a nurturing and safe environment that keeps children connected to their schools, friends, and communities. You can still work and be a foster carer.

Our comprehensive support package includes 24-hour support, excellent training, mentoring, council tax exemption, a generous, competitive financial allowance, support groups, counselling services, the innovative Mockingbird Family Model, The Fostering Network membership, and a calendar of engaging events. Your commitment can change a young person's life trajectory – helping them feel secure, supported, and empowered during critical developmental years.

If you or anyone you know would be interested in speaking with us about starting your fostering journey, please don't hesitate to contact us via:

Email: fostering-recruitment@royalgreenwich.gov.uk

Phone: 0800 052 1499





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and you'll raise donations for
Brooklands Primary School



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