

## **Strike Action 1<sup>st</sup> February**

Families received a letter this week from Trust CEO, Dan Morrow, outlining provisional plans for strike action planned for the 1<sup>st</sup> February.

As a Trust and school, we respect the right to strike and I, personally, have sympathy for a profession in a recruitment and retention crisis. In 2022/23, initial teacher training figures were 29% below target – meaning there are simply not enough new teachers coming into the profession. Approximately 20% of teachers leave the profession within 2 years of qualifying while 30% leave within 5 years. This, combined with a pay increase nearly 7% below inflation paints a pretty bleak picture.

However, I am certain that every adult in our school is not in this profession for the salary. They are here because they care personally about the lives, prospects and education of the children and families we serve – it is a vocation, not a job. The dedication of time, effort and emotion that I witness on a daily basis is truly heartwarming. When you have little or no other experience to compare to, it can be easy to become blinkered in our expectations. I can say, without hesitation, we are lucky to have such a dedicated and invested team of adults working in our school – please make sure you support and thank them for the work and passion they bring to our children's lives.



## **Stars of the Week**

**Juliet** – continuing to *flourish* in all areas of her learning

**Henry** – Always having a positive attitude and *flourishing* in his work

**Molly Ea** -*flourished* in maths and confidently demonstrated her understanding of multiplication and division

**Ruby** – *ambition* and progress in Maths

**Team Points:** Ash

## **Year 6 STEM coding**

This week, selected Year 6 children joined with friends from Lydford to take part in a coding workshop at the Immersion centre in Okehampton. The children had a fantastic time building and programming robots to race and battle. Thank you to Ms Dewsbery and Miss Spooncer for supporting the children.



## **KS1 Swimming**

A reminder that swimming for Owlets and Tawny Owls will begin after half term, every Friday afternoon. Please ensure you have given consent and made payment via School Gateway. Please also check you have paid for KS2 swimming this term.

### Swimming Gala

Unfortunately, both dates this week for the Year 5/6 swimming gala were postponed. On the 24<sup>th</sup> in Okehampton, Bridestowe and Lydford were the only teams entered – highlighting the commitment we make to enrichment - whilst damage to Tavistock pool's roof cancelled the event due for the 26<sup>th</sup>. A new date of March 7<sup>th</sup> has been set and Bridestowe will be entering our team again.

### Owlets

Owlets' learning this week has been based around Chinese New Year.

The children built The Great Wall of China, created Dragon dances, made Chinese lanterns, and wrote numbers in Chinese. They have also learnt to say hello in Chinese – “Ni Hao”.



### Animal Encounter – EYFS/Tawny Owls

On Monday 30<sup>th</sup> January we welcome Marie Pullman into school for an Animal Encounter with Owlets and Tawny Owls. Marie will be bringing along 4 animals and the children will learn about each one and then get to touch or hold them. Marie's animals include reptiles, invertebrates and mammals.

### Family Voice Session

A reminder that Tuesday 31<sup>st</sup> January at 6pm is our next Family Voice session which will focus on curriculum enrichment activities. All are invited. Any other discussion points are welcome, and these can be sent in advance to Mr Hill or the admin email address.



### KS2 Paignton Zoo Trip

We are very excited to be taking Snowy Owls and Barn Owls to Paignton Zoo on Wednesday 1<sup>st</sup> February. The children will travel by coach and leave school at 09.15 after registration and we anticipate a return to school at around 4.00pm. FoBS have generously subsidised this event, enabling us to keep the cost to parents at only £5 per child. Please give consent and make payment via School Gateway.

If you would like to order a school packed lunch for your child/ren, please order via School Gateway in the usual way by **12.00pm, Tuesday 31<sup>st</sup> January**.

We expect this trip to go ahead as planned despite possible strike action.

### Space Dome – EYFS/KS1

Also on Wednesday 1<sup>st</sup> February, the Space Dome will visit Bridestowe for Owlets and Tawny Owls. This great experience will take place in the village hall with our friends from Lydford Primary. The children will learn about space and the Earth's place in the galaxy.

### **Forest School**

Children used hammers to complete bird boxes by fixing the wood together with nails. They worked in teams to decorate the bird boxes in the theme of plants and animals. The finished bird boxes looked fantastic and reflected how well the groups had worked as a team.



### **Cross Country – 3<sup>rd</sup> February**

On Friday 3<sup>rd</sup> February, a selected team of Year 3,4,5 and 6 children will take part in the first of the 3-race cross country series at Simmons Park. Last year, the school was extremely successful in this series being the overall winners for both Year 3/4 and 5/6 age groups.

### **Homework Share 8<sup>th</sup> Feb**

The 8<sup>th</sup> February at 3pm will be our half termly homework share. We have split this event from Book Looks to give parents more time to focus on multiple children within the school.



### **Dress to Express for Mental Health on the 10<sup>th</sup> February**

Children's Mental Health week runs from 6<sup>th</sup> – 12<sup>th</sup> February, and the whole of the Dartmoor Multi Academy Trust will be taking part in a non-uniform day on 10<sup>th</sup> February to celebrate this. There is a suggested donation of £1, which will be split between the charity 'Place2Be' and a Trust-based project which the charity will be leading on. As we are a cashless school, please make your donation via School Gateway.

### **Tesco Blue Tokens for Treetops**

Tesco in Tavistock has Treetops Pre-School and Childcare as one of the choices in the blue token collections, continuing until the 31st March. Please consider Treetops if you're visiting Tesco as this will greatly support their fundraising efforts.



### **RWI Virtual Classroom**

Please follow the link below for guidance on how to use the QR codes that are being sent home for RWI homework. Please be aware that not all children have currently received a QR code as these are only sent when teachers would like the children to do some extra practice at the individual's challenge point.

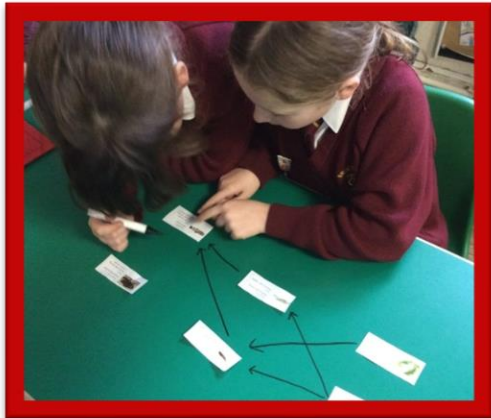
[Ruth Miskin Training](#)

The video can also be accessed on our website here: [Read Write Inc - BRIDESTOWE PRIMARY SCHOOL \(bridestowe-primary.devon.sch.uk\)](https://www.bridestowe-primary.devon.sch.uk)



### **Snowy Owls**

The Snowy Owls constructed food chains and food webs by using information about the diets of different organisms. The children were able to label the producers and consumers. The children enjoyed writing on the tables to add arrows to show the energy transfer!



### **Clubs After Half Term**

We are pleased to offer the after-school clubs below next half term. Please book sessions via School Gateway.

DAY	CLUB	YEAR GROUPS	RUN BY	TIME
MONDAY	RRR Club	Year 6	Mrs Reid	3.15-4.15pm
MONDAY	Forest School Club	Years 1 and 2	Ms Baker	3.15-4.00pm
TUESDAY	Film Club	Years 3-6	Mrs Lammas	3.15-4.00pm
WEDNESDAY	Board Games	Years 1 and 2	Mrs Harris/Mrs Sharland	3.15-4.00pm
WEDNESDAY	Basketball	Years 3-6	OCRA	3.15-4.15pm
THURSDAY	Recorder Club	Years 2-6	Mrs Sherring	3.15-4.00pm
THURSDAY	Cheerleading	Years 2-6	Miss Spooncer	3.15-4.00pm

In film club this half term, we are looking at stop motion animation. This is a technique used in filmmaking where you move and manipulate objects in small increments (taking pictures as you go) to bring them to life. The children have enjoyed watching a variety of short films and worked in groups to create the frames for a caterpillar eating a leaf.

You can see an example of the finished result on our blog here:

[Classes blog - BRIDESTOWE PRIMARY SCHOOL \(bridestowe-primary.devon.sch.uk\)](http://Classes blog - BRIDESTOWE PRIMARY SCHOOL (bridestowe-primary.devon.sch.uk))



## Next Week

Monday	Animal Encounter in school – Tawny Owls and Owlets *RRR Club, Y6 only 3.15-4.15pm
Tuesday	*Film Club 3.15-4.00pm Family Voice Session – 6.00pm in school
Wednesday	KS2 Trip to Paignton Zoo Space Dome in school – Tawny Owls and Owlets *OCRA Club 3.15-4.15pm
Thursday	*Cheerleading Club 3.15-4.00pm; *Recorder Club 3.15-4.00pm
Friday	KS2 Swimming Cross Country @ Simmons Park – selected children

\*Your child must be booked into after-school clubs via School Gateway in order to take part

## Diary Dates

### February

7 <sup>th</sup>	Safer Internet Day
8 <sup>th</sup>	Forest School – EYFS, Years 1-3 Homework Share – 3.00pm
10 <sup>th</sup>	KS2 Swimming – final session Place2Be Dress to Express - non-uniform day Fire Service Talk – Y2 and Y5 Last Day of Term
13 <sup>th</sup> – 17 <sup>th</sup>	Half Term Break
22 <sup>nd</sup>	Forest School – EYFS, Years 4-6
24 <sup>th</sup>	EYFS and KS1 Swimming – first session

### March

2 <sup>nd</sup>	World Book Day
3 <sup>rd</sup>	Year 5/6 Activity Day EYFS and KS1 Swimming
6 <sup>th</sup>	Year 5/6 Activity Day
7 <sup>th</sup>	Dog's Trust Visit Swim Gala – selected children
8 <sup>th</sup>	Forest School – EYFS, Years 1-3
10 <sup>th</sup>	EYFS and KS1 Swimming
17 <sup>th</sup>	EYFS and KS1 Swimming
21 <sup>st</sup>	Forest School – EYFS, Years 4-6 Odd Socks Day
24 <sup>th</sup>	EYFS and KS1 Swimming
27 <sup>th</sup>	Parental Book Look – 09.00am
29 <sup>th</sup>	Sport 4 Champions Athlete
31 <sup>st</sup>	EYFS and KS1 Swimming – final session Last Day of Term

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**Whole School Attendance**

**95.4%**



# 12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops – the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

## WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

### 1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

### 2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

### 3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

### 4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

### 5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

### 6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task harder.

### 7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

### 12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

### 11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

### 10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

### 9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at [www.haveibeenpwned.com](http://www.haveibeenpwned.com) (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

### 8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

## Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



Source: [www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word](http://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word) | [https://haveibeenpwned.com](http://https://haveibeenpwned.com)



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# Happy Families

## Happy Futures Devon



### We can help if YOU are:

- Constantly arguing about the same things with your partner or ex-partner
- Struggling to communicate with your partner or ex-partner
- Disagreeing with your partner or ex-partner on ways to raise your children

We can offer you **FREE** support to help build a positive parenting relationship.

The programmes are aimed at supporting parents, both together and separated, to reduce parental conflict, develop positive communication and problem-solving skills, to manage emotions and create more positive environments for their children.

Please scan the QR code to complete the referral form, or visit [www.dcfp.or.uk](http://www.dcfp.or.uk) and search for "Parental Relationships"

