



## Festival of Hope

The month of March has marked Dartmoor Multi Academy Trust's Festival of Hope. During this month children across the Trust have been engaged in a number of enrichment activities focused on Arts, Sport and Creativity. Bridestowe Primary children have been active participants in this, with enrichments such as World Book Day, Year 5&6 challenge days on the Moors, Swimming Gala, Red Nose Day, Tavistock College Art exhibition, solar workshops, a farm visit, Easter Service and a visit from Team GB athlete, Maddi Tarrant. This is on top of our standing enrichment offer of Forest School, after school clubs and whole school assemblies. Our continued commitment to personal enrichment, as well as academic success, is a key driver to making our school the special place it is.

I sincerely hope you have a pleasant Easter break and spend time with your family and friends. We look forward to seeing you again on the 17<sup>th</sup> April.



## Stars of the Week

**David** – *Flourished* in speaking with confidence to the whole class, explaining his ideas

**Evelyn** – Showing *ambition* in independent learning

**Zak** - *Flourished* in tennis showing great control and teamwork

**Charlie** – *Flourishing* in writing and spelling, and showing great *ambition* in all his work

**Team Points:** Willow

## Easter Service

The Easter Service on Thursday was a lovely occasion and the children were fabulous. All the classes shared a variety of poems, songs and acting to show us the meaning of Easter and Spring. As a whole school they performed two songs with great confidence. It was lovely to see the church so full. Thank you to all families who attended and supported this event.



## Athlete Visit

We were treated to a visit from a medal-winning athlete this week, as Maddi Tarrant, Team GB Double Mini Trampoline gymnast arrived at Bridestowe.

In an inspirational assembly, Maddi told us about her journey from starting gymnastics lessons at an early age (in an attempt to outdo her brother!) to becoming a European champion in her sport. Maddi showed us videos of her training and successes, as well as some occasions when her jumps and twirls had not gone to plan. Sadly, Maddi could not give a live demonstration as she is nursing a back injury, from which she is hoping to recover in time for her next competitions in May.



All of the children took part in some challenging activities which Maddi led and demonstrated. Many congratulations to the children at Bridestowe for their impressive athletic work, and thank you to families for your outstanding support for this event which raised an amazing £579 to be shared between Lydford and Bridestowe Primaries. The monies will be spent on PE and sport equipment.

## Maths Workshops

It was great to welcome parents to our second Maths workshop on Thursday. The session ran through why and how we teach maths.

We are pleased to offer parental workshops on the teaching of maths to parents. These events, facilitated by Mr Hill, will help parents understand our maths curriculum and how maths is taught. Specific advice on homework and support at home will feature too. Parents are welcome to attend any session at either school.

11<sup>th</sup> May, 18.00, Bridestowe Primary

24<sup>th</sup> May, 08.00, Lydford Primary

## Book Look

It was lovely to see so many families joining us for book look on Monday. The children are always proud to show their learning and welcome visitors into school.



## Homework Share

What fantastic homework all the children shared this half term! It was lovely to see the wonderful home projects. Thank you to all parents/carers for supporting your children to complete these activities.



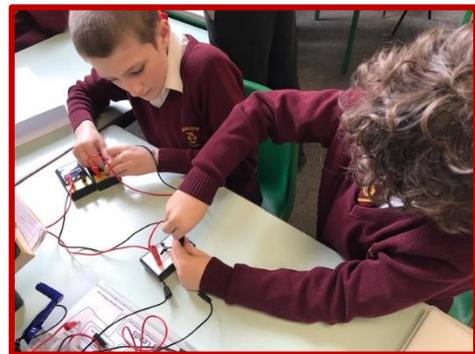


### **South West Water**

Snowy Owls and Barn Owls had a visit from South West Water on Tuesday as the last of their Geography topic - Weather, Water and Climate. The children added to their knowledge of the water cycle and learnt ways to save water, what should go in our drains and how water is filtrated. The children were amazed to learn that 2,700 litres of water is used to make 1 cotton t-shirt! They also experimented with what happens to toilet roll and a wet wipe when put down the toilet and flushed.

### **Solar Workshop**

Louise McKee from Earth Energy joined Barn Owls on Thursday where she led a workshop on Solar Power. The children learnt how power is generated from sunlight, and then created their own solar-powered circuits and built solar-powered toys from recyclable materials. They then went outside to see them in action.



### **Volunteers**

Thank you to all our community and parent volunteers, Helen, Jenny R, and Kirstie, who come in weekly to listen to children read. This is an invaluable contribution to the children's ongoing learning, and they look forward to these sessions.

### **Welcome to Bridestowe**

We are very pleased to be welcoming Mrs Kelly Green to the Bridestowe team as she joins us after Easter as cover for Mrs Down's maternity leave. Kelly has a wealth of experience working with children and is already a familiar face due to her work with Treetops pre-school. Kelly will start in school from the 17<sup>th</sup> April and will undertake a transition period with Mrs Down and teaching staff in Owlets.



## Tawny Owls

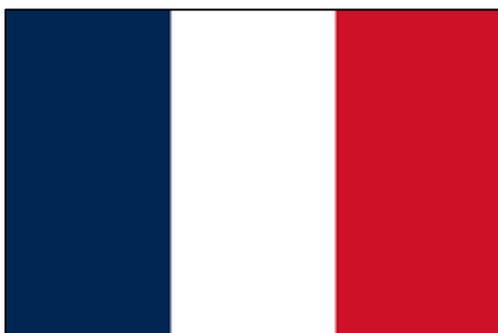
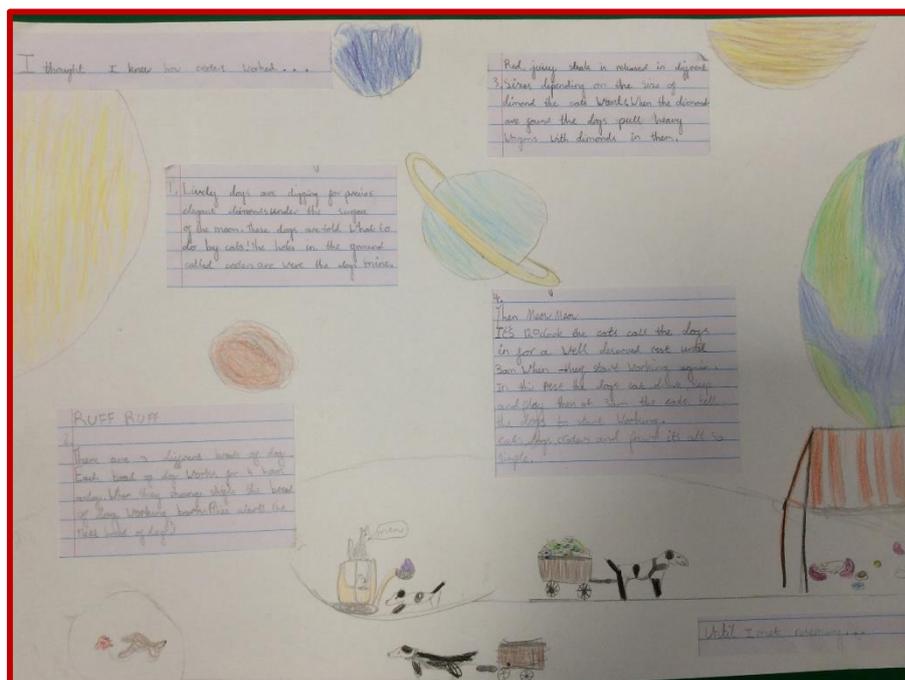
The Tawny Owls have planted seeds this week to grow flowers and vegetables for the sensory area. This is linked to their PSHE lessons, where they have spoken about how to care for their environment. The children have set up monitors and rotas to look after the plants. They are all looking forward to watching them grow!



## Snowy Owls

In English, the Snowy Owls were inspired by the text 'Until I Met Dudley', written by Roger McGough. The class wrote their own imaginary explanations about how things in space came to be - such as how the planets got their colour, how planets orbit the sun and how the sun gets its heat. They used their imagination to explain how these things happen before researching and writing the real explanation!

Read more of the Snowy Owls' work on their class blog.



## Year 6 Residential Information Evening

On Tuesday the 18<sup>th</sup> April we will be holding an information meeting for families of Year 6 children in which you will be given further details regarding the residential to Normandy. The meeting is at Bridestowe Primary, 4.00-5.30pm. It would be beneficial if all year 6 families could attend.

This week, children from across the school took part in an assembly and follow up activities to mark World Autism Acceptance Week. The key message was that everyone is different. We learnt that people with autism are not ill but instead see the world in a unique way. We explored ways in which we can be a good classmate to people with autism - we discussed a number of scenarios and how we could support and help one another in these situations.

For tips on how to talk about autism at home with younger children

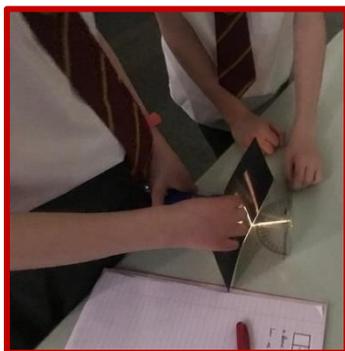
visit: [www.bbc.co.uk/cbeebies/joinin/pablo-talking-to-your-child-about-autism](http://www.bbc.co.uk/cbeebies/joinin/pablo-talking-to-your-child-about-autism)

For more information on autism visit: [What is autism](#)



### Barn Owls

In Barn Owls, we continued to learn about light and how we see. Yesterday, using protractors, mirrors and torches, we worked to prove the law of reflection (please ask your Y5/6 pupil(s) if they can tell you what this is - clues in the following photos).



### Passing of Suzie Stevens

All connected with Dartmoor Multi Academy Trust were saddened to hear of the death of Suzie Stevens, Associate Executive Principal and leader of St James Primary School, on the 22<sup>nd</sup> March.

Mrs Stevens had supported our schools with her EYFS specialism on many occasions. Her warmth, kindness and love was received by all – she will be sadly missed.

Our thoughts are with her wife, three children and wider family and friends.



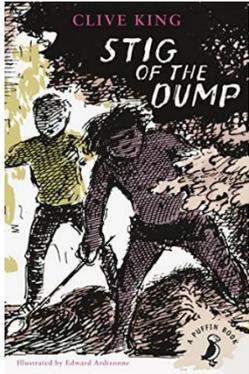
## Words of the Week

In order to develop the children's vocabulary, each class teacher will choose one word every week to discuss and model using in class with their children. Here are next week's words:-

Owlets – challenge  
Tawny Owls - exceptional  
Snowy Owls – jubilant  
Barn Owls - quenched



## Book Review by Ms Dewsbery



### *Stig of the Dump by Clive King*

A story of childhood discovery, and above all, friendship.

'Stig of the Dump' is celebrating its 60<sup>th</sup> birthday but it still holds all the modern charm of a free childhood, imagination and diversity.

A young boy, aged 8, ventures out and discovers a prehistoric cavewoman. The two invent ways to communicate and grow together, forging a great friendship.

There are many copies of the book in school, or why not download and listen to an audio version in the car on a long journey?

## Time to Talk

As part of our school focus on getting children talking and improving their Oracy, we have a topical, weekly question and picture for you to discuss as a family:\_\_\_

March 22<sup>nd</sup> was the United Nations World Water Day. Right now, 2.2 billion people globally do not have access to safe water at home.

One of the 17 Global Goals is for everyone in the world to have this by 2030.

**Can you think of 3 ways as a family, you can save water?**



## Residential Deposits

Please can deposits for the Year 3 Adventure Okehampton residential and the Year 4 and 5 residential to Menadue be paid by Friday 31<sup>st</sup> March. Thank you.

## Outstanding Balances

As we come to the end of term, please settle all outstanding balances for school meals and trips. Please make payment via School Gateway. Thank you.

## **Barn Owls Teaching Assistant set to compete at the World Championships**

Teaching Assistant Miss Spooncer has been selected to represent England at the International Cheerleading Union (ICU) World Championships in Orlando, Florida. She has been Training in Stoke on Trent every other weekend for 8 hours each session to work together with all the other athletes to create a clean and award-winning routine. Cheerleading routines consists of Stunting, Tumbling and Jumps.

She will start her journey to the World Championships on Saturday 1<sup>st</sup> April with a final training session in Stoke on Trent, before heading to London to have a showcase with all the other Team England teams and then flying out to Orlando.

The competition itself is held at ESPN Wide World of Sports® Complex, Orlando, Florida. The England Team will be competing on Thursday the 20<sup>th</sup> April between 9:06 and 9:18 am (14:06 -14:14 BST). A link will be released closer to the time if you are interested in watching. Miss Spooncer will be competing in the adaptive abilities division which combines disabled and non-disabled athletes to collaboratively work together to achieve a fantastic routine.

If you're interested in finding more information about Adaptive Abilities Cheer please see the BBC documentary Blood Sweat and Cheer which followed Team Wales to last year's world championships. [BBC Three - Blood, Sweat and Cheer](#)

We are very lucky and proud to have such a talented member of staff on our team, and wish Miss Spooncer the very best of luck!

## **After School Clubs w/c 17<sup>th</sup> April**

Please book sessions via School Gateway. Your child MUST be booked into sessions to take part. All Year 4 children are encouraged to attend the Times Tables Club.

DAY	CLUB	YEAR GROUPS	RUN BY	TIME
MONDAY	Forest School Club	Years 1 and 2	Ms Baker	3.15-4.00pm
TUESDAY	Origami Club	Years 3-5	Mrs Lammas/Mrs Brendan	3.15-4.00pm
TUESDAY	RRR Club	Year 6	Mrs Reid	3.15-4.15pm
WEDNESDAY	Times Tables	Year 4	Mrs Harris/Mrs Sharland	3.15-4.00pm
THURSDAY	Tennis Club*	Years 1 and 2	Brenden Worth Sports	3.15-4.15pm
THURSDAY	Rounders	Years 3-6	Mr Pugh	3.15-4.15pm

\*Please note, there will be no Tennis Club on the 18<sup>th</sup> May.

Mr A. Hill – Principal  
[ahill@dmatschools.org.uk](mailto:ahill@dmatschools.org.uk)  
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**Whole School Attendance**

**95.1%**

# Diary Dates

## April

3 <sup>rd</sup> – 14 <sup>th</sup>	Easter Holiday
12 <sup>th</sup>	FoBS Quiz, 8.00pm at The White Hart
17 <sup>th</sup>	Start of Summer Term
18 <sup>th</sup>	Y6 French Residential Meeting, 4.00-5.30pm at Bridestowe school
19 <sup>th</sup>	Forest School – EYFS, Years 1-3 Y3 Residential Meeting, 5.00pm at Boasley Cross Primary
21 <sup>st</sup>	Cross Country @ Chagford – selected children
27 <sup>th</sup>	Y5 STEM Coding, Okehampton – selected children

## May

1 <sup>st</sup>	May Day Bank Holiday
3 <sup>rd</sup>	Forest School – EYFS, Years 4-6
4 <sup>th</sup>	Y4/5 Residential Meeting, 4.00pm at Boasley Cross Primary
8 <sup>th</sup>	Bank Holiday for the Coronation
10 <sup>th</sup>	RNLI Assembly – Whole School
11 <sup>th</sup>	STEM Coding – selected Y5 children Parents Maths Workshop, 6.00pm
15 <sup>th</sup> – 18 <sup>th</sup>	Y6 Residential to Normandy
17 <sup>th</sup>	Forest School, EYFS, Y1-3
22 <sup>nd</sup>	Y3/4 Activity Day
23 <sup>rd</sup>	EYFS and Y6 NCMP – measurement programme
24 <sup>th</sup>	Forest School, EYFS, Y4-6
26 <sup>th</sup>	Y3/4 Activity Day Last Day of Term
29 <sup>th</sup> April – 2 <sup>nd</sup> May	May Half Term

## June

5 <sup>th</sup>	Start of Summer Term 2
7 <sup>th</sup>	Forest School, EYFS, Y1-3
8 <sup>th</sup> – 9 <sup>th</sup>	Y3 Residential @ Boasley Cross Primary
w/c 12 <sup>th</sup>	Bikeability, Y6 and Y4 children
14 <sup>th</sup>	Forest School – EYFS, Years 4-6
15 <sup>th</sup>	Wildlife Conference @ Meeth Quarry – School Wildlife Champions
22 <sup>nd</sup>	Class and Leavers' Photos
23 <sup>rd</sup>	FoBS Rounders Evening, 3.30-6.00pm
26 <sup>th</sup> – 28 <sup>th</sup>	Y4/5 Residential @ Tintagel
29 <sup>th</sup>	Y6 Okehampton College Taster Day

## July

5 <sup>th</sup>	Sports Day
7 <sup>th</sup>	FoBS Summer Fair, 3.30-6.00pm
12 <sup>th</sup>	Forest School, EYFS, Y1-3
17 <sup>th</sup>	Forest School – EYFS, Years 4-6 Y6 Meet The Tutor Evening @ Okehampton College
19 <sup>th</sup>	Circus in a Day – Whole School
20 <sup>th</sup>	Leavers' Assembly Last Day of Term

## Okehampton Library

### April EVENTS



#### **Easter Character Hunt - Saturday 1 – Saturday 15 April**

Look for the nine chicks hiding in the library. Find them and collect a sweet treat.

FREE character hunt, available during library opening hours.



#### **Easter colouring - Saturday 1 – Saturday 15 April**

FREE, available during library opening hours.

#### **'Storm In A Teapot' from Boo to A Goose – Thursday 13 April 11:00-12:00**

This exciting show from Boo To A Goose Theatre has been created for children aged 4-10 and their families and will appeal to the whole family. *Grandma Kettlepot is causing a stir at the local book club, she decides to write her own story but needs the children's help.* This accessible, multi-sensory show, with puppets and original music, will have everyone laughing and singing along with the characters.

Tickets: £3 per child. One adult free with each paying ticket.

Free for children aged 2 and under. The show will be at the Ockment Centre Hall.

Booking in advance, from the library, is essential.

### Plus Regular Events

#### **Bounce & Rhyme - Tuesdays 10:00-10:20 & 11:00-11:20**

Suitable for **under 5s**. FREE, no booking necessary.

#### **Baby Weigh – Tuesdays 09:30-11:30**

FREE self-weigh facilities for parents to weigh their babies, are available in a screened area within the library. This is in partnership with Devon Public Health Nursing. No booking necessary. Parents and babies welcome to stay for Bounce & Rhyme!

#### **Duplo Builders & Storytime - Wednesdays 09:30–10:15**

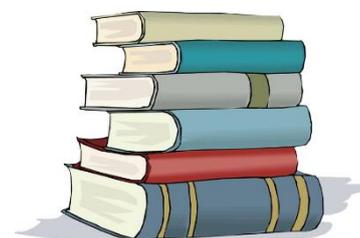
Suitable for **under 5s**. FREE, no booking necessary.

#### **Lego Builders - Saturdays 10:30–11:30**

Suitable for **ages 5+**. FREE, just drop in.

#### **The Secret Book Quest**

A completely FREE year-round reading challenge for **5–12-year-olds** across Devon. To take part, children sign up in the library, read 50 library books at their own pace, and collect stickers to solve the secret code. Finishers will receive a certificate and a small prize.



# White Hart Bridestowe

## Pub Quiz

Wednesday 12 April  
8PM

**Raffle**

**Prizes**

*Entry £2 per person,  
recommended team size 4-6*

*All proceeds to Friends of Bridestowe School*

# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## WHAT ARE THE RISKS?

### LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

### BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

### DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

### ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>

<https://www.onis.gov.uk/people/population-and-community/crime-and-justice/bulletins/childrens-online-behaviour-in-england-and-wales-year-ending-march-2020>

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