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Dartmoor Multi Academy Trust

...everyone in our Trust.



Whole School
Attendance

95.2%

Bridestowe Primary School – With Respect and Ambition We Flourish Together

17/03/2023

Holi

Today marks the Hindu festival of Holi. You may have mental images of coloured powder paint being thrown and flowers and lights lit.

The festival is celebrating the eternal love of the gods Radha and Krishna and the general story of good over evil as well as new life.

The story goes that Hiranyakashipu, a powerful and evil king, started to use his special powers of invincibility torture or kill anyone who disobeyed him. His own son, Prahlad, disgusted by his father's behaviour worshiped Vishnu. Hiranyakashipu, outraged, planned to kill Prahlad, but rather than do it himself, he asked his sister, Holika to do it. Holika owned a fireproof cloak, so she planned to lead Prahlad into fire. But the plan failed as the cloak could not be used for evil, and it protected Prahlad instead. Vishnu then defeated Hiranyakashipu. Fires and candles are lit at Holi to remember Prahlad escaping the fire.

This is similar to Christian celebrations of Easter which, of course, is only a few weeks away. In that story, Jesus triumphs over evil by being resurrected and taking the world's sins before ascending to heaven, with Christians celebrating love, new life and good over evil.

Learning about world views and religions is an important part of our curriculum as we prepare our children to be future local, national and global citizens with a wide world view.

You can find out more about Holi here: [What is the festival of Holi? - BBC Bitesize](#)



Stars of the Week

Travis – *Flourishing* in Read Write Inc work

Sofia – Showing great *ambition* and determination for improving her handwriting

Alice - *flourished* in her writing and shown ambition in her final write

Ellenor – Continued commitment to learning, and always showing *ambition* in her work

Pen Licence: Congratulations to Oliver and Edith for gaining their handwriting Pen Licence

Team Points: Ash



Festival of Hope Indoor Athletics

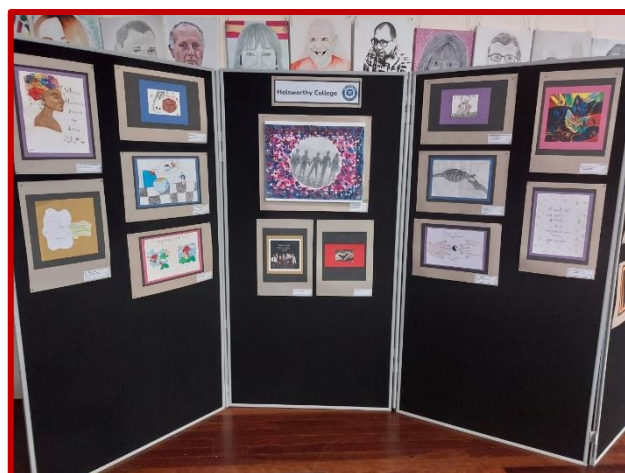
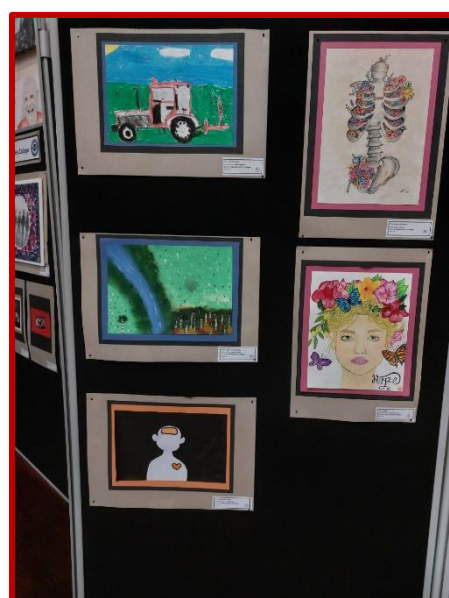
On Tuesday, children from Bridestowe joined friends from Lydford to enter a team at the Festival of Hope primary school indoor athletics. They did fantastically well and greatly enjoyed the event!



Festival of Hope Art Workshop and Exhibition

A group of Year 4 children travelled to Tavistock College today to take part in an Art Workshop with artist Jaz Rice before exploring the art exhibition, to which we contributed our 'Windows' art piece, inspired by Jennie Baker's 'The Window'.

The exhibition was a joy to experience, showcasing the enormous artistic talent across our Trust schools. Mr Hill took some great photos!





Owlets Mother's & Grandmother's Tea Party

The Owlets welcomed Mums and Nannies into their classroom for an afternoon tea party on Wednesday this week. The children made biscuits, cards and bouquets throughout the week to present to their families. During the afternoon the Owlets sang the song 'You're the Best Mum to Me'.

All the visiting Mums and Nannies loved it and said that it was wonderful to share time with other parents and children in a relaxed atmosphere.



Heart Heroes Thank You

Our local Heart Heroes Hub has sent this message of thanks:

"A huge thank you to all who took part in our WEAR RED 2023 fund-raising event in February. We raised a phenomenal £3,290.14 across the county. In support terms this will support 65 families in one month!"

Red Nose Day



Today the children and staff created Silly Hair in aid of Comic Relief. There were some very funny results with colourful wigs, ribbons, hairspray and even shaved heads! Everyone had a very

entertaining time for this worthy cause. Donations can be made here: [Donate](#) | [Comic Relief](#)



Music with Tawny Owls

Tawny Owls have been enjoying composing 'Aquarium' music in the style of 'The Carnival of the Animals' by Saint Saens. The children listened carefully and worked hard at their practice. They sounded wonderful!



World Book Day Class Books

The class books are now in production and you still have time to order a copy - either a digital flipbook, printed book or in a bundle! Order deadline is **Monday 17th April**. You can have a sneak preview of the finished products using the links below:

Owlets - <https://online.fliphtml5.com/mfryw/odfr/#p=1>

Tawny Owls - <https://online.fliphtml5.com/mfryw/tcmw/#p=1>

Snowy Owls - <https://online.fliphtml5.com/mfryw/ploz/#p=1>

Barn Owls - <https://online.fliphtml5.com/mfryw/ehvx/#p=1>

To order a copy please click the link below for options.

[ORDER NOW](#)



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 – exclaimed

Tawny Owls – respect

Snowy Owls – laborious

Barn Owls – celestial



Book Review by Mrs Dart, SENCo

The Book with No Pictures by B.J. Novak

This may seem like a boring book – who wants a book with no pictures after all? However, everything written on the page has to be said by the person reading it aloud. This book gets adults reading silly words and making silly noises and the people listening can do nothing but laugh!

Have fun exploring the words in this book too as there are lots of great made-up words, or maybe they aren't made up - you have just never used them before. I hope you enjoy it as much as I do.



Miss Dart has a copy of this book if you'd like to borrow it.

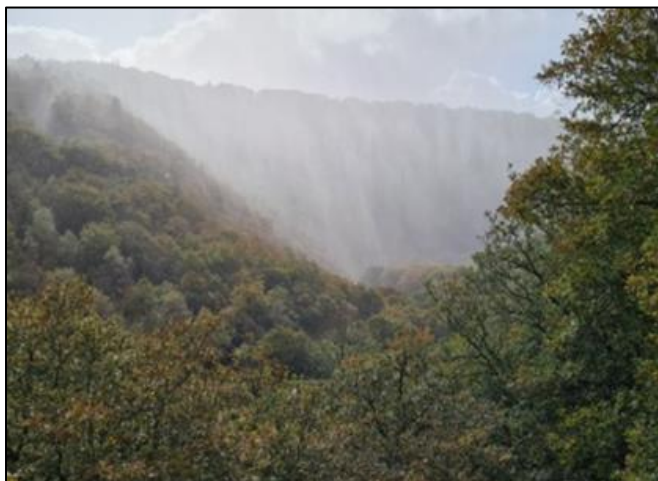
Or click on the link below to hear the story read to you:-

<https://youtu.be/FBV3FNj3RCU>

[B.J Novak reads THE BOOK WITH NO PICTURES - YouTube](#)

Oracy

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:



The Devon Wildlife Trust has an ambitious new project to restore British rainforests, such as the Teign Gorge above Fingle Bridge on Dartmoor, because they have been largely destroyed over many years for timber, farming and transport.

Should the rainforests be restored?

FoBS Pub Quiz, Wednesday 12th April, 8pm

It is FoBS' turn to host the White Hart pub quiz next month and Mr Hill has kindly agreed to act as quiz master again. Do come along and support this fun and friendly event - all the details are on the poster attached at the end of the newsletter. We are also requesting donations for the quiz prize and raffle prizes. Please bring along on the night, or hand to a member of FoBS, thank you.



Odd Socks Day for Down Syndrome Awareness

On Tuesday 21st March 2023 we will celebrate World Down Syndrome Day by taking part in the Mencap 'Rock Your Socks' challenge. Children are invited to wear odd socks to raise awareness and support for people with a learning disability, sparking class discussions. We are not asking for a donation, but if you would like to contribute, then here is a link: [Donate - Downs Syndrome Association \(downs-syndrome.org.uk\)](https://downs-syndrome.org.uk)

Maths Workshops

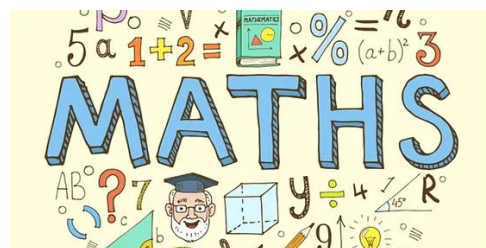
We are pleased to offer parental workshops on the teaching of maths to parents. These events, facilitated by Mr Hill, will help parents understand our maths curriculum and how maths is taught. Specific advice on homework and support at home will feature too. Parents are welcome to attend any session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

22nd March, 09.00, Bridestowe Primary

30th March, 15.00, Lydford Primary

11th May, 18.00, Bridestowe Primary

24th May, 08.00, Lydford Primary



Team GB athlete visit

**There has been a change to the athlete that we have visiting us.* We are delighted to now be welcoming Team GB athlete Maddi Tarrant to the school on Wednesday 29th March.

We are asking children to collect sponsorship from friends and family for the exercise workshop. To cover the cost of Maddi's visit, each child would need to raise **£3.79**.

However, any money raised above this amount will be shared between the school and Sports for Champions – 60% for the school and 40% for the athlete fund.

This is a fantastic opportunity for the children to be engaged in fundraising for the school and a positive cause with the reward of meeting Maddie.

We hope your quests for sponsorship are going well!

If you would like more sponsor forms, please ask the school office or your class teacher.



Please can all money be paid to the crowdfunding page (link below) and sponsor forms returned by Monday 27th March so that we can arrange the sponsorship awards for the children accordingly.

[Bridestowe & Lydford Primary School's Fundraiser - a Sports crowdfunding project in Okehampton by Sports For Champions UK \(CIC\) \(crowdfunder.co.uk\)](https://www.crowdfunder.co.uk/Bridestowe-Lydford-Primary-Schools-Fundraiser-a-Sports-crowdfunding-project-in-Okehampton-by-Sports-For-Champions-UK-CIC)

Next Week

Monday	*RRR Club, Y6 only 3.15-4.15pm: Forest School Club 3.15-4.00pm
Tuesday	Odd Socks Day for Down Syndrome Awareness Owlets Farm Trip *Film Club 3.15-4.00pm
Wednesday	Parents Maths Workshop, 09.00am *OCRA Club 3.15-4.15pm; *Board Games 3.15-4.00pm
Thursday	Seal Sanctuary Virtual Workshop – Tawny Owls *Cheerleading Club 3.15-4.00pm; *Recorder Club 3.15-4.00pm
Friday	Open the Book Assembly Tag Rugby Festival – selected children EYFS and KS1 Swimming

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

Diary Dates

March

27 th	Parental Book Look – 09.00am Cross Country @ Sourton – selected children
28 th	South West Water Workshop – KS2
29 th	Sport 4 Champions Athlete Easter Service – 2.30pm, St Bridget's Church
30 th	Earth Energy Workshop – Barn Owls
31 st	EYFS and KS1 Swimming – final session Last Day of Term

April

3 rd – 14 th	Easter Holiday
17 th	Start of Summer Term
18 th	Y6 French Residential Meeting, 4.00-5.00pm at Bridestowe school
19 th	Forest School – EYFS, Years 1-3 Y3 Residential Meeting, 5.00pm at Boasley Cross Primary
20 th	Cross Country @ Chagford – selected children
27 th	Y5 STEM Coding, Okehampton – selected children

May

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

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

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National
Online
Safety®**

#WakeUpWednesday

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**'Sprint For Seals' 3km
family fun run is back
on Sunday 14th May
2023!**



Join us for a hilly 3km run around our beautiful site at the Cornish Seal Sanctuary to raise money for our new seal pools
£15 entry per participant
(includes exclusive t-shirt and medal plus day entry to the Sanctuary)

And, don't forget, our top three fundraisers will each receive a special prize, too!



**Cornish Seal Sanctuary, Gweek,
TR12 6UG**



**Registration from 8.30am
Race from 9am - 10am**



For more information call: 01326 221361

Limited places available, book your tickets on our website now!

To register your interest, please email:
leanne.webb@sealifetrust.com



Cornish Seal Sanctuary



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