



Bulphan
Church of England Academy



Newsletter

Friday 19th November 2021

God's Word is a lamp to guide our feet and a light for our path.

Inspired by Psalm 119:105

Children in Need



What a lovely day! The children all looked cosy in their pyjamas and have enjoyed wearing them for the entire day – the staff looked great too!

Thank you so much for your generous donations. We have raised £88.41 for Children in Need!



Poppy Appeal

We also want to thank everyone who bought a poppy during the Poppy Appeal. We raised £86.15. Money made from purchases of the Poppies goes to helping members of the Royal Navy, British Army, Royal Air Force and their families.



Bulphan PTA

A reminder that our AGM will be held on Monday 22nd November at 2pm in the playground. You don't need to let us know in advance if you are attending but it would be lovely to see as many of you there as possible.



Transition to Secondary School

We know that transitioning to a new school can be a scary, unnerving time for many children. Attached to the newsletter is a list of resources that can support this process. Please remember we are always on hand to help with any queries of worries you/ your child may have.

Attendance w/c 15th Nov 2021

| | | |
|-----|---------------|--------|
| 1st | Upper School | 95.38% |
| 2nd | Lower School | 93.75% |
| 3rd | Middle School | 91.76% |

Whole School – 93.63%

The Government expects our attendance to be 96%

Stars of the Week

Lower School – Annaliese

- Harrison

Middle School - Louie

- Mylie

Upper School – Zac

- Dideoluwa

Playground Stars

Lower School - Hameedah

Middle School - Cody

Upper School - Finley

Team Points

This week **Blue** team had the most points.

Well done **Blue** team!

Transition to Secondary School

BOOKS



- **Starving the Anxiety Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anxiety Management**, by Kate Collins-Donnelly
- **Starving the Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Stress Management for Young People**, by Kate Collins-Donnelly
- **The Huge Bag of Worries**, by Virginia Ironside (author) and Frank Rodgers (illustrator)
- **What to Do When You Worry Too Much**, by Dawn Huebner (author) and Bonnie Matthews (illustrator)

VIDEOS

- **Primary Transition** (by Fixers UK):
<https://www.youtube.com/watch?v=HWNJCuJc41E>
- **Year 7: A Day in the Life** (by BBC Bitesize):
<https://www.bbc.co.uk/bitesize/articles/zmgkf4j>
- **Find Your Feet Schools Resource** (by YoungMinds):
https://www.youtube.com/watch?v=xT6ctrk3pVQ&feature=emb_title
- **Transitioning to Secondary School During the Pandemic** (by BBC Bitesize): <https://www.bbc.co.uk/bitesize/articles/zmtxdp3>
- **Moving up to secondary school with confidence** (by Kidscape):
https://www.youtube.com/watch?v=AQKnVOlu77U&feature=emb_title
- **Chicken's First Day at School** (by YoungMinds):
https://www.youtube.com/watch?v=M_QA9T6PxaA&feature=emb_title

YOUNGMINDS

YoungMinds:

- **Website Link:** <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-change-and-transition/>
- Provides information and practical tips to help parents support their child during a time of change.

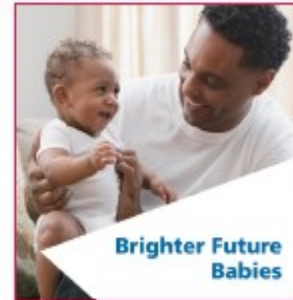
BBC Bitesize

BBC Bitesize: <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>

- Provides **helpful videos and articles** with advice for parents on helping their child with the transition to secondary school, covering topics such as:
 - **How to spot the signs of cyberbullying with Dr. Anna Colton:**
<https://www.bbc.co.uk/bitesize/articles/z43njhv>
 - **Starting secondary school with Special Educational Needs (SEN):**
<https://www.bbc.co.uk/bitesize/articles/zkb747h>
 - **Mr Burton's top 5 tips for mobile phone and online safety:**
<https://www.bbc.co.uk/bitesize/articles/zhqbxyc>

Thurrock's Children's Centres

Offering the services
below and many more



For information visit:

thurrock.gov.uk/childrens-centres

Already registered with us?

Join our Facebook group to stay up to date with our latest activity:

facebook.com/groups/thurrockchildrenscentres

Thurrock Council school term and holiday dates for community and voluntary controlled schools academic year 2022/23

| September 2022 | | | | | | | October 2022 | | | | | | | November 2022 | | | | | | | December 2022 | | | | | | |
|----------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| | | | 1 | 2 | 3 | 4 | | | | | | 1 | 2 | | 1 | 2 | 3 | 4 | 5 | 6 | | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 28 | 29 | 30 | | | | 26 | 27 | 28 | 29 | 30 | 31 | | |
| | | | | | | | 31 | | | | | | | | | | | | | | | | | | | | |
| January 2023 | | | | | | | February 2023 | | | | | | | March 2023 | | | | | | | April 2023 | | | | | | |
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| | | | | | | 1 | | | 1 | 2 | 3 | 4 | 5 | | | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 27 | 28 | | | | | | 27 | 28 | 29 | 30 | 31 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 30 | 31 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| May 2023 | | | | | | | June 2023 | | | | | | | July 2023 | | | | | | | August 2023 | | | | | | |
| M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 1 | 2 | 3 | 4 | | | | | | 1 | 2 | | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 29 | 30 | 31 | | | | | 26 | 27 | 28 | 29 | 30 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 28 | 29 | 30 | | | | |
| | | | | | | | | | | | | | | 31 | | | | | | | | | | | | | |

| | | | | | | | |
|--|---------------|--|------------|--|-------------------|--|-----------------|
| | = School days | | = Weekends | | = School holidays | | = Bank holidays |
|--|---------------|--|------------|--|-------------------|--|-----------------|

In addition, schools allocate 5 non-pupil days out of the school days indicated, or the equivalent in disaggregated twilight sessions.

| | | |
|--------------------------|---|-----------------|
| Autumn term | Thursday 1 September 2022 to Tuesday 20 December 2022 Half term – Monday 17 October to Friday 28 October | 69 days |
| Spring term | Thursday 5 January 2023 to Friday 31 March 2023 Half term – Monday 13 February to Friday 17 February | 57 days |
| Summer term | Monday 17 April 2023 to Friday 21 July 2023 Half term – Monday 29 May to Friday 2 June | 64 days |
| Early May holiday | Monday 1 May 2023 | 190 days |

The above dates may vary for individual schools, especially foundation, voluntary-aided schools and academies. We strongly advise that you to check with your child's school before making any holiday plans or other commitments.

Self-Isolation and Testing Guidance

