

BROOKDALE BULLETIN

Brookdale Primary School's Weekly Newsletter

Developing Positive Self Esteem in our Children

Last week was Children's Mental Health Week and each class spent time out each day to discuss how to keep ourselves mentally healthy; One aspect explored was self-esteem. Self esteem is key to children's mental health and happiness—something we strive hard at Brookdale to promote. Research demonstrates a strong connection between high self esteem and positive outcomes in life, such as good social relationships, academic and employment success, a good sense of wellbeing and great coping skills.

Children with high self esteem will often be:

- confident
- able to make mistakes and try again
- proud of what they do and believe in themselves
- feel liked and accepted
- managing better at school, at home and with friendships



Because life doesn't come with a manual

Children with low self esteem can often

- have low confidence and can doubt themselves
- worry they are not as good as other kids
- focus on when they fail rather than when they succeed
- be self-critical and hard on themselves
- give up on things, become withdrawn and avoid school



It can be common for children and young people to struggle with their self esteem. For more ways to help them please take a look at the Family Toolbox Website ([click here](#)) which includes useful links, videos and ideas for how to help as a parent.

Is My Child Too Ill for School?

It can be tricky deciding whether or not to keep your child off school when they're unwell. There are government guidelines for schools and nurseries about [managing specific infectious diseases at GOV.UK](#). These say when children should be kept off school and when they shouldn't.

You can find more useful guidance for parents on this NHS link which details many common childhood illnesses and whether children would ordinarily be advised to remain off school: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Attendance



Good attendance at school is very important. If you are not here, you can't learn! We aim to have an attendance percentage of 98% or above.

The table below shows you the attendance percentage this week:

F2	96.7
Year 1	96.7
Year 2	89.3
Year 3	94.8
Year 4	95.3
Year 5	95.8
Year 6	95.5
Whole School	94.8

Next School Week

Monday 27th February

- School re-opens to pupils

Tuesday 28th February

- Keep children at home if possible; childcare only provided due to industrial action

Wednesday 1st March

- Cross Country Practice - 3.15pm-4.15pm
- Year 5 & 6 Chess Club 3.15pm-4.15pm

Thursday 2nd March

- Arroe Park Cross Country Race - 4.00pm-5.30pm

Friday 3rd March

- Celebration assembly - 2:35 pm
Parents of children who have been notified that they are receiving awards are invited to attend.

BPS Vision Statement

'Inspiring, engaging and nurturing our children to achieve and flourish as citizens of today and the future.'

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Charity Work

Our wonderful teaching assistant, Miss Edwards, has been 'roping' some of the staff and children into her newest personal challenge whilst also raising money for Cancer Research.

You can enjoy a video of her skipping [here](#) and can also read more about her story and donate to her cause through this link:

<https://fundraise.cancerresearchuk.org/page/helens-skipping-challenge-giving-page-591>




Full of Beans Children's Activities Association
CHILDREN'S FITNESS & SPORTS COACHING

HOLIDAY CLUB

Cost
£20 per day
or £40 per day for children on free school meals

Location
Pensby Primary School,
Greenbank Drive,
Pensby, Wirral
CH61 5UE

Date
Thu 23 Feb
& Fri 24 Feb
9am-3pm

Fun filled, action packed sports camp for ages 5-11 with enough options to keep your child happy and entertained!

Thursday Sports: Football, Basketball & Gymnastics
Friday Sports: Football, Dance & Dodgeball

Bookings can be made via our website
www.fullofbeansfitness.co.uk/wirral-and-liverpool
Email: nicky@fullofbeansfitness.co.uk
Facebook: FOBWirral Twitter: FullOfBeansFit

Our coaches all hold professional qualifications and an enhanced DBS. Expert and qualified instruction in a safe, non-competitive environment. We go out of our way to ensure a personal and special day.

BROOKDALE BISTRO

Lunchtime Menu for Week Beginning 27th February

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hot Option Pizza Choose from either cheese and tomato or pepperoni served with potato wedges and sweetcorn. Or Jacket Potato & Filling Or</p> <p>Delicious Option Design your own to include wrap, batch or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert Mousse Or Fresh fruit, yogurt, or cheese & crackers And</p> <p>A Drink Blackcurrant or orange juice, milk, or water.</p>	<p>Hot Option Creamy chicken curry Or Creamy Quorn curry Both served with green beans, rice, and Naan bread. Or Jacket Potato & Filling Or</p> <p>Delicious Option Design your own to include wrap, batch or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert Finger Biscuits Or Fresh fruit, yogurt, or cheese & crackers And</p> <p>A Drink Blackcurrant or orange juice, milk, or water.</p>	<p>Hot Option Fresh Butcher's Beef Burger Or Veggie Burger served in a bun. with corn on the cob & potato wedges Or Jacket Potato & Filling Or</p> <p>Delicious Option Design your own to include wrap, batch or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert Melting Moments Or Fresh fruit, yogurt, or cheese & crackers And</p> <p>A Drink Blackcurrant or orange juice, milk, or water.</p>	<p>Hot Option Roast Turkey Dinner Or Quorn Dinner Or Jacket Potato & Filling Or</p> <p>Delicious Option Design your own to include wrap, batch or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert Chocolate Brownie Or Fresh fruit, yogurt, or cheese & crackers And</p> <p>A Drink Blackcurrant or orange juice, milk, or water.</p>	<p>Hot Option Breaded Cod Fillet Or Vegetable Nuggets Served with chips, peas, or baked beans. Jacket Potato & Filling Or</p> <p>Delicious Option Design your own to include wrap, batch or sliced bread filled with your selection from ham, turkey, tuna, egg, or cheese plus a choice of salad.</p> <p>And</p> <p>Dessert Apple crumble & Custard Or Fresh fruit, yogurt, or cheese & crackers And</p> <p>A Drink Blackcurrant or orange juice, milk, water, or milkshake</p>

[Click here to go to our website for the full 3-week menu](#)