



Parent News: Friday 5th February 2021

Dear Parents/Carers

As we reach the end of another week we have spent some time reflecting on how things have gone across this half term and really appreciate the feedback that many students gave us on the lesson survey. They have done really well to maintain their motivation with live lessons. I appreciate all the hard work that both students and parents are putting in and being a mum myself I totally understand that things can be really tough at home at the moment. Multi-tasking and all being together in sometimes a very small space is starting to take its toll and I know that some are finding it harder than others. Staff will continue to make contact with students and families so please feel free to chat through any concerns you have.

Next Friday (12th February) we will be having a 'Digital Detox Day' - more details to follow. There will be a range of activities taking place for students to choose from. No live lessons will be held. We will also be sending out a new timetable to start after half term which includes 3 hours of Physical Education and Performing Arts across the week. We hope that this goes some way to support the wellbeing of our students whilst continuing with their live lessons and school work.

A big thank you to Robyn's Nest for their incredibly delicious cake delivery again this week. We are very grateful for your kind words and thoughts.

SLT Assemblies:

Ms Whitaker presented a very thoughtful assembly on the need to understand our differences. Being different makes us a strong community and it is important that we all value every single part of our community no matter their background or beliefs.

Student of the week:

Congratulations to Lydia Gray in Year 10, Justyna Bawej in Year 11 and Brooke Mason-Zalecki in Year 10 for gaining a work experience place with Spotify - amazing news!

Bethia Prior in Year 9 - Bethia has supplied a weeks' worth of her work in order to allow senior staff to monitor what is being set. Both Bethia and her mum were very helpful in getting this together for us.

Fab:

- Thank you to Ms Shan, I reached out as my daughter was having a bad day and she took the time to call her and give her some emotional support which was a massive help for her, she really looks up to Ms Shan. Hope you are well and thank you for all your hard work. Online lessons for Years 7 and 10 are brilliant and add much needed structure to their day.
- Thank you for being truly incredible, you are all amazing! We are so grateful for all you do for the community.
- You are all working so hard. Had a lovely call from the team checking we're all OK here at home. Such a caring school. Take care everyone.
- As a parent of a Brakenhale student I'd like to say a massive thank you to Robyn's Nest for thinking of Brakenhale staff and a humongous thank you to the team at Brakenhale... the support, communication, community spirit, quality of teaching and always seeing a positive has truly shined over the last few months.

Drab:

- With students spending 5 hours per day in front of the screen doing live lessons, it is unreasonable to also set homework. This increases my children's stress level during an already difficult time.

I fully understand what you are saying and hopefully the revised timetable after half term will alleviate stress levels. Where homework is not necessary, we are encouraging staff not to set it at this time.

Staff member of the week:

Miss Ioannidis Throughout lockdown Miss has been a huge support to me and my learning, always checking in and doing her best.

Mrs Palmer Always goes above and beyond to help, can always go to her and she sorts the problem out.

Quote of the week:

‘The sun will shine on you again and the clouds will go away.’ - Captain Tom Moore 1920-2021

Have a great weekend.

Best wishes

Jane Coley, Headteacher

Building Works

We are so excited that the building works at the front of the school are almost completed. Ms Coley and Mr Elsey attended the last of 35 build meeting that have taken place over the last 4 ½ years – the end is in sight! The main pedestrian footpath up to main reception is complete and the new bicycle sheds and courts now sit proudly where the old Technology and Science blocks use to be.



Character Challenge (Fun Fridays) and House Competitions

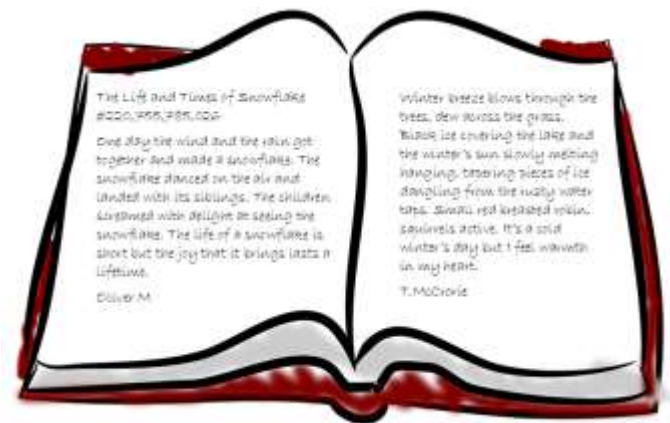
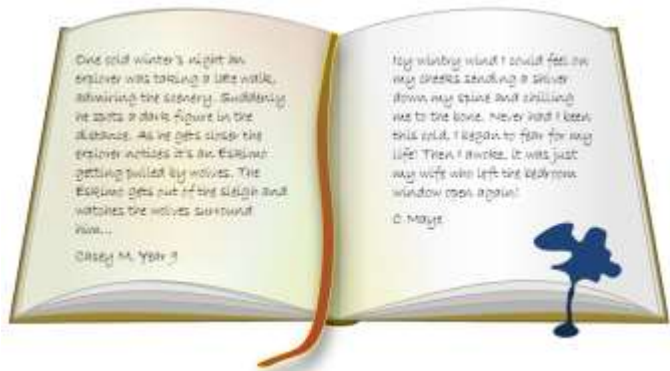
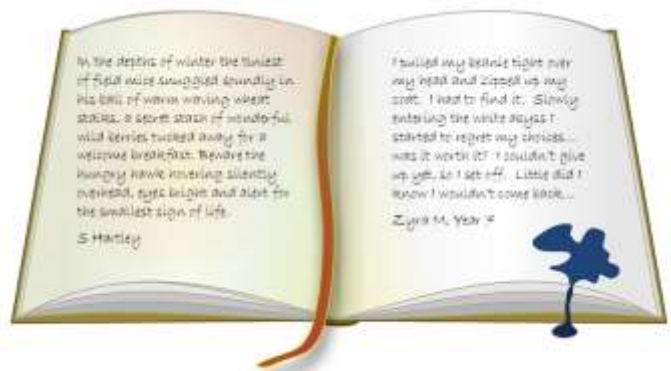
Thank you to everyone who has been submitting entries. Please find below the winners for Winter Photography and Tap to Tidy.

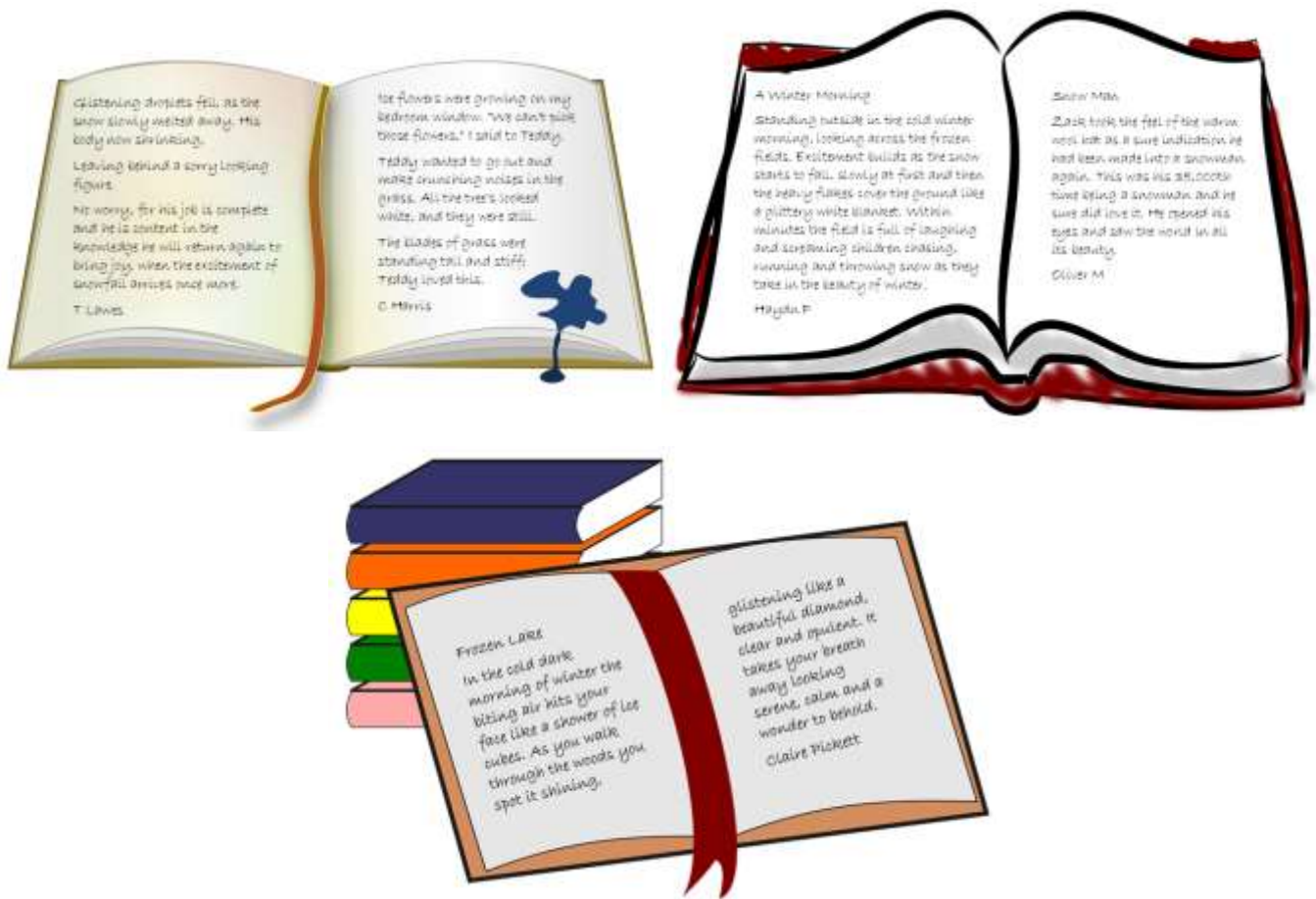
Celebrating the winners: Winter Photography			
Year	Winner	2 nd Place	3 rd Place
Year 7	Zebi S, Farley	Mia W, Swinley	Isabella Q, Swinley
Year 8	Billy L, Temple	Olivia C, Temple	Frazer H, Jennetts
Year 9	Sofia V, Swinley	Casey M, Farley	Liviu R, Swinley
Year 10	Connor P, Farley	Finley D, Swinley	Victoria T, Farley Thomas M, Farley
Year 11	Ellie E, Farley	Lauren S, Temple	

Tap to Tidy Winners			
Year	Winner	2 nd Place	3 rd Place
Year 7	Henry F, Temple	Harrison F, Farley	Saffron R, Jennetts
Year 8	Jessica K, Jennetts	Jun Nan K, Temple	
Year 9	Casey M, Farley		
Sixth Form	Ellie C, Jennetts		

Week Ending 5th February: 50 Word Story

Well done to everyone who put their pen to paper this week:





Next Week

Here is the Challenge for next week, which will come under our Character: Physical (Courage).

Please send your entries to character@brakenhale.co.uk.

We would like to encourage as many students, young and old, to get involved!

Mr R Beukes, Assistant Headteacher

Each entry will receive 3 House Points in line with the Character Strength. A winner and a runner up will be selected and awarded additional points:

- 🏆 **1st place** = 10 additional House Points
- 🏆 **2nd place** = 5 additional House Points
- 🏆 **3rd place** = 3 additional House Points

Friday 5th February

THE FUN FRIDAY CHALLENGE

This week we want you to...
BEAT IT!

Using everyday objects around your home, clap, tap, clish and bash the rhythm of the song 'Hey' *
You could bounce a ball, hit a pan or simply stomp your feet. Be sure to film your attempt and send it in to your Fun Friday team!

*This song can be found by going to [bensound.com](https://www.bensound.com) and searching 'Hey'

Send your entries in to your school's Fun Friday team by **MIDDAY THURSDAY 11th FEBRUARY**

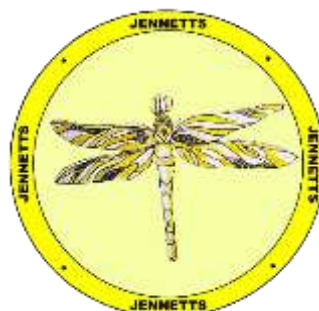
House Points this Week:

We continue to recognise the hard work that our students are doing through our House System by issuing House Points. It has been amazing to see so many of our students rewarded with so many achievement points this week across the departments.

Keep up the Hard work! Congratulations to everyone who has gained house points this week:

House Points								
	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Total
Academic Point	475	401	517	351	245	9	0	1998
Aspiration Points	18	15	10	0	0	0	10	53
Community Point	32	18	18	18	18	0	0	104
Culture Points	9	0	9	0	0	0	3	21
Leadership Points	2	0	10	16	11	0	0	39
Physical	34	32	7	2	15	0	0	90
Total	570	466	<b style="background-color: #FFD700;">571	387	289	9	13	2305

House Points								
	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Total
Farley (BLUE)	148	107	138	95	79	2	0	569
Jennetts (YELLOW)	140	128	140	101	76	3	13	601
Swinley (RED)	130	96	163	106	68	2	0	565
Temple (GREEN)	152	135	130	84	66	2	0	569
Total	570	466	571	386	289	9	13	2304



House
Winners
Jennetts

Looking after our mental health

We would like to share this information about 'Time to Talk'. There is a mental health workshop that is still available on Thursday 11th February for students to join.

TIME TO TALK

Are you aged 11-25?
Do you live, work or study in East Berkshire*?

POEM TO A PARENT/CARER

It's time to talk. Write a poem to your parent/carer. The winning poem will be turned into a film for a local NHS campaign and you will get a £50 Nando's voucher! Get creative, have your say and help us to raise mental health awareness by submitting your poem.

#TIMETOTALK

Join us for workshops exploring mental health and wellbeing through poetry and spoken word. Writers with all levels of experience welcome.

Dates: 21st Jan, 28th Jan, 4th Feb, 11th Feb
7pm-8pm via Zoom

SIGN UP AND ENTER AT:
www.yesslough.org.uk/timetotalk

* Slough, Bracknell Forest or the Royal Borough of Windsor and Maidenhead.

Logos: YES YOUTH ENGAGEMENT SLOUGH, Resource, AKA youth, NHS East Berkshire Clinical Commissioning Group

Please see the Loneliness and Re-Connection information below for adults to help young people who may be struggling with loneliness that could lead to further mental health issues.

Many thanks to Bath, Manchester and UCL universities for the infographic.

LONELINESS & RE-CONNECTION

Information for Adults who Support Young People

Logos: UNIVERSITY OF BATH, MANCHESTER 1824, UCL



Young people may particularly struggle to make sense of feelings of loneliness & how to overcome them

WHAT IS LONELINESS?¹

Loneliness is **normal**. Almost everyone will be affected by loneliness at some point in their life. We all have to learn how to manage it. Loneliness is:

- a whole mixture of painful feelings – in response to wanting more friends and/or closer friendships
- not just sadness. It can include all sorts of difficult emotions (anger, pain, frustration)
- not always about being on our own – we can be 'Lonely in a crowd'. This means we can sometimes feel lonely when we are surrounded by people and those we care about.

There may be no obvious signs that a child is lonely

LOCKDOWN AND LONELINESS


Young people have reported substantial increases in feelings of loneliness during the COVID-19 lockdown. ^{4,5}

"Sometimes I have felt lonely due to not seeing my friends and being able to have normal conversations about day-to-day life." ^{4,5}

"I have felt incredibly lonely despite having what is honestly a great support system and being in the same household as one of my best friends." ^{4,5}

They worried:

- 1) About returning to "normal" social interactions.
- 2) That they would be less socially adept both in existing relationships *and* in creating new connections. ^{4,5}



Not all young people found it easy to use phones and technology to maintain their relationships during lockdown:

- It just wasn't the same as being face-to-face;
- They missed being with people physically. ^{4,5}
- The lack of touch and proximity made some young people feel disconnected.

Free Confidence Masterclasses in Half Term

Please find a link here to 5 FREE masterclasses during February half term, helping to improve self-esteem, confidence, and resilience during these difficult times.

[Linkedin Link](#)

Clair Gill, Director of Safeguarding & Intervention

GETTING 'STUCK' IN LONELINESS

Getting 'stuck' in loneliness is linked to mental health problems like anxiety and depression in young people. ⁶

» Some will need extra support to make sure that they do not get stuck in lockdown loneliness.



THINGS THAT MIGHT HELP



Foster a climate of trust and connection
(school isn't just about academic learning)

Make space and time to communicate and connect:


- Be honest – we've all been through challenging things recently.
- Celebrate that we've managed to pull through.
- Have regular check-ins with ourselves, each other and young people about how we feel and how we recognise how others feel.
- Help each other to feel included: **"Every time they see a lonely person, they could greet him, and therefore he would feel a little better because he would see that others care about him and that others notice him, and I guess he won't feel alone anymore."** ⁷

Talk about loneliness

- ✓ Open up the space so it is ok for young people to say they are lonely – don't dismiss or minimise loneliness.
- ✓ Explore what loneliness means and the forms it can take.

Young people need space and time to (re-)build social skills ^{8,9}

- ❖ (re-)learn to be together in each other's presence.
- ❖ (re-)build dynamics with friends.



Some young people who are struggling with loneliness may find it helpful to: ¹⁰

- o Write their thoughts or concerns in a diary: **"Sometimes I also write in a diary. My sister also has a diary and she writes her secrets in there and nobody is allowed to read that."**
- o Reframing their mindset to think more positively; put things into perspective and help them to recognise the social connections they do have: **"Try to change the world in your mind, just the whole picture in your mind of the world as everything is and maybe try to understand that you are not as lonely as you imagine."**

1. Guelder P, Verhulst F, Horre R, et al. Loneliness across the life span. *Person Psychol* 2012; 1(2):200-204.

2. Diniz-Ferreira C, Kelly C, Arevalo LC, Dattar A, Guepe de Matos M. "Hey, we also have something to say". A qualitative study of Portuguese adolescents and young people's experiences under COVID-19. *Journal of Community Psychology*. 2020;49(6):9740-9752.

3. Ellis WC, Duran TM, Forbes LM. Physically isolated but socially connected: Psychological adjustment and stress among adolescents during the initial COVID-19 crisis. *Canadian Journal of Behavioral Science/Revue canadienne des sciences du comportement*. 2020;52(5):177.

4. Demircioz O, et al. Teenager's Experiences of Life in Lockdown (TELL study). <https://www.lead.manchester.ac.uk/education/research/young-experiences-of-life-in-lockdown/>

5. Demircioz O, Ashworth E, O'Hall A, Herley T, Platt K. Teenager Experiences of Life in Lockdown: The TELL study briefing. 2020.

6. Lounsbury M, Chaffron B, Vignon-Clément F, et al. Rapid Systematic Review: The Impact of Social Isolation and Loneliness on the Mental Health of Children and Adolescents in the Context of COVID-19. *Journal of the American Academy of Child & Adolescent Psychiatry*.

7. <https://www.lead.manchester.ac.uk/education/research/young-experiences-of-life-in-lockdown/>

8. Lounsbury M, Chaffron B, Vignon-Clément F. Review: Alleviating loneliness in young people – a meta-analysis of interventions. *Child and adolescent mental health*;2020.

9. Kall A, Shaffer R, Lindquist T, et al. A person-centred approach to the development of a modular cognitive behavioral theory for chronic loneliness. *Journal of consulting and clinical psychology*. 2020;88(1):200-205.

10. <https://www.lead.manchester.ac.uk/education/research/young-experiences-of-life-in-lockdown/>

This infographic was written by Dr Maria Louisa (University of Bath), Dr Ole Demircioz (University of Manchester), Prof Pamela Guiller (University of Manchester) & Prof Roz Shafiq (UCL) with assistance on the graphics from Kane Baker (University of Bath) and Lily Verity (University of Manchester).

High Expectations and Challenge

PE Update

Hello everyone!

Interview with PE

Meet The Team No 3 – This week’s instalment of getting to know your PE Department is an interview with the long serving member of PE Mr Boucher

Competition Time

Brakenhale PE wants you to showcase your crazy skills Part 3!!! This week we are looking for creativity! Can you get creative with your throw maybe over the shoulder throw? Remember to share with us your success!



Brakenhales Teachers Vs Students Step Challenge

Please continue to send all evidence to Miss Butler
 abutler@brakenhale.co.uk

Please check the school website for a weekly updated step count monitor:

<https://brakenhale.co.uk/pe-lockdown-challenge-january-2021/>

Please ensure that you are doing this challenge safely and within Government guidelines!!

NAME
Mr Boucher

INITIALS
JBO

ROLE IN SCHOOL
PE Teacher and Assistant Head of Year 9

MAIN SPORT
Rugby League

POSITION
Scrum Half

GREATEST SPORTING ACHIEVEMENT
Playing as a kid in the curtain raiser at the John Smith's Stadium (Huddersfield Town FC) before watching Wakefield Trinity get promoted into Super League!

FAVOURITE SPORTING QUOTE
Practice doesn't make perfect, perfect practice makes perfect.

SPORTING ROLE MODEL
Jonny Wilkinson

MOST EMBARRASSING SPORTING MOMENT
Missing a drop kick in front of the posts...I was 15 and it still bothers me!

Email address
jboucher@brakenhale.co.uk

#teambrokenhale #brakenhalepe



Assessment: ME in PE

Your son/daughter will be assessed in 4 major areas, 2 per term, each known as a 'ME in PE'. These are:

- Physical ME (assessed every term, all throughout out the year)
- Social ME (assessed term 1 - September to December)
- Thinking ME (assessed term 2 - January to March)
- Leading ME (assessed term 3 - April to July)



Assessment criteria

'ME in PE'	
Physical ME	
1	Executes the correct technical model for core skills in an isolated situation
2	Works in lesson to show effects of short term exercise on the body
3	Takes part in a tactical scenario set up and delivered by the teacher
4	Executes the correct technical model for advanced skills in an isolated situation
5	Executes the correct technical model for core skills in a conditioned situation
6	Works in lesson to show effects of steady state exercise on the body
7	Takes part in a tactical scenario taught by the teacher
8	Executes the correct technical model for advanced skills in a conditioned situation
9	Executes the correct technical model for core skills in a fully competitive situation
10	Works in lesson to show the effects of long term exercise on the body
11	Sets up and takes part in a tactical scenario on own
12	Executes the correct technical model for advanced skills in a fully competitive situation

'ME in PE'	
Thinking ME	
1	Thinks of basic ways/ideas to increase creativity of own work
2	Thinks of basic ways/ideas to increase creativity of others' work
3	Makes basic comments on own work (positive and constructive)
4	Makes basic comments on other people's work (positive and constructive)
5	Thinks of imaginative ways/ideas to increase creativity of own work
6	Thinks of imaginative ways/ideas to increase creativity of others' work
7	Makes competent comments on own work (positive and constructive)
8	Makes competent comments on other people's work (positive and constructive)
9	Thinks of complex ways/ideas to increase creativity of own work
10	Thinks of complex ways/ideas to increase creativity of others' work
11	Applies ideas/thoughts/comments to own work (positive and constructive)
12	Applies ideas/thoughts/comments to other people's work (positive and constructive)

PE Champions of Week

Mr M Potter, Head of PE

Mr C Maye, Second in PE

On Twitter & Instagram:

@brakenhalepe

#teambrokenhale

#brakenhalepe

#bekind

PE CHAMPIONS OF THE WEEK			
Week of: 01/02/21			
	Well done!		
	#teambrokenhale #brakenhalepe		

National Apprenticeship Week – Next Week

National Apprenticeship Week

8th - 14th February



Pathway CTM are supporting the upcoming National Apprenticeship Week by hosting exclusive events that aim to provide insight on available opportunities and provide expert support

How you can get involved?

Event	Date	Sign Up
Considering Healthcare? NHS Apprenticeship Insight Webinar	8th Feb - 5pm	Click Here
BT Technology Insight Event - Female Focus	9th Feb - 6pm	Click Here
Pathway CTM Job Ready Scheme (Part of Job Ready Scheme 2021)	10th Feb - 3pm	Click Here
Get Into the Legal Sector with Co-op	10th Feb - 6pm	Click Here
Educating the Educators with Pret: Teacher Event with Pret, Hilton & Bourne Leisure	11th Feb - 4:30pm	Click Here
Making you Career Sustainable: Webinar with WWF, Dyson Institute & Kennedys Law	11th Feb - 6pm	Click Here

If you have any questions please contact our schools team via:
schools.team@pathwayctm.com

Identity

Identity News!

February is LGBTQ+ History month and as a history specialist I thought this would be a great opportunity for students to learn about some key LGBTQ+ individuals relevant to their subjects. I have included some examples of these here and students should stay tuned for the rest of February to hear more about some of these amazing people!

Miss Bunkell, Head of History

History: King James VI and I (1603-1625)




King James, was the first king to be monarch of both Scotland and England.

He was the King who the Gun Powder Plotters attempted to assassinate on Bonfire Night - (5th November)

His sexuality has been widely debated by historians but evidence has suggested that he was bisexual.

He was married to Anne of Denmark, with whom he had seven children. But he also had many affairs with both men and women. James once said in a speech to Parliament "I act like a man, and confess to loving those dear to me more than other men. You may be sure that I love the Earl of Buckingham more than anyone else".



Art: Frida Kahlo (1907-1954)



Frida Kahlo was a Mexican painter who is best known for her portraits and self-portraits.

She used a folk art style to explore themes of identity, gender, class and race in Mexican society.

Some of her most famous painting include The Wounded Table and Self-Portrait with Thorn Necklace and Hummingbird.

She has long been viewed as an icon of the feminist movement, but as she was also bisexual, she is seen as an icon for the LGBTQ+ community.



PE/Sport: Nigel Owens (1971-)



Nigel Owens is a retired Welsh international rugby union referee.

He currently holds the world record for the most test matches refereed.

In 2007 he publicly came out as gay, saying that it had been a difficult decision to come out and he had at one point contemplated suicide.

In 2015 he was named "Gay Sports Personality of the Decade", in 2016 he was named an MBE.

In 2017 he presented a documentary about men and eating disorders, opening up about his own bulimia, highlighting his refereeing of the Rugby World Cup as a significant trigger.



Identity does Taskmaster!

Make an LGBT inclusive story book aimed at primary school children. You could make an e-book in PowerPoint or Scratch, or it could be a paper book. Watch some of Pop'n'OLLY's videos for inspiration:

<https://www.youtube.com/channel/UCpjrLd11TqcVXag6sPSU3A>

You have until Friday 12th February to complete your task.

Then submit your entries to dbunkell@brakenhale.co.uk to receive character points!

Identity Virtual Coffee Morning!

Identity is hosting a virtual coffee morning to celebrate LGBTQ+ History month on Friday 12th February at break time, 11-11.30am.

You can join us with your favourite hot beverage and biscuits for a catch up and a quiz!

Whether you have attended Identity before or not, all are welcome.



Friday 12th Feb

11-11.30am

Email us for an invite:

dbunkell@brakenhale.co.uk

dlewis@brakenhale.co.uk

If you haven't heard of us before, Identity is a group run by Mrs Lewis and Miss Bunkell.

Anyone is welcome to attend, if you are LGBTQ+ or a friend of the community.

In usual circumstances we play games, watch TV shows and just generally like to have fun.

If you aren't sure yet, just email one of us and we are more than happy to help answer any of your questions.



Parenting Special Children

Parenting Special Children are running the following events online via Zoom. They are free for Berkshire families or at a nominal cost. Please click on the highlighted event title for further information and to book.

PSC are working in partnership with Autism Berkshire to provide Autism and ADHD related support under the new 'Berkshire West Autism and ADHD Service'. You can see events provided by Autism Berkshire [here](#).

[Social Interaction Skills Group Course for West Berkshire Children and Young People](#)

A six week course for young people in mainstream education (aged 11 to 16, school year groups 7 to 11) with a diagnosis of Autism/ADHD, or who are awaiting an assessment, and registered with a GP practice in the West Berkshire NHS area (Reading, West Berkshire, Wokingham). The course will focus on independence, self-advocacy, friendships, self-esteem and knowing ourselves. Starting in February 2021. Please click the title above for further information.

On Demand Presentations

[Sleep Tips for Children and Young People \(age 8+\)](#)

A 12 minute presentation for children and young people (age 8+). Available to view on demand until 30 April. £2 per download.

[Sleep Tips for Teens](#)

A 40 minute presentation for teenagers who struggle with their sleep. Available to view on demand until 30 April. £2 per download.

For help and advice or if you just need to talk:

Helpline and Diagnosis Support Service (Mon – Thurs, 10am – 2.30pm)

Tel: 0118 9863532, email: dss@parentingspecialchildren.co.uk

Trauma and Attachment Service

Tel: 07557 102623, email: tas@parentingspecialchildren.co.uk

Sleep Service

Email: sleep@parentingspecialchildren.co.uk

Community Support Groups

Tel: 07810 689679, email: supportgroups@parentingspecialchildren.co.uk

For any other enquiries please email admin@parentingspecialchildren.co.uk

Miss Manisier, Student Support

Literacy

Spellings

There are so many different ways to learn our spellings. I used the old-fashioned method of 'look-cover-spell-check' when I was at primary school but that is many moons ago now. It may be an oldie but it is a goldie - however there are other methods that might suit your learning style a little bit more....

Check some of these out:

- Look-Cover-Spell-Check
- Songs and rhymes to remember how to spell tricky spellings' and 'I before E except after C' and 'Mrs. D, Mrs. I, Mrs. F,F,I, Mrs. C, Mrs. U, Mrs. L,T,Y'



- Acronyms can be useful as we create a word for each letter to help us spell it correctly, like 'Big Elephants Can't Always Use Small Exits' [BECAUSE] and 'Rhythm Helps Your Two Hips Move' [RHYTHM].
- Making up sayings or phrases, like 'there's A RAT in separate' and 'an island IS LAND surrounded by water'. This one helps me out all the time 'deSSerts are Super Sweet and deSerts are Stifling'.



How will this help me with my spellings?

You may already know what works for you but you may want to try some of these out for size. What word do you find tricky? Which technique will help you remember the correct spelling of this word? Remember these techniques next time you come face-to-face with a tricky spelling and practise, practise, practise: practise makes perfect! There is no secret trick to learning spellings; you just need to practise.

But what about...

Feel free to share any words that you are struggling with, with Mrs. Lewis and together, you can find the best way to learn that word, once and for all :)

dlewis@brakenhale.co.uk

Mrs Lewis, Literacy Lead

Attendance

If your son/daughter is unwell or has a medical appointment where they are unable to attend online/live lessons can you please inform us by sending a message via gateway or emailing attendance@brakenhale.co.uk.

We still need to report any students that have Covid-19 symptoms and if tested the results and if they are isolating due to a member of their household/bubble having a positive test.

If this is the case can you please complete the form on the following link:-

[Covid Notification Form](#)

The form can also be found on the front page of the school website.

Action for Happiness – Happier January

Friendly February 2021 : <https://www.actionforhappiness.org/>

Daily actions to help you stay connected to others.

We need each other more than ever right now! This month let's focus on reaching out to connect with others and doing our best to be a good friend. Our acts of kindness and connection ripple out and impact so many more people than we realise - and they also boost our own happy hormones too! In stressful times people around us may be feeling the strain, so let's try to keep calm, take time to listen and show compassion.

ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones

"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together

Fundraising

Easy Fundraising

With easyfundraising.org.uk you collect free donations to your selected cause every time you shop. You can make a big difference on everything from groceries to getaways and it doesn't cost you a penny!

When you shop the easyfundraising way with one of their 3083 shops and sites they give easyfundraising a commission for your purchase which is turned into a donation for your selected good cause.

When you visit the website easyfundraising.org.uk - simply search for the retailer you want to shop with and click out to them using the green 'Go Shopping' button. You will be taken straight to the retailer's website and your experience will be identical as if you had gone there directly but easyfundraising will be able to track your purchase to ensure a donation for your good cause.

You can also install their Donation Reminder - this means a box will appear if you are shopping with a retailer who participates in the Donation Reminder and you don't even need to visit the easyfundraising site! All you need to do is click Activate Donations and any eligible purchase will be recorded for you. Take a look at the Donation Reminder [here](#). The Donation Reminder is supported by Chrome, Firefox, Internet Explorer and Safari but can't work on mobile phones or tablets.

Shopping on your mobile? No problem, for mobile phones and tablets there is the handy easyfundraising App, perfect if you like to shop on the go and available completely free of charge from your App store. Now you can not only shop using it but you can check out your own donation total and see how your cause is getting on too. More information can be found [here](#).



Friends of Brakenhale

Our tax-free fundraising campaign page is now live:

<https://uk.virginmoneygiving.com/charity-web/charity/displayCharityCampaignPage.action?campaignId=9819&charityId=1018027>

Friends of Brakenhale

Friends of Brakenhale support the raising of additional funds to support the Brakenhale School community. Please help us to raise money by supporting our events. Any donation small or large will help to directly support the school and local community.

School Lottery

Congratulations to the most recent prize draw winners.

Thank you to everyone who has signed up to our school lottery. We are continually looking to increase new members each month, so if you have not signed up yet now is your chance to do this.

There is a weekly draw in which you could win a prize (approximately £20 depending on participants, which increases the more members we have). Plus you have a weekly chance to win up to £25,000.

There is also a chance to win restaurant vouchers this summer.

Click on the link today and join up: [Support the Brakenhale Lottery](#) You have to be in it to win it.



Free School Meals

The Admissions Department of Bracknell Forest Council handles the authorisation and administration of Free School Meals. If you think your son/daughter may qualify, please complete the Bracknell Forest Council application form via the link below.

www.bracknell-forest.gov.uk/.../how-do-i-apply-free-school-meals

It is worthwhile applying for Free School Meals entitlement even if your child does not require a school lunch because your son/daughter may receive financial assistance with other school related expenses.

During lockdown weekly food parcels can be collected from Main Reception between 10am and 12noon.

Taz Asran, Chef Manager

Vacancies



- Science Teacher
- English Teacher
- Performing Arts Teacher

Please visit our website for more details:
<https://brakenhale.co.uk/about/vacancies/>

Feedback Initiative

We would encourage you to submit your views and feedback at any time, and we look forward to hearing from you regularly.

Electronic submission:



[Fab](#)



[Drab](#)



[Staff Member of the Week](#)

Future Diary Dates

** Please note that all events may be subject to change*

Monday 15 th to Friday 19 th February	Spring Half Term Break
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Term Dates

Term Dates 2020-21

SPRING TERM 2021

Tuesday 5th January – Thursday 1st April 2021

Spring Half Term - Monday 15th February to Friday 19th February 2021

Spring Holiday: Friday 2nd April to Friday 16th April 2021

(Good Friday 2nd April, Easter Monday 5th April)

SUMMER TERM 2021

Monday 19th April – Friday 16th July 2021

Summer Half Term - Monday 31st May to Friday 4th June 2021

Monday 19th, Tuesday 20th and Wednesday 21st July 2021 **Inset Days**

Summer Holiday: Thursday 22nd July 2021

INSET Days Tuesday 1st and Wednesday 2nd September 2020
Monday 19th, Tuesday 20th and Wednesday 21st July 2021

Please check the school website regularly for current information.

Bracknell Forest term dates can be found on their website:

<https://www.bracknell-forest.gov.uk/schools-and-learning/schools/term-dates>



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High Expectations and Challenge