

Newsletter 28 April 2017

Dear parents/carers

I wanted to share with you an article that I read recently entitled 'Is being tired the new normal?' It made me reflect on my children's sleeping habits so I hope it might be useful for you too.

Doctors are reporting a dramatic increase in the numbers of British children with sleep disorders. The article caught my attention because staff are noticing increasing numbers of children who come to school tired and yawn their way through the day. This tiredness inevitably affects the children's ability to concentrate during lessons so has a negative impact on their progress.

The following tips for a good night's sleep were offered:

1. Avoid sugary snacks and caffeine particularly at supper time; opt for alternatives like banana, porridge or wholemeal bread.
2. Think about the bedroom environment: is it calm and conducive to sleep?
3. Have a consistent routine that you follow every evening in the hour before bedtime.
4. Consider whether bath time is relaxing. If it isn't, separate it from the bedtime routine. If it is, have the bath 30 minutes before bedtime to allow the body temperature to rise then drop again – this helps us feel sleepy.
5. No screen activity in the hour before bed: no TVs, computers, phones or tablets.
6. Activities involving hand-eye coordination help the brain wind down before bed, e.g. jigsaws or colouring in.
7. Have a set wake up time, even at the weekend.
8. Provide your child with a visual cue so they know when it is time to wake up, e.g. a light on a timer so they know when it is time to sleep because the light is off.

Some of these tips may help you to get a better night's sleep too!

Mrs Sansom, Headteacher

Safeguarding – Hoaxes and Fake News

You may well have seen news and social media posts about 'Blue Whale'; the posts urge you to share to protect young people from a viral suicide game. <https://www.thesun.co.uk/tech/3003805/blue-whale-suicide-game-online-russia-victims/>. The 'Blue Whale' story is a hoax, or fake news, something which is permeating almost every news area recently. <http://www.netfamilynews.org/blue-whale-game-fake-news-teens-spread-internationally>

Online risks will always be there, but learning about risk and learning how to manage and mitigate risk is key learning for children and young people. We teach children about online safety as a regular part of our computing curriculum

It is vital that you keep the conversation going at home, talking to your child about what they are doing online. Schools and family at home should celebrate the exciting things and provide sensible advice, caution and support if children are taking risks and report if concerned.

The most important messages for keeping safe online are:

- Follow the age restrictions
- Put privacy settings on
- Don't participate in anonymous chat
- Block, delete and report users or posts that worry you.

We cannot remove all online risks for children but we can help them to manage the risks just as we do when they go to the park or a shopping centre.

For further information and support regarding online safety:

UK safer internet centre

<https://www.saferinternet.org.uk/>

LGfL Online Safety <http://os.lgfl.net>

Childnet <http://www.childnet.com/>

NSPCC <https://www.nspcc.org.uk/>

Parentzone <https://parentzone.org.uk/>

School Closure Thursday 8 June

The school will be closed all day on Thursday 8 June as it is being used as a polling station for the General Election.

Branfil Compliments!

It is always a pleasure to hear positive comments about our pupils.... your children.

Some pupils recently attended enrichment classes held at Upminster Infant School and below is some positive feedback from Mrs Beck, the Headteacher:

"I just wanted to say that the children we had here on Saturday from Branfil were a real credit to you. They were delightful children who behaved impeccably. I believe they enjoyed the sessions".

New Maths Homework Survey

We are conducting a survey to measure the impact of the new maths homework on the children's learning. Please fill in the online survey, discussing the questions with your child, by Friday 12th May. You can access this on the school website or the link is <https://goo.gl/forms/S73Oc9DqXbxgAsrh2>. Thank you.

Miss Goodman

Year 3 Verulamium Museum

On 19th April Year 3 went on an exciting trip to the Verulamium museum. They had the opportunity to learn about Roman artefacts and to find out about the Roman way of life. The children really enjoyed exploring the museum and learning from the interactive displays.

Girls' Football

Well done to the girls' football team who are through to the League final on Tuesday 2nd May and the Cup final on Friday 5th May - a fantastic achievement. Great determination was shown by all the team - Freya, Elizabeth, Gabrielle, Faith, Maizy, Rosie, Jolie, Molly and Sophie. I'd also like to say a big thank to all the 'taxi drivers' and supporters!

Miss bain

Year 6 Boys' Football

A 7-5 win for the boys against Wykeham this week in a semi final means they have just two more matches to play. Well done George, Sam, Max, Bailey, Benjamin, Jake, Thomas, Harrison and Lewis and good luck for the Cup final on Friday and the league final the following week!

Family Fun Day

St Laurence Church are holding a family fun day on Saturday 13th May 10.30 – 12.30pm in their church hall.



The event is to raise money and awareness for the work of the Children's Society. There will be crafts & activities, face painting, handmade cards, balloon modelling and raffle and refreshments.



31 March

Winnie Thompson, Bobby Wilkins, Charlie Summerfield, Ashton Bone, Ruby Laws, Jack West, Harry McLarens, Matthew Mercieca, Tracy Tran, Max Beckley, Evie Dennis, Isabella Sear, Jenson Morrissey, Reiss Soma, Molly Brooker, Finley Newstead, Molly Brooker, Sonny Horsey, Morgan Paul

21 April

Jayden Moor, Sophie Bridger, Sophie Court, Isabelle Rumble-Gurney, Ben Goodman, Layla Said, Freddie Smith, Amelia Walby, Drew Willis, Chay Woodhall, Sophie Teleki, Alex McLaughlin, Alan Lin, Maddy Hollick, Selena Ozmen, Benjamin Smith, Emily Burke, Chloe Ernest.

Fiddle toys

Please be advised that 'fiddle toys' from home will not be allowed in school. If your child's class teacher feels that your child needs support to concentrate they will provide them with the necessary equipment.



Marathon Man

"I had wanted to run the London marathon for so long, long before I started training for it in fact, and last Sunday I achieved my goal. It was very tough towards



the end but I was determined to get the best time I could. I am very happy with my time of 3:49:43 and I would like to say a big thank you for the support and donations I received from staff and parents. It was really lovely to hear a few of you shouting for me during the

race and I have been blown away by how many children have congratulated me throughout the week and asked questions about my day. I wonder how many will go on to run it themselves when they are older?"

Mr Edwards

Well done Mr Edwards!

Music Tuition

Advance notice that there will be a small increase of £5 per term in the charges for music tuition provided by Branfil tutors with effect from September 2017.

Havering Music school will notify pupils of any changes and their new brochure will be available from the office.



INSET Days for next Academic year

Mon 4 September 2017

Tues 5 September 2017

Tues 2 January 2018

Wed 3 January 2018

Mon 16 April 2018