

Bitterne Bulletin

Headteacher: Mrs Jen Johnson

Deputy Headteacher: Miss Liz Allen

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Collective Worship

This half term's
theme is

WISDOM

Dates for your Diary

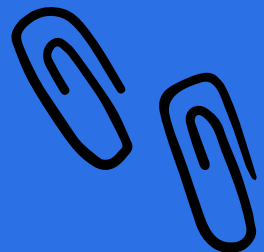
- **Bank Holiday:** Monday 6th May 2024
- **Inset Day:** Friday 24th May 2024
- **Walk to School Walk:** Monday 20th May - Friday 24th May 2024
- **PTA School Disco:** Thursday 23rd May 2024
- **Class Photographs :** Monday 3rd June 2024
- **PTA Summer Fayre: :** Saturday 6th July 2024



House Cup Winners



Congratulations to **Brownlow** for w/e 19.04.24
Congratulations **Maytree** for w/e 26.04.24





A message from the Senior Leadership Team

The children have returned to school following the Easter break and have settled well back into their routines and learning. Curriculum bulletins were posted on ClassDojo earlier this week outlining the learning for the children this half term.

ClassDojo 

Thank you to all the parents and carers who have signed back up to ClassDojo. I hope you enjoyed the weekly reflections last week and that they gave you a good insight into what your child has been learning across the week. If you haven't yet signed up, please do as we will be sharing key information and updates on this platform.

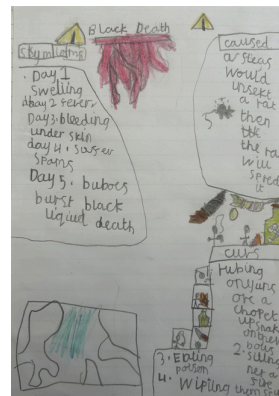
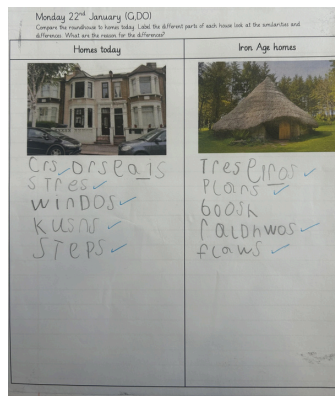
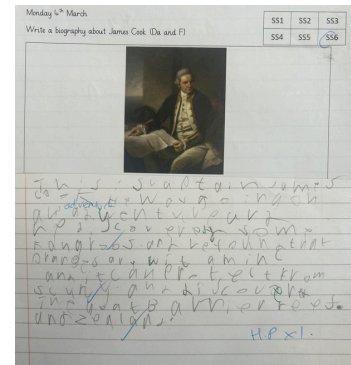
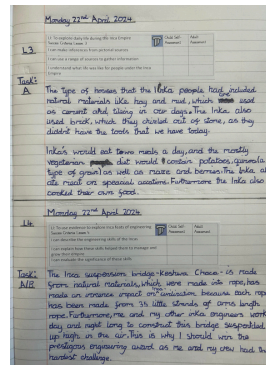
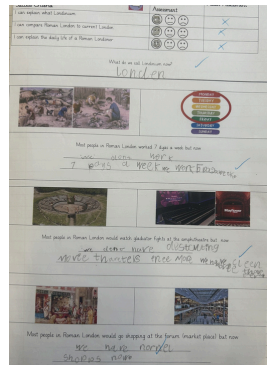
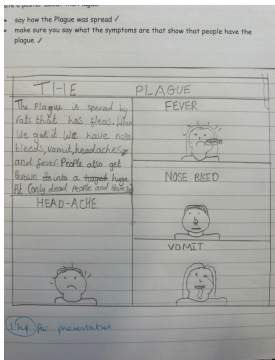
Celebration Assembly

Last Friday, we enjoyed coming together as a school to celebrate our children's achievements of the week. This will be a weekly event held on a Friday. Two children from each class, each week, will be nominated to receive a Learning Skills certificate. This is recognition for the efforts in learning and demonstrating our learning skills of either: challenge, creative thinking, curiosity, evaluation, independence, resilience or teamwork. Headteachers Awards will also be presented - an amazing 30 awards were given last week! Finally, the presentation of the house cup will celebrate the team effort in earning house points. The children were wonderful in congratulating each other in their achievements, demonstrating our Christian value of 'love' - I felt proud of their joy in others receiving their certificate.

Focus on: History



Our children have produced some wonderful work in their history lessons over the last term. Please see some examples of this below.

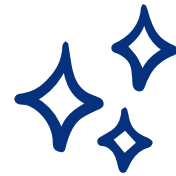


Focus on: PaintPots Bitterne!

A very warm welcome to PaintPots who are the new providers for pre-school on our school site. They have been open for a week now following much hard work by the team to reset the environment.

We are looking forward to working with PaintPots to ensure smooth transitions for the children who attend into year R.

Celebration of Sporting Achievements



On Friday 8th and 15th March 2024, Years 3, 4 5 and 6 took to the race track competing in the Hampshire Games Cross Country race at Southampton Sports Centre. Well done to all the children that took part.

There was just under 100 children running in each race! So a very well done to all of the children above who came along and competed.

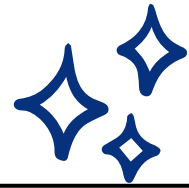


We also have some girl's football successes to celebrate. On Friday 19th April Mr Hunter and Miss Spiers took 11 girls from Years 5 and 6 to compete alongside 14 other schools in a tournament at Oasis Mayfield Academy. It was a great opportunity for the children and we are delighted to say we finished 3rd in our group!

**Thank you all for representing Bitterne CE.
You made us very proud!**



Attendance



Our overall attendance to date:
95%

We can continue to improve our attendance if we work together to ensure the children are in school everyday and not missing out on learning. Our school target attendance is 96%.

Top tips for improving your child's attendance:

- Send them in everyday— unless they have sickness and diarrhoea or a high temperature.
- Please don't book holidays during term time. The children will miss important elements of learning.
- Speak to us if you are having difficulties.

Please remember to report all absences into school by 9.00am

Bronze	95.9%
Indigo	95.3%
Tahiti	98.3%
Talisman	93%
Eden	95.3%
Ruby	98.7%
Navy	97%
Emerald	97.3%
Sapphire	92.7%
Carmine	97%
Harlequin	95.3%
Olden	97%
Orient	91.4%
Laurel	91.4%

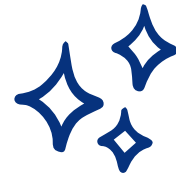
Attendance

Well done to all of the children in **Indigo Class with 98.4% attendance** —we are so proud of every one of you.



Summer Term

As the warmer weather approaches please remember to send your child into school, with a named water bottle and a sun hat. We ask that you apply sun cream to your child before coming into school as we can not apply this. Please use sun cream with no almond oil as we have some children in school with severe nut allergies. Older children in years 5 and 6 can bring sun cream into school in a named bottle but must be able to apply this themselves.



Coffee Mornings at Hope Cafe, Holy Saviour Church

Everyone is welcome!



Come in for a cuppa and a chat

8.45 to 11.30am

Mondays, Tuesdays & Thursdays

for all the latest news

www.holysaviour.church

 [HolySaviourBitterne](#)

 [HSBitterne](#)

 [HolySaviourBitterneChurch](#)



You are
Welcome
here

Holy
SAVIOUR
BITTERNE

ANNUAL SUMMER FAIR

BITTERNE MEGA BONANZA

BITTERNE CE PRIMARY

SATURDAY 6TH JULY '24

**FIRST PLANNING MEETING IS ON THE
1ST MAY VIA ZOOM**

WE NEED YOU

SET UP & STALL HELPERS NEEDED

CASHLESS: TOKENS WILL BE SOLD IN ADVANCE

NON-UNIFORM DAYS IN JUNE, PAYMENT IN CHOCOLATE (KS1) & BOTTLE (KS2)

BRIC-A-BRAC & BOOK DONATIONS VIA PLAYGROUND COLLECTIONS THROUGH JUNE

CAN YOU DONATE A RAFFLE PRIZE?

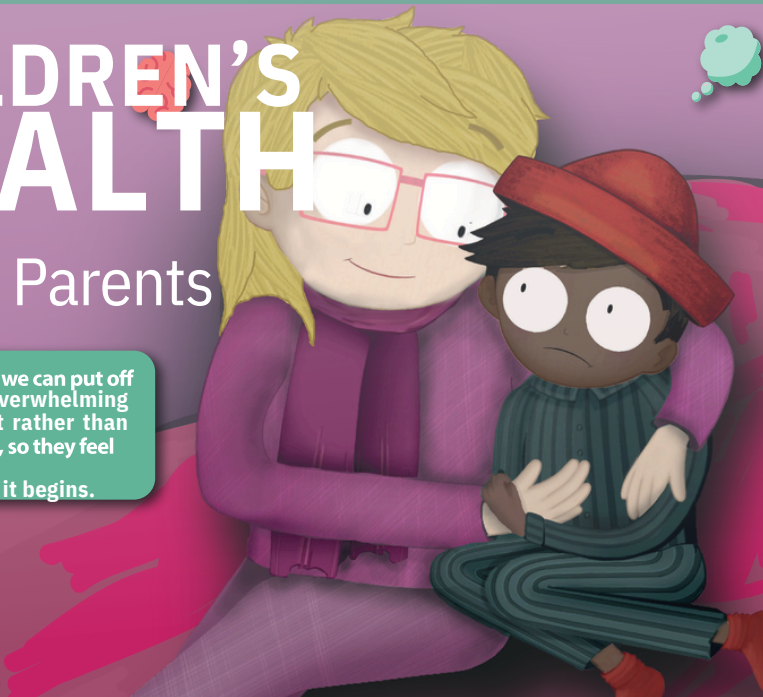
**USE THE QR CODE FOR MORE INFORMATION,
TO VOLUNTEER AND TO CONTACT US.**



SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping quiet, we need to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share or talk about a difficult subject. For example, you may be talking about death or information loss; 'It's very sad that Nana has died' or 'I feel sad that talk about a subject will differ depending on their age and developmental maturity. A simple explanation to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

- Your GP
- Young Minds <https://youngminds.org.uk/v>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- <https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
- <https://www.themix.org.uk/mental-health>

Steps to Work



Family Hub



Steps To Work



Supporting families with free non-judgemental advice and guidance on their current situation at one of our Family Hubs.

Help and Support

Employment & training • CV writing • Cost of living advice • NEET support for 16-19 year olds • Advice on childcare costs when returning to work

Tuesdays

Time: 9.30am – 12pm

For more information please contact:

familyhub@southampton.gov.uk

Or Call Caroline on 07818 588 480

 @familyhubsouthampton

www.soton.cc/familyhub



Funded by
UK Government

Solent 
NHS Trust


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Clinical Commissioning Group



Gantry Youth Theatre



Registered
Charity No. 1051240

THE GANTRY YOUTH THEATRE PRODUCTION OF

Seussical Jr.

DIRECTED BY KATY LIVINGSTONE

SATURDAY 18TH MAY 2024
1.30PM AND 5.00PM

THE SARAH MOORE THEATRE
BITTERNE PARK SIXTH FORM, DIMOND ROAD,
SOUTHAMPTON, SO18 1BU

TICKETS ADULTS £12 AND UNDER 18S £8
WWW.TICKETSOURCE.CO.UK/THE-GANTRY-YOUTH-THEATRE

MUSIC BY STEPHEN FLAHERTY, LYRICS BY LYNN AHRENS
BOOK BY LYNN AHRENS AND STEPHEN FLAHERTY CO-CONCEIVED BY LYNN AHRENS,
STEPHEN FLAHERTY AND ERIC IDLE BASED ON THE WORKS OF DR. SEUSS
MUSIC SUPERVISED, ADAPTED AND PRODUCED BY BRYAN LOUISELLE

THIS AMATEUR PRODUCTION IS PRESENTED BY ARRANGEMENT
WITH MUSIC THEATRE INTERNATIONAL
ALL AUTHORISED PERFORMANCE MATERIALS ARE ALSO
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