



Beckingham Primary School Bulletin

Edition 44 W/C 09.02.26

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Website: www.beckingham.school.co.uk



Head over to our website to check out the newly-upgraded version!

On it you will find options to link to our school calendar to keep up-to-date with events (you will need to unsubscribe to the old one first) and all of our newsletters are on there to share with family and friends if they want to check them out every Friday! www.beckingham.school.co.uk

Dates for your diary:

THIS WEEK W/C 9th February – Children’s Mental Health Week

Monday 9th February – Y6 SATS club 3.30 – 4.30 pm
Young Voices at Sheffield Utilita Arena

Tuesday 10th February – Safer Internet Day/Library Van/Tuck Shop

Wednesday 11th February – Valentine’s Disco 3.30pm (non-uniform day – wear your disco clothing!)

Thursday 12th February – Trip to the BumbleBee solar farm site KS1/KS2 – PE kit as usual - please pack wellies or waterproof shoes and wear joggers/leggings!

Friday 13th February – Swimming Class 2/Early pancake day for all – end of term!

NEXT WEEK W/C 16th Feb – Half term break (1 week)

We’re using the Arbor Parent App!



See and manage your child’s day-to-day school information. Understand their progress, make payments and bookings, and receive in-app messages - all from one app



Scan the QR code to download the Arbor Parent App, and use your email address to log in

In order to receive communications from us effectively, we suggest that you download the Arbor App for ease of use. Please note that Scholar Pack is now obsolete and any information on there is not up-to-date. We have just moved to the system so payments are still made via Parent Pay due to the prepayment of contracts, and when we move to Arbor for payments we will inform you before the transition takes place. If you have any queries or difficulties, please contact the school office on 01427 848230. Thank you!

Snap shots of our learning!

Foundation – Foundation children have enjoyed taking part in their stay-and-play event which was based around NSPCC number day. They proudly showed off their skills using Numicon and other manipulatives to count and having parents there made it very special!

Class One – Class One have been completing their work on weaving and there are some amazing pieces on display if you are lucky enough to visit their classroom!

Class Two – Class 2 have been working hard to master their times tables and are enjoying using times Table Rockstars to help them practice speedy responses! They have been sketching representations of music in their art lessons and came up with some inspirational drawings.

Class Three – This week, Class 3 have been photographing items that represent themselves and their likes and have created some really thoughtful compositions!

Children's mental health week – 9th – 15th February 2026

At BPS we understand that great learning starts with children feeling safe and knowing that there are always people they can talk to if they are feeling anxious or upset.

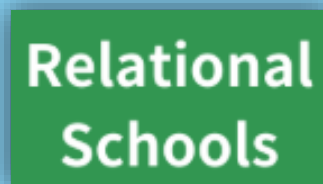
Mrs Brumby and Miss McKone have been undertaking training from the Nottinghamshire Educational Psychology Team for an approach called Relational Schools, whereby they studied and shared with staff the link between behaviour and distress through a trauma-informed and attachment-aware lens. This foundation forms the basis of our interactions with pupils and will lead to an individual approach for each pupil, dependent on their individual circumstances.

We will be reviewing our behaviour policy and rewards system based on these principles and will relay information when this has been progressed through governors.

Our Emotional Literacy Support Assistants (ELSAs), Mrs Story and Mrs Willey, are trained to offer emotional support to the children – please speak to class teachers if you feel your child would benefit from some support in areas such as divorce, family illness, generalised anxiety etc.

Mrs Furniss is a fully-accredited Mental Health First Aider with Mental Health First Aid England, and has completed her Advanced Senior Mental Health Lead qualification. She is able to support adults and children with any mental health concerns as a first port of call and will be able to contact or signpost appropriate external support where necessary. Miss McKone has completed mental health first aid training for young people and is able to support pupils in a similar manner and we work with external counselling services and CAMHS where appropriate.

Please speak to any member of the staff team if you have any questions or would like support, and you will be signposted to the best person to begin the process. Confidential information can be shared via the safeguarding email – safeguarding@beckingham.notts.sch.uk with the account being monitored by Mrs Furniss, and Mrs Brumby in her absence.



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 children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday



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.

Are you sure?

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, then they will have more confidence to ask the biggest of questions.

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.

4 BE OPEN AND HONEST

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

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.

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.

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/>
- <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/>
- <http://www.themix.org.uk/mental-health>

LUNCH MENU



Early Pancake Day on Tues 10th Feb

| | Monday 9th Feb | Tuesday 10th Feb | Wednesday 11th Feb | Thursday 12th Feb | Friday 13th Feb |
|----------------------|---|--|--|--|--|
| Lunch Option 1 | Creamy Tomato Pasta & Bread Selection | Lincolnshire Sausage | Mild & Creamy Coconut Chicken & Rice | Beef Lasagne | Sliced Gammon Ham (served chilled) |
| Lunch Option 2 | Salmon & Potato Bake | Ham, Cauliflower & Broccoli Bake | Creamy Ham & Cheese Pasta | BBQ Chicken Pizza Baguette | Cheese & Bean Pasty |
| Lunch Option 3 | Quorn Sausage, Baked Bean & Cheesy Mash Pie | Quorn Mince & Vegetable Casserole | Cheese Filled Potato Shells | Vegetable Lasagne | Quorn Puff Pastry Sausage Roll |
| 1, 2 & 3 served with | Peas, Sweetcorn & Diced Carrots | Mashed Potato & Mixed Vegetables | Mixed Vegetables | Mixed Vegetables | Diced Roast Potatoes & Baked Beans |
| Lunch Option 4 | Jacket Potato with a selection of fillings | Jacket Potato with a selection of fillings | Jacket Potato with a selection of fillings | Jacket Potato with a selection of fillings | Jacket Potato with a selection of fillings |
| Lunch Option 5 | Tuna Mayo Baguette | Cheese Baguette | Sliced Ham Baguette | Cheese Baguette | Sliced Ham Baguette |
| 4 & 5 served with | Served with Mixed Salad | Served with Mixed Salad | Served with Mixed Salad | Served with Mixed Salad | Served with Mixed Salad |
| Dessert Option D | Jelly & Mandarins | Pancake with Banana & Strawberry Sauce | Butterscotch Cookie | Jam Swirl Cake & Custard | Love Heart Tutti Frutti Shortbread |
| Dessert Option Y | Yeo Valley Organic Yoghurt | Yeo Valley Organic Yoghurt | Yeo Valley Organic Yoghurt | Yeo Valley Organic Yoghurt | Yeo Valley Organic Yoghurt |
| Dessert Option F | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |

Celebrating Valentine's Day on Fri 13th Feb