

Balfour Primary News

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27th January 2023



NOTES FROM THE HEADTEACHER

Welcome to our January Newsletter. I am sure, like me, the Christmas Holidays seem a lifetime ago as we rush headlong into 2023. I hope you all enjoyed the break and you are still keeping any resolutions you set in the New Year. I spoke to the children during the first week back about how lucky we are in school as we get the chance to set a 'New Year resolution' at the start of each term. We all thought about what we were going to work at improving in ourselves over the coming weeks & what we could to make a difference to those around us.



Alan Gunn
Headteacher

2023 is going to be a big year for us all at Balfour we are;



- continuing to develop our climate change curriculum to further reflect our local community and the world we live in,
- developing further our school grounds and the wider campus to encourage wildlife,
- looking forward to welcoming Ofsted to show all the great work our children and staff do,
- changing our school practices to ensure we are more sustainable,
- embedding further our teaching and learning to ensure all our children achieve as well as they can,
- the school streets project being implemented

.... when I think about it the list could go on and on.

There is one thing we are keen to develop further, strengthening the links between the school and parents and the local community. We are aware of many untapped resources out there that we could be using to make all our children's experiences. We are also keen to get your views about what is working well and ideas what we could do to make things even better. Please watch this space for further communication.

In respect of ensuring the best outcomes for our children and community I am afraid I need to mention once again the parking issues at the start and the end of the day. You may well have seen my message last week where I asked you to:

- Walk to school whenever you can
- If you are able bodied to park at least 200m from the school to allow our blue badge holders closer access
- To not park across driveways
- To not stop on double yellow lines especially at road junctions
- To use designated bays (I have been told tickets will not be issued if dropping off or picking up and you do not have a permit).
- To not park with wheels on the pavement
- If waiting in the car to turn your engine off to minimise air pollution

I have had lots of positive responses to this but there still numerous instances of parking on yellow lines, on the pavement and across driveways such as the ones shared with me below:



I want to reiterate that we are all responsible for the safety of our children when they come to school and remind you all of the potential impact that inconsiderate parking may have on the safety of our children. I do not want to have to be speaking to our community after an accident has occurred and a child or parent has been injured.



I want to finish by saying how nice it has been to hear so many positive comments from parents about the great job our teachers are doing and the extra mile many go to ensure your children have the best possible time at school. The fact they are always available to follow upon concerns and respond to your emails so quickly is just fantastic. We have also recently received many positive comments about our children and their behaviour from the places we have visited and from visitors to the school. Well done everybody, and thank you as always for all your support.

TERM DATES

Spring Term 1: 4/1/23 – 10/2/23

➤ Half Term: 13 Feb – 17 Feb

Spring Term 2: 20/2/23 – 31/3/23

➤ Easter Break: 3 Apr – 14 Apr

Summer Term 1: 17/4/23 – 25/5/23

➤ Half Term: 29 May – 2 June

Summer Term 2: 5/6/23 – 21/7/23

➤ First back day for students: TBD

INSET days: 26th May



[Additional dates for your diary](#)



What have we been up to in school this month to diversify our curriculum?

Reception – This term, we are learning about fictional and real-life superheroes! We have been challenging any gender stereotypes about particular job roles and using the correct terms of 'firefighter' and 'police officer' to ensure these are non-gender specific. We have also been learning about Lunar New Year! The children have been learning about how this can be celebrated across the world.



Year 1 – In Year 1 we have been learning about the different communities people live in. We have looked at different types of homes and discussed how some people are nomadic. We learnt about the Gypsy Roma Traveller community and discussed why they might have left North-West India to seek work and a better life. We then looked at the artist Gabi Jimenez (a Roma Gipsy living in Spain) and created our own drawings in the same style.



Year 2 - In year 2, we have been exploring the fabulous books of Oliver Jeffers that link with our topic 'Our Wonderful World'. Looking at one of his latest books, 'Here we are', we have been exploring a vast range of characters from all different backgrounds and thinking about some of the similarities and differences we can spot between them and ourselves. We have written about our own interests, appearance, backgrounds and beliefs.



In art, we have been studying the work of Lubaina Himid who was born in Zanzibar (now Tanzania). She was one of the first artists to be involved in the UK's 'Black Art Movement' during the 1980's. We have noticed how she often takes inspiration from her heritage and how her work celebrates the cultural history of East Africa. In 2017, she became the first black woman, as well as the oldest person, to win the famous Turner Prize for outstanding artwork.



Year 3 – This half term in Year 3 during our RE lessons, we have been learning about the Bible and how this is an important book to Christians. As part of this unit, we asked the children to think about their favourite books and why they are special to them. The children shared a wide variety of diverse books with each other.



Year 4 - In science, we have been learning about electricity. We have focused on the scientist Lewis Latimer who invented a 'carbon filament' for lightbulbs in 1881. In social responsibility, we have been looking at different places around the world and focusing on biodiversity.

Year 5 – Year 5 have been reading creation stories from different faiths this term and have discussed similarities and differences between them. In Geography, we've learnt about different countries in Europe, with a particular focus on Greece and its geography and culture. We will be exploring this further over the rest of the half term. Linked to this has been our learning about ancient Greek mythology and beliefs, where we've read stories and studied the people, Gods and monsters in them.



Year 6 – In Year 6, we have been discussing money matters in PHSE and also looking at wealth in our social responsibility lessons. We have been looking at the distribution of wealth in our own country and all around the world. Did you know that global inequality is growing, with half of the world's wealth now in the hands of just 1% of the population? We have also been discussing the traditional definition of wealth and comparing that to the importance of having a wealth of family, friendships and education, which we all agreed was just as important.



ARTISTS WANTED!!

We need some more submissions for our Weduc header image! If you or your child would like to paint or draw something, we'd love to showcase their art. (You've been enjoying Esme's flowers this term!)



Just a reminder, the header image needs to be really wide and not very tall. It's okay if it's a traditional size (e.g. A4), but we'll need to crop quite a lot off the top and bottom. Something like this proportion would be ideal:



Please send images to Lisa Collington lisacollington@balfour.brighton-hove.sch.uk or drop in the office. Thank you!

PUPIL PREMIUM UPDATE

Happy New Year to you all! We hope you had a wonderful break.

We are really looking forward to the plans we have for the remainder of the academic year. We are both attending the next session towards creating a Tackling Disadvantaged Strategy at Coldean Primary School. We are also attending a training day at Durrington High School in February as part of a whole school Pupil Premium Review we are having carried out.

Please remember to get in touch if you would like to find out how we can support you and your family if you are in receipt of means-tested Free School Meals. If you don't get Free School Meals and think you might be eligible, please apply via this link.

<https://www.brighton-hove.gov.uk/schools-and-learning/apply-online-free-school-meals>

Our food bank is still running every Monday so please head to our website to apply for food packages if you are finding it difficult to buy food. Go to the "About us" tab and there is a link to the foodbank and the JustGiving page if you are able to donate.

Direct link: [Balfour Primary School - Food Bank](#)



Sandra Mulholland
Deputy Headteacher



Natasha Paling
Pupil Premium Deputy

GOVERNORS

Governors had a really useful monitoring session with subject leaders this month. It was great to see how well curriculum planning is embedded across the school and to hear how teachers support all children to access and enjoy the different subjects. We also heard how the school uses trips and visits from different speakers to enrich the curriculum.



We are currently looking for a new co-opted governor. This can't be a parent but if you know anyone in the community who might be interested then please tell them to get in touch.

If you ever want to contact me as chair of governors then please use my school e-mail KirstinBaker@balfour.brighton-hove.sch.uk

If you wish to contact the school governors, the email address is: balfour.governor@balfour.brighton-hove.sch.uk

Governors can also be contacted via the school office who will be happy to forward any correspondence, or to the clerk of governors, Kristina McCulloch: kristinamcculloch@balfour.brighton-hove.sch.uk

INCLUSION



Supporting children with Anxiety workshop

You are invited to a workshop at Balfour Primary on **Friday March 10th from 9.15**. This will be run by the SEN Specialist Practitioner, who works within the social, emotional and mental health team from the councils Inclusion and Support Service (BHISS).

At this workshop we will aim:

- To provide an overview of anxiety
- To consider the impact of anxieties on behaviours
- To explore practical strategies that can be used to support young people who are highly anxious
- To look at some ways we can also support us, as adults

Please contact Rachel Clark, rachelclark@balfour.brighton-hove.sch.uk, if you would like to attend.

ATTENDANCE

Welcome to our attendance section of the newsletter.

We know that at this time of year, colds, viruses and bugs are at their peak.

It can be tricky to decide whether to keep your child off from school.

The NHS advises the following for typical winter illnesses:

Coughs and colds: *It is fine to send your child to school with a minor cough or common cold. But, if they have a fever, keep them off school until the fever goes.*

Sore throat: *You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.*

High temperature: *If your child has a high temperature, keep them off school until it goes away.*

Chickenpox: *If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually 5 days after the spots first appeared.*

Coronavirus (COVID-19): *Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either have a high temperature or do not feel well enough to go to school or do their normal activities. If they have mild symptoms and they feel well enough, they can still go to school.*

Ear infection: *If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.*

Hand, foot and mouth: *If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off.*

Vomiting and diarrhoea: *Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 48 hours.*

We aim for a minimum of 97% attendance.

This week's attendance data... Well done Year 2!

Reception	93.9%
Year 1	95.4%
Year 2	97%
Year 3	96.3%
Year 4	93.3%
Year 5	96.6%
Year 6	95.6%

If you have any questions or would like any help or support regarding your child's attendance, please contact Mrs Francis-Hicks on michaelafrancishicks@balfour.brighton-hove.sch.uk.

FAB UPDATE

MESSAGE FROM THE CHAIR



Brrrr! As I write this it is very cold indeed and it feels like the long winter still has its icy fingers gripped firmly around us. But there is just the hint that the days are beginning to feel a little less dark and as we head into the half term break we can start to think about spring. And that means more events!

First to kick us off is the FAB Quiz. The traditional rollicking night of fun returns on Friday 24th February along with delicious food by Olly's Fish Shack. Keep your eyes peeled for tickets on Weduc.

Now... January is normally a fairly quiet time at FAB, and after the Christmas Fair we deserve a rest, but we haven't been entirely idle. We have welcomed a new Treasurer into our fold, which is very exciting as it is always great to meet new people and we do rely on parents to come forward to help. The need for new members doesn't stop there however as we are looking for a range of roles to be filled. This is a serious request as we only function as long as there are people willing to donate a little of their time.

I will leave you with that thought and look forward to seeing you at the Quiz. Until then have a great half-term!

NEW TREASURER!

It is a pleasure to welcome our new Treasurer Marlena to FAB! Marlena was voted in at the Extra-ordinary General Meeting held in January and takes over from Haley who has been doing a great job for 3 years. It has been great to work with Haley these few years and she will be missed.

UPCOMING EVENTS AND FUNDRAISERS

FAB NEEDS YOU!

If you still haven't got a new year's resolution or have fallen off the wagon already then I suggest you consider becoming a FAB helper. It doesn't cost anything, you don't have to give anything up AND you get to feel better inside! It's a win-win.



Do you have any skills that you think would come in handy? We'd love to hear from you. We have lots of places for parents just like you.

If you have a background in anything, it doesn't matter; we are a diverse bunch at FAB and would gladly welcome you aboard.

We are currently looking to fill the roles for: Vice-Chair, Website, Marketing, Volunteer Coordinator, Food Team members, Event and Activity Leaders.

Drop us a line anytime if you are curious or interested in ways you can help. There is no obligation to do more than that, we are a friendly bunch of parents just like you!

FAB QUIZ – FRIDAY 24TH FEB DOORS OPEN AT 7.30PM KS1 HALL

The brilliant FAB Quiz returns with our quizmasters Daryl and Kelly back at the mic. The quiz is FAB's only child-free event so roll up for an evening of free heating, fun and food (provided by the fantastic Olly's Fish Shack). No quiz night would be complete without the FAB Bar which will be on hand to provide plenty of liquid inspiration. Tickets will be available soon.

COMING THIS EASTER

A reminder to everyone that due to its great success, this Easter we will be holding another Scavenger Hunt with details to be announced in due course.

Also returning (how can it not?) is the Great Balfour Easter Egg Hunt. Lots of chocolate and hundreds of excited kids... what could be better?

SAVE THE DATES! BALFOUR CIRCUS AND SUMMER FAIR



Yes, they are some way off but you know that thing where time suddenly flies by?

Balfour Circus – Wednesday 14th June

Summer Fair – Saturday 15th July

BALFOUR SWIM SCHOOL

The swim school is run for all levels and is priced very keenly to support the children of the school. In light of upwards pressures on costs we have been forced to increase prices slightly however these will be kept as minimal as possible.



There are some spaces available. Places are still available. Please use this form to submit an enquiry: <https://forms.gle/3UWdVvZqKnG2iUJMA>

RAISE MONEY WHILE YOU SHOP

There are three REALLY easy ways to raise money for the school while doing your shopping:

1. Easyfundraising

Join for free at: www.easyfundraising.org.uk/causes/friendsatbalfour/

Then when you shop online, go to easyfundraising.org.uk, find the retailer you want, click through and shop in the normal way. The retailer will automatically make a donation to your cause when you check out.

There's a Donation Reminder you can download so you don't forget. That's all there is to it. There are no catches or hidden charges to you or the school. Just more money to help enhance the children's education.

2. AmazonSmile

AmazonSmile is the same Amazon you know. Same products, same prices, same service. But Amazon donates 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of all eligible purchases to the charitable organisation of your choice.

Just make AmazonSmile your default for your Amazon purchases – go to: <https://smile.amazon.co.uk>

100 CLUB

The Balfour 100 Club is open to all Balfour parents, carers and staff and costs just £5 per number per month. You need to sign up for at least a year.



Half the monthly takings are given out in prize money; the other half is used for the benefit of the children at school.

Join anytime to help the school raise much-needed funds. To sign up, or for more information, please email fab100club@gmail.com.

GET INVOLVED

If you'd like to be added to our committee email list, drop us a line at info@friendsatbalfour.org. You'll be kept informed of committee meetings, and contacted if we need a little help from time to time.

STAY IN TOUCH

Follow us for the latest information on our events and meetings:

 Website: <http://friendsatbalfour.org/>

 Facebook: [Friends at Balfour](#)

 Twitter: [@FABatBalfour](#)

We also have private Facebook Group pages for each year group.

TIME FOR YOU, TIME FOR FAMILY THE GREAT OUTDOORS IS WAITING!



Hi Parents, Guardians, Teachers!

We are Pop Up Campsites based just outside of Hastings. We offer camping breaks for Primary school classes and would love to welcome you and your family / class friends for a **relaxing**, nature inspired getaway at our beautiful site!

We have three separate meadows with woodland attached, spanning over 20 acres.

The land is car-free and music-free giving you every opportunity to **connect** with your surroundings and nature, and with each other around a cosy campfire! It's the perfect place to **recharge** batteries and for children to **explore** and learn.

Wandering through fields and woodland you will discover swing-seats, hammocks, cargo nets and a cooling stream. With Habitat Hunts, Den Building, Forest Schools and Foraging courses, there's something for everyone to enjoy here.

We even have freshly-made wood-fired oven pizzas on a Friday evening!



Sound good? Get in touch to book your break!

Website: popupcampsites.com

Email: info@popupcampsites.com

Phone: 07812 605094

TURN UP AND PLAY. JUST BRING YOUR FORM.



Albion in the
Community

KICKS FREE FOOTBALL

GIRLS ONLY SESSIONS

ALL ABILITIES WELCOME



AGES 8-18 >>>>

HAMPDEN PARK SPORTS CENTRE > **Tuesdays:**
5-6pm. Broderick Road, Eastbourne, BN22 9RQ.
Sand-based AstroTurf.

WHITEHAWK > **Wednesdays:**
5-6pm. The Manor, Manor Road, Whitehawk,
Brighton, BN2 5EA. **3G.**

WORTHING > **Wednesdays:** 5-6pm.
Worthing Leisure Centre, Shaftesbury Ave,
BN12 4ET. **3G.**

BURGESS HILL > **Wednesdays:** 5-6pm.
Burgess Hill Youth, Western Rd, RH15 8QN.
Multi-use games area.

MOULSECOOMB > **Thursdays:** 5-6pm.
Moulsecomb Leisure Centre, Hodshrove Lane,
BN2 4PB. **Indoors.**

HAILSHAM > **Thursdays:** 7.15-8.15pm.
James West Community Centre, Brunel Drive,
BN27 3FY. **Multi-use games area / grass.**

HASTINGS > **Fridays:** 3.30-5.30pm.
Hastings and Rother YMCA, St Paul's Road,
St Leonards-on-Sea, TN37 6RS. **Indoors.**

Grass: Studded / moulded boots / AstroTurf boots advised.
3G: AstroTurf boots / moulded studs only.
Multi-use games area: AstroTurf boots / trainers advised.
Indoors: AstroTurf boots / trainers advised.
Sand-based AstroTurf: AstroTurf boots advised.



For more information, please call: **01273 878265** or email:
premierleaguekicks@albioninthecommunity.org.uk



Albion in the Community, American Express Community Stadium,
Village Way, Brighton BN1 9BL. Tel: 01273 878265.
Company limited by guarantee in England and Wales (No. 5122343).
Registered charity in England and Wales (No. 1110978).

CHILDREN'S HARMONICA WORKSHOP



**Sunday 5th Feb 2023
10.00am-1.00pm**

The Brunswick, Holland Rd, Hove, BN3 1JF

A great Sunday morning music activity for children 5-14 years

Children of all ability enjoy two hours of music making and song learning, finishing with a live performance on stage. Our programme is led by Richard Taylor, the UK's leading schools harmonica teacher. A harmonica is included in the entry price and everyone receives a goody bag. Grown-ups should remain on site and can relax with free Wi-Fi and refreshments in the bar area.

**Tickets £10.00 adv (£12.50 on the day)
Starter harmonica and goody bag included
WWW.HARPINBYTHESEA.COM**



School Crossing Patrol Officer

Are you friendly, reliable, willing to work outdoors in all weathers and to ensure the safety of children and parents on their way to and from school?

You will be working 5 days per week, 30 to 40 minutes, (mornings and afternoons) during school term times.

We have vacancies at the following sites across the City:

- Balfour Primary School – Balfour Road – 7 hours 30 minutes per week
- Our Lady of Lourdes Primary School – The Green, Rottingdean – 5 hours per week
- Carden Primary School – County Oak Avenue, Brighton – 5 hours 25 minutes per week
- Saltdean Primary School – Lustrells Vale Saltdean – 6 hours 15 minutes per week

Full uniform and training will be given.

If you are interested please contact Emily Tester, Road Safety Training Manager, on 01273 293847 for an informal discussion.

To apply:

<https://www.brighton-hove.gov.uk/jobs>

Closing date is 22 January 2023

Interview date: 3 and 6 February 2023 – Morning on both days



Family Cycling

How does the training work?

Cycling is a sociable and brilliant experience to enjoy as a family.

We offer training to families to boost their experience and to support families with cycling safely

All sessions will be delivered by qualified National Standards Instructors who ensure that the training will meet the needs of each family.

The training is delivered in 2 sessions at a time to suit your family.

Session one is held in a non-traffic environment and is a training assessment, practice moving groups, bike control and progression towards on-road training if ready – approximately 1 hour.

Session two is held on road and working towards a planned journey for the family, self-assessment, mentoring – approximately 2 hours



What is included

All sessions are available for up to 6 people from the same family and **MUST** include 1 under 18 and 1 adult.

Riders **MUST**:

- Be able to ride independently (start, stop, pedal, slow down)
- Provide their own roadworthy bike (must have working brakes and no stabilisers)
- Helmet (optional)

How to book or if you have any further questions?

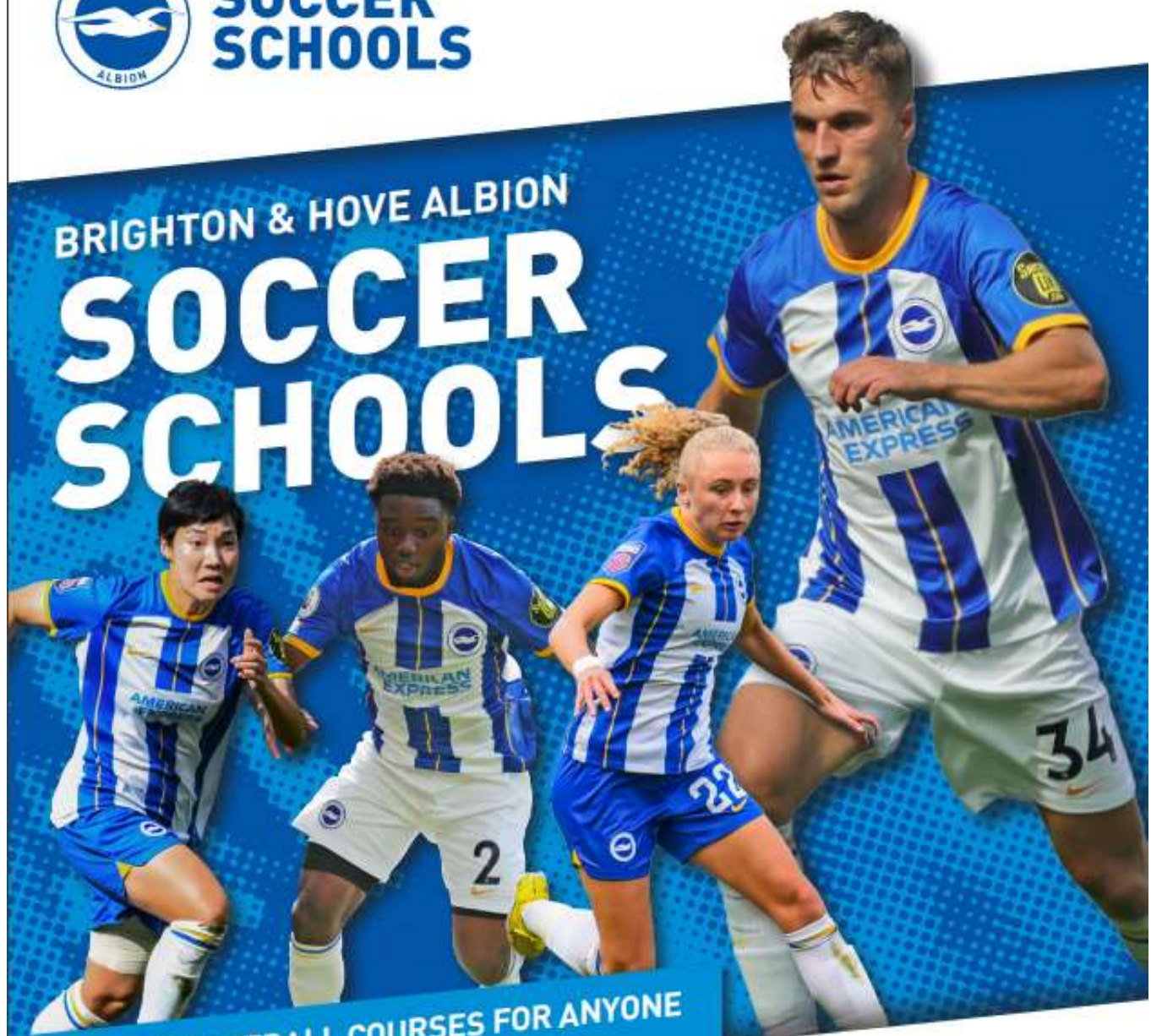
Email: east.central@brighton-hove.gov.uk

Telephone: 01273 293847





**SOCCER
SCHOOLS**



**HOLIDAY FOOTBALL COURSES FOR ANYONE
AGED 5-13. ALL ABILITIES WELCOME.**



February half term

**Brighton // Worthing // Eastbourne
Hassocks // Hove // Shoreham // Uckfield**

**BOOK
ONLINE
NOW**

Scan here to book, [click here](#) or visit: albioninthecommunity.org.uk

Albion in the Community, American Express Community Stadium, Village Way, Brighton BN1 9BL Tel: 01273 878265.
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Nurturing Parents

A mindfulness-based wellbeing course
for parents and carers



***8-week Course
Starting 7th March '23
Tuesdays 1-3pm
Small group, at Portslade
Hub, BN41 2PG***

This course can help you to:

- Recognise and manage the stresses of parenting
- Regulate strong emotions
- Develop compassion towards yourself
- Support the relationship with your children

***To book a place please email the Schools Wellbeing Service
swsconsultationline@brighton-hove.gov.uk***

Nurturing Parents:

A Mindfulness-based Wellbeing Course for Parents and Carers

The Nurturing Parents Mindfulness-based Course is an eight-session programme that is relevant and accessible for parents and carers whatever your family circumstances.

Mindfulness can help us recognise and manage the stresses of parenting and understand the importance of self-care to cultivate the connections we hope for and that we know are nurturing for our children.

This is not a 'how to parent' course. It offers opportunities to experience mindfulness in a way that helps us to understand patterns of our thinking and feelings, and what we do as a result of these. This can open up a different way of understanding ourselves as a parent or carer, and this in turn supports our relationships with our children, helping us to regulate emotions and develop compassionate responsiveness.

Dates:

Tuesdays 7th, 14th, 21st and 28th March + 18th and 25th April + 2nd and 9th May 2023.

(There are no sessions during the Easter school holidays.)

Time: 1.00 – 3.00pm

Venue: Portslade Hub, Mile Oak Road, Portslade, BN41 2PG

What to expect in the sessions:

Each week has a different theme which is linked to the one in the previous week.

There are elements of teaching and discussion, simple silent exercises in awareness similar to meditation and simple movement-based stretches which can be done sitting or standing.

You will also learn some approaches that can be practised with children and young people.

No experience of mindfulness is needed for the course and it is taught in a safe, supportive and kind environment: any input in the discussions is invitational and participants only share what they feel comfortable with.

To book your place or to make a query email:

swsconsultationline@brighton-hove.gov.uk

There is no cost for attending the course if the children you parent or care for attend or are enrolled at a Brighton & Hove school.

Course leaders: Beth Ruffel and Tessa Wyllie, Schools Wellbeing Service

Nurturing Parents: A Mindfulness-based Wellbeing Course for Parent and Carers was developed by Eluned Gold at the Centre for Mindfulness Research and Practice at Bangor University.

Level 1 & Level 2 CYCLE



TRAINING

at Preston Park
and Hove Park



Monday 13 to Thursday
16 February 2023

10am – 12.30pm each day

Ages 9 –15

Levels 1 & 2 together is
£40.00 per person.

Level 1 is where you
will learn to control
your bike.

Level 2 is where you
start with real traffic, but
sticking to quiet roads.

Level 1 – Riders must be able to ride
independently with confidence and
without stabilisers.

Progression to Level 2 training is
dependent on meeting all level 1 modules
to National Standards Level.

Places are limited and on a first-
come first-served basis.

To book your place, please visit
www.sports.brighton-hove.gov.uk/events



Brighton & Hove
City Council

Level 3

CYCLE



TRAINING

at Preston Park
and Hove Park



Level 3 is where you learn to cycle safely on busy roads within the city.

Training includes roundabouts, traffic lights and filtering. You must have completed Levels 1 and 2.

Places are limited and on a first-come first-served basis.

Level 3 training costs £45 per person.

To book your place, please visit

www.sports.brighton-hove.gov.uk/events

**Monday 13 – Wednesday
15 February 2023**

1.15pm – 3.15pm each day

Ages 11 – 15

All children must have attended a level 2 course and should allow 3 months practice between levels.

All trainees will be assessed on level 2 outcomes before progressing further.



**Brighton & Hove
City Council**