This week's merit certificates are awarded to;

FS2 – Sophie and Callum Yr 1 – Willow Yr 2 – Stephanie Yrs 3 & 4 – Amelia and Aryan Yrs 5 & 6 – Wilson and Lily J Sports Merit – Annabelle Well done to you all!





'Buckminster Bites' Twitter @BucksPrimSchool Issue 213 1st February 2019 Dates for your diary

Monday 4th Feb -Tuesday 5th Feb - Chinese New Year Wednesday 6th Feb -Thursday 7th Feb -Friday 8th Feb – Year 1, 2 and 3 Swimming POSTPONED! *2.45pm Year 5 and 6 Family Assembly* POSTPONED!

"Buckminster School, where children become Inspirational Learners"

This week's Character Skill - Confidence

Nurturing Self-Confidence A Guide for Parents

One of the best things we can do for our children is to instil a strong sense of self-confidence. This doesn't necessarily mean they will be the loudest child in the room – quiet, more introverted people can still be confident, and louder people are often masking insecurity. But self-confidence is key to maintaining good mental health in later life, so the more we can do when our children are young, the better.

Don't rescue your child

Don't rescue your child Hard though it may be, resist the urge to 'step in' every time your child faces a difficulty. You may wish to try to get them invited to parties, or want them to be the one to take a penalty in a football match, but the more you do this, the more you are telling your child that they can't do things for themselves.

Don't do everything for your child If you do everything for your child, you are simply teaching them that you will always do it for them, or better than them. Depending on your child's age, you should expect them to be increasingly independent with tasks such as dressing themselves, completing homework, carrying their own bags, and taking responsibility for organising themselves.

Nurture optimism and 'stickability'

In the same way, when your child faces setbacks, encourage them to be optimistic and learn from their mistakes rather than being despondent and thinking this means they are no good at a task or skill. Praise the hard work and effort they put in, or the fact that they didn't give up - let them see that there is achievement in trying even if we don't succeed. What matters is not how many times you fall, but whether you pick yourself uo again. etbacks, e

Encourage their passions Whatever your child enjoys, nurture it and value it. Whether they are an avid reader, excellent at chess, a great dancer or amazing at programming, let them explore, learn and grow in something that they love.

Praise effort, not outcome

Praise effort, not outcome Everybody makes mistakes and gets things wrong, and most people cope and move on. But someone with fragile self-confidence can become hung up on their perceived failures and mistakes and unable to focus on the positives. Praise the effort your child puts in rather than the outcome. Tknow you didn't get 10 out of 10 in that test, but you triad reality hard to learn the words, so weld done. Let's see what we can do to make it better next time.'



Choose what to praise

Praise loses its meaning if given too often. Don't praise your child if they do something you would normally expect them to do, such as putting their dirty clothes in the laundry basket. Don't gush with effusive praise over every little thing they achieve. Choose instead to focus on bigger things, or on one aspect of a piece of work. For example, instead of saying 'I love your painting, it's brilliant!' say, 'I love how you used small brushstrokes to show the leaves in the tree.' If your child is quiet or nervous, give them specific praise when they overcome their nerves: 'I know you were nervous about going to that party, but you went and you joined in - well done!"

Don't label them - and don't let others

If your child is quiet or shy, don't label them as such, especially not in front of them. If someone else says, 'Oh, he's so shy,' counteract this by saying something like, 'no, he just prefers to observe a situation before he joins in', or 'he's a thinker first and a doer second.'

Don't dismiss their feelings

Listen to your child when they are telling you how they feel, and respond positively. Tell them you understand that they feel nervous or lacking in confidence, and that this is quite normal, but you are going to help them to deal with it.

Let your child make decisions

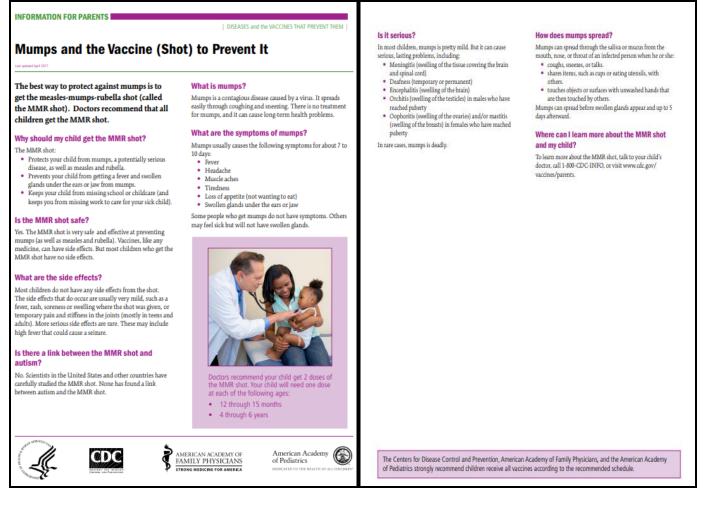
Choose wisely, but let your child have some say in the things that happen to them. This will make them see that they have control over decisions. Obviously, they should still know that there are certain decisions that parents will still make, such as what time to go to bed on a school night!

Normalise doubts

If your child is nervous about a social situation or a task they are facing, talk about how it's quite normal to feel this way, and that sometimes feeling nervous can boost our performance. If appropriate, talk about times when you have felt nervous and what you did about it.

<u>Mumps</u>

We have had a reported case of mumps in school. This is a serious illness for anyone who has not been immunised and for other vulnerable people. Please read the information below or use the link below for further information.



https://www.nhs.uk/conditions/mumps/

Melton School's Swimming Gala – Thursday 31st January



Well done to the whole team (Evelyn, where are you?) who swam so well, had excellent team spirit and did the school proud. Thank you too to all of our supporters who came along to cheer. It made all the difference.

Jonathan Broom Edwards Visit

Jonathan Broom Edwards

By Wilson Russell Thursday 31st January

On Monday the 28th of January 2019 Jonathan Broom Edwards

(the high jumper) came to Buckminster Primary School.

He had torn his Achilles tendon in his foot and his occupation was being a Paralympian high jumper, he won silver in the 2013 Paralympics.

He told us about how our brains made us move our body parts, muscles and limbs. He also told them how it lets out our emotions and feelings such as stress, happiness, sadness and excitement, he emphasised the word stress and then told us how you can relieve stress; we even did some meditation!

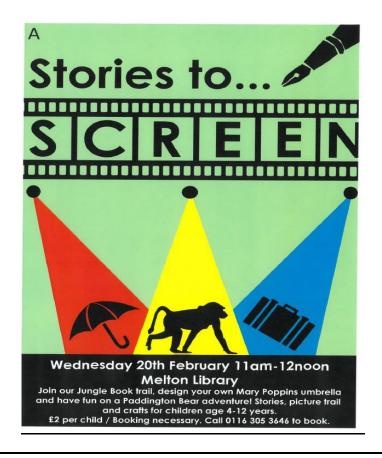
Next, he told us about Stich (the blue friendly Alien) who was wrapped in a cocoon. He morphed and his new name was Torch, he looks flamey and powerful.

This was by student Wilson Russell. Head teacher Debbie Clarke. Started Thursday 31st Jan 2019 Finished 1st Feb 2019

<u>Knitting</u>

Knitting club with Miss Winter and Mrs Hunt is going well and the children are growing in confidence every week. Hopefully we will have some completed wristbands to show you shortly.





Bag2School

Mrs Lucy Wallace has arranged for us to receive "Bag2School" bags and they are in the Office for anybody to collect if you are having an early Spring clearout! If you are unable to make it into the Office then please let us know and we can send a bag home in your child's bookbag.

For anyone who hasn't heard of Bag2school before, the Company send us bags, we fill them with clean unwanted clothes, and shoes. They collect and dispatch to relevant charities in need and we receive a percentage against the weight collected. So lots of shoes are great!!

Items allowed are clearly marked on bags. We look forward to receiving your donations which will be much appreciated. Thank you.



Sky Dance Challenge 13th February 2019 - Year 3/4

We have a Parent who has two spare tickets to the Sky Dance Challenge at Melton Theatre. If you are interested in purchasing these tickets please contact the School Office.





BUCKMINSTER BUSHCRAFT IS SET IN The Beautiful and peaceful annises wood between sproxton and skillington, just 10 mins from the AL. Near grantham

'Buckminster Bushcraft is an inspiring place to have a wild adventure and be at one with nature'

EACH SEVEEIN LAW BE TAILORED TO YOUR EEQUILEMENTS. WE AEM TO PROVIDE EVENTIONE WITH A GOOD FOUNDATION IN BUSIRCHAFT SKIELS, INCLUDING AN INFROMETION TO SHEFTER BUILDING, FRE ELEMITING, WATER FURIELTION AND PHEFTERATION, WILD FOODS, CAMP CENT AND MOCH MUSE

FOR MORE INFORMATION. Please contact the Events team 01476 860471 Events@buckminster.co.uk www.buckminster.co.uk









BUSHCRAFT AT BUCKMINSTER

escape the town experience the great outdoors

Immerse yourself in our glorious woodland and start your own bushcraft adventure

- 🥖 Children's Holiday Clubs
- School Events
- Birthday Parties
- 🥖 Corporate Team Development
- Bespoke Events

School Council Pyjama and Onesie Day

Thank you to the School Council and for everyone for coming in their Onesies and Pyjamas. We have

raised a fantastic.....£65.50!



