

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 instill 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

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 up again.

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

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. 'I know you didn't get 10 out of 10 in that test, but you tried really hard to learn the words, so well 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.

Mumps

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.

INFORMATION FOR PARENTS

| DISEASES and the VACCINES THAT PREVENT THEM |

Mumps and the Vaccine (Shot) to Prevent It

Last updated April 2017

The best way to protect against mumps is to get the measles-mumps-rubella shot (called the MMR shot). Doctors recommend that all children get the MMR shot.

Why should my child get the MMR shot?

The MMR shot:

- Protects your child from mumps, a potentially serious disease, as well as measles and rubella.
- Prevents your child from getting a fever and swollen glands under the ears or jaw from mumps.
- Keeps your child from missing school or childcare (and keeps you from missing work to care for your sick child).

Is the MMR shot safe?

Yes. The MMR shot is very safe and effective at preventing mumps (as well as measles and rubella). Vaccines, like any medicine, can have side effects. But most children who get the MMR shot have no side effects.

What are the side effects?

Most children do not have any side effects from the shot. The side effects that do occur are usually very mild, such as a fever, rash, soreness or swelling where the shot was given, or temporary pain and stiffness in the joints (mostly in teens and adults). More serious side effects are rare. These may include high fever that could cause a seizure.

Is there a link between the MMR shot and autism?

No. Scientists in the United States and other countries have carefully studied the MMR shot. None has found a link between autism and the MMR shot.

What is mumps?


Mumps is a contagious disease caused by a virus. It spreads easily through coughing and sneezing. There is no treatment for mumps, and it can cause long-term health problems.

What are the symptoms of mumps?

Mumps usually causes the following symptoms for about 7 to 10 days:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite (not wanting to eat)
- Swollen glands under the ears or jaw

Some people who get mumps do not have symptoms. Others may feel sick but will not have swollen glands.



Doctors recommend your child get 2 doses of the MMR shot. Your child will need one dose at each of the following ages:

- 12 through 15 months
- 4 through 6 years

Is it serious?

In most children, mumps is pretty mild. But it can cause serious, lasting problems, including:

- Meningitis (swelling of the tissue covering the brain and spinal cord)
- Deafness (temporary or permanent)
- Encephalitis (swelling of the brain)
- Orchitis (swelling of the testicles) in males who have reached puberty
- Oophoritis (swelling of the ovaries) and/or mastitis (swelling of the breasts) in females who have reached puberty

In rare cases, mumps is deadly.

How does mumps spread?


Mumps can spread through the saliva or mucus from the mouth, nose, or throat of an infected person when he or she:

- coughs, sneezes, or talks.
- shares items, such as cups or eating utensils, with others.
- touches objects or surfaces with unwashed hands that are then touched by others.

Mumps can spread before swollen glands appear and up to 5 days afterward.

Where can I learn more about the MMR shot and my child?

To learn more about the MMR shot, talk to your child's doctor, call 1-800-CDC-INFO, or visit www.cdc.gov/vaccines/parents.



The Centers for Disease Control and Prevention, American Academy of Family Physicians, and the American Academy of Pediatrics strongly recommend children receive all vaccines according to the recommended schedule.

<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



Knitting

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.





A

Stories to...



SCREEN



Wednesday 20th February 11am-12noon
Melton Library
Join our Jungle Book trail, design your own Mary Poppins umbrella and have fun on a Paddington Bear adventure! Stories, picture trail and crafts for children age 4-12 years.
£2 per child / Booking necessary. Call 0116 305 3646 to book.

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.



<p>LONGFIELD ACADEMY 19 20 21 FEBRUARY 6 7 8 AUGUST</p>	<p>BELVOIR VALE LTC 16 17 18 APRIL 28 29 30 MAY 20 21 22 AUGUST</p>
<p>FOR AGES 5-12 Years Full Day: 9:00-3:30pm £14 per child Early Drop-off: 8:30am £1 extra 3 DAY DEALS! CONTACTS TO BOOK PLACES: Charlie: 07932 410918 Lauren: 07805 170498 ADDRESSES: LONGFIELD ACADEMY Leicester Road, Melton Mowbray, LE13 0BN BELVOIR VALE LTC (Off Hose Lane), Mount Pleasant, Hose, LE14 4JR</p>	



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DANCE
COACHING





BUCKMINSTER BUSHCRAFT IS SET IN THE BEAUTIFUL AND PEACEFUL ANNISES WOOD BETWEEN SPROXTON AND SKILLINGTON, JUST 10 MINS FROM THE A1, NEAR GRANTHAM.

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

EACH SESSION CAN BE TAILORED TO YOUR REQUIREMENTS. WE AIM TO PROVIDE EVERYONE WITH A GOOD FOUNDATION IN BUSHCRAFT SKILLS, INCLUDING AN INTRODUCTION TO SHEDS BUILDING, FIRE LIGHTING, WATER COLLECTION AND PURIFICATION, WILD FOODS, CAMP CRAFT AND MUCH MORE.

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!**

