

**Brockley Primary School
Newsletter**

Issue 18

Friday 6th February 2026



***The Brockley Way –
‘Only my best is good
enough’***

ATTENDANCE MATTERS!

Our Responsibilities as a Community

- What YOU must do:
- Telephone the school before 8.30am each day of your child's absence.
- Tell the school in advance, of any medical appointments and bring in appointment cards/letters.
- If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival.
- If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!

What WE will do:

- Check your child's attendance every day.
- Phone home to discuss your child's attendance with you.
- Invite you into school for attendance meetings if we are concerned.
- If we cannot establish a reason for absence, then we may make a welfare home visit.

The national attendance target is 96%

Our school attendance this week is 93.73%

Attendance Band	Class Performance
Zebra	96.37%
Monkey	95.12%
Giraffe	98.62%
Elephant	87.2%
Lion	90.83%

School Contact Information

Click the link

Report Absences or Ask
Questions: 01246-
823344

Headteacher:

[headteacher@brockley.
derbyshire.sch.uk](mailto:headteacher@brockley.derbyshire.sch.uk)

Website:

[http://www.brockley.derb
yshire.sch.uk](http://www.brockley.derbyshire.sch.uk)

Safeguarding:

[safeguarding@brockley.
derbyshire.sch.uk](mailto:safeguarding@brockley.derbyshire.sch.uk)

General Enquiries:

[info@brockley.derbyshir
e.sch.uk](mailto:info@brockley.derbyshire.sch.uk)

School Facebook Page:

[Facebook](#)

School Website:

[www.brockley.derbyshir
e.sch.uk](http://www.brockley.derbyshire.sch.uk)

Safeguarding Info:

[https://www.ddscp.org.u
k](https://www.ddscp.org.uk)

School Calendar:

[Calendar - Brockley
Primary School](#)

Mental Health Week

Monday 9th to Friday 13th February

Supporting Children's Mental Health in 2026: Building Resilience and Body Awareness at Home



Children's mental health continues to be a priority across the UK, and in 2026 the national focus remains on helping children feel that they *belong*, understand themselves, and develop lifelong resilience. The theme for Children's Mental Health Week 2026—*"This Is My Place"*—highlights how a child's sense of belonging at home, school, and in the community plays a vital role in their wellbeing.

When children feel connected, valued, and part of something bigger, it strengthens both their emotional and physical health. Families have a powerful role in nurturing this at home.

How Families Can Support Children's Mental Health and Resilience

1. Build a Strong Sense of Belonging

Children thrive when they feel safe, seen, and valued. You can support this by:

- Creating predictable routines.
- Eating meals together when possible.
- Making time for simple daily check-ins.
- Celebrating each child's strengths and interests.

A stable sense of belonging helps children develop confidence and emotional security.

2. Encourage Resilience Through Everyday Challenges

Resilience is not about avoiding difficulties it's about being able to cope with them.

Families can help by:

- Modelling problem-solving: Let children see adults working through challenges calmly.
- Naming emotions: Teach children to recognise feelings and talk about them safely.
- Praising effort, not perfection: Focus on persistence and progress.
- Allowing manageable setbacks: Support children without immediately fixing every problem for them.

Place2Be emphasises helping children understand themselves—this self-awareness is key to building resilience.

3. Help Children “Know Their Bodies”

Understanding their bodies helps children recognise early signs of stress, tiredness, or overwhelm.

You can support this by:

- Teaching children to notice physical cues (tight tummy, fast heartbeat, tired eyes).
- Encouraging calming strategies: deep breaths, stretching, movement breaks.
- Promoting good sleep, hydration and physical activity.
- Showing that rest is important and not a “reward”.

Tools from organisations like Anna Freud’s Mentally Healthy Schools offer animation and classroom resources to help children understand their emotions and bodily signals.

Practical Ways Parents Can Create a Mentally Healthy Home

- Talk openly about mental health as part of everyday conversation.
- Use books and stories to explore emotions and identity.
- Encourage creative expression, drawing, movement, music, role-play.
- Limit overwhelming pressures, such as too much screen time or overscheduling.
- Stay curious rather than judgemental, ask “I wonder how you’re feeling?”
- Be a trusted adult: remind children they can always share worries with you.

Children’s Mental Health Charities & Support Organisations

Below are trusted, UK-based organisations offering free resources, guidance, and support for families:



1. Place2Be

A leading children’s mental health charity, offering counselling, school programmes, and national awareness resources.

Website: [About Place2Be's Children's Mental Health Week](#)

2. Anna Freud – Mentally Healthy Schools

Provides free toolkits, videos, classroom resources and guidance for families.

Website: [Home : Mentally Healthy Schools](#)

3. Childline (NSPCC)

Support for children and young people, including advice on friendships, worries, feelings and staying safe.

Website: [Childline | Free counselling service for kids and young people | Childline](#)

4. The Thrive Approach

Provides resources and guidance for supporting children's emotional development and resilience from birth to young adulthood.

Website: [Children's Mental Health Week 2026 | The Thrive Approach](#)

[Resources and activities for Children's Mental Health Week](#)

In 2026, the message is clear: when families help children feel connected, confident, and tuned into both their emotions and their bodies, we set them up to thrive. Small, consistent actions at home can make a powerful difference.

HOW ARE YOU
FEELING?

Good

Okay

Bad

Anxious

Depressed

Overwhelmed

African & Caribbean Community Association Visit



AFRICAN & CARIBBEAN
COMMUNITY ASSOCIATION

**Monday 23rd February at
2:00pm**

We are delighted to announce that the African & Caribbean Community Association (ACCA) will be visiting our school on Monday 23rd February at 2:00pm for a special educational session.

This session will be a wonderful opportunity for our pupils to learn more about African and Caribbean heritage, culture and community. The visit is for all our children, and we are very pleased to share that the session is open to parents and carers too. We warmly encourage you to come along and be part of this enriching experience.

ACCA works to promote cultural, educational and community engagement across Chesterfield, and we are very grateful for their time and support. We look forward to welcoming Lud Ramsey, Chair of ACCA, and to sharing this valuable learning opportunity with our children, families and staff.

We hope to see many of you there.



Wear Red – World Heart Day at Brockley Primary School

Dear Brockley Families,

We are excited to be supporting **Wear Red Day** this year as part of World Heart Month

On Friday 27th February 2026, we invite all children to come to school wearing something red, this could be a red top, jumper, socks or a simple accessory. Wearing red helps us raise awareness of congenital heart disease (CHD) and support the important work of the Children's Heart Surgery Fund (CHSF).

We are asking families to donate a £1, which we will collect in school and send directly to CHSF.

Families can also donate by text:

Just text CHSFWRD followed by the amount you wish to give to 70085.

For example, text CHSFWRD 1 to donate £1.

Online donations can also be made at [DONATE - CHSF](#)

Every day, an average of 13 babies in the UK are diagnosed with a heart condition, and CHD remains the most common birth defect, affecting around 1 in 125 babies. Children born with a heart condition in Yorkshire, The Humber, North East Lincolnshire and North Derbyshire receive care from the Leeds Congenital Heart Unit, with CHSF offering incredible support to these children and their families throughout their journey.

All money donated by our school goes directly to CHSF, helping them continue to provide vital equipment, emotional support, and resources for children and families facing the challenges of congenital heart disease.

This charity is especially close to our school community, and we hope you will join us in supporting them by wearing red on Friday 27th February and donating whatever you can.

World Book Day – Thursday 5th March 2026



For
WORLD BOOK DAY
5th MARCH 2026

Children are welcome to dress as **any character** they choose from the **MR. MEN & LITTLE MISS** series

Costumes are entirely optional; simple items, props or bringing the book itself are all great ways to take part!

This is in line with World Book Day's focus on keeping things inclusive, comfortable and low-pressure

We encourage children to pick **any character** that appeals to them and enjoy celebrating the **fun of reading together!**

The poster features several Mr. Men and Little Miss characters: Mr. Happy, Little Miss Sunshine, Mr. Grumpy, Mr. Bump, Mr. Mole, Mr. Nuts, Mr. Tickle, Mr. Sneezey, Mr. Bump, Mr. Mole, Mr. Nuts, Mr. Tickle, Mr. Sneezey, Mr. Bump, Mr. Mole, Mr. Nuts, Mr. Tickle, Mr. Sneezey. There are also books titled 'MR. MEN' and 'LITTLE MISS' and a large open book in the foreground.



BROCKLEY

HOLIDAY ACTIVITY PROGRAMME



WHAT'S ON:

Dodgeball, football, cricket, basketball, food preparation skills, arts and crafts, castleball and more!

Sessions are free and lunch is provided. 5–11 year olds only.

WHERE AND WHEN:

Brockley Primary School,
S44 6AF

10am–2pm on Monday 16 and
Tuesday 17 February.

TO BOOK:

Please scan
this QR code
or visit:
[bit.ly/leisure-
consent-form](https://bit.ly/leisure-consent-form)



CONTACT US:

For more information or to
book/cancel a place, please call
01246 242571



Designed by
Bolsover District Council 25-2148

Booking is required directly via the organiser and you will require our
school's unique code: **8302046IAM2025D**

