Brewood CE Middle Academy

"Let all you do be done in love"

Headteacher's Newsletter

No. 17 Spring | *Good Ofsted Provider* | 13th February

The Vision for our Academy

We value and cherish every member of our community and celebrate their uniqueness.

Our values led curriculum promotes a love of life and learning inspiring every individual to be a respectful, resilient, and faithful global citizen.

KS2 Attendance: 6AC 96.1%

KS3 Attendance: 7JC 96.8%

Dear Families

This week marks the halfway point of our school year and with our half term approaching is an opportunity to spend quality time times with family and friends. The weeks are going by now really quickly but the weather doesn't seem to be getting any warmer. There have been some mornings when I have seen pupils arriving at school without a coat and only wearing their PE kit making me feel cold. Please bear in mind that the weather is still very changeable at the moment and the gates to school do not open until 8.30am. We do not want pupils arriving at school too early and having to wait in the cold; a coat is therefore a simple solution to this problem especially on PE days.

We have been looking at the theme of Love this week and the importance of caring for one another. Cathy Short has led our worship investigating the importance of taking the time to show our caring side and illustrating the different ways that we can show our love for family, friends and of course our pets. Pupils also looked at the importance of caring for others not only for the carer but also for the person who requires that care or support. Remember that "Love makes the world go around"

Parents' Consultation Evening

Thank you to all those families that attended the Year 5 and Year 7 consultation evening on Tuesday. As I said last week these meetings remind all of our pupil that consistency, patience, and perseverance in their learning are key to long-term success. Believing in their ability to succeed is also an area that was reinforced by staff during the evening as too often our pupils struggle to put things into perspective and so it's important for us to remind them of the times when they have overcome challenges or achieved significant milestones. It is our collective responsibility to boost confidence and resilience, in order to help them to approach future endeavours with a positive mindset.

Key Stage 2 Live Lesson

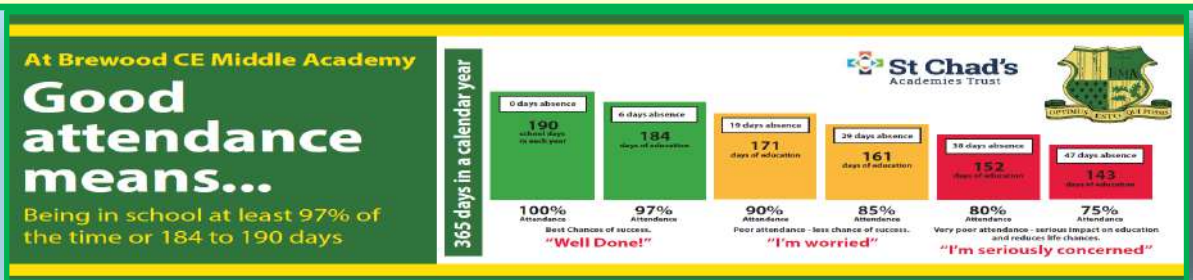
Pupils in Key Stage 2 got the opportunity to join Steve Backshall and the WWF who hosted a live lesson from the Arctic via video link on Tuesday. The lesson supported the work that Tear 5 have been doing on adaptations and the way in which organisms change over time to enable them to survive in the harshest of environments. Steve and the team investigated a number of different animals and birds that live in the Arctic and Antarctic discussing the way their bodies and habits have changed to ensure they survive in such a hostile environment where temperatures can fall to -28°C and -42°C at this time of year. Pupils enjoyed the experience and we hope to join Steve again in the near future as he reports from another part of the globe.





Enjoy your half term break

Mr Smith



WORLD BOOK

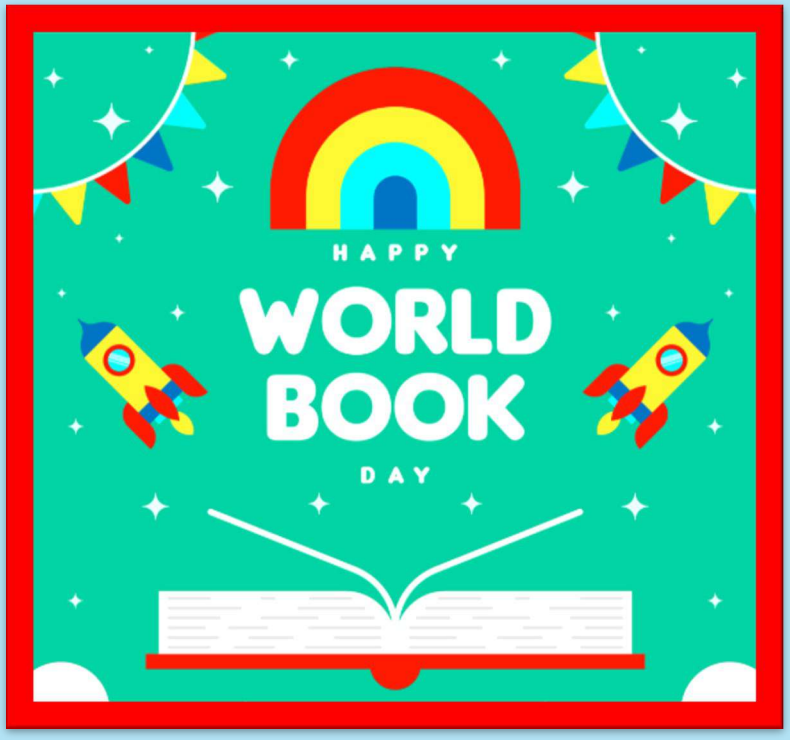
To celebrate World Book Day, on Thursday 5th March, we are

encouraging both KS2 and KS3 pupils to dress up as their favourite book character.

A prize will be awarded to one pupil in each year group for the best dressed and they will be re-warded with a £10 Amazon

Voucher each.

Who is your favourite book character?



Safeguarding Bookmark—February 13th

10 Top Tips on Supporting Children with

SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit next, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content, ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Specialist Educational Needs Coordinator and the founder of The award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

Our Fabulous School-Lunches



I just thought I would share some pictures of our fabulous school lunch today made by our amazing school chef and her team.

How amazing does the food look?







On Monday 2nd February, the U13's girls' netball teams from Brewood hosted St. Dominic's in what proved to be a highly competitive fixture. St Dominic's are traditionally a strong side, and both teams knew they would be in for a tough contest.

Two teams were selected, and both matches were played with great intensity and determination. One game was decided by a narrow 10-8 scoreline, highlighting just how close the contest was. Brewood rose to the challenge, matching St. Dominic's throughout with strong passing, effective movement and committed defending. Each game remained close from start to finish, with neither side able to pull away by a significant margin.

The players showed excellent teamwork, resilience and confidence, particularly against such strong opposition. It was a very encouraging performance from both teams and a valuable learning experience as the season continues.

Thank you to all those that took part.

Mr M Cartwright



On Tuesday 3rd February, the U13 girls' indoor cricket team travelled to WV Active to compete in a highly competitive tournament. Brewood were drawn in a challenging league alongside strong opposition including Wolverhampton Grammar School, Denstone College and Christ Church Academy, all of whom brought experienced and well-organised teams. Wolverhampton Grammar School would eventually go on to win the tournament.

Brewood entered the tournament with a mixed squad of seasoned players and girls representing the school for the first time. Despite facing tough opposition, the team performed with great determination and teamwork throughout the day. Each match was closely contested, with Brewood narrowly losing their games by small margins. The players showed excellent commitment, resilience and sportsmanship, gaining valuable match experience and confidence. It was a promising performance against high-quality opposition and a positive foundation to build on for future competitions.

Thank you to all those that took part.

Mr M Cartwright

LUNCH Week 1

W/C 23/02, 16/03, 13/04, 04/05, 25/05, 15/06, 06/07

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Creamy Mac n' Cheese V	Chicken Burger in a Bun & Wedges	Roast Chicken with Roast Potatoes	Sausage Pasta Bake, Garlic Bread	Fish Fingers with Chips
MAIN 2	Roasted Tomato & Basil Pasta VE	New Plant Based Cheeseburger, Salad & Wedges V	New Katsu Vegetables, Rice VE	Tomato Meatball Calzone V	New Pizza Pinwheel V
VEG	Garlic Bread & Peas VE	Sweetcorn VE	Spring Greens VE	Broccoli VE	Carrots & Peas or Baked Beans VE
3RD OPTION	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli	Pasta, Jacket Potato & Deli
DESSERT	Freshly Baked Shortbread VE	Chocolate & Orange Mousse V	Pineapple & Coconut Upside Down Cake V	New Peaches & Meringue Yoghurt Fool V	New Chocolate & Banana Pot V

AVAILABLE DAILY: A selection of fresh seasonal fruit (cut or whole) (VE), flavoured yoghurts (V) as well as freshly baked bread (V) & seasonal salad bar (VE).
Third option includes vegan and vegetarian items.

MENU KEY

VE Vegan and Planet Friendly

V Vegetarian

New New Dish



EASTER DANCE WORKSHOP



AT DUNSTON VILLAGE HALL

Monday 30th March - Wednesday 1st April

9:00am - 3:30pm

£80 for 3 days (or £30 per day)

Join us for our Easter Dance workshop covering Street, Stage, Jazz, Ballet, Tap & more!

All school ages & abilities catered for.
All staff are DBS checked & first aid trained.
Early drop off available on request.

To book your child a place, email:
katy@denedanceschool.co.uk



SPRING TERM 2026

Inset Day 3: Monday 5 January

Term Starts: Tuesday 6 January

Holiday: Monday 16 February—Friday 20 February

Term Ends: Friday 27 March at 1.30pm

Holiday: Monday 30 March—Friday 10 April

SUMMER TERM 2026

Term Starts: Monday 13 April

May Day: Monday 4 May

Inset Day: Friday 22 May

Holiday: Monday 25 May—Friday 29 May

Term Ends: Friday 17 July at 1.30pm

Inset Day 5: Monday 20 July

Holiday: Tuesday 21 July—Monday 31 August

WHAT'S ON

February

13th Valentines Themed Lunch / Last Day of Term

23rd First Day of Term

24th 4-7pm Parent's Consultation Evening Year 6 & 8

March

2nd National Careers Week

5th World Book Day and Themed Lunch Available

9th Ski Trip Departs to France

11th 5EH Parent's Lunch / 1.45pm 5TW Swim Session 5

14th Ski Trip Returns from France

15th Mother's Day

16th Group 1 to Bryntysillio

18th Group 1 Return from Bryntysillio / Group 2 to Bryntysillio/ 5HB Parent's **Lunch / 1.45pm 5TW Sim Session 6**

25th 9.15am Easter Service in Church

26th Rewards Day—Whole School

27th Term Ends at 1.30pm



April

13th Term Starts for pupils and staff

15th 5TW Parent's Lunch

21st SEND Coffee Morning

RE Parable of the week— By Mrs S Kemp

Parable of Feeding the Five Thousand

"Jesus . . . departed from there by boat to a deserted place by Himself. But when the multitudes heard it, they followed Him on foot from the cities. And when Jesus went out He saw a great multitude; and He was moved with compassion for them, and healed their sick. When it was evening, His disciples came to Him, saying, 'This is a deserted place, and the hour is already late. Send the multitudes away, that they may go into the villages and buy themselves food.'

"But Jesus said to them, 'They do not need to go away. You give them something to eat.'

"And they said to Him, 'We have here only five loaves and two fish.'

"He said, 'Bring them here to Me.' Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes. So they all ate and were filled, and they took up twelve baskets full of the fragments that remained. Now those who had eaten were about five thousand men, besides women and children" Matthew 14:13–21

Gracious God,

from love we are made and to love we shall return. May our love for one another kindle flames of joy and hope. May the light and warmth of your grace inspire us to follow the Way of Jesus Christ, and serve you in your Kingdom, now and forever.
Amen.

Here at Brewood we pride ourselves on encouraging students to think of others and to share goodness and kindness in our school environment. Giving what you can, however little shows compassion to others.

Let Us Pray



YOUR WORLD



Have you got any news about your child that you would like to share?

Let's celebrate your child's achievements!



This is Meredith in Year 8 who works

really hard in training with her hockey team in

Telford and

represents

Shropshire County U13 girls age group.

Well done Meredith, what an amazing achievement.

We are so very proud of you!

To submit a story on 'YOUR WORLD` —email : - K-haynes@brewood.staffs.sch.uk for the attention of the Newsletter Editor.