



## This Week:

In assemblies this week we thought about how to look after our wellbeing, reminded everyone about the zones of regulation, growth mindset and activities that are good for our mental health. We welcomed our Chair and Vice Chair of Governors to our assembly today and learnt about the roles and responsibilities of our governors and what volunteering means.

We have enjoyed learning about and exploring ideas and strategies for **Children's Mental Health Week**. Thank you to Miss Christie for coordinating.

*"The Mindful Moon Workshop helped me develop new strategies to keep peaceful. After the workshop I felt so relaxed like I just came out of the shower!"* Emma 4JS

*"On Thursday and Friday of this week, our year 6 Well-being Ambassadors had the opportunity to visit Year 3 and 4 to guide the children through a zen tangle exercise. The activity helped the students learn techniques for calming, relaxation, and self-regulation. When Mr. G walked into Year 3, he commented that it was so quiet you could've "heard a pin drop" – the children were deeply focused, happy, and content as they participated in the exercise. A huge thank you to our Well-being Ambassadors for their dedication and support in helping our students develop these valuable skills!"* Mr G



We were treated to a superb string quartet workshop on Tuesday provided through Da Capo Music who also provide us with Alice, our wonderful singing teacher. The children and staff were absolutely blown away by the workshop delivery and the music itself. The children noticed everything and commented so positively about the highly talented musicians as well as the focus and concentration needed to play together. It was just brilliant hearing the children learn more about the instruments in the string quartet and how they are played. Thank you to Will who led fantastic singing with the children to help them understand the piece and was so patient and clear in explaining how the string quartet works.



## Match Report:

Our netball team have had a superb season and have always shown our Brookland Values in action throughout

*"On Monday 3<sup>rd</sup> February 2025, Brookland netball team played against Chalgrove. From the start we were shooting hoops upon hoops and by the end the score was so much we couldn't count! According to Rafeeq & Noam the score was 23-00."* Noa & Imaani 6P



**Learning from Our Parents:** *"In 3G, we were fortunate to have two parents visit our class today to talk about their careers. Axel's mum shared her experiences as both a barrister and a judge, explaining not only the specifics of her job, but also the important skills, values, and attributes required to excel in her field. Noah's mum gave us insight into her role at Virgin Media, where she promotes artists, highlighting how key skills such as listening, teamwork, and collaboration, all of which we practice at Brookland, are essential to her job. As a class, we began to realise that many of the skills we develop at Brookland are the same ones we will need in the future, no matter what careers we pursue. A big thank you to both parents for taking the time to share their fascinating roles with us!" 3G*



### **Parents Talk with Kimberley and Elizabeth from BASE:**

We had a fantastic turnout for Thursday's parents talk with Kimberley and Elizabeth from BASE. The session was insightful, and we walked away with some key takeaways:

- Make time to actively listen to your children.
- Share your personal stories of resilience and the challenges you've overcome, so your children can understand that everyone faces difficulties.
- Give your children time to respond and process.
- Allow them time to settle and calm down before addressing an issue.

The general consensus from Thursday morning's discussion was that we should be running regular workshops, each focusing on specific topics to help us better support our children. Thank you to all who attended! Please spread the word to other parents — the more, the merrier! Mr Greenhouse

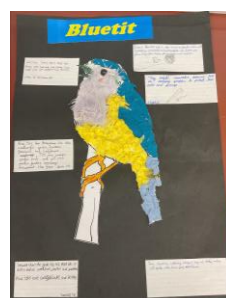
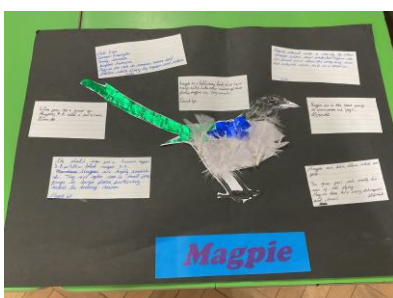
### **Gardening Club:**

Watching birds in your garden is a wonderful way to connect with nature. We can help them by planting berries or fruit bushes and trees, leaving seed heads, feeding them all year round, providing water for drinking and bathing and putting up nesting boxes as well.

Birds do a lot for our environment: they provide pest control; they spread seeds from place-to-place through their droppings; they pollinate plants, crops and flowers.

### **Above all, bird watching is beneficial for your mental health.**

Gardening club have been very creative over the last couple of weeks. We have researched the four most common birds in our school garden and we used various art media to create poster fact-files.





# Brookland Junior School News



Friday 07<sup>th</sup> February 2025

## School Council Events:

*"We met Sarah Sackman MP. It was so fun. She talked a lot about her job and she even said there are mice in the House of Parliament. She has been our local MP for seven months now and aims to see every school in Golders Green & Finchley by the end of the year. Sarah spoke about how she loves standing up for the community where she was born and grew up. Year 4 children also gave Sarah some of their persuasive letter about the environment and are hoping for a response soon."* Sophia & Yonatan 4K



*"When we went to Martin's Primary School and we met Martin's & Akiva's School Council pupils we realised that we had a lot in common. We talked about what we like about our schools and what we could change. Some ideas are school lunches and talking to the whole school about how to care for our toilets & equipment. We found it fun and inspirational to meet with other schools."* Lucas & Lara 5R

## PA Events:

You will have received an email today regarding the PA Silent Auction. The PA are asking for contributions & sponsorships to make this event a great success and fun for families and children. The PA are also holding a non uniform day on Friday.

**BROOKLAND JUNIOR**

WEAR WHAT YOU  
love

Valentine's Day  
**FRIDAY, 14 FEBRUARY**  
**NON UNIFORM DAY**

**£2**  
DONATION

IF YOU PREFER PAYING IN CASH,  
GIVE IT TO YOUR CLASS TEACHER

ALL PROCEEDS WILL SUPPORT  
THIS YEAR PA  
FUNDRAISING EFFORTS



# Brookland Junior School News



Friday 07<sup>th</sup> February 2025

## Golden Sentences:

*"The scientist stood and laughed until his throat was sore. The electricity ran through the Iron Man as the Iron Man froze still. The screams of people nearby confused the scientist. Someone panted while running, "the volcano is erupting."* Isobel 6D

*"The clump had become a man. An Iron man! He then stared at himself. He stared at his great iron feet, his arms, his hands and fingers. He felt the rigidness of each of his joints and wondered how an iron body lay in the place of a human one. How? What would he do now?"* Maria 6D

*"A few years later, the Iron Man had eaten every last crumb of metal. He was now floating in darkness with only the stars as comfort. A star started racing towards him. He reached up his arms and grabbed hold of it. Still starving, he tried to take a bite of the star. He came away with a mouthful of multi-coloured rocks and gas. Suddenly, a hurricane of fire shot out of the Iron Man's great metal boots sending him in all directions. He could fly. The Iron Man could fly! He directed himself to Earth, heading straight for the Isle of White!"* Nourah 6D

*"After a long time suffering from hunger, the Iron Man woke up groaning and realised that he was approaching Earth. He had no time to think so he plunged off the meteorite and headed straight into the atmosphere. Crash! Bang Crack!"* Hugo 6P

*"The Wii Sports Resort Experience will give a feeling as if you were really jumping out of plane and have a world of games like boxing, baseball, basketball and tennis but this is only stage one of the gaming universe."* Amari 6D

*"Deep in the dark woods, deep behind snow-capped mountains, deep in the woods, roots twisted and hissed like cobras. Tall mysterious trees, trying to reach for the thunder clasp sky."* Alessia 6P

## Dr Bike Service in Barnet:

The free Dr Bike service in Barnet for the current financial year has been running since last July, and has been hugely popular, particularly among parents/carers and children. 160 bicycles have been checked and adjusted by the cycle mechanics at the 13 Dr Bike sessions that have taken place so far.

The Dr Bike sessions are run by qualified bicycle mechanics. Members of the public can take along their bicycles to have a free, full safety check, which includes the condition of tyres, rims, gears, brake function and tyre pressure and adjustments can be made if required, all for free. Both adult and child bicycles can have the free safety check and adjustments made if necessary.

There are a couple of changes to the dates for the remaining Dr Bikes up until the end of March, which are highlighted in the table below:

Location Name	Location Description	Date	Time
Middlesex University	Pavement on The Burroughs, outside Middlesex University adjacent to Hendon Fire Station, 91 The Burroughs, NW4 4BL	12/02/2025	4pm to 7pm
High Barnet, Stapylton Rd car park	Area immediately to the right of carpark entrance (EN5 4LR)	changed to 19/2/25	4pm to 7pm
Finchley, Lodge Lane car park	Yellow chevrons immediately to the right of the entrance to the Car Park (opposite NL Auction Rooms N12 8JH)	12/03/2025	4pm to 7pm
Temple Fortune	By Bike racks outside entrance to M&S Food Hall at 820 Finchley Road, NW11 6XL	changed to 19/3/25	4pm to 7pm



# Brookland Junior School News



Friday 07<sup>th</sup> February 2025

## Next Week:

Week of 10<sup>th</sup> February: Online Safety focus week

Monday 10<sup>th</sup> February 9am: **Online safety talk for parents from ECP. Please do attend this really important information session in the Hall from a visiting expert speaker. Our parents always find this very valuable, practical and up to date with the latest online trends and advice.**

**Monday 10<sup>th</sup> February:** Online safety workshops for all year groups from ECP

**Tuesday 11<sup>th</sup> February:** 4K and 4JS visit to Gunnersbury Park Victorian experience

**Friday 14<sup>th</sup> February: PA Non Uniform Day**

**Friday 14<sup>th</sup> February 9am:** Year 3/ 4 Girls Football team tournament at Compton Power League

## Further ahead:

**Week of 17<sup>th</sup> February: HALF TERM HOLIDAY SCHOOL CLOSED**

**Monday 24<sup>th</sup> February 8.50: Back to School for Everyone**

## ATTENDANCE AND PUNCTUALITY

PERIOD: Monday 3<sup>rd</sup> February - Friday 7<sup>th</sup> February

Class	3B	3G	3SH	4JS	4K	4S
ATTENDANCE%	95.97%	97.67%	95.86%	88.28%	97.04%	96.21%
PUNCTUALITY%	98.32%	99.33%	99.66%	97.59%	99.63%	99.31%

Class	5A	5AM	5R	6D	6L	6P	Whole School
ATTENDANCE%	89.33%	89.67%	94.33%	95.0%	96.0%	95.86%	94.25%
PUNCTUALITY%	98.0%	97.33%	98.67%	97.33%	97.33%	96.55%	98.33%

Well done to **3G** for having the highest attendance this week.

Congratulations to **3SH** for having the highest punctuality this week.

Mrs Lake