



Play, Grow, Learn Together - Kindness, Curiosity and Respect

Burnbrae Primary Newsletter, March 2024



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0131 271 4605

Burnbrae Early & The Wee Brae
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Head Teacher Update

It was great to welcome so many parents for the Pupil Progress meetings and we would be grateful for your feedback on what you found helpful and any suggestions for future events. The P4A Assembly and pupil led workshop on the read & write toolbar were also attended by parents and your support and engagement benefits your children's outcomes in life. There is a link to a short google form to give feedback on the next page.

Attendance is linked to attainment and as a school we have a target of 95%. Currently we are at 93.7% attendance. I want to encourage all of you to take holidays during the school holiday period so that children don't miss out on learning and socialising with their classmates. [Please find here](#) the school holiday dates to support your planning for next session. Even the odd day off adds up and while we want you to be safe in dealing with illness and necessary absence, know that even if late coming in is better than staying off. If your child is going to be absent please ensure you contact the school. Child Protection is a key priority and if we don't know where a child is we will text, then phone home if no response phone all emergency numbers and if there is still no information, we may do a home visit or possibly call Social Work.

We are very proud of our **Primary 5 pupils** who won the Bonnyrigg Historical Society Dr Mary Noble Award with their floor book presentation on their Local History Project on Rosslyn Chapel. **They won a trophy and £100 for the school.**

Active Schools Hockey tournament took place on Thursday and our team of P6 and P7 pupils demonstrated great sportsmanship drawing 5 games and losing one.

Our **Parent Council** have been very busy supporting World Book Day and organising the Daffodil Tea as well as working on our school library. They want to invite new interested parents who want to get involved and find out more to come along to their next meeting on **Tuesday 14 May at 6:30pm** in the school.

Visitor Feedback



Thank you for visiting our school, we would appreciate your feedback and suggestions. Please scan the QR code to complete our short feedback form.



We enjoy having parents/carer visit us in school, ELC and The Wee Brae if you've been in recently and would like to give us feedback please use the QR code above or the following link -

https://docs.google.com/forms/d/e/1FAIpQLSfjXLUwhR8YDdebG-PZUI_d59xLTqs3WZkF4iuO43HqfCk6WQ/viewform?usp=sf_link Edit

Whatsapp Advice

We sent a message home earlier in the week to make you aware of a Whatsapp group called 'ADDPEOPLEYOUKNOW'. This is highly inappropriate and targeting children.

If you are using Whatsapp at home please follow the guidance on the link below to make sure it is set up appropriately to keep your child safe -

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/>



If you have further concerns about safety online please follow advice on the links below

- <https://www.thinkuknow.co.uk/parents/>
- <https://burnbrae.mgfl.net/digital-technology/>



What Parents & Carers Need to Know about WHATSAPP

...MSG ME...

AGREEMENT 16+ In UK and Europe, rest of the world 18+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and the recipient. WhatsApp itself cannot read them. This privacy issue has been in the spotlight recently as the UK's Online Safety Bill proposes to end such encryption on private messaging. WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

WHAT ARE THE RISKS?

EVOLVING SCAMS
WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where forwards trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to verify the account back to them, giving them access.

CONTACT FROM STRANGERS
To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat by one of their friends, for example, containing other people that they don't know.

FAKE NEWS
WhatsApp's connectivity and ease of use allows news to be shared rapidly - whether its true or not - to combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT
The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate language or abusive texts, knowing that the recipient can't go back to view the evidence to file a report. However, this 'disappearing content' built a recently dubbed WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK
Whether new options allow users to store certain messages or chats in a separate 'locked chats' folder, served behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION
WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safety on the way home. For example, however, anyone in your child's contacts list or in a mutual group chat can also track their location - potentially leading to strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION
Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

THINKING BEFORE SHARING
Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content to then be shared more widely (even posting on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

ADJUST THE SETTINGS
It's wise to change your child's WhatsApp settings (go to 'Privacy' then 'Groups') to specify which of their contacts can add them to group chats without their permission: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need - and then turn it off.

CHAT ABOUT PRIVACY
Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'locked chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert
Dr Claire Fullerton is a qualified safety consultant, educator and researcher who has developed and implemented cyber-bullying and cyber safety policies for schools. She has written several government papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

...HEY OSCAR...

National Online Safety
#WakeUpWednesday

Source: <https://blog.whatsapp.com/en-open-letter/> | <https://blog.whatsapp.com/whatsapp-is-not-a-social-network/> | <https://blog.whatsapp.com/2022/09/08/whatsapp-is-not-a-social-network/> | <https://www.whatsapp.com/security/> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-more-private/> | <https://www.nspcc.org.uk/online-safety/>

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@nationalonline_safety | NationalOnlineSafety | @nationalonline_safety | @national_online_safety

Burnbrae Rules to keep you safe online

BE SECURE

- Always keep your passwords to yourself
- Always sign out of your account when you are no longer using it

BE POLITE

- Always treat others with respect.
- Never post or share a message, document, image, video or any other content that is inappropriate or likely to cause harm or offence to others.

BE SAFE

- Always remember to be careful when communicating over the internet – other users may not be who they seem.
- Don't share your personal details with other people.
- Never agree to meet someone in person who you have only met on the internet unless accompanied by a parent, carer or other known and trusted adult.
- Speak to an adult immediately if you see a message, image or anything else on the internet that concerns you.

BE RESPONSIBLE

- Always be mindful that once you put something online, that information may be beyond your control.
- Never post or share a message, document, image, video or any other content online that you would not wish other learners, teachers, or parents to see.
- Remember that anything you do can be traced back to you.

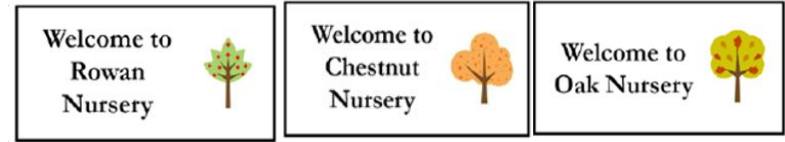
BE LEGAL

- Never post or share a message, document, image, video or any other content that you do not have permission to use.



ELC News

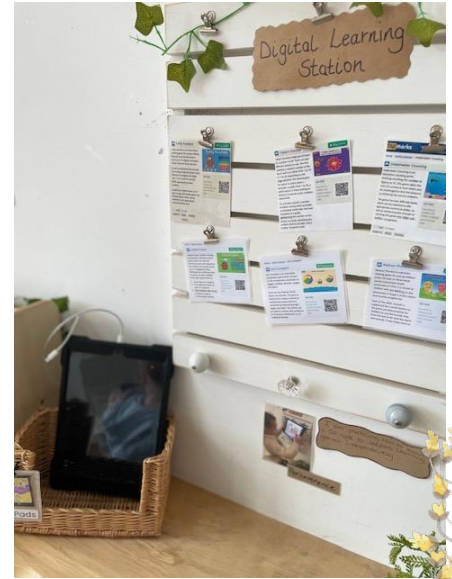
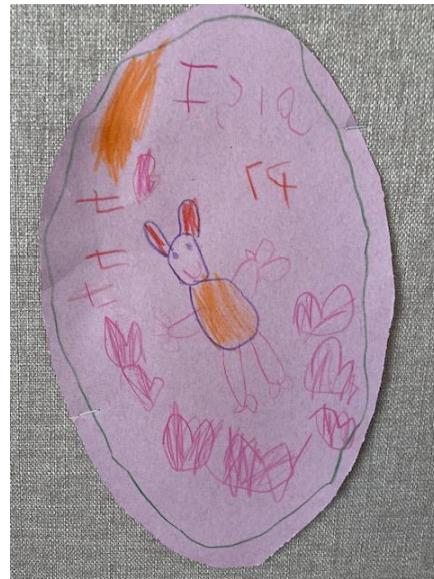
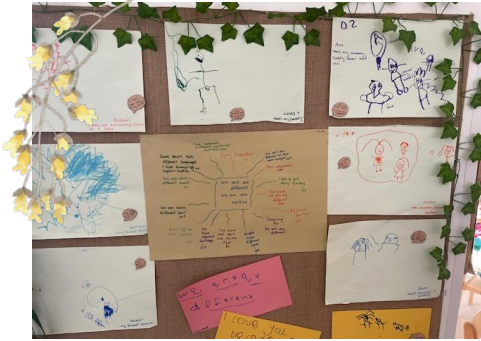
- ★ Please make sure staff know who is collecting your child each day, if this changes please call the office or let ELC staff know at drop off
- ★ Please make sure children don't bring their own toys to ELC unless this is agreed in advance with staff
- ★ **A huge thank you** to our lovely ELC parent Helena for an amazing Bookbug session in Chestnut room, we hope you will come back again. If any other families would like to volunteer to read a story, sing songs or share other talents please let us know



<https://www.lets-talk.scot.nhs.uk/tips-and-info/bitesize-videos/>



ELC News



Recent photos from our ELC showing our spring learning, wonderful drawings, digital learning and storytelling

Welcome to
Rowan
Nursery



Welcome to
Chestnut
Nursery



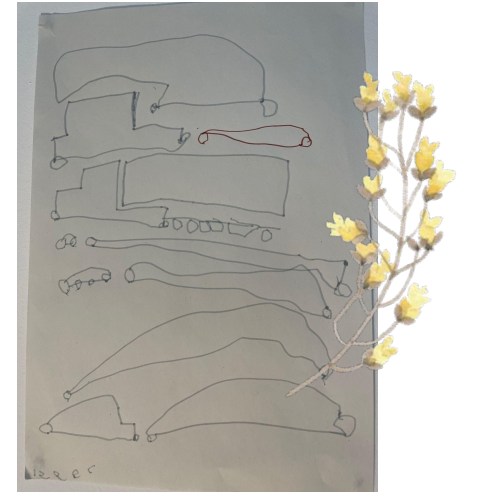
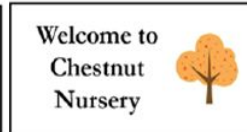
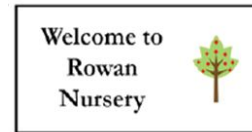
Welcome to
Oak
Nursery



ELC News



Recent photos from our ELC showing our spring learning, wonderful drawings and story telling

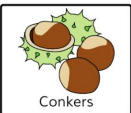
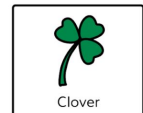
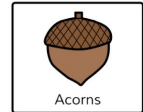


The Wee Brae

We were delighted to welcome families in for Shared Learning this month. Our learners demonstrated their learning through their digital skills, practical cooking skills and through developing their own Fair Trade enterprise.



Our next shared learning afternoon is planned for Monday 29th April at 2:15pm.



The Wee Brae

NHS
Lothian

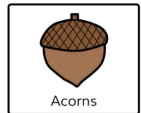


Parents Drop In Coffee Morning
With School Nurse

Melanie Chuprasova – School Nurse
Lisa Walker – School Health Assistant

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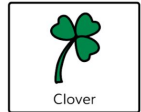
We are offering a drop in coffee morning with our school nurse , Mel, on Friday 19th April from 9:00am - 11:00am. Mel will be available to answers questions and provide support around common concerns such as toileting, restrictive diet and sleep.



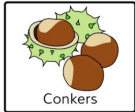
Acorns



Brambles



Clover



Conkers

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start waking up earlier which they add to each evening, for example, or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while ensuring drinks close to bedtime to prevent disruptions during the night. It's a good reminder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for 'winding down' right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, featuring a ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept on tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low-intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives, during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portions sizes, not only is this good for health, but it also reduces the chances of feeling too full to be comfortable to bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't already do) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up the military sleep method: it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage it to try it even on it yourself! While it can take a good deal of practice to perform seamlessly, it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



X @wake_up_weds

f /www.thenationalcollege

ig /wakeup.wednesday

@wakeup.weds

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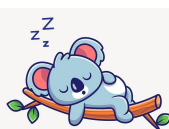


The Scottish Sleep Support service is open from
Monday to Thursday from 10am until 4pm

Email us and we will be in touch as soon as we can - sleepsupport@sleepaction.org

The team work remotely to offer advice and support on your child's sleep difficulties. Please email us with your contact details and we will discuss options for support.

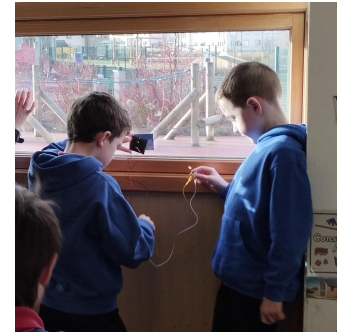
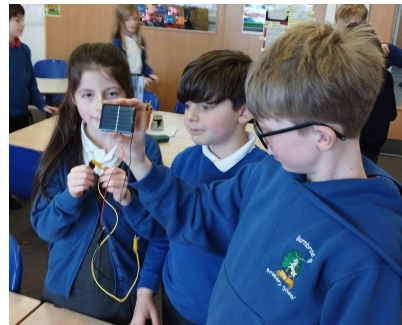
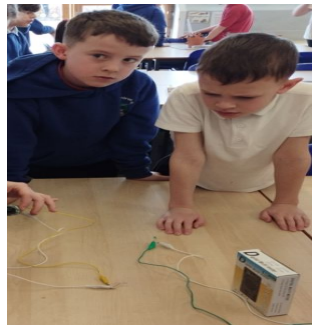
<https://sleepaction.org/>



STEM



Primary 4B have started their Climate Smarter project which invites learners to explore the concept of sustainable energy through a series of practical experiments. Children will use their knowledge and skills to create their own model of an eco school which will be displayed at an exhibition in May. Six pupils will be invited to represent Burnbrae at the exhibition and will have the opportunity to present their models and share their learning to a panel of judges.



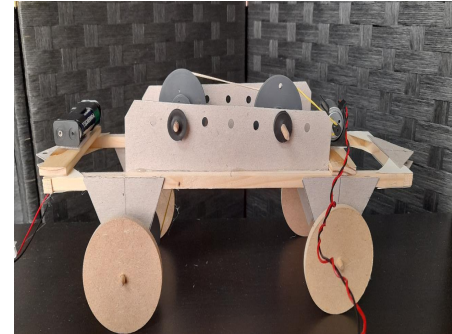
STEM



Primary 3A and Primary 7C have started their Primary Engineer rail project, working together to apply a range of STEM skills.

Through this project learners will explore:

- How technology has changed over time to improve the railway system
- How to stay safe near railways and electricity
- How to join wheels and axles effectively using knowledge of forces and friction
- How to build a locomotive with a braking system





VOLUNTEERS NEEDED



Active Schools Midlothian provide FREE opportunities for young people in P1 - S6 to take part in sport & physical activity.

We require enthusiastic people to assist or lead sports sessions 1 hour per week
Training & support provided.

Are you; a member of school staff, parent, family member of a pupil, high school pupil, club coach or member of the public - we'd love to meet you to chat things over!

Join The Team

ActiveSchools@midlothian.gov.uk

or visit
activemidlothian.org.uk/

Made with PosterMyWall.com

BENEFIT TO YOU

- Access to low cost training opportunities
- Volunteering helps you gain work experience
- Volunteering is rewarding & builds confidence
- You get to support your local community



Pick Up A Free Coat

Available to anyone who needs one. Take a coat or donate a coat, just don't be cold!

- 80% of Scotland's carbon footprint comes from goods and services we buy. Lets reuse what we already have and cut carbon!
- Visit one of our Warm and Well Hubs for free soup and a hot drink, just 'Ask For Alex' and our café and library teams at the Danderhall, Lasswade, Loanhead and Newbattle hubs will know what you mean.
- Find more cost of living supports at www.midlothian.gov.uk/midlothiancares



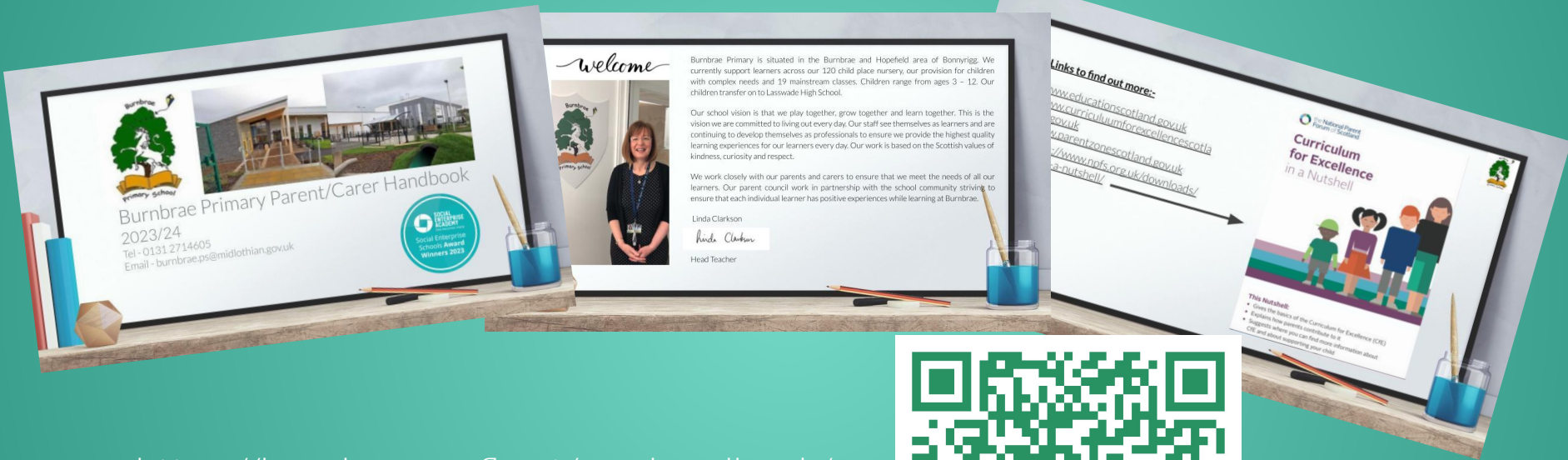
**Wishing all our Burnbrae children,
families and staff a well earned rest
over the Easter break. We look
forward to seeing you again on
Tuesday 16th April.**



Date	Event	Who is involved
Friday 29th March - Monday 15th April	School Closed - Easter Break	All
Tuesday 16th April	Back to School	All
Monday 22nd April	P7 Transition Lasswade High 7pm	P7
Monday 29th April	ELC Stay and Play	ELC
Friday 3rd May	Class Assembly	P4/3
Monday 6th May	School Closed	All
Friday 10th May	Class Assembly	P5B
14th - 16th May	Rookie Rockstars in school	
Friday 17th May	Class Assembly	P2A
Monday 20th May	Staff Development Day	
Wednesday 22nd May	Rookie Rockstars evening performance	
Tuesday 28th May	Sports Day	

Date	Event	Who is involved
Tuesday 28th May	P1 Information Evening	P1 August 24 cohort
29th and 30th May	Sports Days	
Friday 31st May	Class Assembly	P5C
Friday 31st May	Sports Day	Wee Brae
Sunday 2nd June	Poltonhall Gala Day	
Friday 7th June	Class Assembly	P6B
12th and 13th June	P7 Induction Visits	P7
Friday 14th June	Meet the Teacher	P1 - 7
18th, 19th and 20th June	ELC Celebration Days	ELC
Thursday 20th June	P7 Show	P7
Tuesday 25th June	Picnic Day	All

Burnbrae Parent/Carer Handbook



<https://burnbrae.mgfl.net/our-handbook/>



Burnbrae ELC Parent/Carer Handbook

Welcome to Burnbrae ELC
2023/24

Tel - 0131 2714605
Email - burnbrae.ps@midlothian.gov

SOCIAL ENTERPRISE SCHOOLS AWARD WINNERS 2023

Play, Grow, Learn Together - Kindness, Curiosity and Respect



Learning Journals

Your child will have their own learning journal which will build up a story of some of their learning experiences at Burnbrae ELC. It consists of photos, observations, artwork and drawings by your child. These are available for you to look at any time.



<https://burnbrae.mgfl.net/elc-at-burnbrae-early/>





www.burnbrae.mgfl.net

tel: 0131 271 4605

email: burnbrae.ps@midlothian.gov.uk

<https://www.burnbraeparentcouncil.com/>

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