



News and Information

Date: 16th December 2022

Dear Parents and Carers,

I cannot believe we have virtually reached the end of the Autumn Term already. This week we have seen KS2 put on a fantastic pantomime. Year 5, you did an incredible job and let your lights shine brightly and Years 3,4 and 6 performed their dances with sparkle and style. A huge thank you to all the staff who have worked so hard with the children to pull it altogether. You definitely put on a show!

As this is the last newsletter of the calendar year, I would like to take this moment to wish you all a safe, healthy and Merry Christmas or Happy Holidays. I hope you are able to enjoy time with family and friends making memories. I wish you a Happy New Year and look forward to seeing all the children's smiling faces on our return in January.

Take care,

Ms Martin

Headteacher

Key Dates coming up:

December

Monday 19th—Christmas Party Day - Children can wear Mufti and Christmas Jumpers—please consider the weather.

Tuesday 20th—School closes at 1pm.

January

4th—Inset Day

5th January—school reopens



Some year 6 boys let their lights shine this week by combining the recent arctic weather with an idea to raise money for Cancer Research UK. They gave up time to pull children along in sledges and managed to raise over £120 in just three short lunchtime sessions. It was heart warming to see our children doing something for the benefit of others and we were really proud of these boys: Kyle, Stanley M, Stanley B, Zachary and Maxwell. Furthermore, it was lovely to see older children accompanying nervous younger children so they could enjoy a ride too! Thank-you to parents for providing children with coins that will be donated to this very important cause.



Charity Bake Sale



A group of our Year 5 children decided they wanted to raise some money for Crisis at Christmas. They made banners and signs to advertise their bake sale and spent time at home cooking up lots of goodies to sell at the Bake sale. Their lights were shining incredibly brightly as they raised a total of £110.50. They had worked incredibly hard to bake their own cakes and cookies and were overwhelmed with the generosity of the children and parents who generously purchased the cakes. The amount raised means that 4 people will have accommodation for Christmas, a Christmas meal and will be offered help to find their own home and work. .



To: The Pupils, Parents and Staff,
Bierton Church of England Combined School
Parsons Lane, Bierton
Aylesbury, Bucks, HP22 5DF November 2022

Sending a big 'thank you!'

On behalf of all the team at *Bridge the Gap*, I wanted to send a huge 'thank you' for the School's very kind and generous 'harvest' support to the Foodbank at Southcourt. We were also very grateful for the invitation to share our work during school assemblies...the children's interest and response was so encouraging!

We hear a lot about the cost of living crisis but the choices facing more and more individuals and families are only too real and difficult. The struggle to pay bills and put food on the table can often be a massive challenge, whatever your age and background.

Thanks to your support, and the help we receive from others, *Bridge the Gap* continues to respond to the immediate needs of many people in and around Aylesbury. In a typical week we help over 70 households representing a wide range of circumstances. Working closely with the national charity, The Trussell Trust, the dedicated team of *Bridge the Gap* volunteers at Southcourt provides a lifeline for those in need. We know how much this is appreciated.

Our aim is quite simply and literally to 'bridge the gap' - to make a difference between hunger and health, hardship and hope. Quality food and balanced nutritional support are vital for everyone's strength and survival. But they also make a massive difference to personal and mental wellbeing, particularly at this time of year when there are additional pressures such as increasing energy costs. Where we can we signpost other sources of help and advice covering health, housing and finance.

Our aim is to continue to support those in the greatest need, at what may be one of hardest times of their lives. The cost of living crisis only makes this more urgent while support such as yours makes it possible!

Thank you again for standing with us...and for standing alongside all those who - together - we care for in this community.

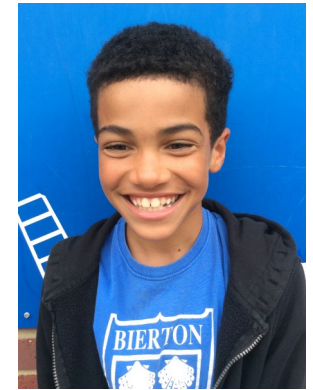
With all good wishes,

Ian Evans, for the Bridge the Gap Team



School Council Update

Autumn Term



This term, we have met every fortnight to discuss how we can help the school and our local community. Here are some of the things that we have discussed and the places that we have visited:

- We visited 'Bridge the Gap' to see what happens at the food bank; we discussed other ways that we can support this charity, e.g. other times of the year when we can help them rather than just at Harvest time.
- We planned how we were going to support Children in Need.
- We discussed replacing the Timber Trail - we met as a group and chose the design we liked best. This will hopefully take place around Easter.
- Chose the treat for the winning house - a film with popcorn. Well done to Green House!
- Discussed the idea of having a school animal- we will look into this further next term.
- We planned our Christmas parties for next week.

Next term:

- Meet with Mrs Soffe to discuss how we can get more books for the classroom.
- Plan how we can further support Bridge the Gap
- Further develop links with the school in Kenya

Messy Church

On Wednesday this week the children in Nursery, Ash and Alder classes were delighted to visit our local church, The Church of St James the Great. With the cold, snowy weather we all wrapped up warmly on the short walk noticing all the signs of winter as we went. It was lovely to see the church fully decorated with a magnificent tree and a beautiful nativity scene. We looked at the gorgeous stained-glass windows and had a go at making our very own Christmas stained glass art work. Children then had an opportunity to make a Christmas card to take home to their families. All the children thoroughly enjoyed their experience.



ORACY AT BIERTON

Vision: At Bierton we believe that all children have the right to be heard and their opinions valued in order for them to flourish.

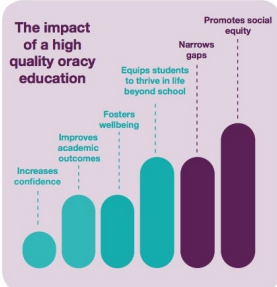
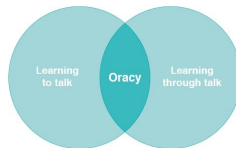
What is Oracy?

We have been working with Voice 21 to improve the standard of Oracy at Bierton, but what is Oracy?

The term 'oracy' was first coined in 1965 by a group of researchers at the University of Birmingham led by Andrew Wilkinson. Developed to describe the speaking and listening skills needed to be a good communicator, it was intended to give spoken language the same importance as 'literacy' does to reading and writing. As the [English Speaking Union](#) says simply on their website,

"In short, it's nothing more than being able to express yourself well. It's about having the vocabulary to say what you want to say and the ability to structure your thoughts so that they make sense to others."

In the classroom context, oracy is both learning to and through talk. It is through talk that students have the opportunity to develop and share their understanding, through interactions with both teachers and peers. However, to do this effectively, students must also be taught to talk effectively, ensuring they have the necessary skills and understanding to engage in talk for learning.



An oracy enriched curriculum increases confidence, improves academic outcomes, fosters wellbeing, equips students to thrive in life beyond school, it helps to narrow gaps and promotes social equality.

As we progress through the year, we will share more on oracy and how it is supporting the learning of your children.

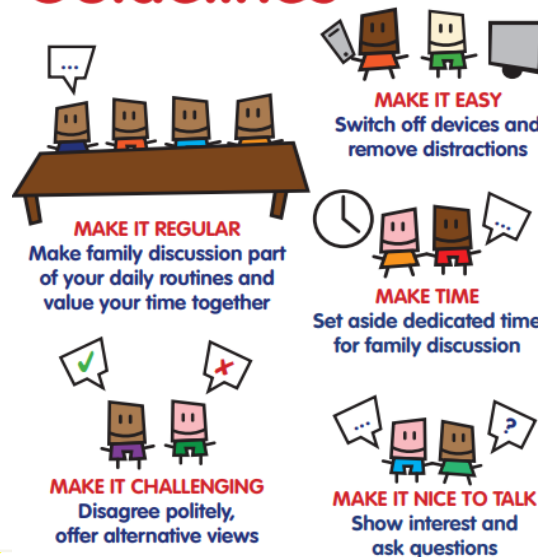
Discussion Guidelines

You may have heard about our class discussion guidelines that we co-created back in September. In order to create a climate in which all students are supported to participate in and benefit from classroom talk, Discussion Guidelines are an invaluable resource. Here is an example of some discussion guidelines. Below is an example of discussion guidelines that could be used at home.

Discussion Guidelines



Home Discussion Guidelines



On the next page we have selected a few strategies that you might want to try to support Oracy at home over the Christmas break.



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Games to encourage talk

The following suggestions to encourage talk that we have used in school.

Would you rather ...?

This is a great way to get students talking.

Would you rather be poor and happy or rich and unhappy?

Would you rather be a reptile or an amphibian?

Would you rather...?

Would you live under a benevolent dictatorship or in a dysfunctional democracy?

Would you rather live in the year 2300 or 1300?



If I ruled the world

This requires one person to start with why they rule the world and the next person disagreeing with them.



If I ruled the world

If I ruled the world, I would.... because...

I couldn't disagree more because...

Treasure Hunt

Everyone must select an object and hide it in the house. They must then describe where it is hidden without explicitly stating where it has been hidden.

It's good to talk!

Connecting with others and forming good relationships is important for our mental health and wellbeing. However, we may live further away from our family than we would like. Over Christmas take time to speak to a family member or friend on the phone.

You could use the prompts below to start your conversation.

'Hi _____, how are you?'

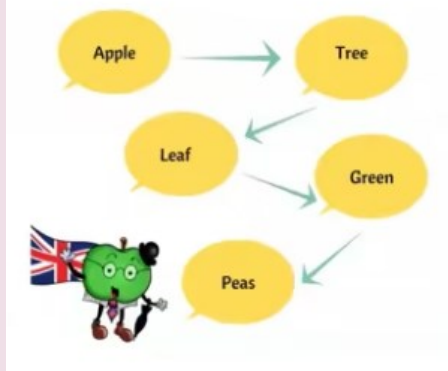
'Today, I _____' 'Tomorrow I am looking forward to _____ because _____'

'How are you feeling?'

'What are you looking forward to this week?'

Word association

This is a quick game that could be played. Give yourselves 60 seconds and start with one word. Move around the group and suggest one word that is associated with the previous word. How many can you think of in 60 seconds?



Maths at Bierton Christmas Activities

There are lots of fun and exciting ways you can incorporate maths into your Christmas celebrations. Here are just a few ideas and suggestions:

Subitising

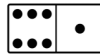
Perceptual subitising: This form of subitising refers to instantly recognising the number of objects or items in a group without needing to count them.



Dice: A great way to practise this skill is by using a standard (dotty) dice when playing a boardgame. Encourage children to say how many dots there are without counting them.

Conceptual subitising: When we are looking at groups that contain larger numbers of objects, we use conceptual subitising. This form of subitising means that we recognise how many there are by combining smaller groups.

Dominoes: Encourage the children to play with dominoes. Can they say the number that the domino shows by quickly combining the two groups?



Dice: Play games that involve rolling two dice. Can the children subitise each dice pattern and combine without counting?

Subitising in the environment: At home (e.g. a collection of mince pies on a plate)



or when out and about (e.g. a group of ducks on the canal), look at groups of objects and ask: what do you see? How do you see them?

Measurement

If you are doing any cooking or baking over the festive period, encourage your child to help you measure and weigh and ingredients. This will help them get used to using different measuring equipment and read scales with different denominations.



For older children, you could discuss scaling. For example, this recipe is for 4 people, how many ingredients would we need for 8 people? How many ingredients would we need for two people?

Addition and Subtraction



Monopoly: Monopoly is a great game to play with children and it encourages them to use their addition and subtraction skills

when buying properties and collecting rent from other players.

TV Shows

Numberblocks: Most children in Early Years and Key Stage are familiar with Numberblocks. It is a show available on BBC iPlayer. From number bonds to patterns, missing numbers to solving equations children can learn all the basic concept of maths with 10 friends.



Monster Math Squad: Available on Prime Video, this show follows three monsters who go on different missions where they have to solve different maths problems.

Time

Everyone enjoys a nice festive movie and this provides a great opportunity to practise telling the time and to learn about durations of time.

Telling the time: Share the starting time of the film with your child. What times does it start? What time does it finish?



Calculating durations of time: If we know the starting time and the ending time, how long is

the film?

Converting time: If we know the film is ___ hours and ___ minutes, what would this be just in minutes?

Apps



Numbots: Children can continue to complete story and challenge mode activities over the festive period.

Times Table Rock Stars: Although children have no homework sessions to complete, they can continue to use the different game modes to improve their fluency with multiplication and division facts.



1-Minute Maths: This helps children to build greater number confidence and fluency. It covers many topics, from subitising to multiplication and divisions. It's all about targeted practice in engaging, one-minute chunks!

We hope you are all looking forward to your Christmas holidays. Although we know you will be busy and there will be no homework set for over the holidays we thought you might like to try some of these festive challenges. We would love to see pictures of the challenges you have enjoyed doing together.

<p>Challenge 1 Create a 3D pop up Christmas card for someone in your home. Extra Challenge: Write a short poem in the middle of your card</p>	<p>Challenge 2 Write a Christmas story using this sentence starter to start your story... Santa's sat nav ran out of power. He was last seen..... Extra Challenge: Present it in an unusual way, perhaps as a comic or newspaper article.</p>	<p>Challenge 3 Make a record of the temperature over the Christmas holidays. Which day was the coldest? Which day was the warmest? Extra Challenge: Write a weather report or video yourself like a weather reporter.</p>	<p>Challenge 4 Create a winter or Christmas themed piece of artwork in the style of your favourite artist. Extra Challenge: Have a family art exhibition.</p>	<p>Challenge 5 Make a snowman. If it snows that should be an easy one. Have a family competition to see whose snowman you all like the best. Extra Challenge: If there is no snow, what else could you make a snowman out of?</p>
<p>Challenge 6 Have a family talent show. You could all choose a favourite song to sing, recite a poem or perform a dance. Give scores to each other like on Strictly Come Dancing. Extra Challenge: Make up your own song, poem or dance.</p>	<p>Challenge 7 Imagine that your favourite celebrity came to dinner. What would you cook for them. What would you have for a starter, main and desert? Extra Challenge: Write out a menu or try to make one of the dishes.</p>	<p>Challenge 8 Bake a festive treat. It could be a gingerbread man, candy canes or a yule log. Extra Challenge: Have a Great Christmas Family Bake Off and judge each other's delicious bakes.</p>	<p>Challenge 9 Go for a walk and do the winter scavenger hunt below. Extra Challenge: Make up your own scavenger hunt.</p>	<p>Challenge 10 Santa has decided to give the reindeer a rest and is looking for a new way to travel around the world next year. Design a new Santa Mobile. Extra Challenge: Can you turn your design into reality? You could use junk modelling or construction toys like Lego to make a model.</p>



Christmas Scavenger Hunt



Indoors



How many items will you find?

 RED ORNAMENT	 THE ELF ON THE SHELF®	 CHRISTMAS TREE	 STOCKING	 TEDDY BEAR
 GINGERBREAD HOUSE	 COOKIES	 CHRISTMAS CARD	 SNOWFLAKE	 MITTENS
 SNOW GLOBE	 NUTCRACKER	 GREEN ORNAMENT	 BELLS	 ANGEL
 SILVER ORNAMENT	 TINSEL	 CANDLE	 ADVENT CALENDAR	 SIGN THAT SAYS, "JOY"
 SANTA HAT	 HOMEMADE ORNAMENT	 POINSETTIA	 FAKE SNOW	 TRAIN
 BOW	 PILE OF PRESENTS	 SCARF	 GOLD ORNAMENT	 CANDY CANES



Christmas Scavenger Hunt



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Supporting your family's wellbeing



Understanding wellbeing

Mental wellbeing describes your mental state – how you are feeling and how well you can cope with day-to-day life.

Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year. It can be impacted by what is happening around us.

This leaflet will give you some ideas around how to support wellbeing in your family in five easy steps, making it fun for everyone involved.



The five ways to wellbeing

The five ways to wellbeing have been researched thoroughly and there is lots of evidence to show that they can improve our ability to feel good and function well.

Connect

...with people you know, for example your family, friends, colleagues and neighbours.

Put five minutes aside to find out how a member of your family really is. Arrange to speak with friends on a regular basis.



Be active

...by doing something you can all enjoy together.

You don't have to do anything strenuous to be active. Take a walk, spend some time gardening or do an activity such as cycling or having a kickabout in your garden if you have one.



Take notice

...by being more aware of your surroundings and what is happening right now, for example the changing seasons or the sights when you are walking, running or cycling.

Ask a family member what was good about their day.



Keep learning

...by trying something different.

Start a 'word of the day' wall, try a new recipe together or research something that interests you as a family.




Give


...to others, to feel good yourself.

Say something kind, help each other out, do something nice for a friend or family member, volunteer if possible or find ways to support a local charity.



mind.org.uk

 @MindCharity

 [mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)



ROYAL
LIFE SAVING
SOCIETY UK



**RLSS UK ROOKIE
LIFEGUARD WATER
SAFETY AWARD**



GOING OUTSIDE IN WINTER

When going outside, the cold temperature and cold winds are two obvious hazards but before you go out, there are other tips to bear in mind:

Staying safe starts at home

1. BEFORE YOU GO OUT TO PLAY

Make sure you've had something to eat and drink to fuel your fun.

2. WRAP UP SAFE AND WARM

3. TELL AN ADULT WHERE YOU ARE GOING

4. TAKE SOME WATER TO STAY HYDRATED

if you're going to be out for a long time.

Wrap up safe and warm

1. WEAR LOTS OF LAYERS OF CLOTHES

(not just a t-shirt and a big coat)

2. WEAR A BRIGHTLY COLOURED COAT

So that cars and other people can spot you easily.

3. WEAR A HAT TO KEEP YOUR HEAD WARM

4. DON'T FORGET YOUR FINGERS AND TOES

Wear some nice thick gloves and socks.

5. WATERPROOF BOOTS AND COATS WILL KEEP YOU DRY



EFFECTS OF THE COLD

We all get a little chilly when we're out in the cold, but we need to make sure that we don't get too cold as this could cause frostbite and hypothermia.

What is frostbite?

Frostbite is when your skin gets so cold that it starts to become damaged.

Look out for these signs of frostbite:

- Your skin may turn pale or even greyish or bluish, and have a waxy look
- Your extremities (fingers, toes, nose, lips or ears) may feel numb
- Your skin may feel frozen or stiff, or may even feel itchy or burnt
- In serious cases, there may be blisters on the skin
- It might feel painful when your extremities start to warm up

What is hypothermia?

Hypothermia is when your body gets so cold that it is not able to work properly. People become hypothermic when their body temperature (not the outdoor temperature) drops from 37°C to 35°C.

Look out for these signs of hypothermia:

- You may start shivering
- You may feel tired or sleepy
- You may feel confused, not understand what's going on, or find it difficult to remember things
- You may slur when you talk
- Your skin might feel cold

Winter WATER SAFETY

In winter, more people who are walking or running alongside water fall in and drown than in any other season.

Slippery paths, patches of ice and a lack of daylight can make being near water more dangerous than in the summer months. If you fall into the water, the cold temperatures make it difficult for you to control your breathing, to use your hands to climb out and can even cause you to have a heart attack.

So, follow our safety tips to make sure that your winter walks are enjoyable and safe.



KEEP BACK FROM THE EDGE

When walking alongside water keep back from the edge.



ONLY USE WELL LIT AREAS

Time your walks to make the most of the daylight; if you need to walk in the evening only use well-lit areas or take a route not alongside water.



KEEP DOGS ON THEIR LEADS

Keep dogs on their leads when near ice and don't throw sticks or toys onto the ice.



TEACH CHILDREN NOT TO GO ON TO THE ICE

Teach children not to go onto the ice under any circumstances.



DON'T GO ON THE ICE TO RESCUE A DOG

Don't go onto ice or into the water to rescue a dog, move to somewhere that the dog will be able to climb out and call them towards you.



For more information visit rlss.org.uk



SNOW, ICE AND WIND CHILL

- **Ice** is just frozen water. Water freezes when the temperature reaches 0°C or colder
- **Snow** forms if the cloud is below 0°C. When the cloud is cold enough, the water in the cloud turns into ice instead of rain and the tiny ice crystals stick together to make snowflakes
- **Wind chill** is the extra coldness that you feel when cold wind blows past your skin. The stronger the wind, the faster your body loses heat and the colder you feel

Walking on snow and ice

No matter how well the snow and ice are removed from pavements and car parks, there will still be areas that are slippery and icy.

TOP TIPS

1. WALK CAREFULLY AND REMEMBER THAT ALL WET OR DARK AREAS ON PAVEMENTS COULD BE SLIPPERY AND ICY
2. WEAR BOOTS WITH LOTS OF GRIP
3. BE EXTRA CAREFUL WHEN GETTING IN AND OUT OF CARS AND BUSES (NEVER JUMP)
4. ONLY WALK IN SAFE AREAS – CUTTING ACROSS PILES OF SNOW AND ICE COULD BE HAZARDOUS
5. NEVER WALK ONTO ICE ON A POND, LAKE, CANAL OR RIVER (THERE ARE ALWAYS WEAK AREAS THAT YOU COULD FALL THROUGH)

ALWAYS FOLLOW THE WATER SAFETY CODE

Whenever you are around water:

STOP AND THINK

Look for the dangers. Always read the signs.

STAY TOGETHER

Never swim alone. Always go with friends or family. Only swim where there is a lifeguard.

In an emergency:

CALL 999 OR 112

Shout for help and phone 999 or 112.

FLOAT

If you fall in, float or swim on your back. Throw something that floats to anyone who has fallen in the water.

WINTER SAFETY

COLOUR ME IN!



DANGERS

Can you number the following dangers on the picture?

1. CALL FOR HELP OUT LOUD OR ON THE PHONE, NEVER GO ON THE ICE
2. ALWAYS USE A SAFE REACH RESCUE, NEVER GO ON THE ICE
3. NEVER FOLLOW ANIMALS ON THE ICE
4. IF YOU FALL IN, LIE ON YOUR BACK AND USE SOMETHING THAT FLOATS TO STAY ON THE WATER'S SURFACE
5. OBEY WARNING SIGNS
6. ICE IS THIN AROUND DRAINPIPES, TREES AND PLANTS
7. ICE IS ALWAYS THIN AROUND PLATFORMS AND AT THE EDGE OF RIVER BANKS

WHAT TO DO WHEN THINGS GO WRONG

Many drowning accidents happen in water when people fall through ice. Here's some information about how to stay safe.

NEVER WALK ONTO THE ICE

The ice could crack at any time!

Water under the ice is extremely cold, it will take your breath away if you fall in. You can't swim in ice cold water.

If you fall through, you could drown!

WHAT DO I DO IF...

Someone else falls through the ice?

Shout for help and call 999 (or 112) for the emergency services.

Stay off the ice

Don't risk falling in yourself

If they can't climb out, tell them to stay where they are

Throw something that floats for them to hold on to, like a life-ring or even a football

Wait for the emergency services, and encourage the person in the water to hold on

A pet falls through the ice?

Keep calm and call for help. Encourage your pet to swim to safety, towards you or shallow water.

Stay off the ice

Don't risk falling in yourself

You think that you might be getting frostbite?

Warm the area by wrapping it in warm clothing or placing it next to warm skin (for example, if it's your fingers that are cold, put your hands inside your jumper). Ask an adult to check the area to see if you should go to the doctor.

Never rub the affected area

Someone gets hypothermia?

Call 999 (or 112) for the emergency services

Remove any wet clothing

Cover them in blankets and spare clothing

If possible, wrap them in a waterproof layer as well (but make sure that this doesn't cover their face)

If they are able to swallow properly, give them warm (not hot) food and drink

Make sure that they go to hospital

WORDSEARCH

E	V	F	V	T	R	C	E	N	F	C	S	S	E	A
G	N	I	H	T	O	L	C	O	O	D	E	N	G	I
I	E	G	B	L	E	Y	O	C	M	M	P	O	S	M
F	Q	M	D	I	C	R	N	Q	V	P	H	W	R	R
E	X	A	E	H	P	G	Q	P	T	N	H	I	N	E
F	C	N	F	R	O	S	T	B	I	T	E	N	F	H
M	S	I	E	F	G	E	A	S	Q	V	J	D	Y	T
Q	P	T	Y	X	U	E	N	E	D	J	T	C	R	O
W	A	R	M	C	Q	O	N	N	T	H	A	H	E	P
W	C	B	S	Y	W	E	Z	C	E	I	H	I	T	Y
J	U	E	O	F	E	F	A	S	Y	M	Z	L	N	H
H	R	G	L	O	V	E	S	A	Q	I	W	L	I	V
Z	Z	A	O	G	T	K	E	C	R	N	W	O	W	F
B	K	K	L	B	C	S	Q	T	J	U	H	C	N	O
E	R	H	J	H	A	U	N	Z	Q	C	I	S	J	S

**BOOTS
CLOTHING
COLD
EMERGENCY
FROSTBITE
GLOVES
HAT
HYPOTHERMIA
ICE
RESCUE
SAFE
SNOW
SNOWFLAKE
SNOWMEN
WATERPROOF
WINDCHILL
WINTER**



COLD WATER HAS EXTRA DANGERS

Even if there is no ice, in winter the water is much colder than normal and you cool down much faster when you are wet, than when you are dry. When you are cold your muscles get weaker, slow down, and get tired more quickly. All these effects on your muscles mean that you can't swim as far as you can normally.

Many people drown because they don't realise that cold water reduces their ability to swim.

- **YOUR NORMAL TEMPERATURE IS AROUND 37°C. WHEN YOU ARE COLDER THAN THIS, YOUR BODY CAN'T WORK PROPERLY**
- **IF YOUR TEMPERATURE DROPS TO 35°C OR COLDER, YOU WILL BECOME HYPOTHERMIC AND VERY ILL**

STAT ATTACK!

WHAT CAUSES HALF OF ALL DROWNINGS AROUND ICE?

HALF OF ALL ICE RELATED DROWNINGS INVOLVE THE ATTEMPTED RESCUE OF ANOTHER PERSON OR PET

WHERE DO MOST DROWNINGS HAPPEN?

MOST DROWNINGS (63%) HAPPEN AT INLAND WATERWAYS SUCH AS CANALS, RIVERS, RESERVOIRS AND LAKES

IS IT POSSIBLE TO DROWN AROUND YOUR OWN HOME?

YES. 10% OF DROWNINGS HAPPEN AROUND THE HOME, INCLUDING IN HOME SWIMMING POOLS, PONDS AND BATHS

WINTER GAME - WHEN GOING OUTSIDE

Each player takes it in turn to say the line "when going outside in winter, I will wear..." and says an item of clothing. The next person has to say the items of clothing already listed in the correct order and add their own. This continues until someone forgets an item of clothing or the order.

EXAMPLE

Player 1: "When going outside in winter, I will wear warm socks."

Player 2: "When going outside in the winter, I will wear warm socks and a big coat."

Player 3: "When going outside in the winter, I will wear warm socks, a big coat and a woolly hat."