



# WEEKLY

Week 7 – 19<sup>th</sup> December

newsletter

## Message from Miss Hughes

As we come to the end of a real whirlwind of a term, it feels like the right moment to pause and take it all in. Christmas is such a special time in a primary school, and the magic, excitement and pure joy that fill the building never get old.

This Christmas has felt especially meaningful. For our Ducklings and Kingfishers, it has been their very first Christmas with us – first performances, first carols and first experiences of school Christmas magic. At the same time, our Year 6 children are enjoying their final Christmas here, a reminder of how quickly the years pass and how proud we are of them.

Hearing carols sung on the playground has been a real highlight, alongside the wonderful Christmas performances across the school. Our Coffee, Cake and Carols event was a joy, with lovely feedback from grandparents. We also delivered over 100 Christmas cards to Oak Lodge Care Home for dementia residents, where they were warmly welcomed and greatly appreciated. These moments have meant a great deal and reminded us how special being part of this community truly is.

Thank you to our families for your kindness, generosity and encouraging words this term – they really do matter. Thank you too to our wonderful staff team and to our brilliant children, who bring warmth, humour and heart to every day.

What a joy it has been. Wishing you all a very happy Christmas and a well-earned, restful break. Amy

## Christmas Performance!

Huge thanks to everyone who came to our Christmas performances this week. The Great Christmas Talent Show really showcased the amazingly talented children we have heard at BMPS. We are so proud!



## Help in the Holidays

The Christmas holidays can be tough. Extra financial pressure, disrupted routines, and family expectations can all take a real toll on mental health. If you're feeling overwhelmed, low, anxious, exhausted, or struggling to cope - or worried about money, drinking, or substance use - you are not alone, and help is available.

If things are feeling hard, practical steps you can take include:

- **Talk to your GP** – they can help with mental health support, medication, referrals, and advice.
- **Steps 2 Wellbeing** - <https://www.steps2wellbeing.co.uk/>
- **Coffee Mate, Woolston** – a mental health and community wellbeing project
- **Samaritans** – free, confidential support 24/7 if you're struggling or feeling at breaking point: 116 123.
- **Change Grow Live (Southampton)** – local drug and alcohol support for adults and families.
- **Southampton's Children's Resource Service** on 02380 83 3004 or 02380 23 3344

Getting support early is practical, sensible, and can make a real difference for you and for your family.

If you're unsure where to start, the school can help signpost you to the right services.

We are available over the holidays on [safeguarding@bitternemanor.net](mailto:safeguarding@bitternemanor.net)





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### Uniform Reminders

It's that time of year when many of our children are shooting up! If you are replacing any uniform over Christmas, please remember, children need:

- a white shirt or blouse or polo shirt
- grey or black trousers
- grey or black skirt or pinafore dress
- bottle green jumper or cardigan
- brown or black shoes (These can be trainers, but must be plain black or plain brown.
- No jewellery except stud earrings or a watch.
- No make up or nail varnish

Wearing our uniform helps build a sense of pride, unity, and belonging in our school community. Please ensure that all uniform is named.



### PTA Socials

Our wonderful PTA have a Facebook group and social media accounts. Please follow along as they update it regularly and you can get in touch directly with them if needed. They're always looking for volunteers so get in touch: [pta@bitternemanor.net](mailto:pta@bitternemanor.net)

### Golden Book

There are no Golden Book assemblies in the first week back

### PE Days

Mondays – Kestrels  
Tuesday – Kingfishers  
Wednesday – Jays / Robins  
Thursdays – Owls / Swifts  
Fridays – Skylarks



### Upcoming Dates

- 5<sup>th</sup> January – All children return for **Spring Term**
- 5<sup>th</sup> January – Bikeability for Year 6
- 12<sup>th</sup> January – Owls swimming starts
- 13<sup>th</sup> January – Kestrels Class Assembly
- 14<sup>th</sup> January – City Mission in Kingfishers
- 16<sup>th</sup> January – Group of Y5/6 Children to Football Tournament
- 19<sup>th</sup> January – Owls Swimming Lesson
- 20<sup>th</sup> January – Owls Class Assembly
- 22<sup>nd</sup> January – Parents invited in for a **See and Celebrate** to have a look at children's books
- 23<sup>rd</sup> January – Group of Y5/6 Children to Football Tournament
- 26<sup>th</sup> January – Owls Swimming Lesson
- 27<sup>th</sup> January – Jays Class Assembly
- February – Random Acts of Kindness Month
- 2<sup>nd</sup> February – Owls Swimming Lesson
- 3<sup>rd</sup> February – Skylarks Class Assembly
- 9<sup>th</sup> February – Owls Swimming Lesson
- 10<sup>th</sup> February – Safer Internet Day
- 10<sup>th</sup> February – Swifts Class Assembly
- **16<sup>th</sup> February – Half Term**
- 23<sup>rd</sup> February – Start of Spring 2 Term
- 24<sup>th</sup> February – Parents Evening
- 24<sup>th</sup> February – Robins City Mission RE Day
- 25<sup>th</sup> February – Parents Evening
- 3<sup>rd</sup> February – Robins Class Assembly

