

Dear Parents and Carers

I don't think I've ever started a newsletter without the perennial reference to the busyness of another term. Bampton School does not rest and there is always plenty for the children (and the teachers) to do each term. Of course, relaxing and taking time for ourselves is valuable and our pupils are no exception. Therefore, it was pleasing to hear that the school continues to embrace improving our 'Mental Health Awareness'. My 'research' tells me that it is understood that a mentally healthy school is one that helps children flourish, learn and succeed by providing opportunities for them to develop the strengths and coping skills that underpin resilience. This was reflected in our SIAMS Inspection* report which reflected that positive wellbeing and mental health is fundamental to our values, vision and culture. At this point I would like to thank the staff and children for the superb way they represented Bampton School. In addition, be assured that the governing body acknowledges the importance of the mental wellbeing of all in our community.

Have a restful weekend.

Julian Easterbrook
Chair of Governors

Your Governors

Julian Easterbrook (chair, foundation)	Justine Heaslip (parent)
Carol Phillips (head teacher)	Alison Bardsley (co-opted)
Fiona Self (parent, vice chair)	Mike Jones (co-opted)
Penny Fowler (foundation)	Gill Waite (co-opted)
Gaynor Cooper (co-opted)	Stuart Homer (co-opted)
Debbie Jacobs (foundation)	Wendy Copping (staff).

There is one regular observer from the school staff Kerry Collins (Office Manager) and our clerk is Helen Roberts.

*Extracts from SIAMs Inspection Report

Pupils enjoy and are excited by all the school offers. They are enthused by the creative curriculum which is enhanced by extra-curricular activities.....

As a result, pupils flourish personally and socially. Leaders and staff are rightly proud that vulnerable pupils have settled and flourish. This is testament to the school's vision of inclusivity, along with the commitment of the staff team who know each and every pupil as an individual. Tolerance is a key element of the vision and is paramount in everyone being accepting of others.

Mental Health Awareness Week

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to **FIND THEIR BRAVE**.

- 1. Remind your child that bravery comes in many forms and everyone is different.** What's brave for them might not feel brave to someone else.
- 2. Chat with your child about a time when you've had to FIND YOUR BRAVE.** It might have been something big or small.
- 3. Praise your child when they FIND THEIR BRAVE.** Maybe they've kept going at learning a new skill or tried something outside of their comfort zone which boosted their confidence.
- 4. Point out examples of bravery in books and films** to your child and talk about how trying out different ways of being brave will help them feel good.
- 5. Reassure your child that not feeling brave is OK too** and that there are times when it might be more difficult to be brave.

Please do contact Governors if you have any concerns or questions about the general direction of Bampton Primary School and our policies. Lots of you know who we are and you are welcome to approach us at the School gate or failing that please write to me (Julian Easterbrook) either via c/o the School office or by e-mail jeas0509@bampton.oxon.sch.uk. We cannot deal with issues about your own children – these should be taken up with the class teacher.