

Bridport Primary School Newsletter

February 2025

Our value for this half term is: **INTEGRITY**

DIARY DATES

7th February
Number Day

11th February
FOBPS New to You

12th February
Year 3/4 Futsal Final

13th February
FOBPS Disco

14th February
End of half term

24th February
INSET DAY

25th February
Scooterbility - Yr 3
Shipton

4th March
Cross Country Relays

7th March
World Book Day
Year 3 Cake Stall



Dear Parents and Carers,

Thank you for all your support in naming our elephant, as part of the Weldmar 'Stampede by the Sea' project. The community voted and agreed on **Rolo** (Remembering Our Loved Ones)... Brilliant!

Bikeability (and Scootability!) has been a roaring success. Thank you to our instructors and to you for supporting us – our children have learned lots and understand how to be safe when they are out and about.

Thanks to our local police; PC Stuart came in to talk to year six about the safe use of social media and how to stay safe online. This is a hot topic at the moment and we encourage all families to be aware of how to limit and monitor online activity so that our young people are safe.

Please note that our gates officially open for the end of the day at around 2.50pm; could we ask you to come for collection at or after this time, unless you have an appointment or prior arrangement. Many thanks.

Ms Kite

Please contact the office if you would like to be part of the **school garden** team.

Learning today for our tomorrow

The Colyton Maths Challenge Workshop



Fun at the Farm- Year Two visited Travellers Rest Farm

They rode on a tractor trailer, fed toast to the sheep, met the cows and Theo (the resident bull), chopped vegetables to make soup, rolled dough to make bread rolls, met the chickens, learnt about the different crops they grow on the farm and so much more... thank you to FOBPS for funding the trip!





Connected Minds

Local support to help young people aged 10-13 year-olds (Years 6-8) experiencing mild to moderate anxiety, emotional problems and low attendance at school

What is Connected Minds?

It's an 8-week early intervention programme in a group setting that empowers young people to look after their own mental health by exploring their reasons for not wanting to attend school and to develop a toolkit to address these issues going forward.

Where/when do sessions take place?

- Community settings in various locations across Dorset.
- During term time and within school hours
- Safe and inclusive environment

What can it help with?

- School related issues
- Anger
- Anxiety & Stress
- Low mood
- Low self-esteem
- Low school attendance

“My son was a school refuser and thanks to this programme he is now back to school.”

- Connected Minds Parent Feedback

“Everyone listens...my confidence is better!”

- Connected Minds Participant Feedback

dorsetmind.uk joinourmovement

What are the signs you might be struggling?

These can be unique to you and your experiences, but might include:

- Withdrawing or distancing yourself from people
- Changes in sleeping or eating routines
- Feeling overwhelmed and unable to cope with things
- Being anxious to the point it stops you doing things
- you want to

Trust yourself, if something doesn't feel right, let someone know.

Need help now?



FREE numbers to contact 24/7:

Samaritans: 116 123, FREE

Connection: Call 111

Childline: 0800 11 11

Shout: Text SHOUT to 85258

If you need urgent medical attention, phone 999 immediately, or go to your local A&E if you can safely.

For non-urgent help, the first step is to talk to someone you can trust like a parent, carer or teacher. They can then help you find the right support.

Dorset Mind is not a crisis service.

Find out what the charity does at:

dorsetmind.uk

[#LiveLifeMentallyHealthy](https://twitter.com/LiveLifeMentallyHealthy)

Dorset Mind is a registered charity No. 1108168 and is registered in England as a company limited by guarantee No. 5333018.

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