

# Newsletter

FEBRUARY 2026



Bricklehurst  
Manor  
SCHOOL

## WELCOME TO OUR FEBRUARY NEWSLETTER

IT HAS BEEN A BIT OF A GREY START TO THE YEAR BUT WE HAVE BEEN HAVING AN EXCITING TIME AT BRICKLEHURST BETWEEN THE FUN OF CHRISTMAS AND THE PROMISE OF SPRING AND SUMMER



WHILST CHRISTMAS IS A DISTANT MEMORY, WE HAD A WONDERFUL FEW DAYS WITH AN AMAZING DINNER, AND A SUCCESSFUL FAYRE WHICH RAISED OVER £600!

**Thank you to everyone who supported our student's enterprise activities**



## DIARY DATES

START OF TERM 4 - MONDAY 23<sup>RD</sup> FEBRUARY 7

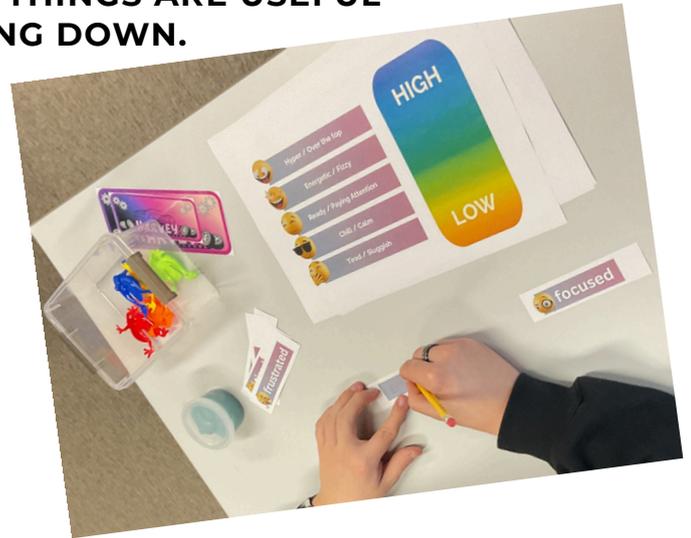
LAST DAY OF TERM 4 - THURSDAY 26<sup>TH</sup> MARCH (FINISH AT 12:30)

INSET DAY FRIDAY 27<sup>TH</sup> MARCH



# LEVEL UP!

STUDENTS HAVE BEEN LEARNING ABOUT ENERGY LEVELS AND HOW THEIR ENERGY LEVELS CAN CHANGE. THEY HAVE BEEN TRYING OUT A RANGE OF ACTIVITIES, SUCH AS LISTENING TO MUSIC, BURPEES AND JUMPING FROG GAMES, TO SEE HOW THEIR ENERGY LEVELS CHANGE AND WHAT THINGS ARE USEFUL FOR POWERING UP AND POWERING DOWN.



# SELF CARE AND MENTAL HEALTH

AS WE APPROACH THE HALF-TERM BREAK, TIME AWAY FROM THE BUSY SCHOOL ROUTINE CAN BRING A MIXTURE OF EXCITEMENT AND UNCERTAINTY FOR EVERYONE. CREATING SMALL MOMENTS OF POSITIVE CONNECTION THROUGH SHARING SOME LAUGHTER, SPENDING TIME TOGETHER OR DOING SOMETHING ENJOYABLE CAN BE REALLY GROUNDING AND SUPPORTS POSITIVE MENTAL HEALTH AND REGULATION.

## Self-Care & Mental Health for Kids

An infographic titled 'Self-Care & Mental Health for Kids' featuring several tips with colorful illustrations:
 

- Share your own feelings to encourage self-awareness. (Illustration: rainbow)
- Find social groups that help them feel like they belong. (Illustration: heart in a speech bubble)
- Set aside time for low-stress or solo activities. (Illustration: smiling sun)
- Practice self-care for yourself to set the standard. (Illustration: smiling heart)
- Focus on articulating feelings. "I am angry," "I am sad." (Illustration: grey cloud with rain)
- Encourage your child to focus on the moment. (Illustration: smiling cloud)
- Encourage journaling and diaries. (Illustration: yellow notepad)
- Establish a self-care routine. (Illustration: flower)
- Recognize toxic stress events. (Illustration: pink stress icon)
- Cultivate interests and hobbies. (Illustration: flower)

KEEPING SOME FAMILIAR ROUTINES CAN HELP THE WEEK FEEL PREDICTABLE FOR BOTH YOU AND YOUR YOUNG PEOPLE SUCH AS AROUND SLEEP AND MEALTIMES.

AS THE END OF THE HALF TERM APPROACHES GENTLE REMINDERS AND PREPARATION SUPPORTING YOUR YOUNG PERSON FOR THE RETURN TO SCHOOL CAN HELP TO REDUCE ANXIETY AND PROMOTES A SMOOTHER TRANSITION BACK INTO SCHOOL. REMEMBER THERE IS NO PRESSURE TO DO EVERYTHING PERFECTLY, BEING EMOTIONAL AVAILABLE, CURIOUS AND KIND TO BOTH YOU AND YOUR YOUNG PERSON IS WHAT MATTERS MOST.

**THIS TERM  
ACROSS UPPER  
SCHOOL, WE  
HAVE BEEN  
EXPLORING  
MONEY MATHS.**

# Money MATHS



**STUDENTS HAVE RESEARCHED SALARIES, EXPLORED LIFE RELATED COSTS, ANALYSED BANK STATEMENTS AND CREATED MONTHLY BUDGETS FROM THE COSTS THEY HAVE FOUND.**

**STUDENTS HAVE ENJOYED MONEY RELATED GAMES WHICH HAVE IN TURN SUPPORTED SOCIAL SKILL DEVELOPMENT.**

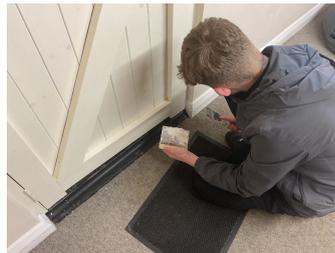
**MONEY IS A KEY TOPIC IN PREPARING STUDENTS FOR ADULTHOOD AND IT HAS BEEN FANTASTIC SEEING THEIR ENGAGEMENT. THIS WILL CONTINUE THOUGH OUR ENTERPRISE AND LIFE SKILLS WORK.**

## WORK EXPERIENCE

**WE ARE ALWAYS KEEN TO GIVE OUR STUDENTS REAL LIFE WORK EXPERIENCE. WE WOULD LOVE TO BUILD A RANGE OF OPPORTUNITIES, SO IF YOU KNOW ANYONE WHO CAN OFFER A FEW HOURS A WEEK, PLEASE GET IN TOUCH.**



**HARLEY HAS BEEN DOING SOME GREAT PAINTING AND DECORATING THIS TERM!**



## Baby News



**CONGRATULATIONS TO MR RUMMERY WHO IS NOW THE PROUD FATHER OF TWIN GIRLS**

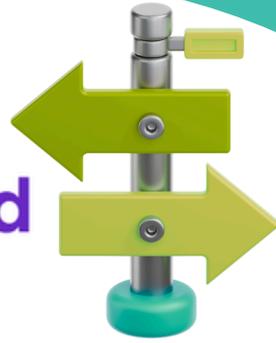


**GOOD LUCK TO MS DANIELSEN WHO IS NOW ON MATERNITY LEAVE!**

# Signposting

# Safeguarding

## Parent webinars – county lines and criminal exploitation



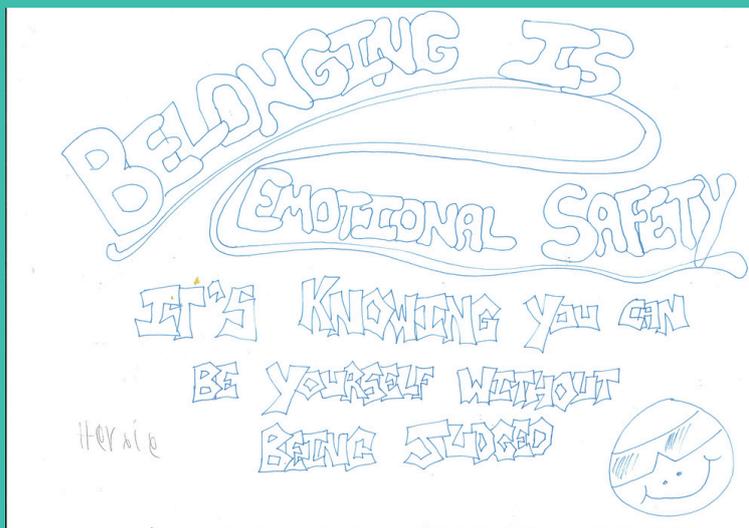
Join our interactive webinar where we will share what criminal exploitation is, with a focus on county lines. We will explore how to spot signs that it may be happening to your child or a child you know. We cover trends in your local area and where to get advice and support if you are concerned.

The interactive webinar will also give you the opportunity to ask questions, share concerns and connect with others. The sessions are delivered with a parent whose child has been a victim of exploitation, they will share their experiences and advice on responding to the risks.



protecting  
children, supporting  
families

MORE INFORMATION AND  
BOOKING DETAILS ARE  
AVAILABLE AT:  
[HTTPS://IVERSONTRUST.ORG.UK/  
WEBINARS/](https://iversontrust.org.uk/webinars/)



OUR YEAR 7 CLASS HAD A FANTASTIC SESSION FOR PART OF CHILDRENS MENTAL HEALTH WEEK LOOKING AT WHAT IT MEANS TO BELONG. LOTS OF LOVELY THOUGHTS AND IDEAS GENERATED!

