



# The Boreham Beacon



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**Boreham Primary School**

**A Friendship School**



*'Daring to aim high, scale new heights, spread our wings and fly far'*

**Special Children's Mental Health Week Edition**



This week we have been celebrating Children's Mental Health Week with the highlight definitely having to be the online dance sessions with Strictly Come Dancing chief judge, Shirley Ballas. This has proved to be a much needed morale boost not only for the children and staff of Boreham School but also for you as parents as you continue to cope so magnificently during such challenging times.

I would like to thank Mrs Powell for organising this amazing experience for us all and also to Miss Davies (PSHE and Healthy Schools) Lead for organising all of the suggested remote learning activities for the week. Thank you also to Mrs Pinkney for setting up all of the zoom call invitations too. We are hopeful that Shirley will return to our school in person at some point in the future so that she can provide further face to face dance sessions which we would invite you all in to watch. My sincere thanks to Shirley Ballas and also to her boyfriend, Danny for providing us with such amazing musical accompaniment.

Thank you to everybody who has sent in photos for this week's celebration newsletter.

Mr Bowyer  
Head teacher



## HEALTHY HEROES TIP OF THE WEEK

**Mindset Warrior says...**

*'Keep your mind healthy with positive thoughts. What brings you peace and helps you to relax. Share your thoughts with a friend or family member.'*



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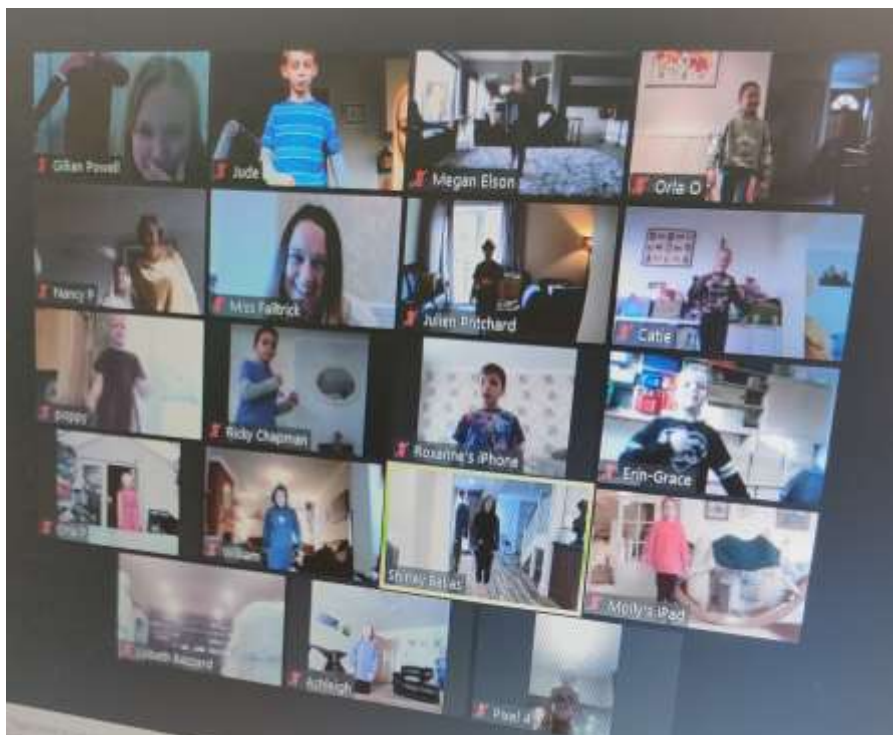
**STRICTLY COMES TO BOREHAM**  
**THANK YOU SHIRLEY BALLAS FROM US ALL AT BOREHAM PRIMARY SCHOOL**



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Shirley's star pupil, was most definitely, Mr Reilly, one of our Parent Governors. Shirley judged him as an absolute natural and said his footwork was amazing! Well done, Mr 'Twinkle Toes' Reilly!



Shirley was so impressed with Erin Grace that she made Erin Grace her assistant for the whole week of live online lessons!



## HOME LEARNING THIS WEEK



Jude scores a bullseye and has fun with his makeshift drum kit in the kitchen!



Lily decorated a shoe box and filled it with all her favourite things to express herself. She used a hot glue gun to stick on all the gems, which took a lot of patience! Well done Lily, it looks fabulous!



Jenson made the most amazing clock face out of Lego!



Millie decorated a box for children's mental health week and filled it with all of her favourite things to express herself! The items in Millie's box included her scrunchie and eye mask because she loves to sleep!



## HOME LEARNING THIS WEEK

Stella

Following on  
from Mental  
Health week  
assembly

Reception



Year 1

Phoebe in Yr 1, at such age, is already proving to be a very skilled angler! Phoebe is following in her dad's footsteps and the family found fishing to be an extremely relaxing and peaceful family activity. Phoebe is pictured right with an 11 lb common carp. What a lovely catch!



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## HOME LEARNING THIS WEEK

Some of our Keyworker children designed T-Shirts to express their feelings.



Brothers, Henry (Year 1) and George (Year 6) have been running 'the daily mile' round the village, sometimes more than a mile 'every school day' throughout January. So far they have run 25 miles, and George has been cycling too - clocking up an impressive 31 miles. Well done, boys!



**4BU created a list of ideas to boost your mood!**



## **CIAN RAISES MONEY FOR CHELMSFORD FOOD BANK**

Cian from Class 4BU is participating in a walking/running activity with his rugby club to raise money for the Chelmsford Food Bank. The challenge is for Cian's team to travel 1,920 Kilometres which is the distance from Chelmsford rugby club, to Saracen's ground in north London, to Twickenham, to the millennium stadium in Cardiff, to the Aviva stadium in Dublin, to Murrayfield in Scotland back through England and through the city of Rugby and finally ending up back at Chelmsford Rugby Club.

Cian has been running and walking to help raise funds which is a brilliant achievement for such a worthy local cause. Please show Cian your support by sponsoring him on his Just Giving page, the link is below.

[https://www.justgiving.com/crowdfunding/crfcsharkschallenge?utm\\_term=BpBjeDWAA](https://www.justgiving.com/crowdfunding/crfcsharkschallenge?utm_term=BpBjeDWAA)

## **ONLINE SAFETY TIP OF THE WEEK**

Share screen time - perhaps take turns to choose a game or video to watch together. Talk about it the same way you would a book you were reading. Or video-call a relative and encourage your child to tell them family news or all about Children's Mental Health Week.



## **THANK YOU FOR YOUR LOVELY KIND MESSAGES. THEY MEAN SO MUCH TO US**

*'We would just like to say thank you so much, particularly to Mrs Powell for organising the class with Shirley Ballas. Marley thoroughly enjoyed it and it was a huge pick me up for all the family just when we needed it. Also would like to give a massive thank you to Mrs Evans for all the incredibly hard work she had had to do far during the lockdown. The activities are great and Marley is really enjoying doing the majority of them. Also to all the teachers who once again are doing an amazing job having Marley whilst myself and his dad work. He has always felt safe in your care and I've always felt reassured by you all during these uncertain times. Lastly a big thank you to Mr Bowyer for always keeping us updated with regular emails and running the school the best he can in a hugely difficult time. We both really appreciate everything you are all doing and hope things can get back to normal soon.'*

*Mrs Hamblin*

*'Thanks so much Mrs Powell for organising this. It is already the highlight of the week for me! It was so nice to put all that aside and do something fun!'*

*Mrs Fung*

On behalf of Erin YR5 and myself, we just wanted to say a massive thank you for arranging the classes for Mental Health awareness week. With everything happening at the moment it was an amazing boost I'm sure for everyone. Erin absolutely enjoyed herself and said she feels like she floating on air.

Thanks again  
Mrs Taylor

This has all made our week, it's a really tough time and we are up and down each day.

It was such a lovely lesson and thank you all.

Mrs Masanovic



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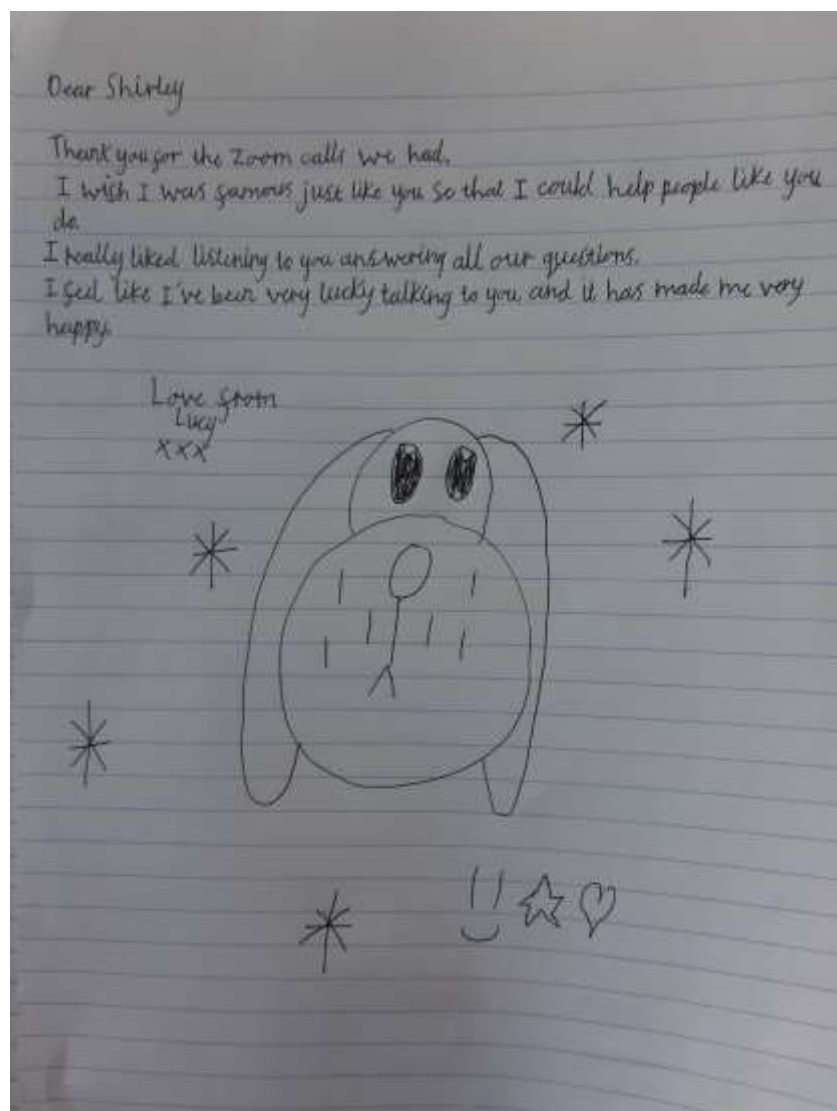
Dear Mr Bowyer

I just wanted to take a few minutes to say a big thank you to you for taking the time to call me yesterday. The fact you are making your way through calling all the parents is in my eyes such a personal touch, it is really remarkable. With your regular updates, fantastic support from yourself, Mrs Tate and the admin staff is making life a lot easier and I don't feel alone, which I'm sure many other parents will I am sure agree with.

I'm a firm believer of giving recognition when needed and this little email to you and the Team is just that. A huge well done and thank you all for being a fantastic support.

I'm sure I'm not the first to write in to say thank you and certainly not the last. Keep up the amazing work you do and let's all keep smiling and wish you safe and well.

Nicky Pemberton



Lucy in Yr 4, wrote a thank you letter to Shirley Ballas.