

Our Big Question for this term is:  
**“Why do rights exist?”**

It has been a wonderful week of learning, reflection, and fun here at Bromstone!

We started the week with Anti-Bullying Week, celebrating individuality by wearing odd socks on Monday – a fun and colourful way to remind everyone how special and unique we all are. Throughout the week, the children have been learning how to recognise bullying, how to respond, and how we can all make a positive difference in our school community.

On Tuesday, we observed Remembrance Day, with some of our children proudly wearing service uniforms. The whole school came together for a two-minute silence at 11am to reflect and remember those who have served.

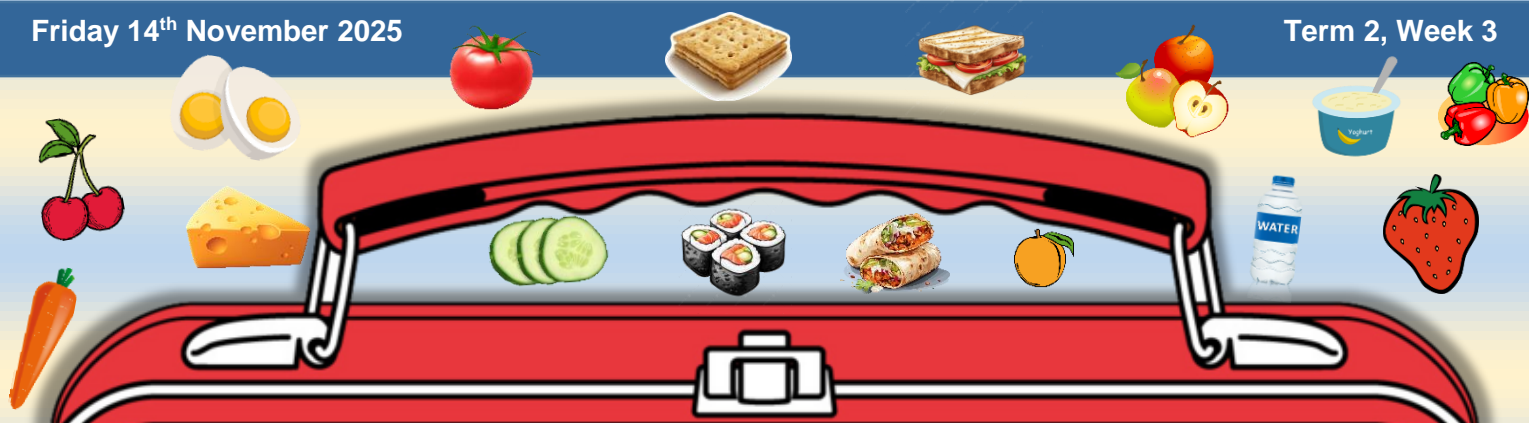
On Wednesday 13th November, we celebrated Michael Rosen Day, enjoying his brilliant poems and stories that continue to inspire a love of reading across the school.

We also held our Parent Consultation Evenings this week – thank you to all our families for coming along and joining in with this important collaboration to support your children’s learning.

To round off the week, we supported Children in Need by coming to school in something spotty! Thank you for your donations and enthusiasm.

It’s been a week full of reflection, kindness, creativity, and community – and we’re so proud of how our children have embraced every moment!





## Healthy Packed Lunches at Bromstone

At Bromstone Primary School, we **promote healthy eating** and encourage children to think about what they eat throughout the day. For those bringing a packed lunch, we ask families to help by providing a balanced meal.

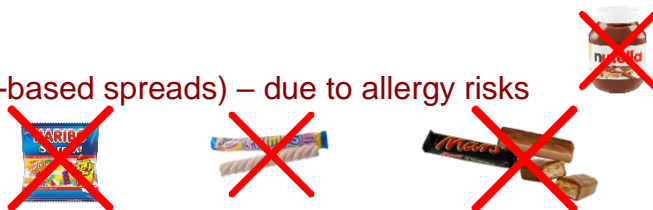
✓ **A healthy packed lunch might include:**

- Fruit and vegetables
- Meat, fish, or another protein (e.g. beans, eggs, cold meats etc)
- A starchy food such as bread, pasta, or rice
- Dairy such as cheese, yoghurt, or milk
- Water, milk or sugar-free squash

*Please try to limit high-fat or high-sugar snacks, such as crisps or biscuits.*

⊘ **Foods not to be included:**

- Nuts (including Nutella or nut-based spreads) – due to allergy risks
- Fizzy drinks
- Chocolate bars or sweets

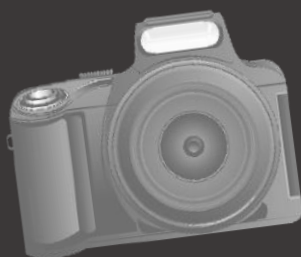


If you would like support or guidance with this, please contact Nichola Sturges, our Family Liaison Officer, via the school office.

**Thank you for supporting us in promoting healthy choices for all children!**

### School photos

Tuesday 18<sup>th</sup> November



The school photographers are in next week on Tuesday for individual and sibling photos.



### DATES FOR YOUR DIARY

18<sup>th</sup> Nov: School photographs – please wear best uniform and bring Forest School clothes to change into ☺

21<sup>st</sup> Nov: Donations for Christmas Fair – smellies or small gift, please

### DECEMBER DATES



12<sup>th</sup> Dec: Christmas jumper day & Fair

15<sup>th</sup> Dec: Year R Christmas play at 9:30am

16<sup>th</sup> Dec: Year 1 Christmas play at 9:30am

16<sup>th</sup> Dec: Year 2 Christmas play at 2:00pm

17<sup>th</sup> Dec: Christmas dinner day

18<sup>th</sup> Dec: Years 3, 4 & 5 Panto trip

# NEXT WEEK

As we get ready for our Christmas Fair, we'd be so grateful for your support with our donation days. Each week we'll be collecting different items to help make the event a great success!

31<sup>st</sup> October: Gift for a child

7<sup>th</sup> November: Bottles for the tombola

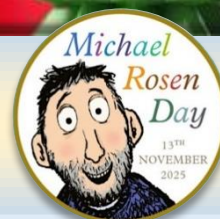
21<sup>st</sup> November: Smellies or small gifts

Thank you for your generosity and for helping us make this year's Christmas Fair magical for everyone!

We're excited to share that Bromstone Primary has been chosen to take part in the e-Waste Warriors Project, delivered by Kent County Council and funded by the Electrical Recycling Innovation Fund. The aim is to reduce electrical waste and help the environment by encouraging us all to recycle or repair unwanted electrical items.

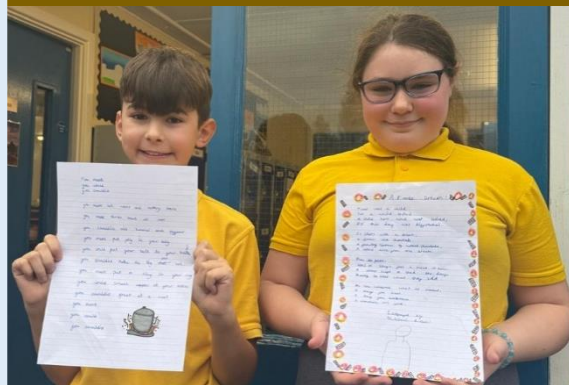
From Monday 17<sup>th</sup> November to Friday 12<sup>th</sup> December 2025, you can bring in any small electricals (smaller than a microwave) — working or broken — and place them in the pink recycling or repair bins at school (please read the signs carefully). No vapes or batteries, please!

Repaired or reusable items will be donated to local charities, and everything else will be recycled safely. Keep an eye out for the pink bins and Hypnocat posters around school — and let's see how much we can recycle together!



Yesterday, we celebrated Michael Rosen Day! This year's theme was "Funny Food", and the day was all about making reading, listening to and writing poetry fun and accessible for everyone.

Children took part in a range of poetry activities, including reading, reciting and writing their own poems. We began with a special assembly at 9am to learn more about Michael Rosen and to launch our Bromstone Poetry Competition.



# Healthy Start & Free Vitamins

*Supporting Families with Children Under 4*



## What is Healthy Start?

Healthy Start is a national NHS programme that helps families on low incomes access nutritious food and essential vitamins. It supports healthier eating habits and boosts wellbeing for pregnant women, babies, and young children.

By helping families afford fresh food and providing vital nutrients, Healthy Start plays an important role in improving health outcomes across Kent.

## What You Could Receive

Eligible families may receive a Healthy Start prepaid Mastercard to spend on:

- Fresh, frozen, and tinned fruit & vegetables
- Fresh, dried, and tinned pulses
- Cow's milk
- Infant formula based on cow's milk



Families can receive up to £1,230 per child to spend on these essential items.

## Who Can Apply?

You may be eligible if:

- You receive Universal Credit, and
- Your take-home pay is £408 or less per month, and
- You have a child under the age of 4.



## Free Vitamins Included

Healthy Start cardholders also receive free vitamin supplements, including:

- Pregnancy and breastfeeding vitamins (from 10 weeks pregnant)
- Vitamin drops for babies and children from birth to 4 years

**In Kent vitamins are delivered directly to your home every 8 weeks, completely free.**



## How to Apply

Visit the NHS Healthy Start website to check eligibility and apply:

- Healthy Start (NHS) – [healthystart.nhs.uk](https://healthystart.nhs.uk)
- Easy Read Guide – [https://www.kent.gov.uk/data/assets/pdf\\_file/0004/194017/Healthy-Start-easy-read-guide.pdf](https://www.kent.gov.uk/data/assets/pdf_file/0004/194017/Healthy-Start-easy-read-guide.pdf)

