Bromstone Primary School

Children in Need falls on Friday 13th November this year, which is also the day we are asking children to bring in a gift donation for a child at our Christmas Fair. To mark the occasion, we will be holding a 'Comfy Feet & Crazy Hair' day! Children are welcome to come to school wearing trainers, bring slippers to wear in the classroom and show off their wildest and wackiest hairstyles, hats and wigs!

We appreciate that asking families for an additional donation on top of their Christmas Fair gift may be too much. Instead, we will be donating a proportion of the money raised at our Christmas Fair to Children in Need.

Remembrance Day

On Wednesday, 11th November, we invite children to wear their service uniforms as we come together to observe Remembrance Day and honour those who have lost their lives in service.

Our Big Question for this term is:

"Why do rights exist?"

This week, children took part in a thought-provoking Black History Month Wow Day, which also marked the launch of our new Big Question for this term: 'Why Do Rights Exist?'

Exploring this year's theme of community, children learned about the experiences of Black American RAF servicemen who were stationed in Ramsgate during the 1950s but were prevented from entering the town due to segregation. This provided an important starting point for exploring discrimination, equality, freedom and the importance of human rights. To help children understand what it feels like to have a right taken away, each year group was given a different restriction for the day:

- EYFS: No play dough.
- Year 1: No speaking – a voice ban.
- Year 2: No sitting down.
- Year 3: No playtime.
- Year 4: No access to the netball court or Astro.
- Year 5: No Forest School.
- Year 6: Children born in 2015 and 2016 had to remain in separate classes, with no mixing during lessons, playtimes or lunchtime.

Children were encouraged to think about how these restrictions made them feel and, importantly, what they could do to challenge an unfair decision. And challenge it they certainly did! Our children demonstrated incredible determination, creativity and teamwork as they fought to have their rights reinstated. They organised demonstrations on the playground, sent videos, wrote letters and created posters. Some even resorted to holding the Headteacher's and other leaders' chairs hostage and making an enormous amount of noise in the Headteacher's office (which certainly felt like torture for those inside!). Their persistence and increasingly creative tactics eventually paid off, with the restrictions lifted and their rights restored.

On Tuesday, Years 5 and 6 also took part in an assembly led by Everyday Racism, further developing their understanding of racism, discrimination and its impact. As part of our celebration of the Bromstone community, every child and adult contributed a self-portrait to a collaborative whole-school art project. These individual portraits will come together to create a beautiful celebration of the diversity, identity and individuality that make our school community so special.

It has been a fantastic week of learning, discussion and action, with children experiencing first-hand why rights matter, why they must be protected and why it is important to speak up when something is unfair.

10th Nov: Open Day for September 2027 Reception families
11th Nov: Remembrance Day
13th Nov: Children in Need. Comfy feet and crazy hair day
13th Nov: Christmas Fair donations – gifts for a child
16th Nov: Odd socks day for Anti Bullying week
17th Nov: Parents' evening
18th Nov: Parents' evening – 2pm school closes
20th Nov: Gifts for an adult – one gift = one raffle ticket for the Christmas raffle
27th Nov: Non-uniform day – please bring in bottle donations
4th Dec: Christmas Fair – please wear Christmas jumpers and bring cakes/biscuits
10th Dec: Christmas Jumper Day
11th Dec: Panto comes to Bromstone!
14th Dec: Year 1 Christmas play 2:15pm
15th Dec: Year R Christmas play 9:30am
15th Dec: Year 2 Christmas play 2:15pm
16th Dec: Christmas dinner day with Christmas jumpers
17th December: Last day of Term 2

Bromstone Primary School

Christmas Fair Donation Drive – Let's Make It Magical!

Dear Families, help us make this one this year's Fair spectacular with our themed Friday donation drives! Amazing rewards for the children!

Friday 6 November

Bottle Donations

Donation: A bottle for our Christmas Tombola (wine, beer, bubble bath, shampoo, etc.).
Reward: Additional playtime at lunchtime.



Friday 13 November

Comfy Feet & Crazy Hair Day

Come to school wearing trainers and bring your slippers to wear in the classroom. We'd also love to see your wildest, wackiest and most colourful hairstyles!
Donation: Bring in a new gift suitable for a child (for raffle prizes & hampers).



Friday 20 November

Gifts for an Adult

Bring in a new gift suitable for an adult.
Reward: One free raffle ticket for every gift donated.
The more gifts you bring, the more raffle tickets you'll receive for our Christmas Fair Raffle Extrsvaganza!



Friday 27 November

Non-Uniform Day

Come to school in your own clothes.
Donation: A bottle for the Tombola.
We need lots of bottles to make this stall a success!



Friday 4 December

Christmas Fair Day

Children are invited to wear a Christmas jumper with their normal school uniform.
Please bring in cakes and biscuits.



The Details: Please drop donations at the school gates in the morning. Every contribution counts!

Thank you for your support – The Christmas Fair Team

Simant OT

★ PAID SUBSCRIBER GUIDE

THE 30-MINUTE SENSORY DIET

Morning, School & Evening Versions

Exact sequence • Repetitions • Duration • Progression • Signs to stop or modify

1 MORNING RESET

10 MINUTES

1 Heavy Work Wake-Up — 2 min



Wall pushes x10 • Animal walk 2 laps

2 Movement Activation — 2 min



10 jumps or 30-sec trampoline x2 rounds

3 Proprioceptive Job — 2 min



Carry books/ grocery bag 2 trips • Chair push x10

4 Alerting Input — 2 min



March in place 20 steps • Clap pattern x10

5 Transition to Routine — 2 min



Visual schedule check • 5 deep breaths

GOAL: Wake the body, organize attention, and prepare for learning.

2 SCHOOL VERSION

10 MINUTES

1 Arrival Body Check — 1 min



3 deep breaths • Choose a fidget or seat support

2 Desk Heavy Work — 2 min



Chair push-ups x8 • Wall pushes x10

3 Movement Break — 2 min



Hallway walk 1 lap • 10 chair squats

4 Proprioceptive Reset — 2 min



Theraband foot pushes x15 • Hand press x10

5 Return-to-Task Routine — 3 min



Visual checklist • First-then cue • Timer set

Optional oral input if appropriate: water bottle or crunchy snack.



GOAL: Improve focus, body regulation, and classroom participation.

3 EVENING CALM-DOWN

10 MINUTES

1 Heavy Work Unload — 2 min



Carry laundry 2 trips • Push basket across room

2 Deep Pressure — 2 min



Pillow squeezes x10 • Bear hugs if welcomed

3 Slow Movement — 2 min



Therapy ball rocking 1 min each direction

4 Calm Hand Work — 2 min



Putty squeezes x15 • Simple coloring or puzzle

5 Bedtime Transition — 2 min



5 balloon breaths • Dim lights • Quiet routine

GOAL: Reduce overload, support calm, and prepare for sleep.

4 HOW TO PROGRESS SAFELY

- Progress only when the child stays organized for 4–5 days in a row.
- Increase just ONE variable at a time: +30–60 sec OR +2–5 reps.
- Add resistance before speed.
- Move from adult support → visual cue → independent routine.

If regulation worsens, go back to the last successful level.

5 WHEN TO STOP OR MODIFY

- Dizziness, nausea, or unusual fatigue
- Crying, panic, shutdown, or rising agitation
- Breathing stays hard after 1–2 minutes
- Movement becomes unsafe or disorganized
- Pain, discomfort, or repeated refusal
- Attention gets worse instead of better

Modify by reducing speed, noise, repetitions, or visual demand—and switch to calming proprioceptive input.

★ **CONSISTENCY IS POWERFUL.**
Best results come from consistency, observation, and matching the activity to the child's sensory profile.

You've got this.
We're here to support you.

RECEPTION ADMISSIONS 2027

Looking for a school for your Reception child in September 2027?



OPEN MORNING

17th October
9:30-10:30am

OPEN DAY

10th November
9:30am
1:30pm
4:30pm

OPEN DAY

18th November - 09.30am
25th November - 1.30pm
2nd December - 4.30pm
9th December - 09.30am
6th January - 1.30pm



Call **01843 867010**, or
visit **www.bromstoneschool.com**

Dream Believe Achieve
Bromstone Primary School

Better together....
T.E.L.T.
Thanet Endeavour Learning Trust


2026
COASTBUSTER
1K CHILDREN'S RACE
RUN • HAVE FUN • BE PART OF IT!
SUNDAY 15TH NOVEMBER 2026
GOVERNMENT ACRE
STARTS AT 9:30AM
FOR KIDS UP TO 16 YEARS OLD!
ENTRY JUST £6!
EVERY FINISHER RECEIVES A SPECIAL MEDAL!
A FUN 1K ROUTE BY THE SEA
ENCOURAGES AN ACTIVE LIFESTYLE
BUILDS CONFIDENCE AND WELLBEING
OPEN TO ALL ABILITIES – EVERYONE WELCOME!
A special event for our local children

Kent Family Hub

kae Family Learning
kent adult education

Thanet Family Learning Courses

Venue Family Hub	Course Title	Day	Date	Start Time	End Time
Priory	Supporting Your Child's Anxiety	Monday	5th Oct	12.30	14.30
Priory	Calm Together – Emotional Regulation You and Your Child	Monday	12th Oct	12.30	14.30
Priory	Supporting Your Neurodiverse Child to Eat Healthy	Monday	19th Oct	12.30	14.30
Birchington	*Bug Hunt*	Monday	26th Oct	09.30	11.30
Newington	*The Gruffalo – Celebrating the National Year of Reading*	Tuesday	27th Oct	09.30	11.30
Newlands	First Aid for Babies	Tuesday	17th Nov	09.30	11.30
Margate	First Aid for Babies	Tuesday	24th Nov	09.30	11.30
Northdown Road	*Festive Storytime and Crafts*	Thursday	3rd Dec	09.30	11.30

To help us provide the best possible experience for you, please let us know if you or your child have any disabilities or particular support needs.

Courses for adults and children 2 years plus

Parents and carers are welcome to bring non-mobile babies to the session.

To book your place on one of these FREE courses, please contact:

Email: thanetfhevents@kent.gov.uk

Kent County Council
kent.gov.uk

Kent Adult Education is part of Community Learning and Skills

kentadulteducation.co.uk

Bringing learning to life