



From The Head Teacher....

Dear Parents and Carers

I hope you have had a good week.

Thank you for coming to school yesterday and joining us in supporting your children on a glorious afternoon of fun filled activities on the Pre-Prep and Prep's Sports Day. It was the first time that Nursery have been part of this celebration and I hope all our pupils will have long lasting memories from yesterday. Congratulations to everyone for contributing to their House successes throughout the afternoon. Well done to *St Edmund's* on their win overall.

Thank you to Ms Restivo and the PE Department for organising the day and to colleagues for their support throughout the afternoon. Thank you, as well, to Year 7&, our Year 10 Sports Leaders and our Year 12 pupils for their help throughout. A real team effort!

Still on the theme of Athletics, Bishop Challoner had great success at the **ISA London South Senior Athletics Meet** which we hosted at Norman Park last Friday. Once again, superbly organised by the BCS team, I am delighted to share with you that we have 16 athletes who have qualified to represent London South at the National Championships in Manchester on 13 June 2022.

They are:

Hurdles	Year 7	Jamie
100m	Year 7	Titilayo
200m	Year 7	Princess
800m	Year 7	Tegan
1500m	Year 7	Annabelle
High Jump	Year 7	Titilayo
Shot	Year 7	Gabriella
Discus	Year 7	Na'imah
800m	Year 9	Abdul
Javelin	Year 9	Morayo
100m	Year 10	Kash
Long Jump	Year 10	Josh
Javelin	Year 10	William
100m	Year 10	Rene
800m	Year 10	Rene
Javelin	Year 10	Shayara
Relay	Year 10	Kash
Relay	Year 10	Josh
Relay	Year 10	Isaac
Relay	Year 10	Chukwuka



From The Head Teacher....

This week we were very pleased to welcome two Nursery parents to school. On Monday, our Nursery and Reception pupils were supported with making fruit kebabs by Sophia's mum and on Tuesday, Zariah's mum came into read the *Very Hungry Caterpillar* to our pupils. They all had a lot of fun. It was also nice to have our Year 12 parents have their in-person Parents' Evening last night.

Many congratulations to Isabella in Year 9, who along with her older sister has been attending Pineapple Performing Arts School for 13 years. Last weekend was her sister's final show and I attach a picture of Isabella performing with her fellow students. Isabella has also started assisting with the 5-6-year-olds – well done Isabella on passing on



Year 10 Prefects

Congratulations to the Y10 prefects who have just been announced by Mrs Shields. They are:

Allyson V

Celine A

Josh Y

Osaherumwen O

Marcus F

Fleur B

Sofia C

Kash O

Rene P

Hugo K

Queen N

William Y

Isaac F

Mohammad J

Louis A



There will be a second opportunity for Year 10 to apply to be prefects in September and we wish them the very best as they embark on this important leadership role.



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Year 5 Taster Event

I hope that our Year 5 enjoyed their Senior School experience today. There was a lovely atmosphere between all the pupils throughout the day and they seemed to enjoy the variety of different tasks they were doing.

JCQ Inspection

We had an unannounced JCQ Inspection yesterday afternoon. These inspections are to spot check that schools are carrying out the administration and due diligence regarding the delivery of GCSE and A-Level exams. I am delighted, and not surprised, to report we received an **excellent** outcome.

Week Ahead

Good luck to all our Year 3 & 4 athletes who are competing tomorrow in the Bromley Cross-Country Championships at Crystal Palace. Also wishing all the very best to all our LAMDA pupils who take their exams tomorrow.

Tuesday sees a selection of pupils from Year 4 – Year 6 compete in a *Junior Maths Quiz*. This event is taking place virtually against other independent Preparatory & Junior Schools.

We have our final *Open Morning* on Wednesday and on Thursday our Year 5 & 6 boys compete in the Borough Kwik Cricket Tournament at Old Wilsonians Cricket Club. This follows our girls enjoying a similar event on Wednesday.

Finally, this week we will have our Jubilee Celebrations on Friday afternoon (further details sent separately). Let's hope the weather is similar to Sports Day yesterday.

PTA will be running their half termly Tuck Shop on Friday at the end of school.

Final reminder that the deadline for Bishop Challoner's Got Talent is today. Please remind your children to send in their BCGT performances to House@bcswb.co.uk if they wish to take part.

I hope you have an enjoyable weekend.

With best wishes

Mark Wallace – Headteacher
@Challoner_head





Junior News



What a wonderful week we all had at Liddington. The children were a joy and really rose to the challenges asked of them. There are so many photos that I could have shared with you, but for me, these really demonstrate the spirit of adventure, teamwork and friendship that was so evident throughout the week. It was a pleasure to be in the children's company and I am also very grateful to Mr Fitzgerald, Mrs Black, Mrs Reid and Ms Hoyles for giving their time so willingly. Thank you also to the Year 5 & 6 parents who attended our assembly today.



We have another busy week in the lead up to half term and the Jubilee celebrations.

On Monday we are looking forward to our May Procession which begins at 9am, parents are very warmly invited to join us. On Thursday, Year 4 will be leading on their class assembly which will be held in the dining hall. Then, on Friday we have our Jubilee street party when we are asking that the children come to school dressed in red, white and blue.

Stars of the Week

16th May 2022

Reception	Christiana for all her effort and improvement with phonics.
Year 1	Finlay for his wonderful effort in English.
Year 2	Devin for a fabulous character description of Mr Fox.
Year 3	Daisy for having such a positive week during difficult circumstances.
Year 4	Milana for a brilliant story.
Year 5	Charis for effort and achievement at Liddington and a superb attitude in class.
Year 6	Louis for his excellent effort in his PSHE transition booklet.



Junior News

Reception Classroom

For our topic of Under the Sea, we have been finding out about Jelly Fish and have created lovely responses which make our classroom look bright and vibrant. In RE, we have been learning the story of Jesus going back to his Father in Heaven.



Nursery News

The children in the Nursery have been enjoying the sunshine and having lots of fun with Mr Peck at Forest School. They have been learning about the different layers of the forest and naming different parts of a tree whilst playing and exploring. They have also been learning how to tie knots and had fun using their new skills to join twigs together, making necklaces and even a fishing rod.

Great work everyone.



Mrs Murphy

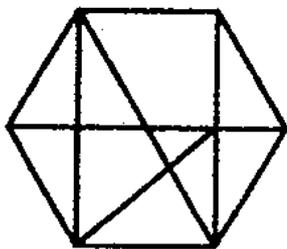
Nursery Practitioner



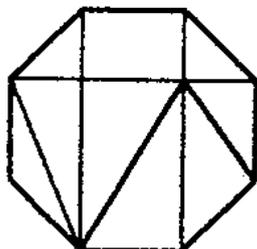
Notice Board

Numeracy Puzzle – did you realise that Numeracy skills are actually based on problem solving? Can you work out the answer to this?

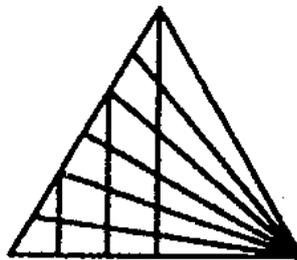
Question 3 - Which of these contain the greatest number of triangles?



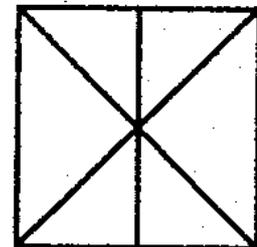
A



B



C



D

Last week's answer is :

42 squares

Mrs Bastin - Maths Teacher

WHY BRING YOUR OWN BOTTLE?

EVERY 4 PAPER CUPS MADE = 1 POUND OF CO₂ EMISSIONS

CO₂ 1 POUND

WHAT DOES IT TAKE TO CREATE ONE PAPER CUP?

- 43 GRAMS OF WOOD
- 4.1 GRAMS OF PETROLEUM
- 1.8 GRAMS OF CHEMICALS

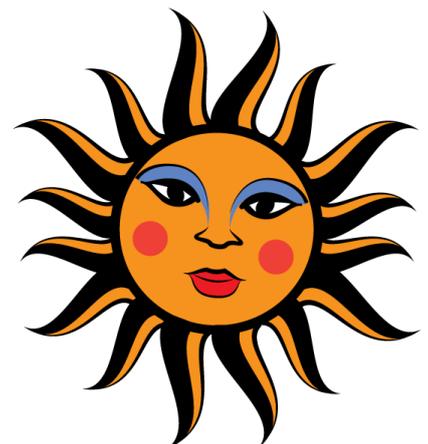
SAVE A CUP A DAY FOR 40 YEARS AND ALSO SAVE:

- 18 DAYS OF POWER FOR YOUR HOUSE
- 24 TREES FROM FALLING
- 816.5 KILOGRAMS OF WOOD

P.S. MUST REMEMBER TO BRING HOME YOUR BOTTLES TOO

ground-up PROTECTING M.A.S.

As the summer fast approaches and the sun has finally come out to say hello, please can you remember to bring your water bottles to school. We DO NOT provide plastic cups to pupils unless it is for a medical need. Also please **remember to label your water bottles clearly**. Thank you for your cooperation.





SAFEGUARDING AND WELL-BEING INFORMATION

Online counselling support for pupils

<https://www.kooth.com>

Support for parents | NSPCC

Parenting can be rewarding, but it can also be challenging. This is a Positive Parenting guide shares practical advice.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Coping with your teenager - NHS

Many parents find their teenager's behaviour challenging. Teenagers' behaviour can be baffling, stressful, hurtful and often worrying.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/cope-with-your-teenager/>

Parenting teenagers | Relate

Here you'll find lots of practical advice on how to deal with common teen issues. If you have any questions, our counsellors are here to help.

www.relate.org.uk <https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/>

Information, training and support for parents and carers

Being a parent can be a joy. It should be a joy. And it often is. But when your child is suffering, parenthood can be a tough, lonely and frightening place.

<https://charliewaller.org/what-we-do/for-parents>

Young Minds Charity

Young Minds are a charity that provides information and advice to young people, and parents and carers.

[YoungMinds - children and young people's mental health charity - YoungMinds](https://www.youngminds.org.uk/)

Designated Safeguarding Lead - Mrs Kate Brooker

DATES FOR YOUR DIARY



Week A

PUBLIC EXAMINATIONS

Monday 23 May

- Whole School Assembly
8:45am Online
- May Procession— Prep and Pre Prep School parents invited
9:00am On Site

Tuesday 24 May

- Junior Maths Quiz Club
10:00am Online

Wednesday 25 May

- Year 5 and 6 Girls' Cricket
3.20-4.30pm Bromley High

Thursdays 26 May

- Pre-Prep and Prep Assembly (Year 4)
8:45-9:00am Dining Hall
- Year 5 and 6 Boys' Kwik Cricket Competition
All Day Old Wilsonians
- Pre-Prep and Prep Half Termly Reports

Friday 27 May

- Jubilee Celebrations
All Day
- Year 9 Options Deadline
- Senior reports issued
- Tuck Shop
3.15pm

SCHOOL FINISHES FOR HALF TERM

3.35pm



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Tuck Shop

**FRIDAY,
27TH MAY**

3:15pm

**COME ALONG TO OUR HALF TERM
TUCK SHOP ON THE FRONT LAWN**

OPEN TO ALL STUDENTS

~~CASH ONLY~~



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BISHOP CHALLONER SCHOOL PTA



2022
**SUMMER
CONCERTS**

Junior Solo Showcase

THURS 5TH MAY, 7PM - DINING HALL

Featuring solos from years 3 - 6



Year 3 & 4 Concert

TUES 10TH MAY, 6PM - MAIN HALL

Featuring years 3 and 4



Senior Concert

WED 22ND JUNE, 7PM - MAIN HALL

Featuring years 9 - 10 and guests

Prep School Concert

WED 29TH JUNE, 4PM - MAIN HALL

Featuring Junior Chorus and years 3 - 6

End of Year Concert

THURS 7TH JULY, 7PM - MAIN HALL

Featuring Juniors, Seniors and West Kent Big Band



Understanding and Managing Anxiety

Anxiety webinar for young people struggling with physical symptoms and anxious behaviours

This one hour session covers:

What anxiety actually is and where it comes from

A range of physical and mental anxiety symptoms

How anxiety can become a vicious cycle

Step-by-step approaches to gradually overcome anxiety



Coping strategies and distraction techniques

Bromley Y practitioners host this free session once a month on **Wednesdays at 4.30pm** via Microsoft Teams.

Upcoming sessions



~~16th March~~
~~6th April~~
~~4th May~~

8th June
6th July

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).





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BROMLEY Y
Building Strengths

Managing Anxious Thoughts

Anxiety webinar for young people struggling with thoughts & worries

This one hour session covers:

The role thoughts play in keeping anxiety going

How anxious thoughts impact our mood and behaviours

Why anxious thoughts do not deserve our attention

Coping strategies and techniques to contain worries and what ifs



The difference between worries and problems

Bromley Y practitioners host this free session once a month **at 4.30pm** via Microsoft Teams.

Upcoming sessions



~~Thurs 10th March~~

~~Tues 12th April~~

~~Thurs 19th May~~

Tues 14th June

Thurs 14th July

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).



bromley-y.org



@bromley_y_



@bromley_y_



@bromleywellbeing



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Tackling Low Mood & Depression

Webinar for young people who are struggling with mood and motivation

This one hour session covers:

Mental and physical symptoms

The impact of low mood and depression

Things that keep us stuck in our low mood

How to balance activities to boost mood and motivation

Strategies to tackle negative thinking patterns



Bromley Y practitioners host this free session once a month **at 4.30pm** via Microsoft Teams.

Upcoming sessions



~~Tues 22nd March~~
~~Tues 26th April~~
Thurs 26th May

Tues 28th June
Thurs 28th July

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.



Book your place on the [Bromley Y Eventbrite Page](#).



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@bromleywellbeing



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Wellbeing Webinars

Which one is right for me?

Struggling with anxiety?

Experiencing physical symptoms such as shallow breathing, nausea or shaking?

Avoiding situations that make you feel anxious?

Understanding & Managing Anxiety

Always running through different scenarios in your head?

Do you experience racing thoughts and 'what if's'?

Do you find yourself going over and over the same worries?

Managing Anxious Thoughts

Managing Academic Stress

Do exams give you anxiety?

Are you struggling with procrastination or perfectionism?

Do you end up feeling run down and overwhelmed when revising?

Sign up at our Eventbrite page



SCAN ME

Tackling Low Mood & Depression

Is your mood lower than usual?

Struggling to find motivation?

Spending more time by yourself due to how you feel?

These free sessions are hosted by Bromley Y practitioners every month at 4.30pm on Teams to help you look after your mental health and wellbeing.

If you have questions about any of these topics or would like some advice around your mental health or wellbeing, you can text with one of our practitioners via **The Signpost**.



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