Same but Different

Date: 14th November 2025

Inclusion Bulletin for Biggin Hill Primary School

Issue:1

Message from Mrs Lawrence

Dear Parents and Carers,

This week has been fantastic in school. The children showed great respect and maturity when learning about Remembrance and were able to talk about their feelings around this time. On Sunday, I was joined by 6 of our House Captains and Vice Captains at the Biggin Hill Remembrance service. It was a wonderful morning remembering and honouring those who served our country. Many thanks to Mia M, Rudi C, Jack H, Harley W-E, James C and Molly L who joined me - they were great representatives of Biggin Hill Primary School.

You would have received a letter outlining our Christmas arrangements and celebrations over the festive period. If you have any queries regarding the Christmas plans, please speak to the admin team or your child's class teacher.

A big THANK YOU to the Friends of BHPS and the admin team who supported our two open days for the new reception cohorts of 26/27. We will also be holding individual tours, so please spread the word if you know any families who would like to look at our school!

Have a great weekend,

Mrs Lawrence
Headteacher and Safeguarding Lead

Support Plans

A big thank you to Miss Knott and the staff team who have now completed writing support and provision plans for our children who access additional support across the school. These will soon be available to parents to view. If your child requires a support plan you will receive login information. You may already have this information from accessing Edukey previously, or if your child has a care plan currently. If you have not received a login by Friday 21st November please email the inclusion team via bhpsinclusion@iniciotrust.org and the team will be able to help.

Bromley Voice

BPV is an independent charity representing the views of local parents and carers of children & young people with SEND living in Bromley for over 12 years. They signpost, support and empower families to obtain the best possible support and services for their children & young people with SEND. For further information please visit https://www.bromleyparentvoice.org.uk/

Stars of the Week

0RC - River R
0RB - Marley E
1CE - Teddy W
1T - Halle P
2E - Ivy R
2M - Lola H
3S - Oscar R
3C - Kristian A
4C - Albie C
4LT - Freddie W
5P - Alice B
5RKP - Max M
6F - Jack H
6C - James J-R
Aspire - Ronnie S-M

Congratulations!

Weekly Whole School Attendance 85.7%

Weekly Class Attendance

Excellent attendance 'gold' 98-100%

Good Attendance 'green' 96 - 97.9%

Unfortunately due to a high level of sickness this week no classes have achieved good or excellent attendance.

Well Done!

House Points

Attenborough
Rowling
Hawking
Holmes

Energy Accounting

As we build up to the festive season, I would like to share with you information about the importance of energy accounting and the impact this can have on families. Energy accounting is a simple, supportive approach that helps children understand how activities, emotions, and interactions affect their personal energy levels. Just like managing a bank account, children learn that some experiences "deposit" energy—such as enjoyable tasks, supportive friendships, or calm routines—while other experiences "withdraw" energy, including stressful situations, busy schedules, or challenging social moments. As parents, we often become confused or frustrated when what is seemingly a positive experience or activity i.e. visiting family, opening gifts, visiting Santa, going ice skating etc. becomes a stressful time. This is usually due to our brains and bodies not having enough energy in order to fully engage or emotionally regulate during this time. Children need support to account for their energy use as they find it incredibly difficult to do so. Each child will use a different amount of energy to complete their tasks throughout the day. By recognising these patterns and how much energy is used for different activities, children begin to understand their own needs more clearly. They learn to notice when they are feeling drained, when they need a break, and what kinds of activities help them recharge. This awareness strengthens emotional regulation, resilience, and confidence.

At school, children explore practical strategies that support healthy energy balance. These might include taking calm moments throughout the day, organising tasks into smaller steps, using positive communication, and identifying trusted adults who can offer support when energy feels low. Such skills help children navigate both learning and social situations more effectively. Families play an important role in reinforcing these ideas. When home and school environments share a consistent message about respecting personal energy, recognising emotions, and celebrating small steps forward, children gain powerful tools to manage daily challenges.

<u>Strategies to Support Low Energy in Children</u>

1. Calm, predictable routines
Consistent daily structures help children feel secure and reduce the mental effort needed to transition between tasks.

2. Quiet breaks or "pause moments"
Short periods of calm—such as deep breathing, stretching, listening to soft music, or simply sitting in a peaceful space—can help children reset and restore energy.

3. Chunking tasks into smaller steps
Large tasks can feel overwhelming when energy is low. Breaking them into small, achievable steps helps children stay engaged and confident.

4. Movement opportunities
Gentle physical activity—like walking, stretching, or outdoor play—can increase alertness and boost mood without overwhelming children.

5. Access to sensory supports
Some children benefit from fidget tools, weighted cushions, quiet corners, or other sensory aids that help regulate their nervous system.

6. Positive communication
Using calm, encouraging language helps children feel understood and reduces emotional energy drain.

7. Identifying "energy deposit" activities
Children can learn to recognise which activities make them feel restored—such as drawing, reading, building, talking to a friend, or spending time outdoors—and use these intentionally during low-energy moments.

8. Encouraging hydration and nourishment
Healthy snacks and adequate water intake support physical energy levels and focus.

9. Providing choice when possible
Offering options (e.g., which task to start first) allows children to feel more in control, decreasing stress and conserving emotional energy.

10. Checking in with feelings
Helping children name emotions and talk about how their body feels encourages self-awareness and early recognition of low-energy signs.

Mrs Lawrence

BIGGIN HILL PRIMARY SCHOOL
Part of the Charles Darwin Academy Trust

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