

February 2025

Springfield Junior School Pastoral Newsletter

Welcome to our first newsletter of 2025.

Below is what your child will be learning this half-term. If you would like more information about this term's PSHE syllabus please see your child's teacher.

In PSHE your children will be learning about 'Dreams and Goals'.

Year 3

- Dreams and Goals
- My dreams and ambitions
- A new challenge
- Our new challenge
- Overcoming obstacles
- Celebrating my learning.

Vocabulary: co-operation, motivated, enthusiastic, excited, efficient, responsible, frustration, evaluate, respect, solutions, review, admire, ambition, solve it together technique.

Year 4

- Hopes and Dreams
- Broken Dreams
- Overcoming disappointment
- Creating new dreams
- Achieving Goals
- We did it!

Vocabulary: determination, resilience, positive attitude, disappointment, positive experiences, self belief, commitment, hopes, fears, plans, cope, help.

Year 5

- When I grow up (my dream lifestyle)
- Investigate jobs and careers
- My Dream Job, why I want it and the steps to get there
- Dreams and goals of young people in other cultures
- How can we support each other?
- Rallying Support

Vocabulary: lifestyle, career, profession, salary, contribution, society, culture, sponsorship, aspiration, communication, support, rallying, difference, job.

Year 6

- Personal learning goals
- Steps to success
- My dream for the world
- Helping to make a difference
- Recognising our achievements

Vocabulary: personal, realistic, unrealistic, criteria, learning steps, global issues, suffering, concern, hardship, empathy, compliment, recognition, praise

Last term, linked to our Anti-Bullying focus Years 3 and 4 were treated to a fabulous puppet show from Gripping Yarns. Tom and the Trolls, was a performance that captivated all the children and highlighted the facts that Bullying is not just physical it can also be verbal and social bullying this can cause as much distress as pushing or punching. The children also learnt that nobody should suffer in silence.



Safer Internet Day 11th February 2025

SAFER INTERNET DAY 2025

Too good to be true? Protecting yourself and others from



Safer Internet Day

11th February 2025



Top Tips 7-11 year olds

Use these tips to help you stay safe from scams online and enjoy your time learning, playing and chatting with others.

Look for signs that something online cannot be trusted

Ever seen something online that seems too good to be true? This probably means it can't be trusted. If someone messages you out of the blue, or is asking for money or personal information, they may be trying to scam you.

Look out for these warning signs and ask a trusted adult if you think you've spotted a scam online.

Use a secure password

Your password is like the key to your front door, you shouldn't share it with other people. Make sure to use a password that is hard to guess. It shouldn't contain any personal information and is best when it's a mixture of letters, numbers and symbols.

Combining random words can help make more memorable passwords if you're worried about forgetting it!



Image: Freepik

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● Think carefully about when and where you share your personal information

Personal information is all the details that could help someone work out who you are and includes your name, address, school, passwords and more. Sometimes you have to share your personal information, like when you're setting up a new online account, but some people will also try to steal these details.

Never share your personal information with other players or users online, and don't enter your details on websites or forms without speaking to a trusted adult first.

◆ Not everyone online can be trusted, including in games

You may enjoy playing games online with other people, but remember that not everyone you chat with can be trusted. If you only know someone from the internet, make sure your chat stays on safe topics, like the game you're playing together. If someone asks you to chat with them privately or on a different app, be careful as this could be a sign they're trying to trick you. If a player offers you an amazing trade, but won't use the trade tool in the game, they may be trying to steal from you. Only trade in games using the official trading tools.

★ Ask for help, including if you want to make an online purchase

Being targeted by a scam is never your fault and it's always okay to ask for help. Speak to trusted adults like your parents, grandparents, teachers, or club leaders if something goes wrong online or if you see something that you're not sure about.

Remember, if you want to buy something online, you should always ask first to make sure you have permission and the money to do so!



Spiritual Moral Social Cultural



In this newsletter, we will be looking at the final aspect of SMSC, Cultural, and look at how we implement it within our school environment.

Cultural

Cultural development is defined as the knowledge and understanding of others' cultural traditions. It is about feeling comfortable with a variety of cultures and experiencing a range of cultural activities (for example art, theatre, travel, concerts). Within cultural development at Springfield, children develop the fundamental British Value of mutual respect and tolerance. They do this through valuing and celebrating the cultural diversity of our school, our society, and of the world. Through our curriculum, we promote an appreciation of our cultural traditions and explore the diversity of other peoples' cultural traditions and beliefs.

At Springfield, cultural development is covered through:

- Our school values of persevere and believe and our school driver: Arts and Culture
- Our highly creative, broad and balanced curriculum
- Well planned school visits to museums, galleries and theatres
- Our large, well-resourced Music Room, where children can use a variety of materials to explore their ideas and creativity
- Providing children with workshops with professional artists, craftsmen, poets, authors, actors
- Allowing children chance to create, design, devise, compose and choreograph their own work in collaboration with classmates (dance, playscripts, drama)
- Encouraging children to be adventurous about their choices of cultural activities – e.g. literature, films, visual arts, crafts, heritage, music, and dance
- Learning about people who have created art forms and the historical development of these (human creativity and achievements)
- A variety of dance after school clubs – e.g. street dance and musical theatre
- Instrumental teaching (e.g. recorders, piano, drums, ukulele)
- Weekly singing assembly and weekly music lessons
- Visits from people of different cultures
- MFL teaching
- Workshops based on culture and performing arts
- Sports Day
- Encouraging children to have high aspirations for themselves and to have knowledge of the career opportunities available to them (visits from Primary Futures volunteers)
- Promoting acceptance and sensitivity to other cultures and beliefs- celebration assemblies and celebrations in RE topics.
- Awareness of leadership- in home, at school and the wider context - e.g. UK parliamentary system
- Awareness of the global issues that impact on children's lives- e.g. flooding/homelessness via weekly talking assemblies.



Explorer Visit Alert

On Monday 13th February, we are extremely excited about the intrepid explorer, Arabella Slinger, coming in to school to tell us all about her incredible adventures...which amongst other incredible feats of endurance includes skiing to the South Pole! She has many tales to tell including enlightening us about 'snotsicles'!

CHILDREN'S MENTAL HEALTH WEEK 2025



February 3-9

As a Thrive School, our children's mental health is at the forefront of all we do. To find out how you can help support your child's mental health, look at the tips below:

TIPS FOR FAMILIES



- 1 Encourage journalling**
 Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.
- 2 Make space for reflection**
 When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.
- 3 Be visual**
 Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.
- 4 Practice mindfulness**
 Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.
- 5 Communicate**
 Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

Place 2Be

1 Be curious about your emotions

You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journalling to help you make sense of what is going on inside of you.

2 What matters most

Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.

3 Feedback, feedback, feedback

Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots

4 Get creative expressing yourself

Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help Here4You.co.uk

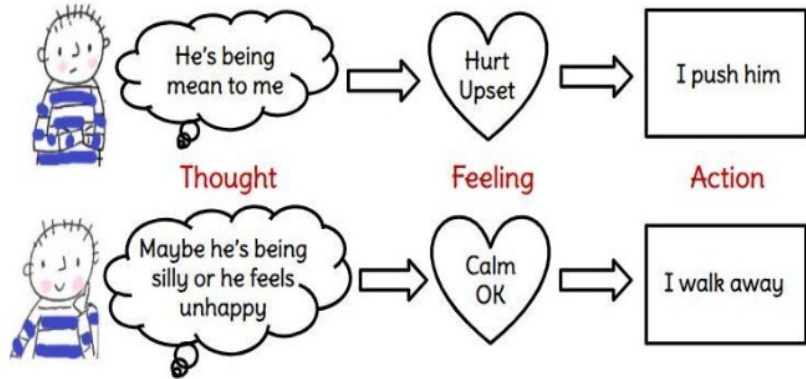




Thrive News



Thrive sessions are fully underway at Springfield:



The Year 3 groups have been looking at understanding the links between our thoughts, feelings and actions.

In Miss Whitmore's group, they have used the book 'Rosie Revere Engineer' and explored how we should never give up, looking at the words perseverance and resilience. The children then designed their own interventions.



Mrs Davidson's groups have been looking at friendships and bullying.



Mrs B's group have also been looking at friendships using a book called 'Meesha makes friends' as inspiration and asking questions like "What is a good friend?" "What can I do to make friends?"



Mrs Prevett's group have been looking at 'How do we fill our bucket' - what can we do to fill our emotional 'buckets'

Last Friday, all classes had a presentation in the Thrive room to learn more about thrive and have a chance to look around the Thrive room. The message we wanted to get across to the children is that Thrive is for all children at Springfield and all staff are trained in the approach. The Thrive room is a safe space for children to come and share their worries and feelings.



Family Support

YOUNGMINDS

How we can help

We know that being a parent or carer isn't always easy. Although it's often amazing and rewarding to watch your children or young people grow up, it can also be really hard work. Things might feel especially difficult if your child or young person is struggling with their mental health at the moment. Or if their mood and behaviour seem different, and you're not sure why or what you can do to help. But you are not alone.

We have lots of practical advice to help you support them – from encouraging them to open up, to navigating mental health services and finding them the right help. No matter what you're going through, things can get better.



Talk to our Parents Helpline

- If you're worried about your child or young person's mental health or wellbeing, you can speak to us over the phone or chat to us online.

Our Helpline provides detailed information, advice and support to parents or main carers of children and young people aged 25 or under.

Remember, it's okay to reach out for help. We all need a little extra support sometimes, and we hear from parents and carers just like you all the time.

[Parents Helpline](#)

<https://www.youngminds.org.uk/parent/>

