

November 2024

Springfield Junior School Pastoral Newsletter

Welcome to our Autumn 2 Springfield Juniors Pastoral Newsletter.

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 'Celebrating Difference', if you would like further information please do contact your class teacher.



Year 3

- Families
- Family conflict
- Witness and feelings
- Witness and solutions
- Words that harm
- Celebrating difference: compliments

Vocabulary: connect-ed, conflict, solve it together, solutions, resolve, witness, by-stander, consequences, hurtful, compliment, loving, caring, safe, gay, tell.

Year 4

- Judging by appearances
- Understanding influ-ences.
- Understanding bullying
- Problem solving
- Special me
- Celebrating difference: How we look.

Vocabulary: character, judgement, different, appearance, influence, opinion, attitude, delib-erate, bystander, wit-ness, problem solve, cyber-bullying, text mes-sage, website, physical, impression, accept, se-cret, troll.

Year 5

- Different cultures
- Racism
- Rumours and name calling
- Types of bullying
- Does money matter
- Celebrating difference across the world.

Vocabulary: conflict, homophobic, ethnicity, discrimination, rumour, name-calling, cyber bullying, texting, indi-rect, developing, cele-bration, continuum, belong, racism, colour, culture, race, direct, banter.

Year 6

- Am I normal?
- Understanding differ-ence
- Power struggles
- Why bully
- Celebrating difference: paraolympian
- Celebrating difference: conflict and celebration

Vocabulary: individual-ity, diverse, equality, identity, courage, disa-bility, visual, empathy, perception, imbalance, harass-ment, achieve-ment, perceverance, admiration, stamina, conflict, rights, banter, ability, vision, power.



On October 10th we came together in conjunction with Young Minds and thousands of others to celebrate World Mental Health Day. The children were encouraged to come to school wearing something yellow. A huge thank you to everyone who donated as we raised £177 for both Young Minds and resources for school.



Internet Safety

In order to continue to raise the importance of internet safety amongst our children, the local PSCOs visited the school. The children had a wonderful time trying on police clothing, sitting in the patrol car with siren blaring and most importantly taking part in an internet safety workshop.



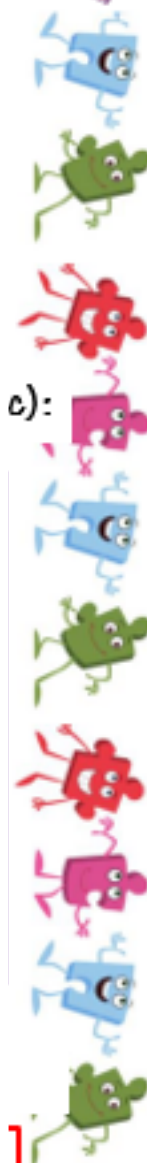
Anti-Bullying Week 2024

Last week, we took part in Anti-Bullying Week and this year's theme was **Choose Respect**. To show our support, we participating in Odd Socks Day and the children had great fun wearing a wonderful and colourful array of odd socks and took part in themed activities at lunchtime and an anti-bullying poetry workshop. This helped raise awareness about an important issue and to remind everyone of the value of respect in our



Children in Need 2024

Last week was extremely busy as we also dressed up in spots to help support Children in Need.



is it BULLYING?

The Anti-Bullying Alliance and its members have an agreed shared definition of bullying based on research from across the world over the last 30 years.

<< The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

ANTI-BULLYING ALLIANCE
Definition of bullying

I am being bullied

If you are being bullied it's important that you tell someone you trust.



If you're being bullied:



1
Tell someone you trust



2
Keep a record of what's happening



3
Don't retaliate



4
Surround yourself with people that make you feel good



5
Don't blame yourself - it is NOT your fault



6
Be proud of who you are

UNITED AGAINST BULLYING

What to do if you are worried your child is being bullied:

Listen to them and reassure them. Allow them to get their feelings out. Get more advice if needed.

Extra Help:

Speak to your child's teacher.

NSPCC Expert Advice: www.nspcc.org.uk/keeping-children-safe/support-for-parents/dealing-with-bullying/

Visit the Springfield Junior School Anti-Bullying policy on the website.



Spiritual
Moral
Social
Cultural



This half-term we will be looking at the Social aspect of SMSC, and look at how we implement it within our school environment

Social development: developing an understanding of the rights and responsibilities of living in a community and being a “responsible citizen” in modern Britain. It also includes the fundamental British Values of democracy, the rule of law, individual liberty, mutual respect, and tolerance of those with different faiths and beliefs.

At Springfield, we provide an environment where pupils can take responsibility for themselves and others in school and the wider society.

A few examples of how we promote social development at Springfield include:

- Embedding the skills needed for speaking and listening through Oracy
- Positive and well-developed relationships with each other, parents and teachers
- Having a rich language environment
- Weekly PHSE lessons across school from Year 3 -Year 6
- The use of the outdoor environment when delivering high quality learning opportunities via Opal play scheme
- Our Physical Education curriculum
- Encouraging pupils to formulate arguments/ debates and express views and opinions
- Opportunities for collaborative learning- co- operative work, talk partners, paired work
- Problem solving activities and teamwork in all areas of the curriculum
- School trips, visits and residentials
- Role-play/drama activities
- Parental involvement opportunities
- After school clubs
- Opportunities for pupil voice – e.g. regular pupil questionnaires, school council meetings
- Charity fundraising days
- Targeted support to promote confidence and social skills, delivered by Thrive and Elsa
- Transition days- dedicated time with new teachers to promote positive attachments
- Promoting good manners throughout school
- Wider links with the community and carrying out community work (eg. local library visits and litter picking)
- Inter-schools sporting competitions.



At Springfield Juniors, pupils’ social development is shown by their:

- Use of a range of social skills in different contexts, including working and socialising with pupils from different religious, ethnic and socio-economic backgrounds
- Willingness to participate in a variety of social settings, cooperating well with others and being able to resolve conflicts effectively
- Interest in, and understanding of, the way communities and societies function at a variety of levels.

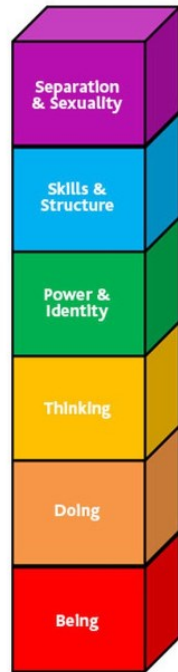


Thrive News



All staff in school have now had their thrive training. This means that all classes have now been profiled by their class teacher in terms of their social and emotional needs and we can put into place any extra support that may be needed. This can be in the form of group or individual sessions but as we have a whole school approach to thrive, staff are trained to support our children's social and emotional needs on a daily basis.

All thrive sessions have now started so if you have any questions about thrive or the support your child gets in school please do not hesitate to ask. Also, if you are concerned about your child please contact Mrs Whitmore.



The six developmental strands are:

1. Learning to be 0-6months **(Being)**
2. Learning to do 6-18 months **(Doing)**
3. Learning to think 18 months – 3 years **(Thinking)**
4. Learning to be powerful and have an identity 3-7 years **(Power and identity)**
5. Learning to be skilful and have structure 7-11 years **(Skills and structure)**
6. Learning to be independent and secure in your sexual identity 11-18 years **(Separation and sexuality)**

What is included in a Thrive session?

Many children face **difficulties** at school. Some of these difficulties are: Difficulty to get settled in the classroom; Difficulties with friendships; Difficulty in managing strong feelings on their own; Difficult situations and trouble at playtime.

These difficulties can result in many different feelings which may seem hard at times. These may cause anxiety, confusion, sadness, frustration, anger and loneliness. To feel this way is normal and will happen with most children. The Thrive sessions promote children's learning at school and help them to manage their feelings. At Springfield we use **Thrive Approach** to make children more emotionally resilient. This makes children better equipped to handle the ups and downs of life.





Children's Sleep

Getting enough sleep is important for our physical and mental wellbeing. Getting the right amount of sleep will:
Improve concentration and attention span.

Give the brain time to 'file' in your memory what it has learnt in the day.

Let the body rest and repair - this helps to keep the immune system ready to protect from illnesses.

Reduce stress hormones and is good for emotional and mental health.

Making sure children and young people get enough sleep helps them keep well, thrive and reach their potential.

Bedtime Worries

Ask your child if anything is worrying them. Give your child time to talk through how they are feeling.

There could be a change they are facing like a new school or a house move. There might have been arguments or a crisis in the family that is upsetting them. They might have friendship worries.

[Read more about worry and anxiety](#)

Night Time Fears

Some children go through times when they have bad dreams – this might tie in with worries they have or they may be part of their busy imaginations.

Many children also go through periods where they feel frightened of the dark, ghosts or monsters but this often passes with reassurance and time.



If your child is having night time fears, try;

A night light or door left slightly open

Checking the room for any 'monsters'

Making a [dream catcher](#) together lets your child know you take their fears seriously

Make sure your child is not seeing or hearing things on TV, social media or from friends and family that are too scary for them to cope with.

If your child wakes in the night after a bad dream;

Go to them and reassure them they are safe.

Don't ask them about their dream as this might make it feel more 'real'.

Keep the lights low and talk to them quietly – once they have calmed down settle them back in bed.

Tell them you are close by and will come back if they need you.

Food & Drink Near Bedtime

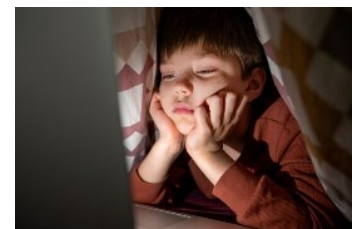
Eating and drinking too much or not enough before bed can affect sleep.

Avoid drinks that have caffeine in like tea and coffee and some fizzy drinks.

Sugary foods and drinks can make it more difficult to settle ready for bed.

Try a light supper of wholemeal toast or sugar free cereals, yoghurt or fruit (make sure they clean their teeth before they settle to sleep).

Let your child have a drink of water nearby in case they need it in the night.



Bedtime Routines

Just like babies, as children get older, they still benefit from routines to their day. This helps them know what happens and when. Your child will start to recognise the 'wind down' time of the day and their body will prepare for sleep.

Have the same bed and getting up times each day. It can be tempting to catch up on 'lost' sleep with lie ins, or let your child stay up late at weekends but this can make it harder to establish a pattern that helps your child get enough sleep.

Let your child know it will soon be time to start getting ready to settle down.

Have a build up to bedtime – a bath, a drink, a light snack. Start to slow down the types of games and activities - reading with you or on their own, or listening to relaxing music.

Avoid screens from phones or tablets for the hour or so before bedtime. They give off a blue light that gets in the way of the sleep hormone - melatonin.

If your child has not been used to a routine you may have to start slowly. Notice what time they seem to naturally get tired and start your new 'wind down' routine about an hour before this.

Once you and your child are used to this, you can gradually shift bedtime to one that suits your family lifestyle and makes sure your child gets enough sleep.

The Bedroom

Having a restful bedroom can help your child settle to sleep. Whilst it can be trickier if children share a room, making it a place they like to be without distractions like screens or noisy toys will help.

Make sure the room is a comfortable temperature. Around 16-20 degrees.

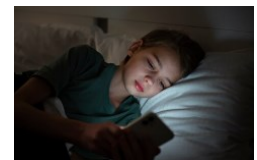
Some children like a dark room where others find a night light or a slightly open door comforting - do what works best for your child.

Don't use the bedroom for time outs or punishments – it helps if your child thinks of their room as a nice place to be.

Sleep Difficulties

There are many things that get in the way of a good night sleep for children. It could be:

- Life changes and/or worries about things happening in their lives
- Bad dreams and night time fears
- Not having a regular bedtime and getting up time
- Being 'over-stimulated' before bedtime by some foods or drinks, screen time or social media
- The room being too hot/too cold, or too light/too dark
- Trauma from an unexpected scary or stressful event
- Coping with feelings of grief after someone dies
- Feeling anxious about something, for example a problem at school.



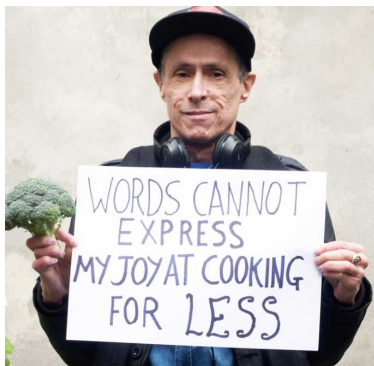
Who can Help?

If your child is 12 months or older, you can contact the [National Sleep Help-line](#) on [03303 530541](tel:03303530541) for support and advice. This is available Sunday - Thursday 7pm - 9pm. The helpline is run by a team of specialist trained sleep advisors. Although they cannot give medical advice, they can talk through your issues, offer you some practical strategies and recommend services that could help.

You can contact the Healthy Child Service team by calling **Just One Number** on [0300 300 0123](tel:03003000123) or **texting Parent-line** on [07520 631590](tel:07520631590). Our opening hours are 8am-6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays.

If you are 11-19 you can text **ChatHealth** on [07480 635060](tel:07480635060) for confidential advice from one of our team. Alternatively, you can go to see your GP to discuss concerns.

Family Support



Bags of Taste is a non-profit organisation that **assists people who are struggling with food bills to improve their diets and their finances**. We offer courses that teach participants how to cook healthy, delicious meals on a tight budget, which can have a significant positive impact on their well-being. We understand the importance of supporting families, especially when it comes to nutrition and financial management. Our courses are designed to be accessible and practical, providing real-world skills that can make a difference in everyday life.

We are currently working in the Ipswich area and can provide a **FREE home-mentored cooking course** for families and single parents. We offer courses that teach participants how to cook healthy, delicious meals on a tight budget, which can have a significant positive impact on their well-being. The whole course is carried out in the participant's home, and you will be mentored by WhatsApp or direct phone call during the two-week period while cooking in your own time and kitchen. Our courses are designed to be accessible and practical, providing real-world skills that can make a difference in everyday life. Our aim is to change mind-sets by showing you how to cook healthy, delicious food on a low budget, leaving you more money in your pocket and improving your overall health and well-being. Bags of Taste work in over 18 different areas in the UK and are very successful. If you are struggling with food bills and would benefit from improved health, this course could be for you!

For more information, visit the website at: <https://bagsoftaste.org/>

You can easily register for the course by visiting: <https://bagsoftaste.org/students/>

You can sign up for the newsletter here: <https://bagsoftaste.us11.list-manage.com/subscribe?u=536944ededb1e85ecad27e111&id=bde6caf4a1>

Facebook: <http://www.facebook.com/bagsoftaste> Twitter/Insta: @bags_of_taste

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 If you would like to be referred onto the course, please email the school with your name to:
admin@springfieldjuniors.net

