

October 2025

Springfield Junior School Pastoral Newsletter

Welcome to our Autumn 2 Springfield Juniors Pastoral Newsletter.

Below is what your child will be learning next half term in PSHE. The topic of the term will be '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: connected, conflict, solve it together, solutions, resolve, witness, bystander, consequences, hurtful, compliment, loving, caring, safe, gay, tell.

Year 4

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

Vocabulary: character, judgement, different, appearance, influence, opinion, attitude, deliberate, bystander, witness, problem solve, cyber-bullying, text message, website, physical, impression, accept, secret, 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, indirect, developing, celebration, continuum, belong, racism, colour, culture, race, direct, banter.

Year 6

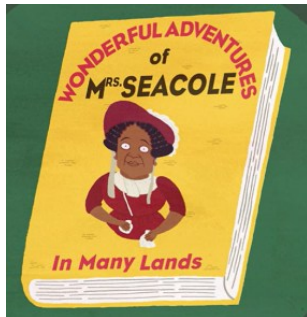
- Am I normal?
- Understanding difference
- Power struggles
- Why bully
- Celebrating difference: paraolympian
- Celebrating difference: conflict and celebration

Vocabulary: individuality, diverse, equality, identity, courage, disability, visual, empathy, perception, imbalance, harassment, achievement, perseverance, admiration, stamina, conflict, rights, banter, ability, vision, power.



On October 10th, we came together in conjunction with 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 and the money we raised will go towards purchasing mental health resources for our children.





Spiritual
Moral
Social
Cultural

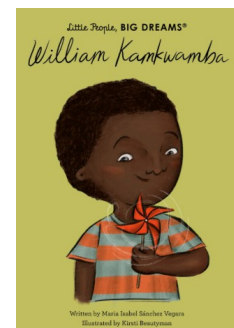


BLACK HISTORY MONTH

This year's theme for Black History Month was **"Standing Firm in Power and Pride"**.

Black people haven't always been recognised for their contributions to art, literature, business, sport, politics and more in the past. This year's theme was about correcting historical inaccuracies and telling the untold stories of the achievements of black people in the UK and around the world. There is a long history of black people contributing to Britain's society, culture and history. They have had a cultural impact across the United Kingdom, despite some of their stories not always being widely known. (Information from BBC Bitesize).

In Springfield Juniors, we are so incredibly lucky to have a fabulous library, where children are able to read about some of these amazing characters.



If you would like to learn more with your child about some of the incredible achievements and contributions black people have made throughout history, you can visit the fantastic BBC Bitesize website which is packed full of videos and stories. Definitely one not to miss!



<https://www.bbc.co.uk/bitesize/articles/z67ywsq>





Spiritual Moral Social Cultural



Lots of people around the world celebrated Diwali which fell on Monday 20th October this year. Here is some information about this festival from www.kidsnationalgeographic.com

Diwali: Festival of Lights

Learn about India's biggest holiday of the year.

Diwali, or Dipawali, is India's biggest and most important holiday of the year. The festival gets its name from the row (*avali*) of clay lamps (*deepa*) that Indians light outside their homes to symbolize the inner light that protects from spiritual darkness. This festival is as important to Hindus as the Christmas holiday is to Christians.

Over the centuries, Diwali has become a national festival that's also enjoyed by non-Hindu communities. For instance, in Jainism, Diwali marks the nirvana, or spiritual awakening, of Lord Mahavira on October 15, 527 B.C.; in Sikhism, it honors the day that Guru Hargobind Ji, the Sixth Sikh Guru, was freed from imprisonment. Buddhists in India celebrate Diwali as well.



Hindus interpret the Diwali story based upon where they live. But there's one common theme no matter where people celebrate: the victory of good over evil.

DIWALI IS CELEBRATED OVER FIVE DAYS.

DAY ONE: People clean their homes and shop for gold or kitchen utensils to help bring good fortune.

DAY TWO: People decorate their homes with clay lamps and create design patterns called *rangoli* on the floor using colored powders or sand.

DAY THREE: On the main day of the festival, families gather together for *Lakshmi puja*, a prayer to Goddess Lakshmi, followed by mouth-watering feasts and firework festivities.

DAY FOUR: This is the first day of the new year, when friends and relatives visit with gifts and best wishes for the season.

DAY FIVE: Brothers visit their married sisters, who welcome them with love and a lavish meal.



Learn more about Diwali with your child by visiting:

<https://www.bbc.co.uk/bitesize/articles/zjpp92p> or read the wonderful book Binny's Diwali, which you can listen to on youtube.

Sparking Curiosity and Raising Aspirations

At Springfield, we know that early exposure to different careers plays a key role in broadening children's horizons, challenging stereotypes, and helping them make connections between their learning and the world beyond the classroom.

Since the start of the year, we have been looking for ways to inspire our children by introducing them to a wide variety of professions and possibilities. The hope is that by showing them the many different paths available, we can encourage them to dream big and believe that they can be whatever they want to be.

So far this year the children have been inspired by the following visitors:



Arabella Slinger
(Adventurer)



Stefan Long
(Mayor of Ipswich)



Courtney Tulloch
(Olympic Gymnast)



Ross Montgomery
(Author)

We are always looking for enthusiastic parents and friends of the school who are willing to share a little of their time to help inspire our children and encourage them to dream big about their futures.

Do you have a skill, trade, or passion that could bring learning to life? No formal talk needed! Simply join in and show how what they're learning today connects to exciting careers tomorrow. Some examples of how you could get involved:

- **Electrician?** Support a science class as they explore the sparky world of electricity!
- **Artist?** Come and get creative with our art classes - the children would love to learn from your imagination and experience.
- **Chef or Baker?** Join one of our Design & Technology cookery lessons and share your culinary tips.
- **Work in IT?** Your tips and insights could make our ICT lessons even more engaging and relevant.
- **Geographer, geologist, or nature enthusiast?** Help explore rivers, rocks, and the wonders of our planet!
- **French speaker or translator?** Pop into our French classes and help inspire the next generation of bilingual students. Share your skills, practice conversational French, and show how language opens doors to the world.

If you could spare a little time to inspire our children, we'd love to hear from you and add you to our growing database. Please email 6rl@springfieldjuniors.net to get involved — even a short visit can make a lasting difference.



KABOOM!



As part of our Thrive and Elsa support in school, we are constantly looking for ways to help our children regulate their emotions. We are also aware that children can take their frustrations during the school day home with them, resulting in fireworks. The NSPCC has some great advice on how we can try and help them with these outbursts.

Dealing with anger in 5 - 11 years olds

How to teach children to express anger?

Be a role model with how you express your anger. This can include modelling how you respond to frustrations. For example, if something has sold out in the supermarket, voice your frustration, talk about how you're going to manage, show how you problem solve a negative situation. You might also try something like telling a child what you are going to do to feel better after getting stuck in a traffic jam. This is showing children, through observation, that it is okay to feel angry, and to start thinking about how to move through it.

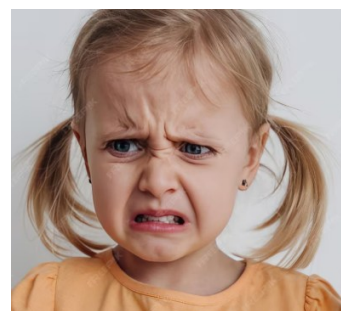
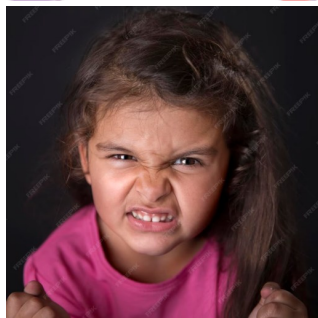
If you do lose control and express anger in a less healthy way in front of your child, you can apologise and reflect on it in an age-appropriate way when you've calmed down. You can also point out when characters in books and TV shows handle anger particularly well or badly or use it as a jumping off point for conversations later.

Consider what helps you express your anger. It might be screaming into a pillow or doing deep breathing exercises. Both of these are healthy ways to release anger as they don't hurt anybody. You can tell you child about how you cope with feelings of anger.

When your child is calm and receptive, drawing an anger firework together can help:

1. On a sheet of paper, support your child to draw a firework.
2. Include a fuse.
3. Describe how anger can build up and burn up the fuse.
4. Explain that if the anger is not dealt with it can cause an explosion.
5. Encourage them to draw or write down the triggers that light their fuse and frustrate them.
6. They can also think about what things calm them down. What's the water that can cool their lit fuse?
7. You could create a time out word and action plan together for when they're feeling overwhelmed.
8. That way, when a child feels like their fuse is being lit, they know there's something to say and steps they can take.





How to de-escalate an angry child?

It's important to listen rather than try to fix things. Try not to overstimulate them by asking too many questions. Help them regulate their emotions and thoughts. That might mean giving them space or redirecting them to hit a cushion rather than something that will hurt them or be damaged. De-escalating is about setting up tools to use before a situation arises. That might be:

- agreeing a time out word.
- teaching a breathing technique.
- spotting your child becoming angry and distracting them.
- having a weighted blanket they can lie under to feel relaxed and secure.

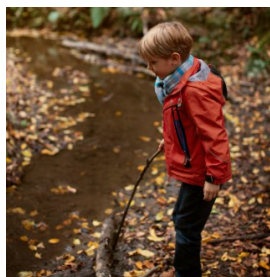
Do not threaten your child that you will tell their teacher, Social Worker or anyone else as this can result in not trusting adults when they need help. It's important children can speak out when they need help.

A few words from Miss Whitmore (our Springfield Thrive and Mental Health Lead):

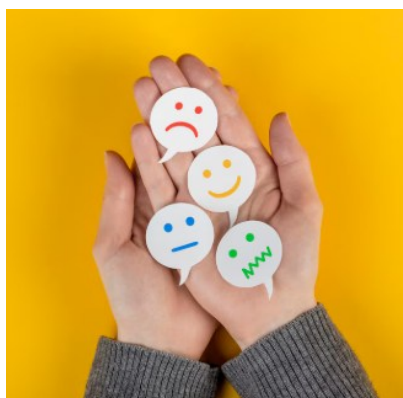
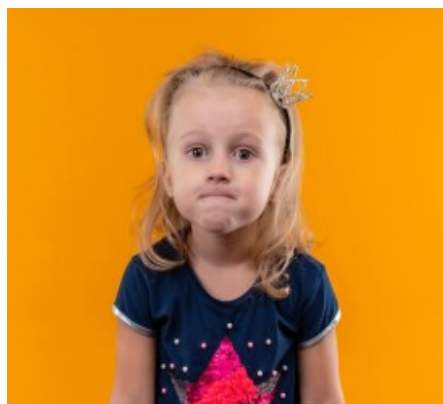
The most important step is recognising the emotion. Usually anger is the tip of the iceberg and it is what lies beneath the 'anger' that we need to try to unpick. The advice I always give to the children when they feel angry is firstly that anger is a normal emotion! Normalising feelings like anger helps to support the child to feel that they don't need to hide their feelings! In Thrive we focus on the action that comes after the feeling- this is where we need to use our calming strategies - walk away, deep breaths, talk to a trusted adult, rip some newspaper, move to a calm space.



At Springfield, our Thrive sessions are now up and running. Our wonderful LSA's are delivery creative and fun sessions tailored to the individual or group needs!



We have done nature walks involving picking leaves and then painting them and naming the memory or emotion it provokes. We have made memory jars in supporting children who have experienced loss. We have looked a lot at faces and described what we see and asked questions about what the person's face tells us about how they are feeling.

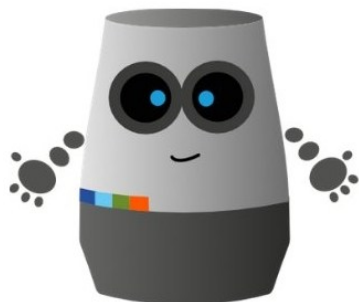


In other news, Mrs Whitmore has arranged for one of our year 4 classes to have a 9 week course called 'Brain Buddies'. The course is run by the NHS Mental Health Team who we work closely with and will focus primarily on emotional regulation and teaching the children strategies to help control some of the 'big' emotions the children sometimes feel! Hopefully this will be something that we can offer to lots of our other classes going forward.



Family Support

At Springfield, we are always looking for ways to keep the children safe online. If you are looking for a child safe search engine the information below may be of interest.



Swiggle
CHILD FRIENDLY SEARCH

What is Swiggle?

Swiggle is a search engine designed to provide a safer environment for kids taking their first steps on the road to safe online searching.

Powered by Google Custom Search, the results are filtered using Google SafeSearch and educational resources prioritised.

We also filter the search terms to check that Swiggle is not being used to search for inappropriate content.

Designed for Kids

A safe sandpit to develop search skills before progressing on to more general online search engines.

Safe Search Technology

Developed with Google SafeSearch technology, search results are education focussed and we actively block inappropriate search queries.

Browse the Internet Safely

Our browser extension provides a screen cover widget with a reporting tool, so you can block inappropriate content.

Why Choose Swiggle?

Schools, teachers and parents want to have confidence that young people have a safe learning environment and they have the tools and skills required to access the wider internet safely.

There are a number of search engines geared towards this demographic, and most are driven by Google Custom Search, as Swiggle is. However, most have only done simple customisation, and are monetised through advertising.

We have developed Swiggle from the ground up with the child's safe online experience in mind, using our 20 years of expertise in safeguarding young people online. Its ad-free and free to use.

Find out more about Swiggle here:

<https://swgfl.org.uk/services/swiggle/>



**NHS****Suffolk
Talking Therapies**Family Support

wellbeing

Helping you live your life

Start your Wellbeing journey with us

Wellbeing is important to us all. We want to feel good about ourselves, to get the most out of our lives and feel connected to other people. 'Wellbeing' means feeling more than just happy and confident, it means feeling able to cope when things get tough in our lives or when our physical health suffers.

Wellbeing Suffolk provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. We work with you to help you make the necessary changes to improve your wellbeing and quality of life. Our services are free and are available for people aged 16 or over.

If you are aged 16 and over you can access our support through your GP or any other health or social care professional, or you can [self-refer using the form](#) on this website or by calling: **0300 123 1503** – our lines are open 8am-6pm.

Services we provide include:

[One-to-one support](#)

Online Workshops easy to access sessions helping you achieve a better sense of wellbeing

Self-help advice, helping you find other support for issues affecting your wellbeing such as debt, housing, employment

Relationship counselling for couples, individuals and families

[Wellbeing in the Workplace](#) support for organisations and their employees

[Employment Support](#)

Peer support and access to [community events](#) in your area

Regular [Wellbeing newsletters](#)



For more information please visit the website: www.wellbeingnands.co.uk/suffolk/get-support/

