

October 2023

Springfield Junior School Pastoral Newsletter

Welcome to Springfield Junior's first Pastoral Newsletter, which will not only inform you of what your child will be learning in PSHE, it is also packed with links to workshops, tips and news.

PSHE: What we have been learning this half term (Being me in my World

Year 3

- Setting personal goals
- Self-identity and worth
- Rules, rights and responsibilities
- Rewards and consequences

Vocabulary: *Rules, values, behaviour, self-identity, responsibility*

Year 4

- Being a school citizen
- Rights and democracy
- Having a voice
- What motivates behaviour

Vocabulary: *Included, excluded, motivation and democracy.*

Year 5

- Planning the forthcoming year
- Being a local citizen
- Rights and responsibilities in the UK
- Participating in democracy

Vocabulary: *Citizen, democracy, Rights*

Year 6

- Identifying goals for the year
- Global citizenship
- Children's universal rights
- Group dynamics and role modelling

Vocabulary: *Empathy, global, local, poverty, inequality*

Whole school focus this half term: *Bullying or Banter*

What is bullying?

Bullying is unacceptable behaviour used by an individual or group (**repeated over time**) that intentionally hurts another individual or group either physically or emotionally.

Bullying is unkind, deliberate behaviour which occurs over a short term or can be continuous over long periods of time.

Children sometimes fall out with friends or make hurtful comments when they are angry. This is not bullying; these are incidents. These can be without intent to hurt, an accident or thoughtless. These are often isolated events. Friendship issues occur occasionally and may consist of several incidents over time. Whilst not bullying, they can still be upsetting and should be dealt with by the school.

Should you have any concerns please speak to your class teacher.



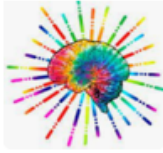
Resources: Springfield Juniors draft Anti-bullying policy is available under Key Information

Young Minds

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/bullying/>

YOUNGMINDS
fighting for young people's mental health

Help for Families



Childhood Neurodiversity PST Workshop Programme Parent/Carer Workshops 2023 – 2024

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

Below is a link to some free virtual workshops for parents and carers which will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

To find out more and book a place on a workshop scan the QR code or visit:
www.nsf.uk/workshops



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60 minutes long.

- Supporting our Young People with Self-Harm
Tuesday 17th October 13:00 PM
- Supporting our Young People Manage Big Feelings
Tuesday 17th October 17:00PM

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT



YOUNGMINDS

fighting for young people's mental health



Child Anxiety

Finding out what's going on for your child

Sometimes it can be difficult to work out what's making your child feel anxious, and the first step is often helping them to identify exactly what's worrying them. Once you understand the problem, you'll be in a much better position to make changes that can help.

Young people can find it hard to explain what's causing their feelings, and might not be able to answer direct questions like 'what's going on?' Using an anxiety iceberg can help to open up the conversation - giving you a more relaxed way of exploring together what's causing their anxiety.

Watch our video to find out how to make an anxiety iceberg with your child.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/>



Free School Meals Application



We could all do with a bit of help during this cost of living crisis; if you are claiming any of the below benefits you could qualify for free school meals:

Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, support under Part VI of the Immigration and Asylum Act 1999, The guaranteed element of Pension Credit, Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190), Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit, Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get).

If you require more information please contact the office.



Thrive News



We are incredibly lucky to be a Thrive school and to have some wonderful practitioners who take care and work with some of our children. For those of you who have not heard of Thrive before, here is a little insight:

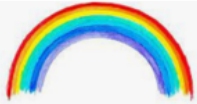


What is Thrive



THRIVE supports children with their emotional health, well-being and social skills, all of which are needed to enable learning to take place. Children cannot always put their needs into words, but the way children behave can tell us a lot about how they are feeling. For some children there may be an obvious reason why they need extra support. This might be due to bereavement; family break down or an identified medical condition such as ADHD. For others, there may not be any obvious trigger as to why they are finding some aspects of school and/or home life difficult.

The THRIVE approach is based on growing evidence that the brain develops through personal and social interaction. The relationships that we have with significant adults is fundamental to who we grow up to be. Our brain is built through trillions of brain-cell connections made by sight, sound, smell, touch and movement. Positive experiences enhance brain connections, and sustained negative experiences can restrict them. Through simple, repeated activities over time, within a safe and caring environment, THRIVE aims to compensate for interruptions in emotional development, when they affect a child's ability to enjoy life and learn.



Thrive Tips



How to help children when they come into school

Sometimes the hardest part of the school day is saying goodbye at the school gate in the morning. The difficulties that some children are having coming through the school gate in the mornings are a normal part of their emotional development and be assured that your child is not the only one who does not want to leave their parents in the morning.

Here are some tips which may make the morning goodbye a little easier:

- **Stick to and talk through your daily routine with your child – an illustrated version of your routine displayed at home as a reminder may help**
- **Be confident and upbeat when you say 'goodbye' (they are great at picking up on moods)**
- **Take a step back from the gate and say something positive about their day ahead**
- **Remind them that you are really looking forward to seeing them after school**
- **When they walk the last few steps through the gate alone, praise them for their independence**
- **Be confident to walk away once they are through the gate, long goodbyes can be difficult.**