

November 2023

Springfield Junior School Pastoral Newsletter

Welcome to our second Springfield Juniors Pastoral Newsletter. We do hope you found our first edition both interesting and helpful - if you would like us to cover any particular topics, do let us know. This half term we are continuing with our whole school focus on bullying to tie in with Anti-Bullying Week which takes place next week.

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.

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, harassment, achieve-ment, perseverance, admiration, stamina, conflict, rights, banter, ability, vision, power.

On Monday 13th November, we will be joining schools, workplaces, and individuals as we all get together to show that it's okay to be different and to stand up against bullying and discrimination.



Get Involved at Home: The Anti-Bullying Alliance have produced a Parent and Carer Pack. The resources will help you start the conversation about bullying no matter the age of your child and give you other ideas about anti-bullying at home.

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying/parents-and-carers>





What is wellbeing?

If your child feels overwhelmed or anxious at home breathing techniques like the ones we use at school are great. Try these ones from the Childline website.



www.childline.org.uk/toolbox/calm-zone/

At Springfield your child's wellbeing is at the heart of all we do. We love our PSHE Jigsaw curriculum as it nurtures the children to cope with change and celebrate diversity while maintaining their individuality, teaching them to be confident and successful. Jigsaw develops their mental health, emotional intelligence and character as global citizens to overcome socio-cultural and socio-economical challenges. One of the best moments in each lesson is the 'Calm Me' session. In this session, the children learn breathing techniques which allow them to calm and when agitated or stressed can allow them to self regulate.



Reading is a great way to improve your child's well-being.

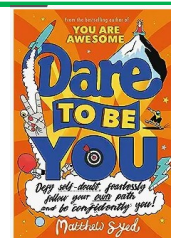
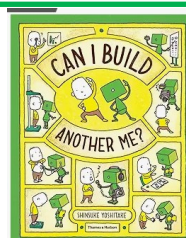
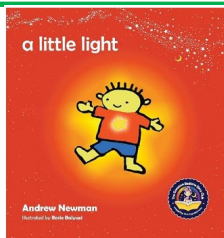
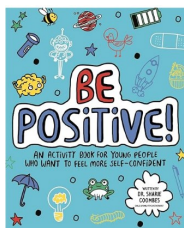
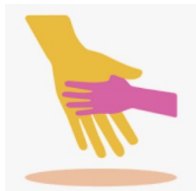
Do you remember your favourite books as a child – you know, the ones you read time and time again and knew practically every word of?

Reading, being read to, and sharing books in the home helps to build a child's vocabulary and understanding of the world. Research shows children who start school with good vocabulary and communication skills make friends more easily, have fewer behavioural issues and are more likely to do well academically. A strong, early foundation in language has even been linked to **better mental health** as children get older.

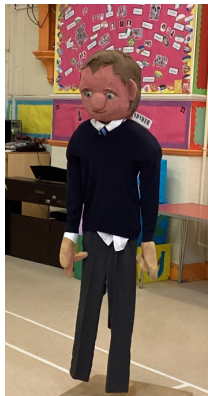
For tips on reading with your child visit:

<https://www.bbc.co.uk/bitesize/articles/zbxby9q>

Books to improve well-being



Gripping Yarns Puppet Show for Years 5 and 6



Years 5 and 6 were treated this week to some incredible storytelling from Gripping Yarns. The story they were told 'Standing By' focussed on being the bystander and watching as someone is bullied. It got the children to think about what they should do in this scenario. It tackled the issues of fear of being targeted too, it's not my problem and I am not doing anything. It taught the children that if they tell a trusted adult situations like this, it can usually be sorted quickly. It was utterly brilliant and the children all had a wonderful time and were more or less spellbound for the whole hour!



At Springfield, we are incredibly lucky to have within our school community, a wealth of children who have ties to countries all over the world. To celebrate them, their countries and cultures, we are very excited to be taking part in a local community project: **Arrivals Celebrating Migration to Suffolk** by decorating beautiful birds, which will depict the numerous countries the children and their families have migrated from. These birds will be on display during the exhibition.

Suffolk has a rich history of welcoming people from all over the world. Celebrating stories of arrival, community, and different cultures, this exhibition explores historical and contemporary experiences of migration to Suffolk from the end of World War Two up to today.

This exhibition will be available to visit at **The Hold, 131 Fore Street Ipswich from the 24th of November 2023 until the 14th of April 2024.**

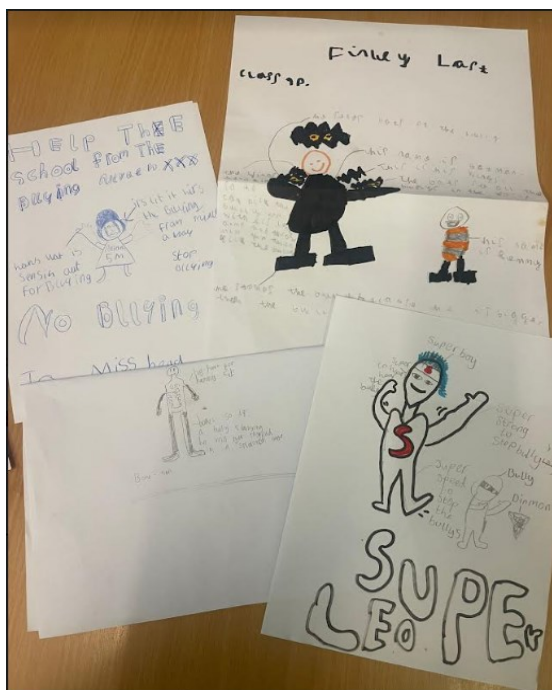




Thrive News



Some of our children who have Thrive, Elsa and Drawing and Talking session were lucky enough to be invited by Lady Victoria Getty to her farm to experience the wonderful countryside and have a look at the animals including cows and horses. The children gained so much from this experience! Spending time in nature is so good for our souls and the children showed great respect and understanding towards each other, the environment and our host. This was a chance for the children to work on their communication skills whilst also meeting their need for sensory experiences. A great time was had by all and our host commented on how much she enjoyed meeting our wonderful children.



Our Anti-bullying Heroes

In our Thrive sessions over the past few weeks, we have been looking at bullying ready for Anti-Bullying Week. The children designed an anti-bullying hero.

In our group sessions, we have been thinking about the words 'Fair' and 'Unfair' and what they mean.

We described how it feels when something is unfair and how we react. We challenged each other when it came to scenarios about whether something was fair or unfair.

These are also great conversations to have with your children at home.

Mrs Whitmore





Family Support


As a school we are always on the look out for activities, courses and support networks that can help our parents as we are well aware that life can sometimes be extremely tough. This half-term we have been sent information by Triple P Stepping Stones, which may be both of interest and support to some of our families who have children with additional needs.

Triple P Group Stepping Stones - is for families of children with additional needs either pending an assessment or whose child is already diagnosed. The programme allows parents to choose techniques that work best for them and their families. It looks at why children behave the way they do, how to encourage the behaviour you want to see, and manage the misbehaviour and challenging behaviour. It also looks at ways to support your child's development and how to encourage them to learn new skills.



Small changes, big differences.



FACE TO FACE Triple P Stepping Stones

for parents with children with additional needs aged 0 to 12 years
from 9:30am—12:00pm at Castle Hill Primary School,
Dryden Road Ipswich, IP1 6QD

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Course Dates	
Session 1	Thursday 25 January 2024
Session 2	Thursday 1 February 2024
Session 3	Thursday 8 February 2024
Session 4	Thursday 15 February 2024
Thursday 22 February— No Group HALF TERM	
Session 5	Thursday 29 February 2024
Session 6	Thursday 7 March 2024— Individual calls
Session 7	Thursday 14 March 2024— Individuals calls
Session 8	Thursday 21 March 2024— Last group

Important information and how to book onto a course

- For further information call the Area Parenting Co-ordinator, Becky Munnings on 07596338034
- Bookings to the County Parenting Team can be made through Suffolk's online Portal: <https://earlyhelpportal.suffolk.gov.uk/web/portal/pages/home>. If you experience difficulties with the Portal or have any questions, please email parenting@suffolk.gov.uk
- For all our parenting groups, programmes and seminars, visit [Parenting programmes overview - Suffolk County Council](#)

www.triplep.net

