



April 2024

Springfield Junior School Pastoral Newsletter

Welcome to our summer 2024 newsletter.

Below is what your child will be learning this half-term in their Relationships topic in RSHE.

Next half term, your child will be starting the Changing Me puzzle which includes the statutory Relationships and Sex Education curriculum appropriate for their age. Information about the curriculum content can be found on the school website's PSHE page and further guidance around RSHE on the following pages of the newsletter.

If you would like more information about this term or next term's syllabus please see your child's teacher.



Year 3

- family roles and responsibilities
- friendship
- keeping myself safe online
- being a Global citizen
- celebrating my web of relationships.

Vocabulary: stereotype, career, responsibilities, social media, interconnected, appreciation, equality, male, female, online, global, rights

Year 4

- jealousy
- Love and Loss
- Memories
- Getting on and falling out
- Girlfriends and Boyfriends
- Celebrating my relationships with people and animals

Vocabulary: jealousy, acceptance, relief, negotiate, compromise, attraction, despair, loss, shock, numb, love

Year 5

- know how to make friends
- Try to solve friendship problems when they occur
- Help others to feel part of a group
- Show respect in how they treat others
- Know how to help themselves and others when they feel hurt
- Know and show what makes a good relationship

Vocabulary: personal qualities, characteristics, self-esteem, online community, age restrictions, grooming, trustworthy, peer pres-

Year 6

- know how to make friends
- Try to solve friendship problems when they occur
- Help others to feel part of a group
- Show respect in how they treat others
- Know how to help themselves or others when they feel upset or hurt
- Know and show what makes a good relationship

Vocabulary: mental health, stress, anxiety, support, self-care, coping, power, control, assertive, self-control,



Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.





Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.




Department
for Education

If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.



SATs



This term, Year 6 take their end of Key Stage 2 SATs assessments and it can be a anxious and stressful time for many of our children. As teachers, we will do our best to ensure the children are prepared and reassure them as best we can that they do not need to worry. Hopefully they realise that these tests are only a snapshot of what they can do. These tests do not test what makes each child special and unique. Our Year 6 children are amazing: some speak two languages fluently, some have a complete flare for dance, singing and playing musical instruments, some are so kind and thoughtful and are always there for their friends, some are natural sports stars, some are carers at home helping with their families. These tests will test academic ability in two areas, but they don't show how wonderful and smart your children are in so many other ways. All they need to do is work hard and try their best and realise how amazing they are.

How Can You Support Your Child?



Some websites with great advice and tips:

<https://thirdspacelearning.com/blog/sats-mental-wellbeing/>

<https://www.twinkl.co.uk/blog/a-parents-guide-to-stress-free-year-6-sats>

Please go to Sleep

Many parents have expressed that they find it hard to get their children to go to bed and most importantly to go to sleep. We hope that some of the tips below might be helpful and maybe just maybe they will be the answer.



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- ### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- ### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- ### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.
- ### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- ### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- ### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- ### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.
- ### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- ### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- ### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!



The Thrive word we are currently focusing on is
'Patience'



We are looking at how it makes us feel to have patience and how some find it easier than others. We will be playing games, making salt dough and thinking about our feelings: when we are frustrated, angry or calm. We will think about the following questions: Does it take practice to be patient? What feelings do we notice in our bodies?

Linking with our current PSHE topic 'Relationships', our groups will be looking at 'Friendships' starting with the question, 'What makes a good friend?' and then going on to look at scenarios. Our first scenario is 'You interrupted a friend when they were talking. She got upset. How can you say sorry?'



Parents' Thrive Tip:

In Thrive we use something called PACE in interactions with the children. With Pace a child who might be upset or dysregulated can start to look at themselves and let others start to see them or get closer emotionally. It is also a really useful way to help calm a child down. If you interested here is a link that helps explain the method and theory behind it :

https://youtu.be/C07W7UicSkQ?si=nksAQkkHGMWu_iGi

What is a dentist's favorite energy drink? Kava-tea

We can joke about it, but energy drinks are becoming a real issue for children. They are usually brightly coloured and enticing but they bring with them a host of problems for children's health and mental well-being. Although age restrictions exist, there are sadly places that turn a blind eye.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.



Family Support



Would you like to better understand your child's development and behaviour?

The group is based on an approach developed in Solihull that research has shown to be helpful to parents and has improved their children's behaviour.

We will explore issues together such as:

- Having fun together
- How children develop
- Exploring feelings
- Behaviour difficulties
- How to recover when things go wrong
- Communicating with your child
 - Parenting styles
 - Sleep patterns
- Anger and temper tantrums

Virtual: On Microsoft Teams

Time: 6.00pm -8.00pm

Start: Monday 22 April 2024 for 10 weekly Sessions

End Date of course: Monday 24th June 2024

Important Information:

- For further information call the Area Parenting Co-ordinator, Emma Remblance on 07514721874
- 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](#)

Small changes,
big differences.



Virtual Triple P Group
for Parents of children aged 2-11
from 9:30am—11:30 via Microsoft Teams

Triple P allows parents to choose techniques that work best for them and their families. This 7-week course will introduce parents to positive parenting strategies, looking at why children behave the way they do, how to encourage the behaviour you want to see, and manage the misbehaviour and challenging behaviour, and supporting your child's development.

Course dates

Session 1	Friday 26 April 2024	Session 5	Friday 24 May 2024
Session 2	Friday 3 May 2024	No group half term	
Session 3	Friday 10 May 2024	Session 6	Friday 7 June 2024
Session 4	Friday 17 May 2024	Session 7	Friday 14 June 2024

Important information and how to book onto a course

For further information call the Area Parenting Co-ordinator, Kay Witchalls on 075406 71191

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



Join other parent carers for a FREE Yoga Class around Ipswich

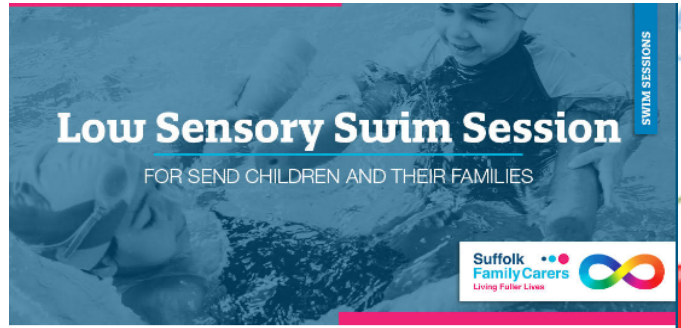
The yoga sessions will help you to learn techniques and exercises which will strengthen your body and mind. They are for parents and carers of children with SEND. You should be caring for a child who is under 25.

This event is funded by Suffolk County Council, Ipswich Health and Wellbeing Activity Fund. 20 Yoga sessions will run from April to Dec 2024 across Ipswich. Please only book a maximum of 5 sessions across the year in order to enable as many people as possible to benefit from the funding.

Various Locations around Ipswich

Book your places NOW

<https://suffolkfamilycarers.org/events/tag/yoga/>



Join other families for a FREE low sensory swim sessions at Crown Pools

These sessions are low sensory family fun with the pool reserved exclusively for families who are registered with Suffolk Family Carers. A life guard will be present but adults must be present in the water with their children throughout the session. The whole family is welcome to attend.

This is an exclusive session for families with a child who have SEND. You must have a child under 25 with SEND who will be attending this session.

Crown Pools, Ipswich
Run regularly on Sundays from 5.30-6.30pm

Book your places NOW

<https://suffolkfamilycarers.org/events/tag/>

You must book a space for every family member who will be attending.

