



Portobello Primary School
Weekly Newsletter
8th November 2024



Achievement Assembly

Our achievement assembly this week celebrated children who have really "enjoyed learning" this week. Well done to the following children:

Reception: Leighton **Year 1:** Isla **Year 2:** Lola
Year 3: Lila **Year 4:** Harry **Year 5:** Kourtney **Year 6:** Ava T

Celebrating Attendance

Whole school attendance is currently at 96.4%.

Well done to Year 2 & Year 3 for best attendance this week at 98%!

Dates for Diary

- Thur 14th Nov to Wed 20th Nov - Scholastic Book Fair 3.20pm - 3.50pm
- Fri 15th Nov - Children in Need (non-uniform, donation required)
- Tues 19th Nov- Parent Consultations (available to book online via eschools from 6th Nov)
- Wed 20th Nov - Parent Consultations (available to book online via eschools from 6th Nov)
- Tues 3rd Dec - Whole school Xmas film night
- Fri 6th Dec - Flu vaccination - whole school
- Fri 6th Dec - 2pm School Fayre (more details to follow)
- Mon 9th Dec - Y2 A Christmas Journey at Birtley Methodist PM
- Thur 12th Dec - Xmas Dinner Day & Save the Children Xmas Jumper Day
- Thurs 19th Dec - Y1 to Y6 Panto Trip AM
- Break up for Xmas Friday 20th December!

Healthy Snacks

Reception, Year 1 and Year 2 receive a free piece of fruit or vegetable each day should they wish to have it. In addition, all year groups Reception to Year 6 are allowed to bring in a healthy snack to eat at playtime. Please ensure this snack is a healthy one e.g. nut free cereal bar or fruit. Grapes should be precut. Biscuits and other sugary snacks are not allowed.

Rights Respecting

Article 9 - Keeping families together - Children should not be separated from their parents unless they are not being properly looked after - for example, if a parent hurts or does not take care of a child. Children whose parents don't live together should stay in contact with both parents unless this might harm the child.



Anti-Bullying Week



On Tuesday 12th November we are celebrating Anti-Bullying Week. This year's theme is 'CHOOSE RESPECT'. We will have a full day learning about what bullying is, what to do if you notice it and your trusted adults. Children to come into school wearing odd socks to show everyone is different but we are all equal. (Along with usual school uniform please).

Upcoming events

Xmas Film Night Tuesday 3rd Dec (whole school) - Please pay by 3.30pm Wednesday 27th November. **Please give consent via google form:** <https://forms.gle/RqRmG9aY2vyVhqbp6>

Peter Pan Panto (Y1 to Y6) **Consent can be given via Google form: flexible payment available can be paid in instalments of £5 if required:** <https://forms.gle/CQPpyRvKFB7rejuCh6Panto>



You do not need to print out the letters and send slips into school - please consent and add any comments if necessary to the google forms. Thank you

Online Parenting Courses - Family Lives

Being a parent has never been easy. There are no manuals for it, and previous generations may not be able to provide the insight you're looking for. The family unit is more dispersed than ever, with some families existing hundreds of miles from what may be called a 'core unit'. The rapid pace of societal change in the UK rapidly outstrips the knowledge of the immediate past. The result is that many parents may find themselves lost in a maelstrom of contradictory advice. For adults, time has never been more compacted. Family Lives has produced a series of online parenting courses, to make this challenge a little easier. If interested, please follow the link below:

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). They can be contacted on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. Their website is also a rich source of useful support and advice.

Easyfundraising

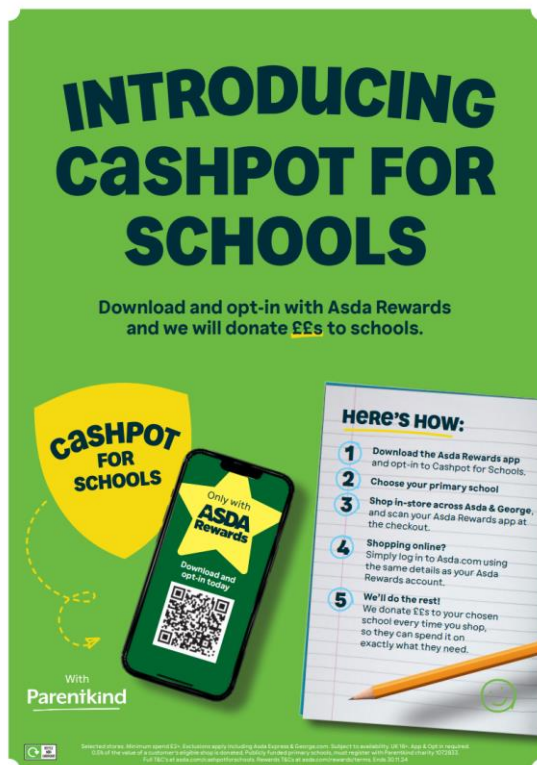
What a streak! 38 free donations raised in the last 30 days for our school!

Thank you so much, your online shopping is making a positive difference to our fundraising.

Please keep up the good work, your donations are very appreciated. It's never too late to sign up and help us if you haven't already. Plus, if you sign up this week, we could win a £500 donation! Let's see how much we can raise together:

<https://join.easyfundraising.org.uk/portobelloprisch/N7TLLL/c2s/128FF5bb/CE949/facebook/38>

ASDA Rewards



Parentkind - the charity that supports school PTAs - have teamed up and are continuing with Asda, who is making millions of pounds available to donate to primary schools across the UK through their 'Cashpot for Schools' initiative - all you have to do is, opt in through the Asda Rewards app, choose our primary school and shop and scan in store or shop online at Asda.com, until the 30th November 2024.

Asda will donate 0.5% of the value of your shop to our Primary school. Also, every time somebody opts in, Asda will give an additional £1 to the school Cashpot.

The supermarket has joined forces with Joe Wicks to support the initiative - look out for the TV advert, radio ads and social media coverage?

Asda does the rest, all money raised will be donated to schools to spend on the things they need the most, such as new play outdoor play equipment. We have £311 in our pot so far...this will be used to provide every child with a Christmas selection box at the end of term and will also go toward our school Xmas tree too.



Children in Need

Children in Need donations payment link: you can make donations online.

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=15324>



On Friday 15th November we will be raising money for Children in Need.

Dress Up and Donate!

Will you take inspiration from Pudsey and go for yellow and spotty outfits? or choose to side with the Gladiators and go for superhero style? The choice is yours, get as creative as you like!

Whatever you choose, wear something that will make your whole class smile!

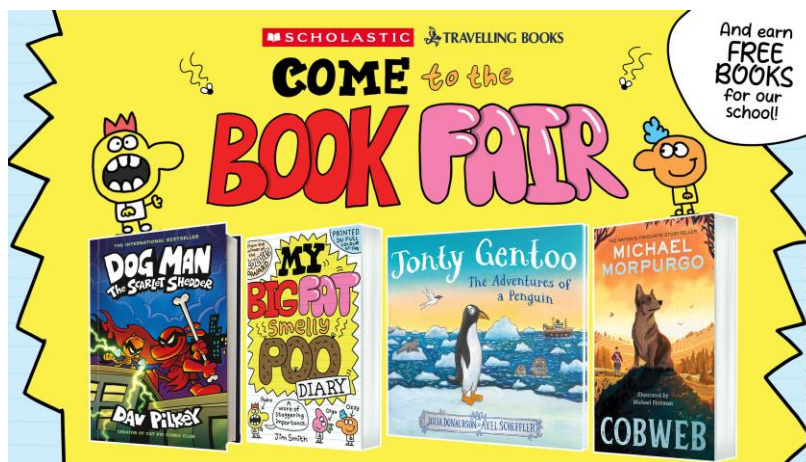
Suggested donation of £1.00! All donations will go to Children in Need to help support local projects right across the UK, making life lighter for children and empowering them to be the best they can be.

The School Council thank you for your support.

Scholastic Book Fair

Thursday 14th November until Wednesday 20th November

3.20 to 3.50pm in the hall (except Friday 15th due to karate taking place)



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel ..." or "I think ..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each other.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinates Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



Source: See full reference list on guide page at:

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.11.2024

