

BOORLEY PARK NEWSLETTER 11

HEADTEACHER'S MESSAGE

This week, we marked Road Safety Week with an assembly and quiz focused on the importance of staying safe on our roads. Children learned valuable tips about pedestrian safety, the significance of wearing seatbelts and the role of traffic signals. To further encourage participation, we held the "Bling My Ride" competition, where the children decorated bicycles and scooters to showcase their creativity while promoting road safety awareness. For more information on road safety and how we can work together to keep our children safe, please see the further information in the newsletter. We look forward to 'Bike It' John returning to Boorley next week to lead our Scooter Skills Sessions with Year 5.



INSPIRING MINDS

In Design and Technology, Year 2 have been learning all about cars, both old and new. It was fantastic to have children sharing their understanding of how over time cars have changed and we are now seeing more electric cars on the road due to their environmental impact! This has inspired children to design their own cars where they have really thought about the features and how to make them sustainable. We have also started building our models and the children are excited to have the parents and carers join us in a couple of weeks time to help complete them!



NURTURING FUTURES

This week, both the School Council and Eco-Council met to discuss important initiatives for our community.

The School Council focused on an upcoming project centred around inclusion, aiming to foster a welcoming and inclusive environment for all children and our wider community. Meanwhile, the Eco-Council reviewed how eco-friendly our school is and considered key areas to enhance our school site's eco-friendliness, striving to make our site more sustainable.

We're excited to share that each council will be updating the school on their plans during assembly on Monday, ensuring all children are informed and engaged in these important projects. Look out for further updates from each council in due course!



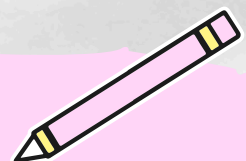
STRENGTHENING COMMUNITY

We would like to extend a heartfelt thank you to the Boorley Park PTA for hosting the fantastic laser show last Friday. It was a wonderful evening filled with excitement and community spirit. The effort put in by the PTA to create such an enjoyable event is greatly appreciated. Your hard work continues to enrich our school environment and we are grateful for the ongoing support.

My thanks also go to the staff who stayed on to support with this event.



BOORLEYPARK@BOORLEYPARK.ORG



SAFEGUARDING NOTICES

Road Safety

'Be bright, be seen'. This is a crucial road safety message that every parent should embrace. As the days shorten and visibility decreases, it becomes essential to ensure that our children are noticeable to drivers. Encouraging children to wear bright, reflective clothing, especially when walking to and from school or playing outside, can significantly enhance their safety. Additionally, teaching children how to cross the road safely by finding a safe space to cross, looking both ways, and staying alert while walking can reinforce safe habits. By promoting the 'be bright, be seen' principle, we create a safer environment for our children and empower them to make smart choices on the road.



KEY DATES

November and December

Friday 22nd November 2:30-3:15pm – Year 1 Parent Workshop

Wednesday 27th November 1:30-1:45pm – Year 5 Listen2Me: Violin Concert to parents-In the hall

Wednesday 27th November 2:00pm Rocksteady Concert to parents for those that attend Rocksteady

INSET day - Friday 29th November 2024 - School closed

Tuesday 3rd December 2:30-3pm Year 2 Hedgehog Class - Parent Workshop

Wednesday 4th December 2:45-3:15pm Year 5 Parent Workshop

Thursday 5th December 2:30-3pm Year 2 Fox Class - Parent Workshop

Friday 6th December 3-3.15pm Year 4 Parent Workshop

Monday 9th December 3:50pm Choir Performance - In the hall

Tuesday 10th December 9:15-10:00am KS1 Show - In the hall

Tuesday 10th December 2:30pm Mouse Class - Parent workshop

Wednesday 11th December 2:15-3:00pm KS1 Show - In the hall

Thursday 12th December 2:30pm Deer Class - Parent workshop

Friday 13th December - Christmas Lunch - Wear a Christmas Jumper for Save the Children

Friday 13th December at 2:30pm Year R Christmas Craft workshop

Tuesday 17th December 9:15-10am Year R Nativity Play - In the hall

Wednesday 18th December 2:30pm Christmas Carols on the playground

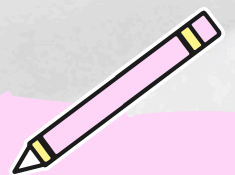
Thursday 19th December 2:30pm-3pm Year R Nativity Play - In the hall

Thursday 19th December PTA Disco (Time TBC)

Friday 20th December Santa Dash in the morning

Friday 20th December - Last Day of Term Christmas Holidays

Monday 23rd December 2024 – Friday 3rd January 2025



Tickets for the Year R and KS1 performances will go on sale next week. You will receive instructions and a link via an email.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

