

### Achievement Assembly

Our achievement assembly this week celebrated children who have enjoyed "having a go" this week. Well done to the following children:

**Reception:** Finley **Year 1:** Freddie **Year 2:** Hastaaj

**Year 3:** Jacob **Year 4:** Faith **Year 5:** Lacey **Year 6:** Sam

### Celebrating Attendance

Whole school attendance is currently at 94.8%

Well done to Year 1 for best attendance this week at 99%

Our raffle has restarted. Our next draw will take place the Friday before May half.

### Dates for Diary

- Thur 7<sup>th</sup> Mar - World Book Day plus Scholastic Book Fair after school until 4pm
- Thur 7<sup>th</sup> Mar - World Book Day special lunch menu -no other lunch option available. Everyone welcome to come in dressed as a favourite book character or non-uniform
- Mon 11<sup>th</sup> to Thur 14<sup>th</sup> March - Parents Consultations & book fair in hall after school
- Tues 19<sup>th</sup> Mar - KS2 Dance club performing PM at the Glasshouse International Centre for Music
- Wed 20<sup>th</sup> Mar - please send in an unwanted piece of clothing/cloth for bunting
- Wed 20<sup>th</sup> Mar - Easter Film night - whole school
- Tues 26<sup>th</sup> Mar - Y3 at the Glasshouse for the Spring Sing
- Thurs 28<sup>th</sup> March - Break up for Easter return Mon 15<sup>th</sup> April

### Reader of the Week Award

Celebrating our school's passion for reading! A huge congratulations to this week's school reading award winners. We are delighted to introduce this week's star readers who will receive a certificate:

#### **Reception**

Michael and Isla

#### **Year 1**

Luna and Jamie

#### **Year 2**

Alfred and Harry

#### **Year 3**

Jacob and Harry

#### **Year 4**

Faizaan and Olivia

#### **Year 5**

Jake and Hollie

#### **Year 6**

Maddy and Mitchell



### Breakfast Club

Themed breakfasts up until the summer term, if you would like to make a booking, please do so online via Schoolcomms. (Usual breakfast club items will be served too!) Please ensure you book the specific date too!

- Tuesday 26<sup>th</sup> March - Easter Breakfast - Hot Cross Buns
- Tuesday 30<sup>th</sup> April - Waffles with fruit toppings
- Tuesday 21<sup>st</sup> May - Toasted muffins or pancakes
- Tuesday 18<sup>th</sup> June - Health and Sports Week - Keep fit Breakfast!

### Right of the week

Our Rights Respecting Club have chosen Article 22 for our right of the week because they have heard about different wars on the news. Children who move from their home country to another country as refugees (because it was not safe for them to stay there) should get help and protection and have the same rights as children born in that country.



**Parent Evening Appointments have now gone live please book via eschools**

<https://academy.eschools.co.uk/how-do-i-book-a-parents-evening-appointment-on-the-app/>

### Bunting

To celebrate the 10 Year Anniversary of The Waste and Recycling Centre, our school has been invited to make celebratory bunting from old clothes or unwanted fabric.

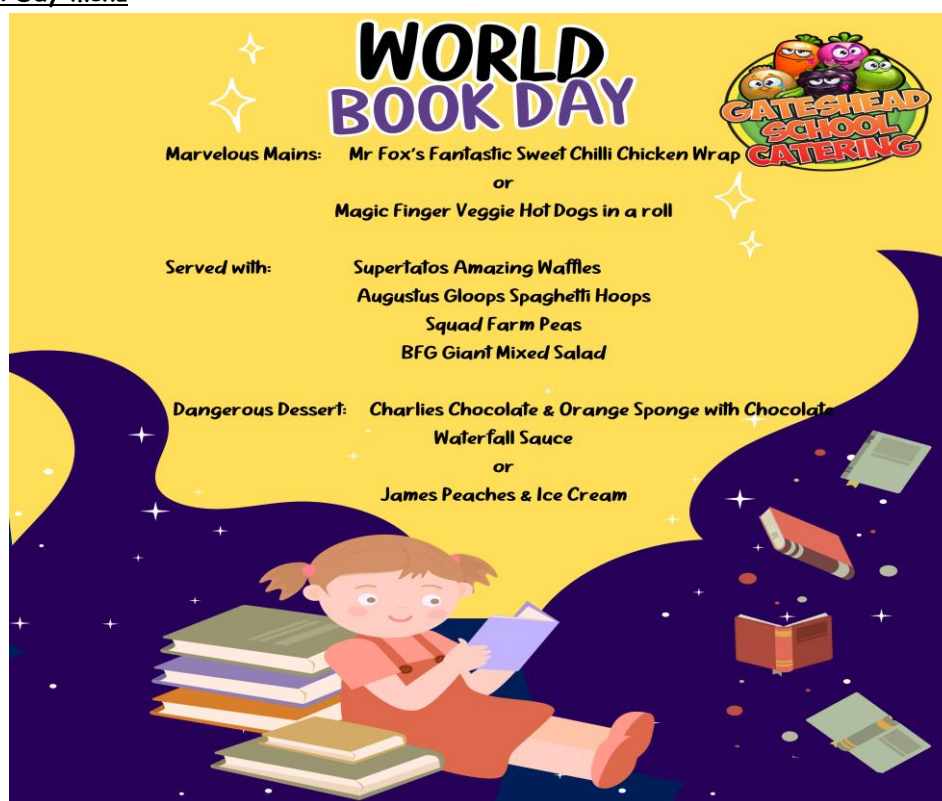
On Wednesday 20th March please send in one unwanted item of clothing or fabric. Every class will have time to cut up and decorate their fabric to make a piece of amazing bunting.

### Portobello Parent/Carer Fundraising Committee

Calling all Year 1 parents/carers would anyone like to come along to our next fundraising get together and check out whether you would like to get involved? Come along on Monday 4<sup>th</sup> March at 3pm to find out more, please let Mrs Lister know if you can attend.



### World Book Day menu



### World Book Day Parent/Carer Activities in school

Reading with your child - tea/coffee available from 9.00am, you can browse our book fair plus raffle tickets will be available for a "world book fair" related draw too.

9.30 to 10am: Reception, Year 2, Year 4 and Year 6

10.00 to 10.30am: Year 1, Year 3 and Year 5

Don't worry if you can't make it older children will read with your child or pupils can do free reading.

**Collect your child at the end of the day and pop into our scholastic book fair - raffle tickets and tuck shop available too!**

KS2 children walking home will leave at usual time (Y6 booster and KS2 Dance club will continue after school, Y6 and KS2 Dance club members will have the opportunity to browse the book fair throughout the day)



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**Date:** World Book Day is Thursday 7th March

Book fair will be available after school  
Thursday 7th March until 4pm and a tuck shop too  
Monday 11th until 3.45pm  
Tuesday 12th until 3.45pm  
Wednesday 13th until 3.45pm

**Scan the QR code  
to pay online!**





### Online Safety

Hard to identify. Even harder to stop. Bullying continues to be a problem which can ruin young lives: this week's #WakeUpWednesday guide has expert advice for trusted adults on ways to support young people who are being bullied.

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](https://nationalcollege.com).

## Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

### 1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

### 2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

### 3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

### 4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

### 5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

### 6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website, class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

### 7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

### 8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened, when, where, and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

### 9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

### 10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

### Meet Our Expert


Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.




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