



Blakesley



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THE BLAKESLEY

BULLETIN

'SWELL' EDITION 2: Ms. Hack & Mrs. Reid-Leonard



It has been a busy term at Blakesley Hall Primary and there is much to celebrate. Large numbers of parents have joined us for parent workshops and information sessions – it has been wonderful to see so many of you in school. Many of these sessions have included tips on how you can support your children with their well-being. This might be through thinking about their routines during periods of national testing in Years 2, 4 & 6 or encouraging them to put time aside to read for pleasure.



Much work has also been done to promote safeguarding within school, including online safety workshops for parents, visits to school from our local PCSOs (Police Community Support Officers), workshops in Y3 with the RNLI (Royal National Lifeboat Institute) on safety around water and a visit from the fire service to Y4, when children were taught to 'Stop, drop and roll!'

In our second 'SWELL' (Safeguarding and Wellbeing) edition we would like to share important well-being and safeguarding information with parents/carers, so that we can work together to keep children 'safe, secure and successful' in school, at home and in the wider community.

CHAIR OF GOVERNORS

"After recent weather events, it hasn't felt much like spring recently. Spring is one of my personal favourite times of the year, especially as the brighter mornings and evenings are nearly upon us. There is no doubt that the previous winter months have been tough, but in true Blakesley Hall spirit, I have seen perseverance from all across our community and am looking forward to seeing how we "spring" into the final term of the year."



Joshua Cronin

THE BLAKESLEY BULLETIN 'SWELL' EDITION 2023

Online Safety Parent Workshops

In spring, Miss Harrison (Computing and E-Safety Lead) ran online safety workshop for parents. Our recent Key Stage 2 survey on device usage at home was discussed and popular websites were explained to parents, with tips on parental controls that can be put in place. Here is some feedback received about the workshops:

"The workshop was very useful. Explained very well and was informative. It is very important to present to parents. Much needed, thank you".

"Miss Harrison gave lots of advice to support children from the bad side of social media. I learnt a lot today, thanks".

We plan to hold online safety workshops with pupils in year 6 to help support them with the transition to secondary school, where there can be increased pressure to be on social media networking sites.



Children's Mental Health Week



The theme of this year's Children's Mental Health Week was 'Let's Connect', encouraging children (and adults) to look at how we can make meaningful connections. When we have healthy connections – to family, friends and others – it can support our mental health and our sense of wellbeing.

Exploring the theme of 'Let's Connect' and what this means to us, many children in Year 5 and 6 entered a competition to create a piece of work focusing on how people connect. Our wellbeing ambassadors and Mrs Reid-Leonard met together to choose the winner and prizes will be given out at the end of term. For more information on how you can explore 'Lets Connect' with your family, please see the 'top tips for families' provided by Place2Be:

https://www.childrensmentalhealthweek.org.uk/media/wlwnqsg/cmhw2023_parents-carerstips.pdf

The Benefits of Exercising



There are many benefits to exercise. Here are just a few:

- improving fitness
- providing an opportunity to socialise
- increasing concentration
- building a stronger heart, bones and healthier muscles
- encouraging healthy growth and development
- improving self-esteem
- improving posture and balance
- lowering stress

Y6 and Y2 are preparing for their national curriculum assessments in May. Miss Clarke, our sports coach, has these suggestions for children preparing for these tests:

- Exercise is a really good way to prepare for this.
- Exercise helps to oxygenate the brain and promote optimum brain function. This allows for a clear and calm mind.
- You could take a brisk walk or try Yoga – this is great for strength, flexibility and balance <https://www.youtube.com/@CosmicKidsYoga>
- You could also give yourself a 5-minute break with a dance <https://www.youtube.com/playlist?list=PLr86LAKI2KufhyKSbhb0Dlca24HozPkFA>

Please be mindful that social media apps are not appropriate for pupil under the age of 13. Below are the age restrictions for the most popular apps:

Whatsapp: 16 years + **Instagram:** 13 years + **Facebook:** 13 years + **Snapchat:** 13 years + **Tiktok:** 13 years +

Who to contact

The staff at BHPS are friendly and approachable – and we enjoy catching up with 'your news'. So please talk to a member of the SWELL team or any member of the staff if you need to:

- Designated Safeguarding Leads - Ms Hack (Lead DSL), Mrs Reid-Leonard, Mrs Key, Mrs Smith, Ms Phillips, Tina Bates, Mr Allen
- Senior Mental Health and Wellbeing Lead – Mrs Reid-Leonard
- Learning Mentors – Tina, Leanne, Nikki, Caitlin



Preparing For Tests



Next half term, children in Year 2 and 6 will be taking their National Curriculum Assessments. This can be stressful time for them but as parents we can support them so that your child can be best that they can be on the day. Miss Bates has suggested these top 3 tips for helping your child manage test stress:

1. Be Organised - A consistent routine at home can help everyone feel at ease when life gets stressful. Being organised yourself will help, but encourage your child to take control and organise their own things too.
2. Encourage a good balance - Make sure time at home with your child is well balanced, allowing for time to socialise, relax, have fun, do homework or revision, eat regular meals and get enough sleep. No matter how busy things are it's important to recharge your batteries. Regular exercise and hobbies are a great stress reliever too.
3. Take time to listen - Showing an interest in their school work is important. As well as offering a place or time to talk things through. By listening to your child's worries and respecting their feelings, they may feel relieved to have released some of their fears.

Remember school can help too, please speak your class teacher or the Learning Mentor Team if you are concerned about your child managing test stress.

Peer on Peer Abuse

Whilst it can be incredibly rare, the DfE (Department for Education) refer to children who 'abuse' and hurt other children, as peer on peer abuse. This can include (but is not limited to) bullying (including cyberbullying), sexual violence and sexual harassment, physical abuse (such as hitting, kicking, shaking, biting or hair pulling), sexting and initiating type violence and rituals.

Children can experience peer-on-peer sexual abuse in a wide range of settings, including:

- At school
- At home or in someone else's home
- In public spaces
- Online

Our approach to sexual violence and sexual harassment is part of our broader approach to safeguarding. BHPS has a clear set of values, which underpin our behaviour policy. Through our curriculum, the following issues are addressed in an age appropriate way:

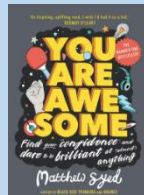
- Healthy relationships
- Respectful behaviour
- Gender roles, stereotyping and equality
- Body confidence and self-esteem
- Prejudiced behaviour
- That sexual violence and sexual harassment is always wrong



Downplaying certain behaviours, for example saying sexual harassment is "just banter", "just having a laugh", "part of growing up" or "boys being boys", can lead to a culture of unacceptable behaviours and an unsafe environment for children therefore any form of peer on peer abuse is taken very seriously at BHPS. If you have any concerns about peer on peer harm or abuse, please speak to a member of the safeguarding team.

Wellbeing in Year 6

In the run up to their NCA's, the year 6 staff have been preparing in all sorts of ways to support their wellbeing. This week has been their last round of practice tests, with breakfast club so that children had a relaxed, nutritious start to the day. After their tests. The year 6 team made sure that the children had time to relax if they wish, revise for their next tests. They are very excited that they are about to start our special wellbeing project, 'Be Awesome, Go Big!', which supports the students during their tests and prepares them for secondary school.



What can we teach children about appropriate interaction?

Boys and girls mix together in every social environment, at every age. Some of them may experience sexism, harassment or abuse based on gender. To ensure that children know how to keep themselves safe, we model the best ways of showing respect between the genders and ask them to identify a 'trusted adult' in school who they can talk to about any concerns they have.

Please talk with your child about ways of showing respect between the genders and about what acceptable interaction is and what is not. Importantly also talk through with them, what to do if they have any unwanted attention.



Hanni and the Magic Window

Childnet have published a new book titled 'Hanni and the Magic Window'. Aimed at 3-7 year olds, the story is about speaking out and getting help if something goes wrong online. It is a terrific book to read at home with your child.



<https://www.childnet.com/resources/hanni-and-the-magic-window/>

'Netiquette'

New research has uncovered the top five platforms young people feel the most unsafe whilst using:

Roblox Snapchat Instagram TikTok Fortnite

The online world can be a difficult place for children to navigate safely and appropriately. Internet Matters have created a list of what they think are the top "Internet Manners" (or netiquette) to help your child to be safer and happier on the internet.

<https://www.internetmatters.org/resources/top-internet-manners/>



For useful information and contacts please look at the school website:

<https://www.blakesley.bham.sch.uk/safeguarding.htm>



The next 'SWELL' edition will be out in the summer term. If you have any feedback or suggestions of what could be included please click here:

https://forms.office.com/Pages/ResponsePage.aspx?id=hK6Sjwgg_kWNfZnF5eaflexMfQrWUKxApl0BIqw_kSd5UNzQ5RjNBQVhKTDBETzUwSjVXNFQ4RDhNOC4u