



# Glenmere Primary School Personal Development Newsletter March 2024

*Personal development at Glenmere is built upon the foundations of our school ethos; at Glenmere we are GREAT because we Grow, Respect, Enjoy, Achieve Together.*

## Multi Faith Day



The children really enjoyed learning about different faiths in the seven workshops. They were in mixed aged groups and it was so wonderful to see them working alongside each other and supporting each other!

There was so much to learn about Judaism, Sikhism, Islam, Christianity, Buddhism, Hinduism and different places of worship in Leicestershire. There was role-play, poster making, art and crafts and let's not forget the food tasting and sweet tasting which was a huge success.



## Developing our children for the future

### The Debate Team

Our fabulous debate team have really been developing their critical thinking skills, fostering their collaboration skills and deepen their respect for their peers. They have really enjoyed the debate questions and have become very skilled at communicating confidently and effectively together.



## Healthy Body, Healthy Mind

At Glenmere we invest so much time and energy into our physical well-being activities. We help children to understand the link between physical activity and mental wellbeing and they are aware of it encourages the development of positive self-worth and recognition



**In a society where children are feeling more under pressure than ever, helping children with their emotional wellbeing is a concern for many parents and teachers alike. But how can we help?**

Clinical psychologist and special guest for BBC Teach's ***The Growth Mindset and Wellbeing Lesson***, **Dr Hazel Harrison**, has put together five easy steps to promote children's wellbeing - as well as our own. For more information:

<https://www.bbc.co.uk/teach/five-ways-to-help-childrens-wellbeing/zfb2d6f>

## Digital Leaders

Our digital leaders are now working their way through their training modules in order to gain their knowledge of their roles and responsibilities.

Being a Digital Leader helps children develop confidence and leadership skills. They will, once fully trained, also provide meaningful support to teachers and peers throughout the school.



## NO WAY Days

NO WAY DAYS at Glenmere focus more on helping the children to understand the differences between conflict and bullying as often, this can be interpreted differently by children. The children are were able to articulate ways to resolve conflicts, behaviours to adopt when they are upset and ways to help others. We have one of these days each half term with a different focus, but all aimed at our children understanding the importance of standing against bullying.

- Autumn 1**  
Stand against bullying by understanding Conflict and resolution
- Autumn 2**  
Stand against bullying through Anti-Bullying Week
- Spring 1**  
Stand against bullying by promoting friendship
- Spring 2**  
Stand against bullying by promoting making the right choices
- Summer 1**  
Stand against bullying by staying safe online

We stand against bullying through the whole of our personal development curriculum including PSHE, RSE, Internet safety and whole school assemblies.

In addition to Anti-Bullying Week, we also deliver half-termly lessons related to anti-bullying. These are our 'No Way' days and include a different focus each half term.

The content of these days progress through the school with activities that are age-related in order to provide our children with the knowledge and understanding that they need to develop into caring, understanding and kind members of our school and the wider community.

## Conflict vs. Bullying - What's the difference?

### Conflict

- Disagreement or argument in which both sides express their views
- Equal power between those involved
- Generally stop and change behavior when they realize it is hurting someone

### Bullying

- Goal is to hurt, harm, or humiliate
- Person bullying has more power\*
- Continue behavior when they realize it is hurting someone.

\* "Power" can mean the person bullying is older, bigger, stronger, or more popular.

For more information to support your child:  
<https://childmind.org/article/teaching-kids-how-to-deal-with-conflict/>

## We know how to hold our hands up and say, "No Way"



## Primary Picture News

Picture news aims to support pupil's development of spiritual, moral, social



and cultural elements of learning and behaviour. It encourages children to engage with current affairs alongside worldwide news stories and provides them opportunities to learn about and discuss what is happening within assemblies and the classroom. Check our school Twitter page each week for the latest news stories.

[https://twitter.com/GlenmereSchool?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/GlenmereSchool?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)



**Values**

**Democracy**

As adults, we will be able to vote for the people we want to represent us in parliament. As children, we have opportunities to vote for those we want to represent us such as school council members, sports, arts and eco committees.

**Protected Characteristics**

Mar Galcerán from Spain has become the country's first elected parliamentarian with Down's syndrome. Nobody should be

**British Values**

**Individual Liberty**

We can choose what clothes we wear and what we do with them when we no longer want or need them. It is important to remember our actions have consequences, which can affect the

**Reflection**


When we need new clothes as our current ones no longer fit or we no longer need them, it's important to consider where they come from and their impact on the wider world.

**Protected Characteristics**

Our religion or beliefs can influence the clothes we wear. We should never be treated unfairly because of our religion or beliefs.

## Safety

Many of our older pupils will be regularly crossing roads independently – some of the roads that are close by to the school are very busy, often with drivers not observing the correct speed limit. Please ensure that your child is familiar and always follows the Green Cross Code shown below.



### THE GREEN CROSS CODE

A thorough knowledge of the Green Cross Code is vitally important to primary school children **over 7 years**:

1. First find a safe place to cross
2. Stop just before you get to the kerb
3. Look all around for traffic and listen
4. If traffic is coming, let it pass, look all around again and listen
5. When it is safe go straight across the road - do not run
6. Keep looking and listening for traffic while you cross

### STOP - LOOK - LISTEN

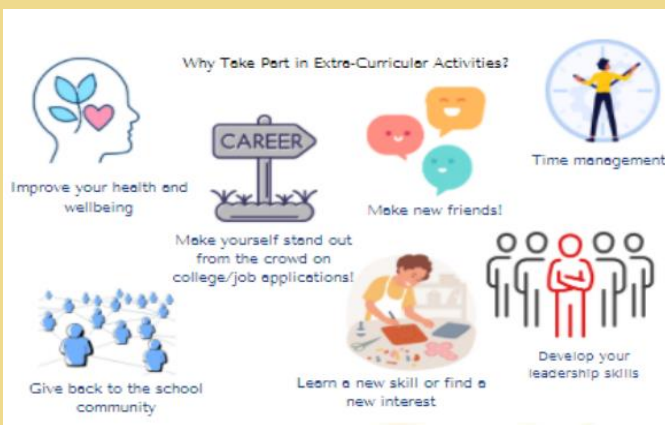
Year 6 have been to visit the Warning Zone, where they have been learning about life skills to support them with their transition to secondary school.



## Extra-Curricular Activities

The children at Glenmere experience a wide range of extra-curricular opportunities before school, at lunchtimes and after school.

There are many reasons for your child to take part in these activities. Have a look at some of the benefits below.



**Why Take Part in Extra-Curricular Activities?**

- Improve your health and wellbeing
- CAREER
- Make new friends!
- Time management
- Make yourself stand out from the crowd on college/job applications!
- Learn a new skill or find a new interest
- Develop your leadership skills
- Give back to the school community

## Stranger Danger

Sadly, children may be at greater danger from people they know, from other children, or on the internet, than from the traditional bogeyman – but abuse and abductions continue to happen and it's important to teach your child how to stay safe. Rather than giving warnings about certain types of people, teach them how to identify and respond to threatening situations. Children need to understand the difference between strangers who could hurt them and strangers who may help them. Let them know who they can trust if they need help – such as a uniformed police officer or a teacher. Explain they must tell a trusted adult if they have been approached by a stranger or if they feel uncomfortable about a situation. Help your child learn to be aware of their surroundings; encourage them to trust their instincts if they have a bad feeling about a place or person; and encourage them to be assertive.

### Tips when talking to your child about staying safe not scared

Try using language like this when talking to your child about staying safe:

**Staying safe** – “Pay attention to what people do. Tell me right away if anyone asks you to keep a secret, makes you feel uncomfortable, or tries to get you to go with them.”

**Going somewhere with someone** – “It's important for you to ask me and get my permission before going anywhere with anyone.” **If you have a problem** – “Don't approach just anyone – if you need help, look for a uniformed police officer, a store clerk with a nametag, or a parent with children.”

### Avoid using language like this:

“You can tell someone is bad just by looking at them.”

“Stay away from people you don't know.”

“Never talk to strangers.”

If you are worried about a child's safety please do not hesitate to contact any of the Designated Safeguarding Leads straight away. The following members of staff are Designated Safeguarding Leads for Glenmere Primary School:

- Mrs Conlon (DSL)
- Mrs Dorrington
- Mrs Carton
- Mrs Siddons

They can be contacted via the school office, or by telephone on 0116 2882228.

Safeguarding Governor:  
Mr Andy Jones