



Glenmere Primary School Personal Development Newsletter July 2023

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 enjoyed finding out about different faiths in the seven workshops. The children 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 and Hinduism. There was role-play, poster making, art and crafts and let's not forget the food tasting which was a huge success.



British Values Day



We spent a day in school learning more about the British Values.

The older children in school took great care of the younger ones and supported them in each of the activities that were on offer throughout the day. There was lots to do, including art activities and scenarios to act out. Children spent time debating real-life issues and were able to offer great opinions and beliefs in their discussions. All of our British Values are very much embedded at Glenmere and the children are just brilliant at talking about them and relating them to their own lives and the community.



Protected Characteristics Day

A great day of mixed workshops today where all children learned about the protected characteristics. These are protected by a law called the Equality Act of 2010. For more information about how we teach them at Glenmere, please take a look at our website. The children spent the day visiting classrooms where took part in a variety of activities. The staff in school were amazed by their knowledge and so very proud of the wonderful attitudes our children at Glenmere possess!



NO WAY Day

NO WAY DAY focused more on helping the children to understand the differences between conflict and bullying as often, this can be interpreted differently by children. It began with an assembly and in their own classes there were many different activities taking place. A webpage was created, aimed at younger children which explained bullying and conflict, giving them advice about what to do and who to go to for help. There was artwork, stories and crafts like paper chains full of positive words, anti-bullying and no conflict wristbands being made, but the main thing to come out of the day is just how kind the children at Glenmere are. They were able to articulate ways to resolve conflicts, behaviours to adopt when they are upset and ways to help others.



Definition- What is bullying? Bullying is defined as deliberately hurtful behaviour by an individual or a group of individuals, repeated over a period of time, where it is difficult for those being bullied to defend themselves. Bullying can be defined by the acronym **STOP**: Several Times On Purpose The three main types of bullying are :

- Physical (hitting, kicking, theft)
- Verbal (name calling, racist remarks or comments which relate to any personal characteristics including gender and ethnicity)
- Indirect (spreading rumours, excluding someone from social groups, or increasingly via 'cyber' bullying through new and emerging technology).

CONFLICT vs. BULLYING

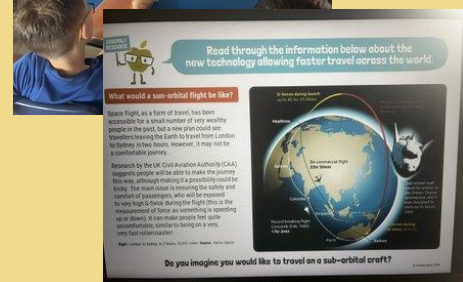
Conflict is spontaneous or triggered by a noticeable event.*

Bullying is intentional and repeated.



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%7Ctwqr%5Eauthor



Mental Health

The combined pressures of schoolwork, assessments, social-life, sports or other activities, plus lots of screen time have resulted in much higher levels of stress and anxiety among children. We can never completely eliminate stress for our children, in fact shielding them from the difficulties of life won't do them any favours. It's far more powerful to raise a resilient child who can bounce back from challenges and maintain a positive mindset. Since stress is a natural part of life, it will help if you teach your child healthy strategies for coping with it. You can start by following the five steps below:

STEP 1 REFRAME STRESS

Help your child shift from a "stress hurts" mindset to a "stress helps" mindset.

Some level of stress is beneficial and presents opportunities for growth.



STEP 2 SHIFT FROM A FIXED TO A GROWTH MINDSET

Help them look at the situation from a growth mindset perspective: It's not fixed, it can be improved, and they do have the power to influence the situation.



STEP 3 STOP CATASTROPHIC THINKING

Do the **worst case scenario exercise**. Ask your child, "What's the worst thing that could happen?"

Caution: do not dismiss their worry!



STEP 4 PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



STEP 5 TRY STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practicing mindfulness.



Everyone Welcome

Everyone Welcome has three core values

- Respect for diversity through education in schools
- Commitment to community cohesion through understanding and acceptance of difference
- Promotion of dialogue to counter fear and hate in society

The children enjoy our Everyone Welcome lessons, where a book is used, conversations are had which include role play and dilemmas and they love the activities that follow too.



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 team for Glenmere Primary School:

- Mrs Conlon (DSL)
- Mrs Dorrington (deputy DSL)
- Mes Carton (DSL trained)
- Mrs Siddons Carton (DSL trained)

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

Safeguarding Governor:
Wendy Fleming

Keeping
children safe
is everyone's
responsibility

