

NEWSLETTER

November 2022

Be the best you can be

Keeping Safe

Excellence
Resilience
Respect



Anti-Bullying Week 2022

'Let's come together and reach out!'



Anti-Bullying Week is an annual event held in November across the UK. This nationwide event is organised by the Anti-Bullying Alliance and is intended to raise awareness of the issue of bullying and to highlight ways of preventing and responding to it. At Vicarage, we launched the week by wearing odd socks to highlight the message that we are all unique and different, to look out for one another, be kind to each other and respect each other's individuality.

Odd Socks from EYFS to Year 6



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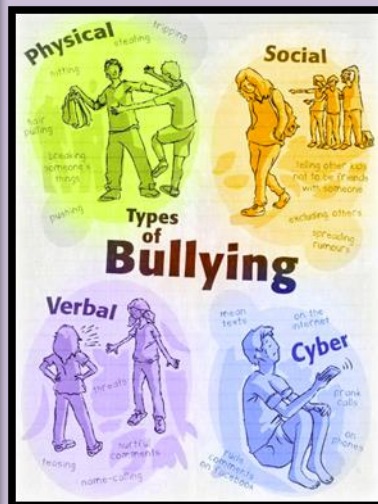
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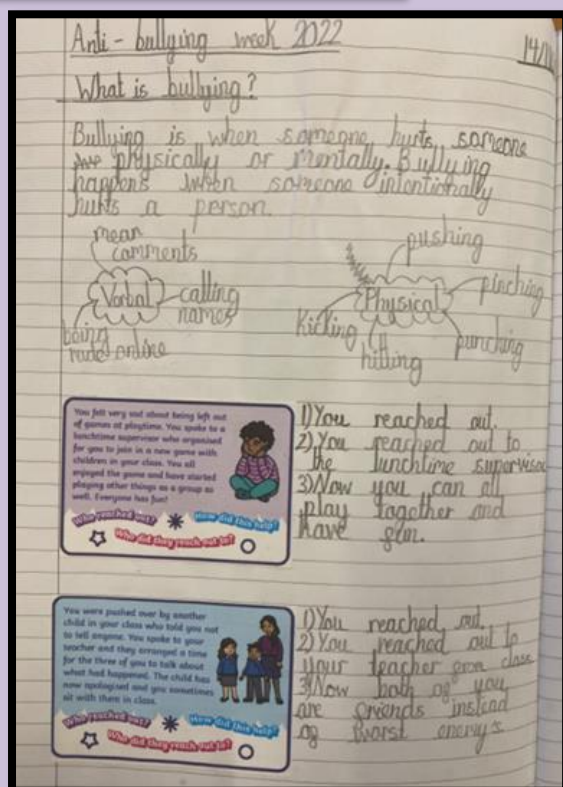
As well as writing Anti-bullying poems, role playing different scenarios, debates and discussion, the pupils also made a pledge to address and tackle bullying in all its forms.

During circle time, pupils have an opportunity to discuss any worries they may have.

A lways tell the teacher
N ever bully
T ell them to back off
I will tell on you
B efore you act, think
U nderstand bullying is wrong!
L eave bullying
L ove yourself
Y ou are unique
I gnore them
N eed a friend
G o away!



A nti-bullying Week is here.
N o one is alone
T ell someone
I t will all be Okay
B e yourself
U nderstand bullying is wrong
L et people know if your being bullied
L augh with your friends
Y ou are amazing
I gnore the bullies
N ever give up
G o away!



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Be the best you can be

How can parents help

As parents and carers, we all want our children to be happy and safe and it is natural to worry about bullying - particularly if we have experienced bullying ourselves, or we think our child may be more vulnerable to bullying.

As a parent or carer, you are a vital piece of the puzzle in tackling bullying. You have a unique role to play in guiding and supporting your child through their school years and there are lots of positive steps you can take to help keep your child safe from bullying and harm. One of the steps is knowing when to ask for support.

WHAT IS BULLYING?

The Anti-Bullying Alliance defines bullying as: "the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power."

HOW DO I KNOW MY CHILD IS BEING BULLIED?

You know your child best. Look out for any changes in their behaviour - for example becoming quieter or withdrawn or acting out and getting in trouble. They may also be reluctant to go to school or take part in their usual activities, may become upset after using their phones or devices, or may complain of frequent unexplained illnesses like tummy upsets or headaches. You may also find that their sleep is disturbed, and they are showing signs of sadness or anxiety. Your child may share with you that other people are unkind to them or have said or done things to hurt them.

Always listen and take them seriously, consider the facts, and work with them on next steps. Children are developing physically, emotionally and socially and need our help to understand how to behave towards others and when they have crossed a line. For example, children need to learn when teasing or 'banter' can become bullying behaviour (e.g. when it's offensive and/or causes hurt). However, for some children it may be particularly difficult to regulate their behaviour or actions, and they may need additional support.

REACH OUT: WHAT WE CAN DO AS A FAMILY?

Children who are going through a bullying situation can feel very alone. Encourage your child to show friendship and kindness to people who are outside of their friendship group, particularly those children who are seen as 'different' from other children. Talk to them about the importance of not joining in with cruel and hurtful comments and actions - whether face to face or online. Encourage your child to talk to you, a teacher, or someone they trust, if they are worried about another child

WHERE CAN I GO FOR HELP?

Kidscape provides advice and support for parents and carers concerned about bullying. Information is available through the Kidscape website and social media channels, through the Kidscape Parent Advice Line, and regular peer to peer support groups. Parents also can attend workshops to help them support their children through their school journey.

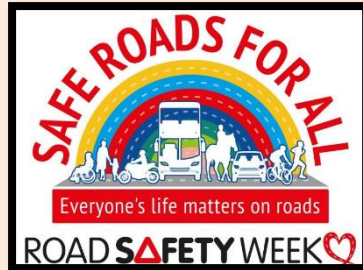
For more details visit www.kidscape.or

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Road Safety Awareness Week



During Road Safety week, pupils learnt about the importance of keeping safe.

We had our own 'Zak the Zebra' mascot (Ms Maybin) in the playground every morning reinforcing the message, along with our Junior Travel Ambassadors (JTA).



Pupils took part in a special Road Safety Assembly led by Ms Assia Karim, the Road Safety Officer for Newham. Pupils learnt about The Green Cross Code.



The work continued in the classrooms with pupils carrying out research in different areas.

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In EYFS, the children explored how to be safe on road through role play. They learnt about different road signs and read books on the subject.



In Key stage 1, children wrote poems about The Green Cross Code and recorded their messages about how to be safe on the roads.

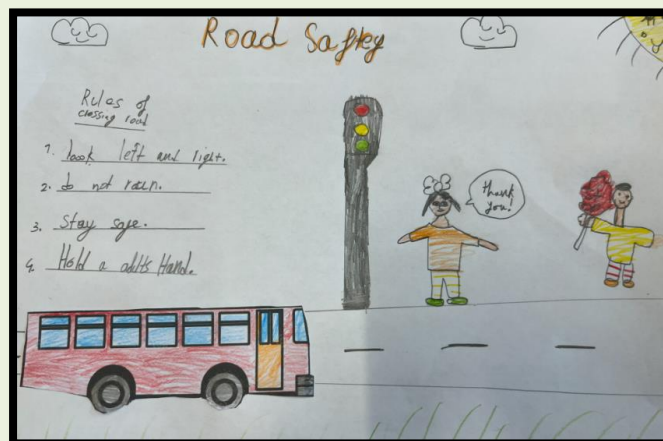
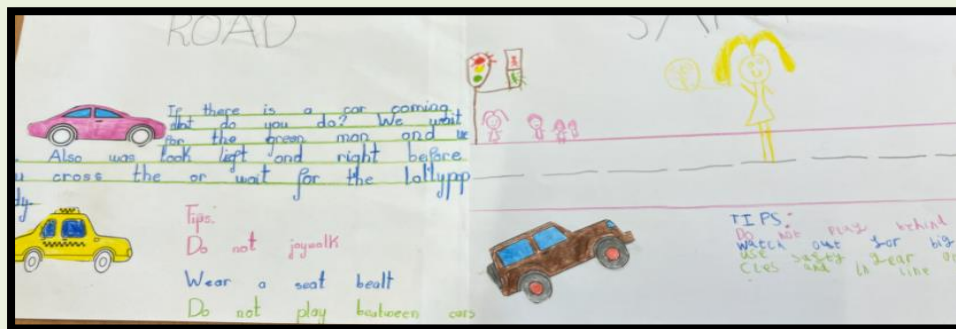
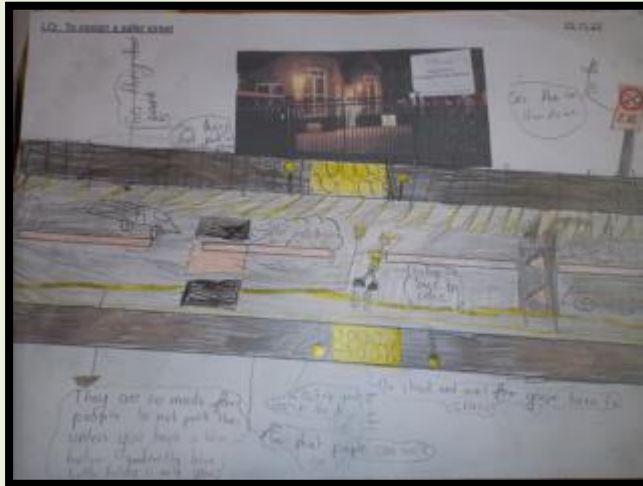


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In Years 3 and 4, pupils designed their own Safer Roads.

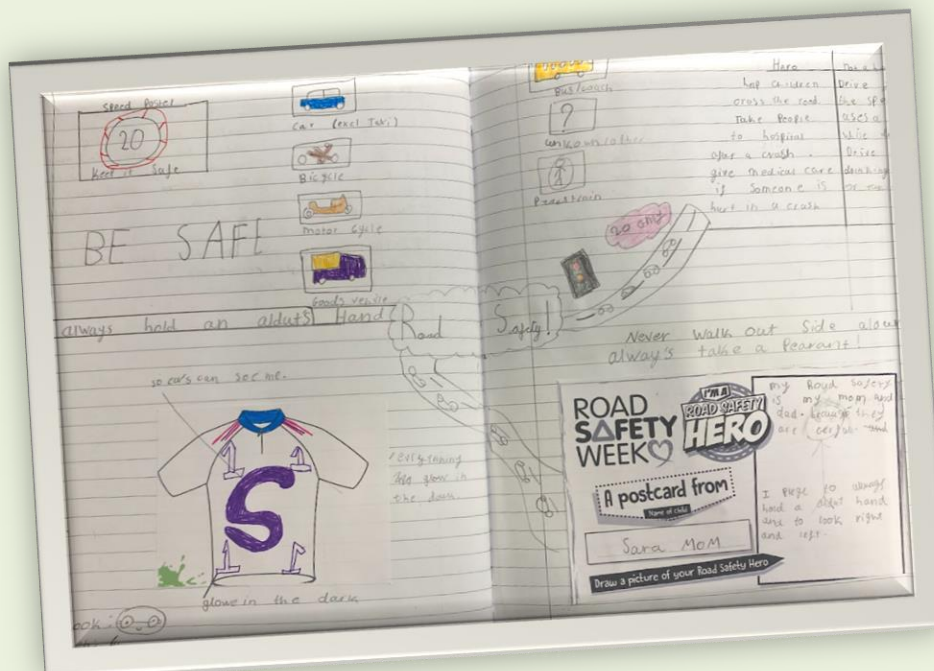
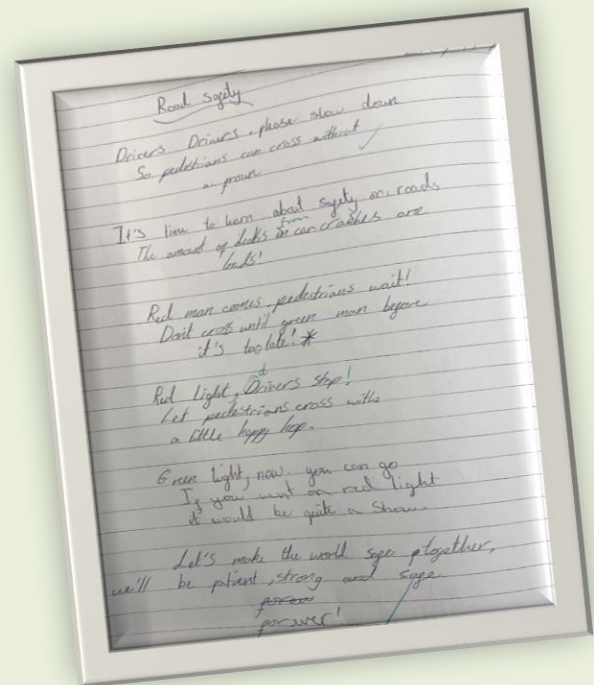
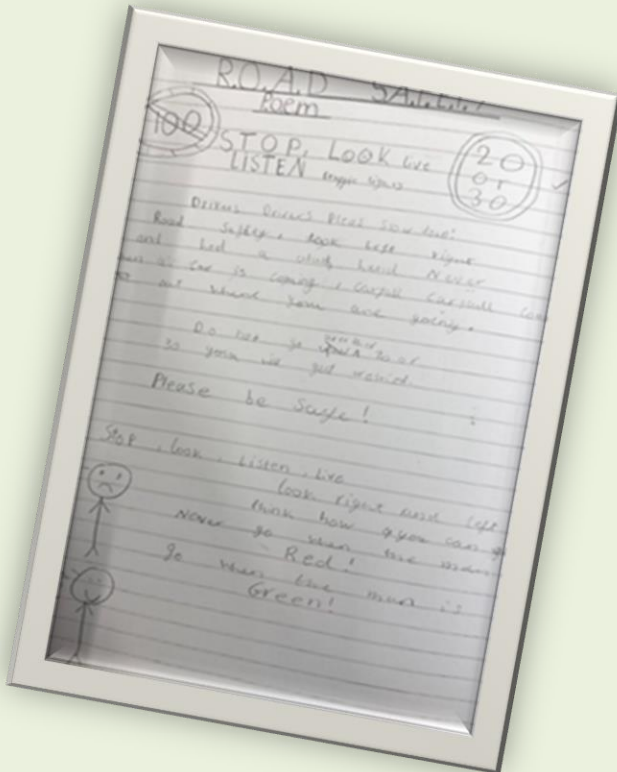


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In Year 5 & 6, pupils researched the different causes of incidents on roads. They considered ways of minimising risk. Children wrote poems reflecting on what they had learnt during the week.



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Safeguarding

Safeguarding at Vicarage is everyone's responsibility

What is safeguarding?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- Protecting children from abuse and maltreatment
- Preventing harm to children's health or development
- Ensuring children grow up with the provision of safe and effective care
- Taking action to enable all children and young people have the best outcomes.

Child protection is one part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

Safeguarding children and child protection applies to all children up to the age of 18.

Keeping your child safe means:

- The health and safety of all children
- Making sure that the adults who work in the school have undergone safety and security checks
- Protecting children from deliberate harm
- Being proactive against any discriminatory behaviour
- Protecting our children from harassment and discrimination;
- A positive approach to behaviour management including the use of physical intervention safely, when necessary
- Meeting the needs of children with medical conditions
- Providing first aid;
- Children enjoying safe educational visits
- Caring for children's personal needs
- Keeping children safe when using the internet
- Making sure our school is secure and safe
- Being a 'listening school'.

Please remember that if you have a **safeguarding concern** regarding your child, or any another child, you can always speak to any member of staff or a member of our school's safeguarding team.



Ms Khan
Head Teacher
Safeguarding Lead



Ms Dennett
Attendance/Early Help Lead
Deputy Safeguarding Lead



Ms Clunis
Assistant Head for Inclusion
Deputy Safeguarding Lead

All of our staff at Vicarage have regular safeguarding training. Safeguarding is also part of our induction programme for new staff

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Be the best you can be

How are children taught about safeguarding?

At Vicarage we are committed to safeguarding and promoting pupil welfare and British Values, therefore we take every opportunity to embed these into our curriculum through the following:

- Promotion of our school and British values
- Writing of class rules/charters at the start of every year and revisiting them regularly
- Discrete teaching of relevant topics in PSHE, Computing, Science, RE and RSHE.
- Utilising opportunities in other subjects, e.g. exploring characters and themes in Literacy or looking at democracy, beliefs and Rule of Law in different civilisations and cultures through History and Geography topics
- Daily assemblies incorporating school values, British values and safeguarding topics.
- Holding special assemblies celebrating religious festivals
- Holding school events such as Anti-bullying week, Black History Month, Safer Internet day, Road Safety Week and Mental Health Awareness Week
- Providing opportunities to discuss what's going on in school and the wider world, including accessing the news through appropriate channels such as First News and Newsround.
- Holding regular fundraising activities to promote local and global citizenship.
- Class forums to enable pupils to think about safeguarding matters, their own physical and mental wellbeing and the wellbeing of others
- A democratically elected School Council which seeks the views of all pupils to look at issues at school, local and national levels

Here are some National safeguarding support services that you may wish to look at.

Anti-Bullying Campaign www.bullying.co.uk

Child Exploitation & Online Protection (CEOP) www.ceop.gov.uk

Child Accident Prevention Trust (CAPT) www.capt.org.uk

Childline www.childline.org.uk

Gingerbread (practical support for single parents) www.gingerbread.org.uk

Karma Nirvana (supporting victims of honour crimes and forced marriages)
www.karmanirvana.org.uk

National Centre for Eating Disorders www.eating-disorders.org.uk

FRANK – The National Drugs Helpline www.talktofrank.com

NSPCC www.nspcc.org.uk

Private Fostering Campaign www.privatefostering.org.uk

The Samaritans www.samaritans.org.uk

Women's Aid (support for domestic violence victims) www.womensaid.org.uk

Young Minds (children's mental health) www.youngminds.org.uk

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Dates for your diary

Thursday 8th December - Christmas Jumper Day

Wednesday 14th December - Christmas Lunch

Thursday 15th December - Class Parties / Non-uniform day

Friday 16th December - Last day of term

Monday 19th December - Monday 2nd January 2023 - Christmas Holiday
(school closed)

Tuesday 3rd January 2023 - All pupils return to school / First day of
Spring Term

Ms S Khan
Head Teacher



Twitter

Be the first to hear the news!

Follow on Twitter:

Twitter@SchoolVicarage