



# Northbourne News

19<sup>th</sup> November 2021

This term's value: Perseverance

"He will be called Immanuel, which means 'God is with us'" (Matthew 1.23)

With Maths Week last week and anti-bullying week and Break the Rules Day this week, school continues to feel much more like it was before the pandemic – buzzing with learning, busy with events and visitors, and full of excited and happy children. Thanks to all of you for continuing to support our work in the range of ways you do – from listening to your child read every day, to submitting Maths puzzles for us to ponder in school.

We remain very fortunate that Covid cases are extremely low at Northbourne, but I am sure you will have seen from the media that the group with the highest infection rates nationally are now primary-aged children. Our Covid Risk Assessment remains in place, with hand hygiene and ventilation being the main measures that staff continue to reinforce to ensure we limit the spread of the virus. A reminder that, should your child show any of the three Covid symptoms – new and continuous cough, high temperature, or loss of or change to sense of taste and smell – government guidance is to book a PCR test and isolate pending a negative result. While the old-style Lateral Flow Tests (LFT) requiring a throat and a nasal swab were never medically licensed for use on children under the age of 11, the new nasal only style are suitable for use with children. Testing your family twice a week will be a helpful tool in identifying possible Covid quickly – however, government advice is still that a positive LFT still needs to be confirmed with a PCR test. As always, many thanks for your ongoing help with this.

## Children in Need

Many thanks to everyone who has supported the Break the Rules Day organised by the School Council today. The array of wacky hair, onesies and cuddly friends arriving at school this morning was a cheering sight on a grey day! I will let you know how much was raised in a future newsletter, but thanks for your generosity.

## Our school day

A reminder that children need to be in their classrooms ready to learn by 8:55am **at the latest**...the closer to 8:45am that children can arrive within our ten minute dropping off window, the more time that pupils can have starting their day. Lateness is disruptive for our school office staff, class teachers and, more importantly, embarrassing for the child themselves. The impact of lateness on learning is substantial, as shown by this diagram. Please help your child achieve their very best by making sure they arrive on time, ready to start their day.



## Curriculum Swimming

A reminder that Eagle class start their set of 5 school swimming lessons next Thursday. For these lessons, boys will need swimming trunks (not short please) and girls will need a swimming costume (one-piece only; bikinis should not be worn). Pupils will also need a towel and a swimming hat – hats are available to buy from the school office.

You are welcome to include goggles in swimming kits for Thursday lessons; however, before doing so, please make sure that you:

- Choose a pair with BSI instructions on the packaging for the correct way to put on and take off goggles;
- Choose a pair that fit properly. Leaking goggles are annoying for children and waste lesson time;
- Ensure your child knows how to fit and adjust goggles properly as teachers aren't able to take responsibility for this.

If you have any questions about this, or any other aspects of swimming lessons, please speak to myself, Mrs. Stewart or Miss Hill.

### Fun Family Maths online

Would you like to help your child feel more confident about maths, but don't know how? Education charity Quest for Learning is running an online fun maths session on Saturday 4th December 2021, from 10am - 11am. There will be lots of simple games and activities for you to try at home, which are ideal for children in Years 2, 3 and 4, or for older children who find maths difficult. The event is free but places are limited to 20 families. If you register before 30th November you will receive a free activity pack. Register here: <https://www.eventbrite.co.uk/e/fun-family-maths-online-tickets-205035726377> If you have any questions, please email [info@questforlearning.org.uk](mailto:info@questforlearning.org.uk).

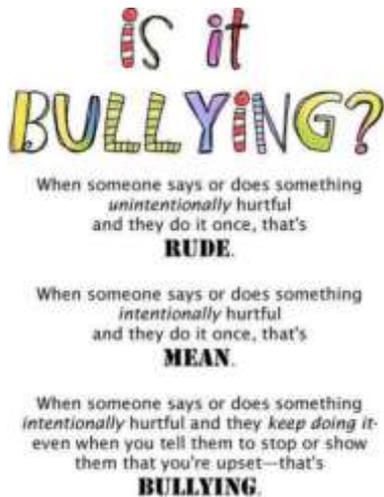
### Didcot Girls' School: Vacancies

Didcot Girls' School currently have several vacancies for Teaching and Support staff, including the positions of HTLA and TA. More details can be found here: <https://www.didcotgirls.oxon.sch.uk/331/staff-vacancies>

### Forest of Promises

As part of our learning about COP26, children and adults all made a leaf showing their personal pledge to live more sustainably, and a request to our leaders for what we would like them to do to tackle the climate crisis. These are now on display in school and look amazing...some examples are below....





## Anti-Bullying Update

As mentioned last week, this week has seen us join in with anti-bullying week, most notably on Thursday when we hosted author Sarah Siggs.

Children at Northbourne learn the STOP acronym to know that bullying is something that happens **Several Times On Purpose**, and that this is different from being rude, mean or thoughtless – although all are unacceptable in their own ways. We teach children that, if they are worried about themselves or a friend, they should speak to a trusted adult at home or in school; please reinforce this message for us in your discussions at home.

We teach children about the full range of types of bullying, including using unkind words (verbal bullying), physical harm, excluding others (indirect bullying) and cyberbullying. Sarah's book *Mud Boy* uses the metaphor of harmful words as mud sticking to us to explain the impact this can have, and we strive to ensure children understand the impact that any unkindness, including bullying, has on others.

### Our assembly

During Sarah's assembly, we learnt that our words are powerful. We compared how what we say can make people feel like an inflated beach ball that is light and able to bounce around, or deflate someone like a flat beach ball which doesn't bounce or roll.

We felt the weight of 'Mud Dough': heavy and cold. Sarah explained that when someone is bullied it hurts them inside and how bullying can affect both the person bullied and the bully. We thought about the importance of knowing three truths about ourselves - three strengths or personal qualities we are proud of which we can use to protect ourselves from unkind words or actions. Sarah advised us to think of the three true things about ourselves that make us feel good, and to say these to ourselves everyday. This way, if someone is unkind, you can remember the truth about yourself and try not to care too much. You can push the mean mud words away more easily...unless they become bullying, which is when help from someone else is needed.



### Sam's Cat

We learnt that if someone keeps being mean to you every single day, the words can't be shaken off and at this point, Sam's CAT is helpful – **Come And Tell** someone. Teachers can't always see the mud words so it's always best to tell them. We related this to the story where Sam, told his cat, his mum and then his teacher so that they could ensure the bullying was stopped.

### Getting Help

Sam started watching out for others and we can too. We can be kind with a **SMILE**, we can **SPEAK** to ask someone if they are okay, we can **STEP IN** and **SAY STOP** when we see someone being unkind.

We can all be unkind at times. The best thing we can do if we've been throwing mud words is to decide right now, today to **STOP**, **REWIND** and **BE KIND**. As Henry James said, "Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind". What a great way to remember how important the first of our school rules is.

### Workshops

During the day, pupils took part in a range of workshops including Don't be a Mean Bean, where children chose three kind things about themselves and gave compliments to others in their class, and Author Access where children learnt all about the life of an author. Pupils had their own copies of *Mud Boy* signed. A number of children mentioned their books had not yet been delivered; to help with this, Sarah signed a few slips of paper we could insert into books arriving later. If this is the case for your child, please let your child's class teacher know; if you send the book into school, we can stick the insert for you if you wish.

