



This half term our focus is 'Owning your choices'

YR - It's OK to be different

Y1 - What makes us special

Y2 - How can we be healthy?

Y3 - How can we keep physically healthy?

Y4 - How can we be a good friend?

Y5 - Healthy Choices

Y6 - Anti-Social Behaviour and Peer Pressure

Ways to support a child or young person



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on [Young Minds: How to talk to your child about mental health](#).



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from [the Maudsley Charity on difficult behaviour](#).



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.



Encourage their interests

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. [Anna Freud Centre's guide on ways to support children and young people](#) has more on this.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The [Sleep Charity](#)

OPAL – Outdoor Play and Learning



Our data shows that OPAL is having a positive impact on structured and cooperative play at lunchtimes. We will continue to enhance the pupils' playtime experiences.

Please see more information on our school website.

<https://www.wordsworthprimary.co.uk/page/?title=OPAL+%2D+Outdoor+Play+and+Learning&pid=206>

Your support is important to.

Top tips for helping your child to have happy friendships

Derbyshire Family Health Service

1. Help them practice their social skills.
 - Younger, shyer, or more bouncy children can find it harder to learn social skills, so work at a level that suits them.
 - Talk to you child about sharing, playing with others, and taking turns in games.
 - Help them think about different situations they might face and how to be kind to others in those situations
 - Help them think about how they and other people might feel in different situations.
 - Help them think about what makes someone a good friend, such as “I can play with someone if they look lonely”. “If someone is hurt, I can check they are OK.”
2. Let your child sort problems out with their friends.
 - Help your child to work things out themselves. You can do this by trying not to step in and take over too much. Children can fall out and make up quite quickly.
 - Help them learn when to say sorry.
3. Playdates.
 - Having a friend (or two) over to play can help your child practice their social skills. You can help them think about what makes a good host. Talk with your child about taking turns and what your child and their friend could do together.
 - Praise your child when they come up with some good ideas.
 - Don't push playdates onto your child. Some children can be tired and overwhelmed by starting school and having after-school playdates can get a bit much for them.
4. Model good social skills.
 - Your child will learn from watching you. If you look after your friends and sort out any problems between you, then your child will learn to do this too.

School Rules



We have linked our school rules to our school values- Empowerment, Community, Trust, Nurture and Learning. The children and adults have broken each of the school rules down into 'what the children will do' and 'what the adults will do' to ensure all stakeholders know how to follow the school rules.

Please take time to chat about why School Rules are important and how we can all support each other in staying safe and having fun at Wordsworth.

 At Wordsworth,	<h1>Ready</h1>				
 children will...	 be curious.	 be engaged.	 try their hardest.	 take part in self-regulation activities to help them focus.	
 adults will...	 teach and support the use of regulation strategies.	 have a tidy and organised classroom.	 make sure all children can take part in their learning.	 be consistent with routines and expectations.	
 At Wordsworth,	<h1>Respectful</h1>				
 children will...	 treat everyone with kindness.	 use polite words and actions.	 value others' opinions.	 reflect and repair.	
 adults will...	 recognise effort and praise positives.	 respond to behaviour needs sensitively.	 understand all behaviour is a form of communication.	 unpick and remove barriers.	
 At Wordsworth,	<h1>Safe</h1>				
 children will...	 respect others' space.	 walk calmly and quietly in school.	 report unsafe behaviour to an adult immediately.	 look after the school environment.	
 adults will...	 develop positive relationships and value mistakes.	 prioritise children's needs: be predictable, prompt and assertive.	 communicate and maintain boundaries.	 take time to understand, repair and rebuild.	

If you in need of any support please do not hesitate in contacting us.

The Wordsworth Primary and Nursery safeguarding Team via info@wordsworthprimary.co.uk or telephone 023 80776397