



## Dear Parents and Carers,

Welcome to this week's newsletter! It's been a busy, exciting week here at Willow Bank Primary, and we have so many wonderful highlights to share with you, along with some important upcoming dates.

## Highlights from the Week



Our Year 6 children have had an unforgettable experience on their PGL residential trip to Marchant's Hill! From rifle shooting and climbing to the thrill of the zip wire, they have embraced every challenge, building independence, self-confidence, and lasting friendships. We hope you have been following their adventures on our social media platforms! We are also excited to offer this opportunity to our Year 5 children next November. Please remember to send in your deposit if you would like to secure your child's spot.

## Online Safety Session with Mr. Ali

A huge thank you to Mr. Ali for leading an informative Online Safety session for parents earlier this week. If you were unable to attend but are interested in learning how to keep your child safe online, we will be repeating the session later in the year. Stay tuned for details!

## Celebration Assembly - Walnut Class

Walnut Class did a fantastic job sharing their learning from this term during our Celebration Assembly this morning. The children spoke with confidence and clarity, thoroughly engaging their audience – it was wonderful to see their oracy skills shine!

## Upcoming Events

### Remembrance Day - Monday, 11th November

In observance of Remembrance Day, the whole school will be participating in a two-minute silence as a mark of respect for those in the armed forces who have given their lives in past and present conflicts.



**Anti-Bullying Week 2024** Next week, we're thrilled to celebrate National Anti-Bullying Week 2024 with a packed schedule of events:

**Monday 11th November:** Special Anti-Bullying assembly led by Miss White and our incredible Playleaders.

**Tuesday 12th November:** Odd Socks Day – Children, staff, and parents are invited to wear odd socks to celebrate our unique individuality.

**Thursday 14th November:** Positive Noticing Day – Students will write a short note to highlight a positive quality in a peer or teacher, aiming to brighten each other's day.

**Friday 15th November:** Children in Need Day – We invite children to wear something spotty and bring in a donation to support this important charity.

Thank you, as always, for your ongoing support. Have a wonderful weekend!

Warm regards,

Mrs Oldfield and The Willow Bank Team

*Respect Integrity Kindness Resilience Aspiration Curiosity*





## Year R

This term Magnolia class started their new topic, 'What happens in our community?' with a 'Bang!' We investigated the fireworks we heard to find out they were for celebrating Diwali! We learnt the story of Diwali, created our own firework art and have made a Diya Lamp each to take home.



## Year 1

Today we received an exciting package in our classroom – a rucksack! Inside were items from different parts of the world and special book for us to read! Molly McDrew – An Adventure around the World! We read our special book and considered these questions as we examined the items in the suitcase.

What do you notice?

Where do you think this item is from?

Why is it in the suitcase?

What do you notice about the name tag/ letter?



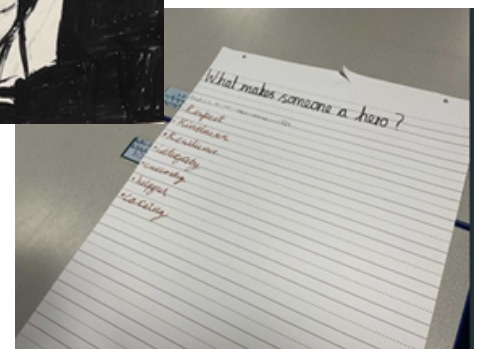
## Year 2

In Year 2, students were excited to receive a special letter from the Mayor of London, inviting them on a learning adventure. Armed with Google Maps, the children eagerly zoomed in on London, locating iconic sites like Big Ben, the Tower of London and Buckingham Palace. They then organised images from the story A Walk to London.



## Year 3

For our hook lesson in year 3, the children embarked on a meaningful exploration of what it means to be a hero. Through engaging discussions, activities, and stories, the students have been working to define what characteristics make someone heroic in their eyes. From acts of kindness and courage to resilience and empathy, each student then drew someone, or something which might not look like a conventional hero, but is still a hero due to their actions.







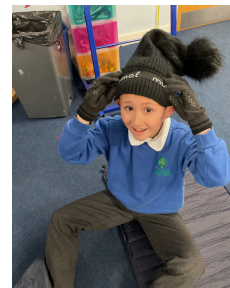
## Year 4

This week in Year 4, we had an exciting and mysterious visitor! During our lesson, an unknown guest left behind a collection of intriguing items in the classroom. The children were tasked with using their detective skills to piece together the clues and predict who the mystery guest might be.



## Year 5

In year 5 we are learning about Polar explorers and the struggles they face in extreme weather conditions.



## Year 6

The Year 6 Students are having a wonderful time on the PGL Trip! They have been learning survival skills, rifle shooting, climbing and tested their nerve on the zip wire!



OUR CORE VALUE FOR  
AUTUMN 2 IS  
INTEGRITY

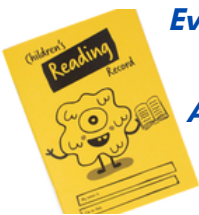




## KS1 & EYFS Parent Reading Morning

Every Thursday from 8:40-9:10am



All parents and carers welcome!



We are looking for Read with Me volunteers at Willow Bank! These volunteers will visit our Yr 1 & 2 classrooms and listen to our children read.

If you are interested in volunteering with us for 30 minutes or an hour each week, then please pop into the office to express your interest and pick up our application pack.



Well done	Our target is over 96%
★ Magnolia - 98%	Yew - 92%
Hornbeam - 92%	★ Redwood - 99%
	★ Almond - 96%
★ Hazel - 98%	★ Walnut - 98%
★ Larch - 99.5%	★ Sycamore - 99%
	

## School Reminder

Children should not arrive earlier than 8.20am, for Bagel Breakfast club from 8.25am - 8.35am  
School gates close at precisely 8:50am. After this time, entrance is via the school office and parents will need to sign your child/children in using the screen.

## A reminder that we have our Chance To Chat.

As a school we provide ongoing support for the children's wellbeing and mental health to which one of the methods is they can fill out a form while in school to express their worries. The form then gets placed in the 'Chance to chat' box where it will be addressed by the wellbeing team.

We also have an online form which is located on the school website named 'Chance to chat'.

The children can complete the form if they are worried about something or need some advice? A member of staff will get back to the child at school.

Please copy the link below and paste in the search bar and it will direct you straight to the form.

<https://forms.office.com/pages/responsepage.aspx?id=MvrWB2Z-r0qnuEuN-giOI1CAPQc0X4RFje43giTliLNUOE5BWUFISE40VjBXODZYRVFITLNXVzZYNCQLQCN0PWcu>





# Optimistic October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 7 Look for the good in people around you today	1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better
14 Do something constructive to improve a difficult situation	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing
21 Let go of the expectations of others and focus on what matters to you	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time
28 Ask yourself, will this still matter a year from now?	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time
	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month			

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

## Education is so much more than academic subjects or results



St. Nicholas Church Hall (Village Hall) • Church Lane • Chislehurst BR7 5PE

Wed 20<sup>th</sup> November 2024

Doors open 7.45pm

Event starts at 8pm



Guest Speaker  
Selena Bolingbroke

Advice and Support from the Dyslexia Association of Bexley, Bromley, Greenwich & Lewisham  
☎ 0300 999 1800 ✉ info@dyslexiawise.co.uk



## PARENT/CARER

## WORKSHOP

### Confidence/Self Esteem/Sleep Issues

11<sup>th</sup> November, 1400

Parenting can be both joyful and challenging.

How can we remain strong and confident and help them thrive? How can we develop strategies to help with sleep issues?

Come along and join us for an informal chat at the Bedonwell Centre, Bedonwell Primary School.

Everyone is welcome!

Please contact me to book a place:

[jayne@bexleymooring.co.uk](mailto:jayne@bexleymooring.co.uk)





## Tri-borough SEND Newsletter

Bromley Healthcare provides Special Educational Needs and Disabilities (SEND) support to people living in Bromley, Bexley and Greenwich, in partnership with other key professionals and networks.



Welcome to the latest edition of the tri-borough SEND Newsletter! We aim to publish these to you every 4 to 8 weeks. This edition suggests ways to ensure an inclusive and enjoyable experience for all over a range of upcoming festivities.

**National Autistic Society**

Bonfire night is a family occasion that brings joy to people across the UK but for at least 1 in 100 autistic people, fireworks can be anything but fun. Many parents of children on the autism spectrum tell the National Autistic Society they choose not to celebrate bonfire night because their children find it too distressing. The unexpected nature of displays can cause anxiety and stress, and for those with sensory issues, fireworks can be very disturbing.

There are ways to make bonfire night a positive experience. With the help of their [Facebook group](#), members, the National Autistic Society have compiled the following list of tips to help you enjoy bonfire night with your child. [Bonfire night: how to help your child](#) [Bonfire night: how to help your child](#)

**How to help your child with their fears this bonfire night.**

It's one of the most exciting nights of the year – but Bonfire Night isn't for everyone. As we know that our tiny friends prefer to be indoors to avoid the fireworks, but there are plenty of young children who are put off by the loud noises too.

It's a common fear for children, along with things like being scared of the dark, certain animals, or the idea of a monster under the bed.

Tiny Happy People spoke to a child psychologist to find out how you can support your little ones when something scares them.

[Bonfire Night: how to help your child and toddler if they're scared of fireworks](#) - BBC Tiny Happy People

**Options Autism**

**Preparing for bonfire night with neurodivergent young people**

Bonfire Night, also known as Guy Fawkes Night, is an exciting occasion marked with fireworks, bonfires, and the warmth of community gatherings. However, for neurodivergent young people, the night can present unique challenges. By using the concepts of our Neurodivergent Strategy of Ask, Accept, and Develop, we can make Bonfire Night an inclusive and enjoyable experience for all.

[Preparing for Bonfire Night with Neurodivergent Young People: Ask, Accept, Develop - Options Autism](#)

**Neurodiversity and Halloween**

Dr Dee Khaira, Clinical Psychologist for [Witherslack](#) Group, shares knowledge on some of the unknown impacts Halloween can have on neurodivergent children, providing practical strategies on how we can support them in this frightful season: [Neurodiversity & Halloween - Witherslack Group](#)

**The Shadow Project**

**A simple guide for making Halloween fun for neurodivergent children**

Creating a fun and inclusive Halloween experience for neurodivergent children can require some thoughtful planning and consideration, but doesn't have to be difficult. Here's a simple guide to help you make Halloween enjoyable for all:

[Simple guide to making Halloween fun for neurodivergent children - The Shadow Project: Inclusive Project.org](#)

**Diwali – 1 November 2024 (Hindu holiday)**

Celebrating Diwali with children who have SEND can be a wonderful experience. See the first steps to make the celebration enjoyable and accessible.

**Sensory activities**

- Rangoli Patterns:** Use textured materials like sand, rice, or flower petals to create rangoli designs. This can be a great tactile activity.
- Diya Lamp:** Make clay diya and let the children paint and decorate them. The process of painting and painting can be very engaging.
- Fireworks Simulation:** Use safe, sensory-friendly alternatives like glow sticks or LED lights to simulate fireworks.

**Creating a Calm Environment**

- Quiet spaces:** Ensure there are quiet areas where children can retreat if they feel overwhelmed and overstimulated by the sensory input from the immediate environment. It gives them time and space to calm their sensory system and take control of their emotions again.
- Visual Schedules:** A visual schedule acts like a map, providing clear visual cues that outline the sequence of daily activities. This method enhances understanding, as children can see what's coming next, reducing confusion and making transitions smoother.

[Twinkl - 18 Inspiring Diwali Ideas for Learners with SEND - Twinkl](#)

**child accident prevention trust**

**How to keep children safe this Halloween: 12 top tips** [\(coast.org.uk\)](#)  
[Fireworks safety advice hub](#) | [Safe fireworks for families](#) [\(coast.org.uk\)](#)

**ANTI-BULLYING ALLIANCE**

**What is Odd Socks Day?**

Odd Socks Day marks the start of Anti-Bullying Week. Odd Socks Day 2024 is taking place on Tuesday 12 November 2024. It is supported by [children's presenter and ASA patron, Andy Day](#) and his band 'Andy and the Odd Socks'. [Odd Socks Day](#) [\(anti-bullyingalliance.org.uk\)](#)

**mencap**

**What is a Health & Hospital Passport?**

A hospital passport tells the hospital about your healthcare, your learning disability, how you like to communicate and how to make things easier for you. You can carry your hospital passport and show it to healthcare staff at the hospital. It can help you to get the care you need in an easier to understand way. Hospital passports can get lost in hospital so it's a good idea to have more than one copy. [Health & Hospital Passports: Summary, Care Records And FAQs](#) | [Mencap](#)

**Bromley Local Offer**

The Local Offer is a document that gives information about the support services available in your local area. This specifically for children, young people and their families with special educational needs and / or disabilities (SEND).

[Bromley: Special Educational Needs and Disability \(SEND\) Local Offer - London Borough of Bromley](#)

**Bexley Local Offer**

Royal Borough of Greenwich: [Special Educational Needs and Disabilities \(SEND\) Local Offer](#) | [Greenwich Community Directory](#)

**Royal Borough of Greenwich Children's centres** | [Royal Borough of Greenwich](#)

**Get to know your local Children and Family Centres**

[Bromley: Children and Family Centres](#) [\(bromley.gov.uk\)](#)

[Bexley About the Children's Centres](#) | [London Borough of Bexley](#)

[Royal Borough of Greenwich Children's centres](#) | [Royal Borough of Greenwich](#)

**Should you require any further support or information, please contact the Health Visiting Tri-borough SEND Specialists at:**

Contact: [bromh.vi.boroughandshamons@nhs.net](mailto:bromh.vi.boroughandshamons@nhs.net)

Please also follow us on the following social media platforms:

[@bexley0to19](#) [@bromley0to19](#) [@greenwich0to4](#)

[Bexley 0 to 19](#) [Bromley 0 to 19](#) [Greenwich 0 to 4](#)

[@bexley\\_0to19](#) [@bromley\\_0to19](#) [@greenwich\\_0to4](#)

We want to hear your feedback on our services. Visit [www.governor.org.uk/ourcommitment](https://www.governor.org.uk/ourcommitment).

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

- 1 LEAD BY EXAMPLE**  
As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.
- 2 AGREE TO DISAGREE**  
Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.
- 3 PROMOTE ACTIVE LISTENING**  
Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.
- 4 ENCOURAGE THE USE OF "I" STATEMENTS**  
If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel..." or "I think..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.
- 5 FOCUS ON BEHAVIOUR, NOT CHARACTER**  
When disagreements happen, encourage children to focus on criticising and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.
- 6 STAY CALM AND TAKE BREAKS**  
It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.
- 7 START CONVERSATIONS ABOUT RESPECT**  
Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.
- 8 SEEK COMMON GROUND**  
When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each other.
- 9 AVOID MAKING THINGS PERSONAL**  
It's important that we make it clear to children that they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.
- 10 REFLECT AND LEARN**  
After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

**Meet Our Expert**

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.

[Source: See full reference list on guide page at:](#)

[X @wake\\_up\\_weds](#) [f /www.thenationalcollege](#) [@wake.up.wednesday](#) [@wake.up.weds](#)

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**#WakeUpWednesday**

**The National College**



Willow Bank  
Primary School

# Upcoming Events



## Autumn 2

NOV  
**12**

### Anti Bullying Week - Odd Socks day

Children can wear **odd socks** in support



NOV  
**13**

### Positive Noticing Day

**You Are  
amazing!**

Children will notice and be noticed for something positive – look out for their tag!

NOV  
**15**

### Children in Need

Children can wear a **spotty top** with their school uniform



NOV  
**18**

### Show Racism the Red Card

Children will be given a **red ribbon** to wear creatively.



NOV  
**19**

### Individual School Photos

Children to look smart in their full school uniform.



DEC  
**03**

### RockKidz

Children to wear their best rock inspired outfit



DEC  
**12**

### Christmas Dinner & Jumper Day

Children can wear a **christmas jumper** with thier school uniform



DEC  
**12**

### WBP Winter Wonderland

Join us straight after school for activities and treats



PLEASE SEE YOUR CHILD'S YEAR GROUP OVERVIEW FOR TRIPS, CLASS  
ASSEMBLIES AND NATIVITY/CAROL SINGING DATES