

# THE OTTER

THE NEWSLETTER OF OTTERBOURNE CHURCH OF ENGLAND PRIMARY SCHOOL.



Dear Families

I hope that the half-term has started well for you all. Hopefully the children are coming home and sharing things from their day in school, although I know from speaking to many of you, that trying to get anything from them on a daily basis can be a challenge in itself.

For younger children, it would be lovely to hear if they have talked much about lunchtime activities! We have worked hard to change our lunchtimes so that there are more collaborative and engaging activities out each day and thanks to Mrs Qureshi, who is now with us throughout most of the week, we are getting more and more out for the children each week. This is being supported brilliantly by our Sports Council children too, who are clearly enjoying the added role and responsibility. The fund raising from the recent 'Break the Rules Day' is all going towards even more lunchtime resources for the younger children too, so there yet is even more to come.

Best wishes for a good week.

Mr Geraghty

PS. If you haven't yet given consent for your child to be part of the ELSA study for screening for type 1 diabetes, and still wish to, the deadline for this is midnight tonight. The poster with QR code is on the next page.

## The run up to Christmas

There are a number of events and activities taking place this half-term, including:

29th November - Winter Clothing Swap-Shop (poster in this bulletin)

6th December - Secret Santa. This is a change of date from the 13th as...

...13th December - The Christmas Fair is back!!! More details coming out very soon.

## Unloved School Uniform has a new home!

Our amazing FOS would like you to know that some of the pre-loved uniform, that never found its way to other children, has been donated to The Women's Shelter in Southampton, which we hope you agree is a very worthy cause.

**For Children in Need, this Friday (15th), we will be LIGHTING UP THE SCHOOL!**

The children can do this in a variety of ways. They could wear brightly coloured/fluorescent clothes, wear glitter/sequins or simply add a high-viz jacket to their uniform! Alternatively, they could 'lighten' someone's mood by giving compliments, telling jokes or offering some help. The community council will be collecting donations on the gate on Friday morning (£1 suggested).



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The ELSA study poster/leaflet  
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UNIVERSITY OF  
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Type 1 diabetes – Screen to Intervene

## Are you a parent/guardian of a child aged 3-13 years?

You are invited to join the ELSA study, which is screening children aged 3-13 years to find out their risk of getting type 1 diabetes.

This involves a simple finger stick blood test, that your child can have done at school, and further support will be offered by the ELSA Study team after this.

### Finding children at high risk, means:

we can stop them from becoming too unwell, start treatment sooner and aim to delay the start of type 1 diabetes.

Every family who takes part in our study is helping us to understand more about type 1 diabetes. Thank you!



If you want to find out more or take part:

Email: [elsa@contacts.bham.ac.uk](mailto:elsa@contacts.bham.ac.uk)

Visit: [www.elsadiabetes.nhs.uk](http://www.elsadiabetes.nhs.uk)

Scan for study  
website:



# WINTER CLOTHING SWAP SHOP AND

## Hot Chocolate

Friday 29th November 3.30pm - School Hall

Come along to our swap shop to grab a bargain and a festive hot chocolate!



£2 suggested  
donation per item





# DIGITAL WELLBEING WORKSHOP



Wednesday 20th November  
6pm - 8pm



How can we keep our children safe in an ever-changing digital world?

# 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 critiquing 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 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: