



Lower Phase Pastoral News

Term 1

October 2019

Please take some time to learn about what we are teaching our students in school and the benefits this has for them as people.

Lower Phase Values

Resilience

RESPECT

Honesty

Empathy

COURAGE

The BSK Daily Mile!

This term, we have introduced the Daily Mile initiative to the Lower Phase students during break times. It is scientifically proven that walking briskly for 15 minutes each day can boost brainpower, lift your mood, improve

15 minutes of brisk walking to travel a mile (and it is about 3 miles from BSK to the Palms!) Some keen students in BSK have been enjoying their 15 minute walk around the playground each day and have noticed many benefits already! Salwa Alfares, a student in 2.1 said “I really enjoyed the

we finished the 15 minutes it felt great! We all cheered and felt so proud of each other. I want to do this every day because it’s a good way to keep fit and keep busy at playtime. I want to walk 10 miles!”



your fitness and increase your energy levels. It takes around



walking club and after



Value of the Term: Resilience

This term, we have focused on encouraging our students to be resilient, to keep on going and to never give up.

Resilience can be defined in a number of ways;

- The capacity to recover quickly from difficulties or challenging situations.
- Having the strength and

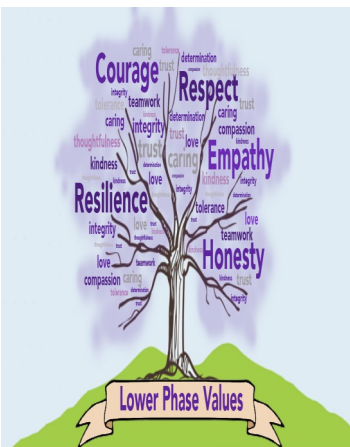
determination to keep going, even when things are tough.

- Being able to embrace challenges positively, learning from mistakes and using them as a platform for growth.

Here are some examples of resilience help strategies to use in difficult situations:

- Work hard
- Ask for help
- Stay calm
- Be thankful

Believe



Promoting Positive Health and Well Being in the Lower Phase

Throughout the month of October, there is a worldwide campaign to promote positive health and wellness in children and adults. It is reported that increasing numbers of children around the world are facing emotional difficulties that are affecting their ability to learn and do well at school. Growing evidence indicates that promoting positive health and wellbeing improves a range of school outcomes, including enhanced academic outcomes, better attendance and fewer exclusions.

In the Lower Phase we are passionate about educating the whole child, not just academically, but socially and emotionally too. We encourage students to recognise their emotions and to understand why they may be feeling a certain way. By teaching our students to be self-aware, we are laying the firm foundations early on, promoting health and wellbeing not just physically, but mentally too.

Children need to be emotionally intelligent if they are going to live up to their full potential and truly live a life that is filled with positive experiences and the willingness to do what is best for themselves and the people around them.

Children's health and wellbeing is without a doubt the most important aspect of any child's social and cognitive development.

HOW TO SUPPORT YOUR CHILD'S HEALTH & WELL BEING

@BELIEVEPHQ www.BelievePerform.com

- LOVE**
Be there for your child and show care and love
- EXERCISE**
Encourage play, exercise and sport
- BEHAVIOUR**
Keep an eye out for any changes in behaviour
- SUPPORT**
Regularly support, encourage and praise your child
- REST TIME**
Help your child to manage stress by building in some rest time
- BE PROUD**
Tell your child that you are proud of them
- PATIENCE**
Be patient. Don't pressure your child
- HELP**
Don't be afraid to seek help from professionals
- FEELING**
Get to know how your child is feeling
- EDUCATE**
Educate yourself about mental health problems
- PROBLEM SOLVING**
Help your child to effectively problem solve
- LISTEN**
Make sure you take time to listen to what your child has to say
- COPING**
Help your child to learn some simple coping skills such as relaxation
- SYMPTOMS**
Be aware of signs and symptoms
- CONVERSATION**
Encourage your child to engage in conversation
- ENVIRONMENT**
Provide a positive environment for your child where they can thrive

Character Strengths

Every person has a combination of 24 character strengths (in different levels) and if developed correctly they can have a significant positive impact on their lives. As well as being able to identify your own strengths it is good to be able to recognise the strengths and good in others too.



See the examples of the 24 character strengths below. Be brave and try and identify your own.

For further information on character strengths please visit

<https://posproject.org/character-strengths/>

What our
students
say:

Many of our students (and teachers) can already identify their own character strengths. Here are some examples of what they think they are good at:

"My strength is humour because I like to make people laugh and tell funny jokes. It's nice to cheer people up when they are sad." Khaled, Year 2.

"I think I'm really creative. I like to use my imagination to write stories and make crafts." Fatemah, Year 1.

"I would say that my character strength is gratitude because everyday I feel thankful for the good people and things I have in my life. It's important for me to recognise and feel thankful for how fortunate I am." Year 2 teacher.

"I am kind." Ali, Reception student.



Perseverance **Love**
Creativity **Perspective** **Spirituality**
Forgiveness **Bravery** **Humility**
Gratitude **Prudence** **Judgement**
Leadership **Love of Learning**
Curiosity **Appreciation of Beauty & Excellence** **Honesty**
Humour **Teamwork** **Kindness**
Self-Regulation **Social Intelligence**

Attendance Matters

Children only get one chance at school, and your child's chances of a successful future may be affected by not attending school every day on time. At BSK every lesson counts.



The start of the school day is vital in so many ways and poor attendance can affect children's ability to make and keep friendships, a vital part of growing up.



Children who arrive late have a very disruptive start to the day and this can often cause them distress.

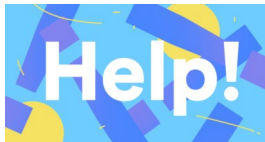
If you are having difficulty getting your child to school on time, please speak to the class teacher or Miss Clare. Our minimum target level across the Lower Phase is

95%

attendance the Lower 95%.

How you can help?

- Make sure your child arrives at school on time every day, by 07:30 and in time for the first bell.
- Make sure your child gets to bed early and gets up in time in the morning. This will give you plenty of time to get ready and enjoy breakfast together before leaving.
- Leave earlier to avoid traffic and get here on time. Getting into good routines will help everything run smoothly in the mornings.
- Encourage their achievements at school. If you are positive then they will be too.



- Follow the school's procedures for notifying absence, and always let the school know of any days that your child is unable to attend.
- If your child is ill then contact your child's teacher or phone Miss Clare on **1830 456 ext 1208** or by email at **clm@bsk.edu.kw**



Let's get the year off to the best start...

Attendance Superstars!

We will continue to reward those children who have achieved the highest attendance levels as well as each class who has achieved the highest attendance for each term.



Congratulations to the teachers and students of the following classes who have the highest attendance levels this term

**Miss Rhiannon and Reception
8 (93%)**

Miss Anna and 1.4 (96%)

Miss Jessica and 2.11 (97%)

PE Kit Update

There have been some issues this term with lost PE kits and mixing up of uniforms. Please be reassured that we are taking measures to make changing for PE, especially in Year 1, as smooth as possible. For children in Year 1 and 2, changing independently is part of their Physical Education curriculum and this does contribute towards their PE grade overall. Therefore, it is important for us to encourage the children to be

as independent as possible when changing and looking after their belongings. We understand that this takes time in the beginning and would ask that you support us by helping your

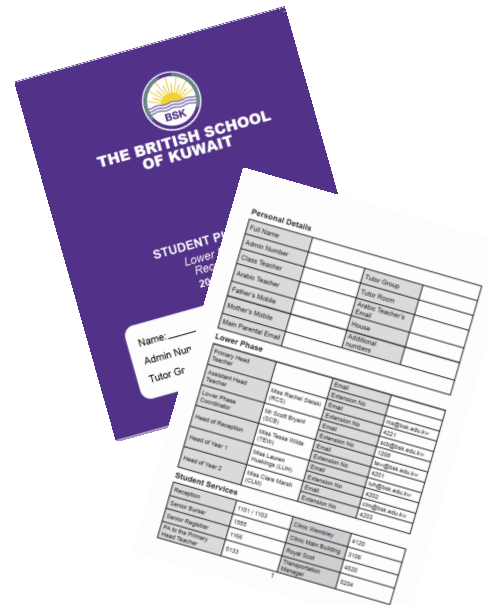
Please understand that we are trying our best to make changing for PE as smooth as possible. We need your support too.

children to practice dressing and undressing independently, showing them how to put their things away in their own bags, and of course labeling everything clearly with your child's name and admin number. The majority of students are able to manage this independently, but please continue to support us by encouraging children at home too.

Purple Planners

At BSK, we are proud of the relationship we have with our parents. We understand the importance of good communication between home and school and work hard to promote positive home school links. Each student in the Lower Phase has a purple planner which must be brought into school everyday. Please can you ensure that the front page of your child's planner is filled in with the

important communication details, and that you check it regularly for notes from the class teacher. It would be a good idea to spend some time reading through the planner, as it contains lots of information about uniform, assessments, our healthy eating policy and staff details.



Just for Fun!

Joke of the Term

Q: What did the ground say to the earthquake?

A: You crack me up!



Spot the Difference

Clinic News



Uniform Reminders

Boys

Boys must wear black leather shoes with laces or straps. Branded sports shoes are not allowed, apart from when in PE.

Boys socks must be grey with the purple trim.

Boys hair must be neatly trimmed and styled. Visible razor lines, wild styles or untamed growth is not allowed. Hair should not come over the collar of the shirt.

Girls

Girls must wear white socks with purple trim.

Hair bands and bobbles should be white, purple or black.

Girls should wear flat, leather shoes that can be polished.

It's Birthday Time!

We love celebrating the birthdays of our students and they love sharing their special day with us too.

When it is your child's birthday and you want to share a special treat then please only send small cup cakes, mini donuts or even better some delicious fruit.

Healthy eating facts:

A strawberry isn't actually a berry but a banana is.

The world's most popular fruit is the tomato.

There is a tree called the fruit salad tree that grows different fruits at once.



Our award winning clinic continues to care for our students and this term, children in the Lower Phase have had their annual height and weight checks. Parents will have received consent for medication forms and we ask that you read these carefully, sign and send back to school as soon as possible.

If your child has a specific medical condition of which we should be aware, please ensure that the medical staff are informed as soon as possible, and that the appropriate medical note or certificate can be seen. Once the clinic staff are informed of any new or existing medical conditions, they can create a care plan for your child.

Nut Allergies

We have students in the Lower Phase who have serious nut allergies and being exposed to nuts in the environment can trigger some harmful effects.

Therefore, we ask parents to avoid sending any food into school which may contain nuts.

Thank you for your support and consideration with this



Here at BSK we strive to work in partnership with you as parents to make school as enjoyable an experience as possible. This section will detail what you can do at home to help us ensure that life at school runs smoothly.

Tips to Keep Children Hydrated



Ensure children have a drink before school, with breakfast, and before and during playtime.



Parents, teachers and guardians should offer drinks regularly, especially in hot environments.



Offer drinks that children enjoy. Water, milk, juice, low sugar soft-drinks can all help.



Many fruits and vegetables have a high water content and can also contribute to fluid intake.

