

Welcome to our next Safeguarding newsletter, we aim to bring you all the latest, relevant help and advice on issues we feel will be of importance to you.

Anti-Bullying Week

Last week, we celebrated *Anti-Bullying Week* by wearing Odd Socks. In Monday's assembly we talked about how wearing odd socks was to celebrate what makes us all unique. We also talked about what 'bullying' is, defining it as: hurting somebody several times on purpose. We talked about how bullying can happen in person or online. This year's *Anti-Bullying Week* theme was 'Reach Out'. We spent time talking to the children about ways to speak up about bullying – even if it is not them who is being bullied. At Begbrook, children can tell an adult in person or use the class Chatterbox.

We have updated our Anti-Bullying information leaflet for children, which can be found in the main school office, and we have been very impressed with all the Anti-Bullying posters and information leaflets that have been created by the children.



Safeguarding Theme of the Week

As you know, each week we talk to children and staff about different safeguarding themes. Please see our Term 2 Safeguarding Themes of the Week:

- Week 1 – Chatterbox
- Week 2 – Being Kind Online
- Week 3 – Anti-Bullying Week
- Week 4 – Road Safety Week
- Week 5 – Being Safe Around our Site
- Week 6 – Behaviour
- Week 7 – Online Safety



A great road safety poster from Ezmae in Y3 – thank you!

This week, as part of Road Safety Week, we have been talking to children about how vehicles can be safer on the roads, how all people should be wearing seatbelts whilst travelling in vehicles and how we can keep safe when crossing a road. We also asked the children to think about how the roads around Begbrook could be safer – especially at the beginning and end of the day. So far, the child have suggested the following ideas:

- 'Put a gate around the road'
- 'More lollipop mans'
- 'On the little poles outside the school, there can be posters or reminders that say look, stop, cross'

We look forward to receiving more ideas from children that we can talk about over the next couple of weeks.

Online Safety Advice

Most social media apps require users to be at least 13 years old. Recently at Begbrook, we have been supporting children in upper key stage 2 (years 4, 5 and 6) to manage difficulties between friends via social media platforms. If your child is currently on social media, or if they've been asking to join, it's important to talk to them about what social media is, what rules you have for it and how to be safe whilst using social media. For more information, please follow the link below:

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

Events for Families

There are a number of events for families taking place over the next few weeks. Please see below for more information (leaflets also attached in email).

FREE YOGA AND PILATES STYLE EXERCISE CLASSES

At The Vassall Centre, Gill Avenue, BS16 2QQ
Run by Gill – qualified Physiotherapist and qualified Yoga and Pilates teacher – contact gill@vassallcentre.org.uk for more information and to book

Wednesdays 9.30 – 10.30 (Pre Christmas runs on 26th, 29th Nov and 7th December. After Christmas runs each week from 13th January until 8th February inclusive)

Improve your balance, stress and wellbeing!
All welcome – young, older or limited mobility.
Bring pre-school age children and they can play with available toys or join in fun exercises.
The class is very informal, just join in what you can.
We will have award £5 rise of exercise followed by tea, coffee and a chance to socialise

The Affordable CHRISTMAS FAYRE
THE VASSALL CENTRE, GILL AVENUE FISHPODS, BS16 2QQ
Sat 26th November 11am-2pm

SWAP SHOP

Don't buy new this Christmas, just swap what you don't use
We will be holding SWAP SHOPS for the following
A toy swap - stuffed animals, cars, books, games puzzles etc
Unwrapped Christmas gifts - wrapped bathings, gifts, etc etc
Unperishable food - lined food, pasta, rice, sauces etc
Christmas clothes - Christmas jumpers, Christmas PJs etc

Free Tea, Coffee, Mince Pies & Free Meet Santa, Carol Singing
Free Childrens Crafts

Cost of living workshops
Workshops from:
The Fishpods Repair Cafe and More

Please see our social media for updates or email office@vassallcentre.org.uk
Tel: 0117 3609630

BEGBROOK COMMUNITY GET TOGETHER @Grow Wilder

3.30pm to 5.30pm
Wednesday 30th November

BYO signature dish (optional)
Tea & Coffee donations got
Fire pit (weather pending)
Everyone welcome!

Join us for a little get together at our beautiful outdoor site. Everyone welcome and feel free to bring along your favourite food for sharing!

30/11/22 | 3.30pm-5.30pm | Gilling, Wilder, Forest, Jay Park Rd

Free Hot Desks

SAVE ENERGY
CORE OF WARMTH
HEAT UP
WELCOME HOME

COME AND HEAT UP AT OUR HOT DESKS
Every Tues & Fri Nov-Feb

THE VASSALL CENTRE < GILL AVENUE < BS16 2QQ

To be eligible you must work alone in your home and live in BS16
Bookings open 1 week prior to day. Please email office@vassallcentre.org.uk

Best wishes,
Miss Adams 🍵