



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



TELEPHONE: 01283 247410 TWITTER: @shobnallprimary E-MAIL: shb-office@shb.itmat.co.uk

8th November 2024

"Either you run the day or the day runs you."



Dear Parents/Carers,

I would like to formally welcome you back after the half-term break! I hope you managed to spend some quality time with your families and have had a restful and relaxing week.

The turnout for our Open Evening on Thursday was tremendous and I would like to express a huge thank you to all our parents and families who spent time coming in to school to view the excellent work produced by each class. If you weren't able to attend, please view the posts on our school X (Twitter) page as the work that was on display in 'Our Faith Walk' was fabulous! Every year, we feel that it is important to open our doors to parents and the wider community to enable everyone to have the opportunity of seeing our school setting, the work completed by the children and have chance to meet the staff. I am sure that for those who attended, you found it informative, engaging and a worthwhile experience.

We also had the pleasure of meeting and talking to many potential new parents looking to apply for places in our Nursery and Reception classes next year. The easiest way for parents to apply is online. Further information can be found on the [Staffordshire County Council website](#). The closing date is **15 January 2025**. Please ask at the school office if you would like a copy of the letter informing parents about the process.



I would also like to take this opportunity to encourage all families to take extra care on their journey to and from school as we are now approaching the winter. The dark mornings and dark nights are upon us, and it is imperative to remember, especially with Shobnall Road being so busy, that you need to be seen to be safe!



On Monday, we will be holding a two-minute silence to mark Armistice Day in school. This is to mark the end of the four-year conflict in 1918 where an agreement between Germany and the Allies was made "on the 11th hour of the 11th day of the 11th month". We remember all those who have lost their lives in conflict exactly 105 years after the end of the First World War.

We hope that you have a great weekend and, as always, we look forward to seeing you again on Monday! Enjoy!

Nut Free School Reminder

We would like to remind all our parents and carers that we are a nut free school. Children who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction if exposed. If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties). Many thanks for your support and understanding.



Navigating Social Media with A Child - A Free Webinar From Techtimetypeout



The issues surrounding technology don't end in the workplace. Tech is having a big impact on our families too, especially when it comes to social media usage.

Techtimeout is partnered with [Positive Social](#) to provide parents and carers with a free webinar on **26th November** so you can learn how to help your child make positive, informed choices on social media.

If your child is already on social media – or will be soon – this session is for you.

The webinar will show you how to foster an environment where your child feels comfortable

sharing their social media experiences. There will be practical technology tips to help manage and support safe social media use and set boundaries that actually work. And they'll share insights from research and science on social media's impact.

They are running **two** webinars on **26th November** at **12.45pm** and **8pm**. They will be 45 minutes long.

Find out more and book your ticket [here](#).

Shobnall PFA Christmas Market – Friday 6 December 2024, 3.30pm – 5.30pm

Christmas is creeping up on us and the PFA are already busy behind the scenes, sorting out the organisation of this year's Christmas Market. A separate letter will be issued in due course outlining the plans and requests in more detail but in the interim, the PFA wish to outline a few requests for help in preparation for the event.



- 🎄 The PFA will be running a 'street food' stall at the Christmas Market. If you can donate any cakes or Asian food, the PFA would be very grateful if this could be labelled with ingredients to support those with allergies. Also, if possible, please could you indicate if it is suitable for vegetarians or not? They ask that these are donated on the morning of the Market, so that all food products are as fresh as possible and will ensure that any containers are returned to you the following week via your child. Also, you are more than welcome to bring your own containers along to the event should you wish to have a 'takeaway' option!
- 🎄 If you have any unwanted items for the bric-a-brac stall (i.e. toys, books, games etc.) that are in good condition, the PFA are happy to start accepting these donations in school from the week, beginning 4 November 2024.

The PFA would like to thank you in advance for your support with all their requests and for your attendance at the Market! More information will follow in the forthcoming weeks.

Anti-Bullying Week – Monday 11 November 2024 to Friday 15 November 2024



Anti-Bullying Week 2024 is taking place from Monday 11 – Friday 15 November and has the theme 'Choose Respect.' It is coordinated by the Anti-Bullying Alliance, which is based at leading children's charity the National Children's Bureau. Our school will be promoting this message through our curriculum and the

children will be involved in a series of reflective and essential activities. On Tuesday (12 November) of Anti-Bullying Week, we will be holding an **Odd Socks Day**. Therefore, we would like all the children and staff to come to school wearing odd socks on that day in support of the event!

Children in Need – Friday 15 November 2024

Please be aware that it is Children in Need on Friday 15 November. We are aware that we are asking for other donations but, as a school, we feel it would be wrong to ignore such an initiative. So, we will be keeping things simple and having a 'spotty' non-uniform day! Donations are voluntary but we recommend a minimum of 50p, which will go towards Children in Need. Should you wish to donate more, you will be very welcome to do so! Thank you for your support!



Should you wish to donate more, you will be very welcome to do so! Thank you for your support!

Remembrance Day

In the UK, Remembrance Day honours the men and women who have died in conflicts since the First World War. It takes place every year on 11th November and is marked by a two minutes' silence at 11am. Remembrance Sunday falls on the second Sunday of November. We thought you would enjoy reading these facts about this very special occasion:



- On Remembrance Day, local ceremonies take place in small villages and major cities alike — a reminder of how many people sacrificed their lives for the country. A televised event takes place on Remembrance Sunday at the Cenotaph in London.
- On the eleventh hour, of the eleventh day, of the eleventh month, the guns fell silent. The 1918 armistice of the First World War marked the end of one of the deadliest conflicts in human history.
- To commemorate the anniversary of the peace in 1919, King George V dedicated November 11th as Armistice Day and requested the nation pause for two minutes' silence. In 1939, the main commemorations were moved to a Sunday.
- The government renamed Armistice Day as Remembrance Day as a way to honour those who had fought and died in the Second World War. Today, the event is a way to commemorate those who have died in any war — not just the First and Second World Wars.
- In the lead up to Remembrance Day and during the event itself, millions of people wear poppies on their clothing and lay wreaths on memorials. But why poppies? Poppies grew in many First World War battlefields. For soldiers, their growth was in stark contrast to the death and destruction they saw in the trenches (to put this in context, over 150,000 people died in the Battle of Passchendaele in Flanders, Belgium). These poignantly featured in John McCrae's iconic war poem, *In Flanders Fields*.
- Poppies remained an enduring symbol of the war even after it had ended. Silk poppies were first used to raise money for the Royal British Legion in 1921. They later switched to the paper poppies familiar today. But though the material has changed, poppies have been made in the same factory since the 1920s — and still employs a workforce made up of former soldiers with health conditions.
- Speeches, poetry, and literature are an important part of the way Britons reflect on conflict. In the First World War, poets like Siegfried Sassoon and Wilfred Owen helped shine a light on the suffering in the trenches. In the Second World War, Winston Churchill built morale with his eloquent, powerful wireless broadcasts.

Reception Application Process

The application process for a reception place for September 2025 will open on 1 November 2024. The easiest way for parents to apply is online. Further information can be found on [Staffordshire County Council Website](#). The closing date is 15 January 2025.

The school office has a letter informing parents about the process, which we are happy to distribute to prospective families. If you would like a copy of this, please contact us.



Nursery Places Still Available!

Please note that there are still a few places left in our nursery, so enquire if you or someone else you know within the community, would like a place in our outstanding school. Further information can be found on our school website [Admissions](#) page on how to apply for a place and we look forward to receiving your application.

Pumpkin to Consider

Now that the spooky season is over, please don't leave your pumpkins in our country parks and open spaces.

It might seem harmless, but discarded pumpkins can actually harm wildlife.

Animals can get sick from eating pumpkins, because they aren't part of their natural diet. Any decorations or leftover candles can also seriously harm wildlife if they're ingested.

Instead, try repurposing your pumpkins by making delicious dishes like pumpkin pie or soup.

Alternatively compost them or place them in the appropriate bin.



FREE Uniform!

We continue to accept donations of old uniform via the box situated outside the school office for any parents who wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box outside the school office. If you need any uniform, you will need to pop down to the **Family Hub** on Waterloo Street, DE14 2NJ. The Family Hub do not have the capacity to reply to emails but do have uniform on site all year round and are open Monday to Friday, 8.30am to 4.00pm.

Online Safety Tips

Even among adults, it can be all too common to see disputes and differing opinions grow extremely heated, which is rarely helpful to anyone. When emotions run high, it can be easy to forget yourself and perhaps even say something you didn't mean, hurting feelings or escalating the situation further.

For children, it's just as important to avoid this kind of behaviour whenever possible; without the necessary guidance, however, they could struggle to identify any disrespectful behaviour, let alone recognise what they can do differently.

This guide offers you expert advice on teaching children and young people to choose respect when interacting with their peers, helping to create an environment based on empathy and tolerance.



Reading Corner

This week's recommended read is for children aged 9+...

Raz Beri






Written by Matt Stephens

Billy has cerebral palsy and he's had enough of his classmates treating him differently.

But then Mia arrives and announces a school visit from her uncle: a famous footballer. Maybe being a star footballer in front of his classmates will help Billy

prove that he can be just like them. But when even his hero turns out to be just as bad as the school bullies, Billy realises that perhaps he doesn't need to prove anything to anyone but himself.

Hot Lunch Options 11.11.24 – 15.11.24

WEEK 1	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	Pork sausage with creamy mash potato & gravy	Roast beef, with Yorkshire pudding, roast potatoes & gravy	Chicken burger with crispy diced potato	Crispy fish fingers with chunky chips
Vegetarian Main dish	Roasted vegetable pizza	 Vegan sausage & mash potato with gravy	 Quorn™ fillet with roast potatoes & gravy	Vegetarian burger with crispy diced potato	 Crispy vegetable fingers with chunky chips
Accompaniments	Peas & baked beans Salad bar	Peas & carrots Salad bar	Carrots & cauliflower Salad bar	Green beans & sweetcorn Salad bar	Peas & baked beans Salad bar
Desserts	Apple & cinnamon muffin	Shortbread	 Flapjack	Jam & coconut sponge	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



EAT WELL **GROW STRONG**

KEY

-  1 OF YOUR 5 A DAY
-  MEAT FREE MONDAY
-  CHEF'S CHOICE
-  PLANT-BASED / VEGAN

A WORLD OF FUN WITH FOOD

Allergens and intolerances: All of our food is lovingly hand-crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergen/ your child's allergen prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.



Staffordshire County Council

HERE EVERY DAY READY ON TIME

Little Heroes Assemble

Find out more  **SCAN ME** 

visit staffordshire.gov.uk/littleheroes

Children can come to school with mild respiratory illnesses. This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Please note, we can only accept and administer **prescribed medicines** that are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration and dosage.

When reporting an absence, please could we ask that parents contact the school office before 9.30am and state clearly reasons for absence.

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day!** Thank you for your support.

This week's Attendance Champions are **Year 4!** Well done! Here are the latest figures...

Reception	95.9%	Target
Year 1	95.3%	
Year 2	92.0%	
Year 3	93.8%	97%
Year 4	98.8%	
Year 5	92.8%	Overall (to date)
Year 6	96.9%	
Overall	94.8%	

Head Teacher's Awards

Lunchtime Star Awards

Reception	EVERYONE!	
Year 1	Abia L	Amore F
Year 2	Oscar M	Umar Q
Year 3	Evie J, Charlotte M, Peta O	
Year 4	Lily B	Ava B
Year 5	Fatiha N-M	Rosie T
Year 6	Ellie W	Kian S

Reception	Kethana R
Year 1	Kadeem H
Year 2	Astrid R
Year 3	Kaleb G
Year 4	Kailen S
Year 5	Rosie T
Year 6	Evalyn W

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 08.11.24)	125	81	66	152
Position	2 nd – 3 points	3 rd – 2 points	4 th – 1 point	1 st – 4 points
Running Total	3	2	1	4

SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...

Nursery

Our adventures in Nursery this week...

It has been a fabulous week back at school for Nursery. We have had lots of fun sharing our half term adventures.

It was great to learn more about Bonfire Night by learning about Guy Fawkes and the important story about how we celebrate it. We had fun creating a big firework display using glitter, chalk and had lots of fun splatting the paintbrushes.

Later in the week we explored our new class book 'Elmer.' We experimented with colour and enjoyed



squirting the colours onto the flour to see the explosions of colours mixing together! We also had great fun sorting out the different colours for Elmer!



Reception

Our adventures in Reception this week...

We have made a wonderful start to the new half term and even though we had a slightly shorter week it has been packed full of exciting adventures!

Throughout the week we have explored the importance of Remembrance Day. After watching the CBeebies poppy animation story we reflected on the different events and how the rabbits felt. The story was brought to life when we recreated it through art which included fantastic paintings and a variety of poppies created using numerous materials, all unique and all totally fantastic!

There was lots of discussion about Remembrance Day traditions including wreaths, poppies, memorials and the special tribute, 'The Last Post,' which we were lucky enough to hear from our music teacher Mr Mansfield. Some of us even had a turn on the trumpet!

"It makes me jump a bit, it's very loud." (Maya)

"Lots of soldiers were helping each other. The poppies are for soldiers that have gone to God." (Mustafa)

"I saw the people with the poppies and it's to remember so we can't forget the soldiers hard work." (Emmie)

"The morning and goodnight trumpet song made me feel calm and excited." (Ethan)

"I feel sad the horses and dogs got hurt. They are brave I think they were scared like when the rabbit hid under the helmet." (Minnie)

Our adventures continued at our poppy stall which also contained a memorial for us to place the wreaths we created on. We were very focussed when making our peg soldiers, we used our fingers carefully when winding the wool on. It was also fun using oil pastels to draw a poppy on our photographs of our hands.

We hope you had the chance to see some of our fantastic Remembrance Day work during our open evening last night.

Year 1

A lovely first week back for the children in Year 1. In English, we have been gathering our ideas together to create our own season poem. The children have begun to draft their poem today ready to publish their piece of writing next week. In Phonics, the children have started to learn some Phase 5 sounds and Miss Barker couldn't be prouder of how motivated the children have been in order to remember these new phonemes. In Maths, the children have been adding numbers to 10 on a number line. Although, some of the children found this quite tricky they have persevered and worked exceptionally hard to use this calculation strategy. In RE, we have been learning all about Christian churches and were able to label the key features. We



also created a piece of artwork using oil pastels and used this to write our own prayers. Well done Year 1. Keep it up!

Year 2

It's been a fantastic week back after the half-term break, and we've loved every moment of it!

In English, we've started exploring the exciting world of portal stories, where characters step through magical doorways into new worlds. The children have been coming up with some fantastic ideas, and we're looking forward to writing our very own portal stories soon!



In Maths, we've been working on adding and subtracting 10 more and 10 less, building confidence with number patterns and mental math skills.

In Design and Technology, we've started designing our very own Ferris wheels. The children have been learning about the key parts that make them work, such as the axle, the frame, and the wheel itself. Their designs are looking brilliant, and we can't wait to see how they come together!

In PSHE, we've been working together to create our own school contract, which we've proudly displayed on our board. It's a great reminder of the values we all share as a class.

Overall, it's been a week full of learning, creativity, and fun, and we can't wait for the weeks ahead!

Year 3

Here's what Year 3 has been up to this week! In English, the children have been busy writing reports based on an exciting activity called the "Beautiful Game," which explores the topic of football and its impact. In Maths, they have been practising the column method for addition and subtraction, including exchanging, helping to build their skills and accuracy. In Science, the focus has been on learning about the five main food groups and understanding why a balanced diet is essential. In our Topic lessons, the children have been delving into RE, focusing on Sikhism in preparation for the open evening. We look forward to welcoming parents to see the brilliant work Year 3 has accomplished this week!

Year 4

Wow, what a fantastic return to school the children have had this week! Although we have only been in for 4 days this week, it has felt as though it's been a full week with the amount of work that we've managed to get through. In English, the children have started to write their diary entry as a soldier preparing to attack the Romans and I have been blown away with the level of imagination from all of the children with this! In maths, the children have





completed their unit on area, and I am so impressed with how many questions the children are being able to answer independently at the moment. Also, the children have started their science topic for this half term looking at the digestive system! The children are now able to name all of the parts of the digestive system and their roles within the body. Finally, the children had their first forest school session of the year and what a fantastic session it was! The children had the opportunity to create sparklers out of fabric, create Roman coins out of clay and also use the bowsaw to cut wood. A wonderful first week back Year 4!

Year 5

Year 5 have returned to school excited and ready to learn! In English, they've started the spooky alien story "A Chilli Day," exploring new vocabulary to boost their language skills. In Maths, they've begun a unit on fractions, focusing on equivalent fractions and unit vs. non-unit fractions. The class also completed a fantastic writing project on Hindu Deities, showcased at Open Evening, with many students earning their pen licenses for their efforts. A highlight of the week was their trip to the Fire Station for the "Safe and Sound" event. Students learned key safety lessons, including trespassing and railway safety from the Transport Police, responsible citizenship from PCSOs, water safety from the RNLI, money management from HSBC, and fire safety from Staffordshire Fire and Rescue. The children showed excellent behaviour and gained valuable knowledge to stay "Safe and Sound." A great week of learning for Year 5!



The children showed excellent behaviour and gained valuable knowledge to stay "Safe and Sound." A great week of learning for Year 5!

Year 6

We have had a lovely week in year 6. In maths we have done some more work on adding and subtracting simple fractions. In English we have started our new topic on diary recounts with our model text being the diary of Alessandro Volta. We have also started a new topic in science which is electricity. In RE our focus has been getting prepared for our open evening but we recently started a new topic in RE about Christianity. In computing we did research on what makes a good website. We hope to have another fun week next week in year 6 (written by Daisy S and Inayah. A).



Diary Dates 2024-2025

Event	Date/Time
Year 5 Whitemoor Lakes	Wednesday 27 th November to Friday 29 th November 2024
Year 6 Class Assembly	Thursday 28 th November 2024, 9.00am
Whole School Trip to Pantomime – Jack and the Beanstalk, Lichfield Garrick	Thursday 5 th December 2024, 10.00am
PFA Christmas Market	Friday 6 th December 2024
School Closes for Christmas	Friday 20 th December 2024, 2.00pm
School Reopens for Pupils	Monday 6 th January 2025
Year 2 Class Assembly	Thursday 23 rd January 2025, 9.00am
Year 6 Laches Wood	Monday 27 th January to Friday 31 st January 2025
School Closes for Half-Term	Friday 14 th February 2025
INSET Day	Monday 24 th February 2025
School Reopens for Pupils	Tuesday 25 th February 2025
Young Voices 2025	Thursday 27 th February 2025
School Closes for Easter	Friday 11 th April 2025, 2.00pm
School Reopens for Pupils	Monday 28 th April 2025
May Day Bank Holiday – School Closed	Monday 5 th May 2025
Key Stage 2 SATs Week	Monday 12 th May 2025 to Friday 16 th May 2025
School Closes for Half-Term	Friday 23 rd May 2025
School Reopens for Pupils	Monday 2 nd June 2025
Reception Class Assembly	Thursday 5 th June 2025, 9.00am
Year 1 Class Assembly	Thursday 19 th June 2025, 9.00am
Year 4 Class Assembly	Thursday 26 th June 2025, 9.00am
Year 5 Class Assembly	Thursday 3 rd July 2025, 9.00am
JTMAT INSET Day	Friday 4 th July 2025
School Closes for Summer	Friday 18 th July 2025, 2.00pm
INSET Day	Monday 21 st July 2025

Autumn Term Diary Dates

Event	Date/Time
Odd Socks Day	Tuesday 12 th November 2024
Children in Need	Friday 15 th November 2024
Shobnall Stars After School Club CLOSED	Monday 18 th November 2024
Christingle	Tuesday 26 th November 2024
Year 5 Whitemoor Lakes	Wednesday 27 th November 2024 to Friday 29 th November 2024 inclusive
Year 6 Class Assembly	Thursday 28 th November 2024, 9.00am
EYFS Nativity	Tuesday 3 rd December 2024, 9.15am
EYFS Nativity	Wednesday 4 th December 2024, 9.15am
Whole School Trip to Pantomime – Jack and the Beanstalk, Lichfield Garrick	Thursday 5 th December 2024, 10.00am
PFA Christmas Market	Friday 6 th December 2024
KS1 Nativity	Tuesday 10 th December 2024, 9.15am AND 2.15pm
Year 3 Cosy Christmas Celebration	Thursday 12 th December 2024, 9.15am
JTMAT Christmas Concert	Tuesday 17 th December 2024
Christmas Lunch	Wednesday 18 th December 2024
School Closes for Christmas	Friday 20 th December 2024, 2.00pm
School Reopens for Pupils	Monday 6 th January 2025

Learn more about a career in teaching

Tuesday 10th December
from 1 -2 pm

Shobnall Primary School,
DE14 2BB

Visit jths.eventbrite.co.uk to reserve a spot




The John Taylor SCITT

A teacher is sitting at a table with two young children, reading a book together in a library. The teacher is on the left, and the children are on the right. They are all smiling and looking at the book. The background shows bookshelves filled with books.

Funding for Selected Routes

Full or Part-Time Routes

Gate School Experience

Train to Teach

in Local Schools

Primary (3-7) · Primary (5-11) · Secondary (11-16)


The John Taylor SCITT
jtscitt.co.uk



The bread and butter thing.



New Hub Opening:

BURTON

from Thursday 16th January

**Burton Hub (behind the Town Hall)
22 Rangemore St, Burton-on-Trent DE14 2ED**

- ➔ Get around £35 worth of food for £8.50
- ➔ Includes fresh fruit and veg, fridge favourites and cupboard staples.
- ➔ Open every Thursday at 2pm.
- ➔ You need to become a member to use the hub but it's free to sign-up and book a slot - just follow these steps.
- ➔ There is no commitment and it's free to join.
- ➔ Everyone who signs up before the 21st April 2025 will get their first order free.

It's really easy to sign-up:

1



Text 07860 063 304 with your full name, postcode and the name of the hub you will be collecting from:

"BURTON HUB"

2



Select the size of order you want to receive: Family £8.50, individual £5 or Large Family £17. There is a Vegetarian option available too.

3



You'll get a text every Tuesday to see if you want an order. Just reply "YES" by 10am the next day. Your order will be delivered to the hub on Thursday at 2pm.

4



Collect and pay for your goods from the BURTON hub. (Don't forget - someone can collect on your behalf if you can't make it and Healthy Start Vouchers are also accepted).

Where does our food come from?



Our weekly bags are made up of surplus food from supermarkets, food manufacturers and farmers. We never know what we're going to get from day to day, which means each week your bag of food will be different.

But it is always quality, fresh produce. You will probably need to top up from the shops as well, but our food will go a long way to helping you feed your family affordably.

Surplus food happens for lots of reasons – sometimes there is a fault with the packaging or there may just be too much of it for the supermarkets to handle.

Some of our food is beyond its BEST BEFORE date BUT that doesn't mean that you can't eat it. With proper storage - for instance in its original packaging and sealed with a clip or in an airtight container - lots of foodstuffs can be eaten long after their best before date, including: Crisps can still be edible for a good month after their best before deadline date, including:

- Crisps can still be edible for a good month after their best before deadline.
- Biscuits and cereals can last for another six months.
- Baked beans and other tinned goods can last in your store cupboard for a whole year, as can sweets and bottled pasta sauce.
- And don't throw away that packet of dried pasta that you've found at the back of a cupboard. If stored correctly, it should still be safe to eat around three years after its best before date has expired.

We will never provide food that is after its USE BY date because this is about food safety, not food quality. You can eat food on its USE BY date or, if you have a freezer, pop it in. Just make sure you make a note of how long it will be freezer safe and how long it takes to defrost.

You can find out more about our food and our work on our website:

www.breadandbutterthing.org

or at

[@teamtbbt](https://twitter.com/teamtbbt)

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 another.

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:



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.11.2024