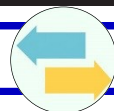




25th June 2021

Our values focus this half term is

Humility



I hope you all have a great weekend and see you all on Monday. Take care and stay safe.

Mrs Sidhu - Learning Mentor



As we approach the end of the school year, the PCSO's will be busy helping in the community, supporting local events, and promoting staying safe. We are very proud of our PCSO's and will continue to share their amazing work.



Phone: 0121-464-4652 E-mail: admin@stclemce.bham.sch.uk



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**CLOSING DATE
NEXT WEEK!!**



World Kids Colouring Day Competition

Not long left to finish and hand in your entries.

Closing date is next
WEDNESDAY 30th June

PRIDE IS ABOUT
MY GLORY;
HUMILITY IS ABOUT
GOD'S GLORY

UNICEF Rights of the Child

Article 18 (parental responsibilities and state assistance)

Both parents share responsibility for bringing up their child and should always consider what is best for the child. Governments must support parents by creating support services for children and giving parents the help they need to raise their children.



YOUNGminds

Safeguarding: Managing Challenging Behaviour

Just like us, children behave differently at different times. Feeling upset, sad, cross, frustrated and lots of other kinds of emotions is a normal and healthy part of their life. Many children go through phases of testing boundaries, and they are likely to behave in ways that are harder to manage when they are tired, ill, or stressed. It is normal for younger children to have tantrums sometimes, while older children may sometimes shout, storm out or lash out. When we talk about 'challenging behaviour', we mean behaviours that are persistent and difficult for both you and your child to manage.

This includes things like:

- Having lots of angry outbursts
- Regularly shouting, swearing and being very argumentative
- Frequently hitting, biting, or kicking others
- Kicking, smashing, or damaging things in their home or school
- Being unkind or bullying towards other family members or children
- Persistently getting into trouble at school

Your child's behaviour is a communication about how they're feeling. When your child is acting out, it can be useful to think of an iceberg. The difficult behaviour is the tip, but there are likely to be a range of emotions hidden under the surface. By opening a conversation with your child, you can find out more about how they're feeling and what's going on for them.

- Set clear boundaries and routines and stick to these as much as you can. You could do this by creating a family agreement covering things like screen-time limits, family meals and times for getting up and going to bed.
- Follow through on consequences. Your child may respond better if you give a warning before the consequence, so they have an opportunity to change their behaviour. After the consequence has been given, it's important to chat together about what happened and return to positive interactions.
- Give your child positive praise. Notice and encourage them when they demonstrate the kinds of behaviours you have asked for and be specific about why you're praising them.
- Talk together about activities that help them to express their feelings and calm down. This might be drawing or painting, doing something active like running, jumping or their favourite sport, reading a book, writing a story, baking, or making something out of playdough or Lego.
- Help your child understand their feelings. When you are curious about your child's feelings, this helps them understand and find words to describe them. You can also help them think about the signs that let them know they might be about to 'blow their top' – such as feeling hot, muscles clenching or breathing more heavily.
- Try to stay calm. You may feel frustrated, angry, or overwhelmed when your child is behaving in challenging ways – and this is completely normal. Try not to react or argue back when things are like this. Give yourself and your child a chance to have some space before you talk about it.
- Spend quality time with your child. Find things you can enjoy together – such as going to the park, playing a board game, cooking something or watching a favourite film. As a parent you will often be juggling different things, so try to set aside time when you can be present with your child.

If you would like further support regarding Managing Challenging Behaviour, please see Miss Akers. More information can be found at <https://youngminds.org.uk/>



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