



## Principals Newsletter

# BOWER PARK ACADEMY

**Friday 13<sup>th</sup> September 2024**

Dear Parent/Carer,

### **Cycle Confident- Year 7, Year 8 and Year 9 students**

We are excited to be working with Cycle Confident to offer our current Year 8 and 9 students the opportunity to take part in Level 1 and 2 Cycle Training at the Academy in the week beginning Monday 23<sup>rd</sup> September. Spaces are free but extremely limited but we have 6 spaces left. Please note, this opportunity is now open to Year 7 as well as Year 8 and 9 students. Please sign up here if you would like your son/daughter to take part; [Schools Levels 1 & 2 Cycle Training \(cycleconfident.com\)](https://www.cycleconfident.com/schools/levels-1-2-cycle-training)

### **Year 6 Open Evening**

On Thursday 3<sup>rd</sup> October, students will be dismissed from the Academy at 1:20pm to allow staff to set up for Open Evening. As a result of this, on Friday 4<sup>th</sup> October, all students will start at the later time of 9:25am and go straight to form at 9:30am and their period 2 lesson at 9:55am.

### **Parent Parking**

To promote healthy habits, reduce traffic congestion, and minimise air pollution, we kindly request that parents and carers consider more active or sustainable methods when dropping off or picking up children from school. Whenever possible, please choose walking, scooting, cycling, or using public transport as your preferred travel option.

If you must drive, please ensure that you: park Legally: Follow all parking rules and restrictions, park Safely: Use proper parking spaces and avoid obstructing traffic flow and do Not Block Driveways: Avoid blocking school entrances or residents' driveways.

Prioritise Pedestrians and Vulnerable Road Users: Be mindful that pedestrians and vulnerable road users should take priority, as outlined in the Highway Code. Switch Off Your Engine: When you are stationary, please remember to switch off your engine.

We ask you to be kind and considerate to our neighbours, treating their homes and streets as you would want yours to be treated. Please do not park on driveways or create obstructions. Your cooperation is essential in maintaining a safer, cleaner, and more respectful environment for everyone in our community.

## Parent Policies

Please familiarise yourself with the Parent code of conduct [Parent-Code-of-Conduct.pdf \(elatschools.co.uk\)](#) and the Complaints Policy [ELAT-Policy-Complaints-Academy.pdf \(elatschools.co.uk\)](#) which can be found on our website.

## Parent Information afternoon

On Wednesday 25<sup>th</sup> September, we will be holding our first Parent Information afternoon from 4pm-4:30pm in the South Hall. This session will share our vision and values with parents and will be led by Mr Aylett. All parents are welcome to attend.

## School Hire

As mentioned in last week's newsletter, Bower Park Academy is now available to hire. If you would like to make a booking for a classroom, the hall or one of our facilities after school hours or Saturdays, term-time only, please see website; <https://schoolhire.co.uk/>

**Have a great weekend!**

Yours faithfully,



Mr E Aylett  
Principal

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

### 1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

### 2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

### 3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

### 4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

### 5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

### 6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

### 7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

### 8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

### 9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

### 10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

## Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College

HAVERING CREATIVE HEALTH  
COMMUNITY PRESENTS:

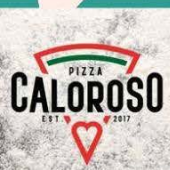
# WELLBEING DAY

11 AM - 4 PM  
SATURDAY 14 SEPTEMBER

FOOD | PERFORMANCES | MUSIC  
WORKSHOPS | INFO TABLES

FOR ALL AGES | ENTRY IS FREE

MYPLACE, 343 DAGNAM PARK DRIVE,  
HAROLD HILL, RM3 9EN  
BUSES: 174, 256, 346, 499



Having Dementia  
Action Alliance



HAVERING  
CHANGING



Supported using public funding by  
ARTS COUNCIL  
ENGLAND

# **ROBBERY IS A SERIOUS CRIME THAT SHOULD BE REPORTED**

**If your child is robbed, calling 999 on a friend or trusted adult's phone is their best chance of an immediate response.**

**This gives police the opportunity to catch the suspects, recover stolen items and make sure they're safe.**



**METROPOLITAN  
POLICE**

# STAY SAFE GOING TO AND FROM SCHOOL

**We want children to be as safe as possible on the school journey.**

- Stay aware of your surroundings when walking.
- Try not to walk along with your phone or valuables out on show.
- Plan your route and use forms of transport others are using.
- Avoid shortcuts in isolated places.
- Don't confront a thief or risk your own safety.

**Robbery is a serious crime that should be reported, this includes any attempts to rob victims of their property.**

**IF YOU SEE A ROBBERY TAKING PLACE OR HAVE JUST BEEN ROBBED CALL 999.  
OR REPORT IS AS SOON AS POSSIBLE ON 101 OR AT MET.POLICE.UK**



**METROPOLITAN  
POLICE**

# Flu immunisation for pupils in school years Reception - Year 11

DEAR PARENT/CARER,

The flu vaccine is being offered at your child's school again this autumn/winter.

To give consent for your child to have the flu vaccine, please click here:

<https://london.schoolvaccination.uk/flu/2024/havering>

Even if you do not wish for your child to have the vaccine, please complete the online form so that we can record your wishes.

## THE NASAL FLU VACCINE

- ✓ Protects your child from the flu
- ✓ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions)
- ✓ Is painless, quick and effective
- ✓ Is free
- ✓ The nasal flu vaccine is very effective at reducing the spread of flu



## THE IM FLU VACCINE



We also offer the flu vaccine as an injection, which is **gelatine-free**. Please see our Frequently Asked Questions for more information.

You only need to complete one consent form for each child. If you later change your mind, please call your local team. If your child has this immunisation elsewhere after you have submitted the consent form, you **MUST** inform Vaccination UK rather than the school.

We understand that you may have questions about the vaccine. For more information, please go to our website, where you can find a list of FAQ's, as well as details of our community catch up clinics. We also have some FAQ's enclosed below.

You can also find informational videos on our YouTube channel, including subtitled versions for other languages.

Yours Faithfully,

*Your Local Immunisation Team*

Vaccination UK



HAVERING

Immunisation Team  
Contact Details



[havering@v-uk.co.uk](mailto:havering@v-uk.co.uk)



0203 3432400

WORKING ON BEHALF OF



## USEFUL INFO



We try to come to your child's school twice. If they are absent or unable to be vaccinated at school, you will need to attend one of our community clinics for the vaccine. Details of these can be found on our website or you can contact the team above.



**PLEASE NOTE** the flu vaccine will **NOT** be available to otherwise healthy children after **December 13th** at all, and so we urge you to return the consent form as soon as possible in case we are not able to visit your child's schools for a second visit this year.



Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

## USEFUL LINKS



[www.schoolvaccination.uk/nasal-flu](http://www.schoolvaccination.uk/nasal-flu)

[www.youtube.com/@vaccinationuk](https://www.youtube.com/@vaccinationuk)



## PRIVACY POLICY

Our 2024/25 policy can be viewed here:

[www.schoolvaccination.uk/privacy-policy](http://www.schoolvaccination.uk/privacy-policy)

For data protection queries, please contact:

[dpo@vaccinationuk.co.uk](mailto:dpo@vaccinationuk.co.uk)



## ADDITIONAL INFORMATION

\*The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

*Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.*

# FREQUENTLY ASKED QUESTIONS

### *Are there any side effects of the vaccine?*

Possible side effects are: decreased appetite, headache, a runny or blocked nose, and sometimes a raised temperature. These are common, but they pass quickly and can be treated with paracetamol or ibuprofen if you feel your child needs it.

### *Are there any children who shouldn't have the nasal vaccine?*

You should let us know if your child has any of the following:

- A very severe allergy to eggs, egg proteins, gentamicin or gelatine – it is important for us to know if your child has been admitted to hospital with a condition called anaphylaxis, triggered by these things.
- Are currently wheezy or have been wheezy in the past 72 hours with asthma. There is an alternative flu vaccine that we can talk to you about to ensure that your child is protected as soon as possible.
- Have a condition that severely weakens their immune system.

Also, children who have been vaccinated should avoid close contact with people with *very severely* weakened immune systems for around two weeks following vaccination (By severely weakened, we generally mean people who are isolating, such as those who have received some types of chemotherapy or people who have had a bone marrow transplant, for example). This is because there's an extremely remote chance that the vaccine virus may be passed to them.

Contact with other healthy children or adults does not need to be limited after having the vaccine.

### *We do not eat pork products.*

### *Can my child have a different flu vaccine?*

Yes. There is a flu vaccine available, in the form of an injection.

The nasal flu vaccine is the best vaccine for children and young people under 18 years of age as it is more effective at stopping the spread of flu and it is painless, but it does have a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

If your faith or beliefs mean you would prefer a vaccine that has no pork (porcine gelatine) in it, please complete the consent for the flu injection only. You do not need to complete a form for both.



Protect your child this winter from

# Influenza

## Children's Flu vaccination clinics 2024

Available to all  
children from  
Reception to  
Year 11

### 1 To consent your child for a **FREE** vaccine:

We are holding clinics for school aged children at **the following venues** in October this year.

These are free walk in flu clinics, where we are offering the nasal flu vaccine and the gelatine-free flu vaccine.

You can walk in and get the vaccine, or we can book you an appointment. Please contact our team via telephone on the number below:

### 2 Follow up clinic dates and times:

**St Edward's Church House, Market Place  
Romford RM1 3AB**

Monday

28<sup>th</sup> Oct

10.00am – 2.00pm

**My Place, 343 Dagnam Park Drive  
Harold Hill, RM3 9EN**

Tuesday

29<sup>th</sup> Oct

10.00am – 2.00pm

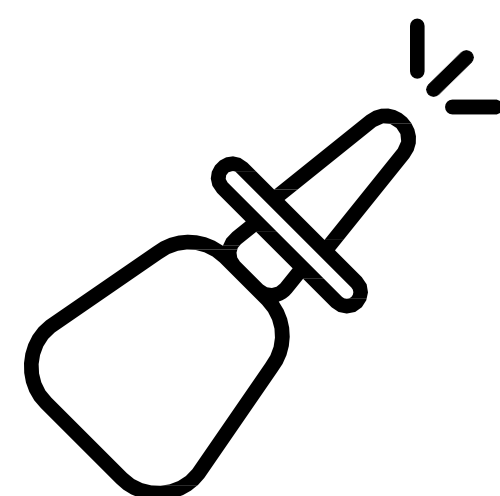
**Fairkytes Art Centre, Billet Lane  
Homchurch, RM11 1AX**

Thursday

31<sup>st</sup> Oct

10.00am – 2.00pm

**0203 343 2400 OPT 2**



**SAFE!**

For further information go to: [www.schoolvaccination.uk](http://www.schoolvaccination.uk)

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**My Place, 343 Dagnam Park Drive  
Harold Hill, RM3 9EN**

Monday

18<sup>th</sup> Nov

3.30pm – 5.30pm

**St Edward's Church House, Market Place  
Romford, RM1 3AB**

Saturday

23<sup>rd</sup> Nov

10.00am – 2.00pm

**Fairkytes Art Centre, Billet Lane  
Homchurch, RM11 1AX**

Wednesday

27<sup>th</sup> Nov

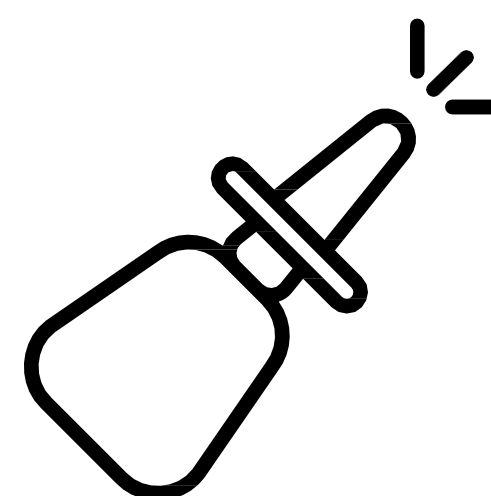
3.30pm – 5.30pm

**My Place, 343 Dagnam Park Drive  
Harold Hill, RM3 9EN**

Saturday

30<sup>th</sup> Nov

10.00am – 2.00pm



**0203 343 2400 OPT 2**

**SAFE!**

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### 2 Follow up clinic dates and times:

**My Place, 343 Dagnam Park Drive  
Harold Hill, RM3 9EN**

Thursday

5<sup>th</sup> Dec

3.30pm – 5.30pm

**Fairkytes Art Centre, Billet Lane  
Homchurch, RM11 1AX**

Saturday

7<sup>th</sup> Dec

12.00pm – 3.00pm

**Fairkytes Art Centre, Billet Lane  
Homchurch, RM11 1AX**

Tuesday

10<sup>th</sup> Dec

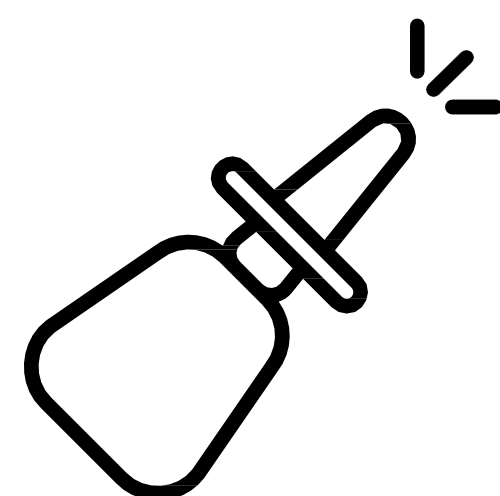
3.30pm – 5.30pm

**St Edward's Church House, Market Place  
Romford, RM1 3AB**

Saturday

14<sup>th</sup> Dec

10.00am – 2.00pm



**0203 343 2400 OPT 2**

**SAFE!**

For further information go to: [www.schoolvaccination.uk](http://www.schoolvaccination.uk)