



## Make A Noise About Bullying

On the 13th to 16th November, there was a student talk held for the KS3 students, highlighting the crucial subject of anti-bullying. This insightful talk aimed to raise awareness and foster a supportive environment, emphasizing the significance of kindness and respect among peers.



While these conversations continue to open up at GFS, parents can also play a pivotal role in combating bullying.

### **The standards begin with observation**

Teaching children to recognize bullying, not be a bully and standing up against bullying first begins with their understanding of positive interpersonal relationships, specifically those modeled at home.

Research suggests that children who grow up in an environment where parents talk about feelings and how feelings are managed are likely to navigate peer groups better, and are more likely to stand up for people who are targeted by others.

*Make learning about relationships a high priority.* Parents can incorporate conversations about interpersonal relationships for example, naming the various feelings and perspectives that different people might hold or conversations about online relationships.

Additionally, encouraging your children to identify and form supportive friendships and constructive peer groups, can help them identify bullying and help them understand when to approach an adult in case of bullying.

Always encourage your children to speak to a trusted adult if they feel like they are experiencing bullying.

### **Want to read more?**

1. The powerful role of Parents in anti-bullying: <https://www.pacesconnection.com/blog/the-powerful-role-of-parents-in-tackling-bullying>
2. Helping Kids deal with bullies: <https://kidshealth.org/en/parents/bullies.html>
3. Teaching Kids not to bully: <https://kidshealth.org/en/parents/no-bullying.html>



## Slowly Creeping Up

The pressure is slowly rising up for the students (and parents) of Y11, 12 & 13 who will all be sitting for their mock examinations soon.

As the pressure increases, chances are that you may find students falling into a loop of procrastination, which only leads to a piling on of more stress. But, what is procrastination and what can you as parents do about it? on of more stress. But, what is procrastination and what can you as parents do about it?

### The *what* & *why* of procrastination

*Procrastination* is the act of delaying or putting off tasks until the last minute, or past their deadline. According to researchers, there are some major cognitive distortions that lead to academic procrastination. Students tend to:

- Overestimate how much time they have left to perform tasks
- Overestimate how motivated they will be in the future
- Underestimate how long certain activities will take to complete
- Mistakenly assume that they need to be in the right frame of mind to work on a project

### Supporting children who procrastinate

#### 1. Work together to set up a realistic schedule

Having a written agenda of assignments and commitments can help teens see their responsibilities within a larger picture. Encourage “structured” breaks so that they are planned ahead of time. They may start the difficult work before taking a break, so that the break is not a reward for the easy work and is instead a reward for forward progress on the more difficult assignments.

#### 2. Find a technique that works for your child

There are multiple approaches that can be used to combat procrastination. Some children may benefit from forming their own goals using the SMART technique. Others may find chunking their time using the PROMODO technique useful and other the 5-MINUTE RULE.

#### 3. Setting clear expectations

Sometimes, procrastination may be a student’s response to exam/achievement anxiety. Kids tend to overestimate parental expectations, so make sure you are clear and realistic in what you expect from your child.

#### Want to read more?

1. Why do students Procrastinate: <https://www.safes.so/blogs/why-do-students-procrastinate/>
2. Parenting Procrastinators: <https://parentethical.wisc.edu/2017/12/04/parenting-procrastinators/>
3. 5 ways to help: <https://www.empoweringparents.com/article/5-ways-help-kids-procrastinate/>

