

Simply

# THE BEST

BARKING ABBEY  
PARENTAL NEWSLETTER 13

Parental involvement is consistently associated with pupils' success at school

**Your Role Matters...**

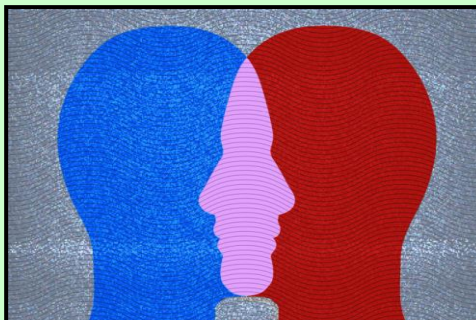


Every 2 weeks your child is introduced to a **BEST Learning Habit at school**, please ensure that you:

1. Explain what it means
2. Show your child how to model the behaviour
3. Offer plenty of examples of how other members of the family have modelled the behaviour

(Please use the resource for tips to help you, or find out more from:

<http://www.barkingabbeyschool.co.uk/assets/Uploads/Documents/The-Best-Learning-Habits-for-Parental-guidance.pdf>



Here is our fortnightly learning habit and some tips to guide you:

## Tolerance

Tolerance means respecting and learning from others, valuing differences, bridging cultural gaps, rejecting unfair stereotypes, discovering common ground, and creating new bonds. Tolerance, in many ways, is the opposite of prejudice.

Understanding the possibility of people having beliefs different to your own, to accept amicable coexistence, interacting harmoniously with people who have different racial backgrounds, having respect and acceptance of people with different religious and social beliefs, having respect for people with different genders.

### Students:

- Make an effort to talk to someone who is completely different to you.
- Find out about a cultural festival that you have never heard of before.
- Read a book where the characters live in a different country.
- Watch a news article to see if you can spot any intolerances.

### Parents:

- Point out and talk about unfair stereotypes that may be portrayed in the media.
- Give your child the opportunity to work/play with others who are different from them.
- Learn together about holiday and religious celebrations that are not part of your own tradition.

### **Remember:**

What is rewarded is repeated

## Tolerating Others in Difficult Situations

**Try to empathize:** A good first step to tolerating others in a tricky situation is making a conscious effort to see things from their perspective. You may have very different backgrounds and experiences and what seems obvious to you might seem strange to someone else.

**Ask for an explanation:** If you are talking to someone and they say something that you find hard to accept, try to gain a better understanding of someone else's views by asking him or her to explain it to you: "Ok, tell me more about that. What makes you think that?" Remember that tolerance does not mean accepting unacceptable behavior

**Ignore your differences:** This is a more negative kind of tolerance than learning to accept and value difference, but it can be useful. To do this you could avoid certain topics of conversation, or swiftly change the subject when necessary.

**Use "I" statements rather than "you" statements:** If you find yourself struggling to maintain civility, it can help to avoid making accusations or assumptions about the person you are talking to. You can do this by using "I" statements instead of "you" statements. This can help to de-escalate any personal animosity and may help you be more open to each other's viewpoints.

**Address a conflict:** If you are struggling to empathize or ignore the situation, you can try to address it to reach some kind of resolution. If you are good friends with someone, it's worth making the effort to find a solution together. Everyone involved will need to be prepared to make an effort and participate fully. You should start by calmly describing what you find offensive in each other's behavior or views. You will then need to try to get a better understanding of each other's cultural perceptions. You should then explain how the issue would be dealt with in each other's culture or view. Then you can begin to negotiate a way forward: "While I don't agree with your views, I do have a better understanding of them. Now that I know the reasons behind your beliefs, it is easier for me to understand your point of view."



## Developing a More Tolerant Outlook

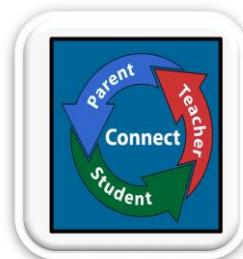
**Accept uncertainty:** Research has shown that intolerance of ambiguity or the inability to accept uncertainty, are key personality traits of people who are less tolerant of others. If you are always focused on finding an answer you begin to think that there is only one answer, and the answer is constant and unchanging. There are often many different answers to the same question, and if you stay open-minded and curious you will become more aware of the differences and more tolerant of this ambiguity

**Value difference:** People who value difference and diversity are more tolerant of others, and are less stressed by uncertainty. Adopt a more open-minded outlook, expose yourself to views and cultures that are different from your own. Talk to people of a variety of ages and cultures.

**Learn about other people and cultures:** A good way to become a more tolerant person is to educate yourself more deeply about other people and cultures. Often when people display intolerance for somebody, it is in part because they feel alienated or uncertain about what the other person is doing or saying. Expose yourself to new experiences to demystify things that might have seemed strange to you.

**Analyze your intolerant feelings:** Understanding the context and roots of your intolerant feelings may help you to recognize and challenge them. Think about why you've been judgmental toward others in the past. Were you raised to believe that certain people are inferior to you, or have you had negative experiences? Diagnose why you feel a certain way about a certain group of people.

**Think a difficult thought.** One way to try to become more tolerant is to practice thinking thoughts you find intolerable, a technique used by psychologists. It works on the principle that it's hard to maintain a difficult thought, and that trying to do this will help you learn to handle difficult situations. Pick a difficult thought and spend at least ten seconds each day thinking about it, analyse what happens next. Do you have a physical reaction? What are the next thoughts that come into your mind?



To check whether your child has received BEST points you can use SIMS Parent <https://www.sims-parent.co.uk> or download the SIMS Parent App for your smartphone. Invites to SIMS parent have already been sent to all parents, if you haven't received one or need further help please email [itsupport@barkingabbeysschool.co.uk](mailto:itsupport@barkingabbeysschool.co.uk).