



BCA Newsletter



SENSE OF RESPONSIBILITY

PRINCIPAL'S LETTER

New Year's resolutions often involve being more active. For our students, we have further extended the opportunities for activity. Our Clubs programme, which is now well established in Secondary, has been extended into Upper Primary this week with two lunchtime sports. Clubs take place within the school day as a sign of our commitment to wider learning and a belief that all students should participate. We have added a morning trip to the swimming pool for the Cygnets class, so that the children will go to the swimming pool from now and through next term as well. Our Duke of Edinburgh Award students are preparing for their walking expeditions. The After School Activities programme runs as always. The pictures later on show all the fun and learning to be had.

Resolutions also mean thinking about the future. It was a pleasure to welcome over twenty parents, including some with children in Primary, to our recent parent forum on The Changing Landscape of Higher Education and Employment. There were some valuable discussions on the role of the school and of the parents in guiding the students, whilst still giving them the independence they need to make these important decisions. The presentation used is now on the parent portal. At the moment, our focus is on Year 12, but each student and their parents will each receive a detailed briefing on university entry at the appropriate time.

This week was the International Day of Education. This year, UNESCO dedicated the day to "the crucial role education and teachers play in countering hate speech, a phenomenon which has snowballed in recent years with the use of social media, damaging the fabric of our societies". In this context, please read the article below by Mr. Shadbolt, our Head of Secondary, on our termly value, and the article by Ms. Costin, our Head of Upper Primary, on teaching emotional regulation.



Mr Harry Lock
Principal

NOTICES

SECONDARY SKI WEEK

Monday 29th January to Friday 2nd February.

For all students in Years 7, 8, 9, 10 and 12, unless exempted.

YEAR 11 REVISION AND ACTIVITY WEEK

Monday 29th January to Friday 2nd February.

An innovative and focussed week, blending intensive study, self-management skills and sports and social activities.

YEAR 11 IB INFORMATION EVENING

Thursday 1st February, 17:15.

For current Year 11 parents and their children, as the first step in the transition to study at Baccalaureate level. Get a feel for the learning atmosphere and activities with the pictures later in this edition.

IB OPEN AFTERNOON

We will be hosting an open afternoon for prospective Year 12 students on 20 February. Interested current BCA parents are of course welcome to attend.



IB DIPLOMA
OPEN DAY

Two male students wearing safety goggles are working in a chemistry lab. One student is using a pipette to transfer liquid into a small container, while the other is holding a beaker. They are standing next to a metal stand with a clamp holding a test tube.

 Wednesday 21st February 15.30 h. 

*Confirmation before 15th February

ADVERTISEMENT

Need a babysitter?

Hello, we are two girls from Year 10 thinking of starting to babysit kids of BCA parents! Our names are Sasha and Maria and we are hoping to babysit kids of any age. We speak mainly English with which we could talk with your child, but we can also speak French, Spanish and German. We would love to babysit your kid and if you're interested please email maria.lock@students.bcandorra.com and sasha.van@students.bcandorra.com for further information.

SKIING IN THE GOOD OLD DAYS...

Find the link below of a publication of the National Andorran Archive that makes a very complete and well documented photographic compilation of skiing activity in Andorra between 1925 and 1965.

[LINK](#)



INTERGENERATIONAL DIALOGUE FORUM ON TEENAGERS

We have received details of an interesting [project](#) and seminars:

"The aim of this project is to provide a space for dialogue so that teenagers, families and professionals can share concerns, opinions and challenges about problems that directly affect teenagers".



FILANT XARKES | **FÒRUM DE DIÀLEG INTERGENERACIONAL SOBRE ADOLESCÈNCIES**

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HELPING CHILDREN TO REGULATE THEIR EMOTIONS

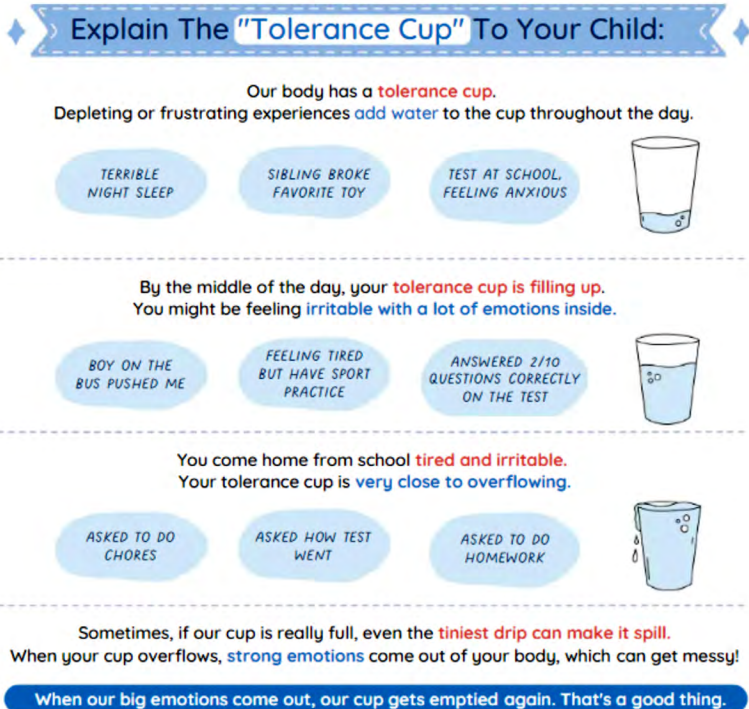
Creating a positive mindset in young children and how to help them to regulate their emotions

The brain's decision making frontal lobe isn't fully formed until the age of 25. Society tells us that children should sit still, but science says children need to move. Society says that children should control their emotions, but children need help learning how to regulate their emotions. To encourage emotional awareness in children, it is important to model it as an adult; to share that all emotions are OK even the uncomfortable or 'bad' ones and that you can't control the things that happen to you, but you can control how you react to them.



Julia Costin
Head of Primary KS2

The Tolerance Cup is an easy visual representation to show children how all the frustrating experiences we have, add water to our tolerance cup throughout the day.



Creating a positive mindset in young children

Specific feedback and praise is one way to help children develop a growth mindset. Instead of saying 'good job' or 'well done', here are some other possibilities:

- you didn't give up even when it was difficult
- you stayed focused and it paid off
- I can tell you put a lot of effort into this
- I love your creativity

If a child is struggling to find the positives in a situation, first we can acknowledge their point, before then pointing out a positive. For example, unfortunately, it's time to leave the park even though playing here is fun. Fortunately, we get to see your friends again tomorrow at the park and we can play a new game.

**Source - Big Life Journal*

BCA VALUES

This term BCA's termly value is "A Sense of Responsibility", and we will be looking at how we can embed this throughout BCA. Responsibility has many meanings and we have initially been discussing responsible, respectful and safe behaviour in class and its importance to ensure all students have the most successful learning experience.



Sam Shadbolt
Head of Secondary

We are also having tutor times where students are in mixed year group sessions focussing on a responsibility to challenge discriminatory behaviour, following on from our value of last term "Appreciation of Diversity". We hope all students can take something from these sessions to use at other times following a framework of: Interrupt, Question, Educate and Echo. We also encourage our older students to act as leaders in these sessions and take on the responsibility of setting a positive culture for all students.

We are planning other activities later in the term linking the idea of responsibility to our wider community and how students can impact those in positive ways.

I would like to finish by saying well done to all students who contributed to last term's activities related to diversity. We had students participating in responsible discussions around the importance of diversity in our school and how the school can improve, contributing to the writing of an anti-discrimination policy, and also students teaching each other lessons as part of World Children's Day.



BCA VALUES



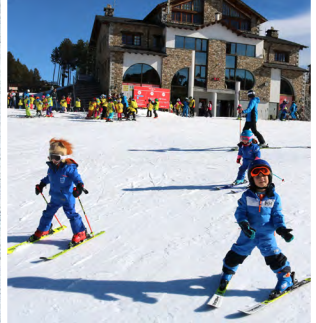
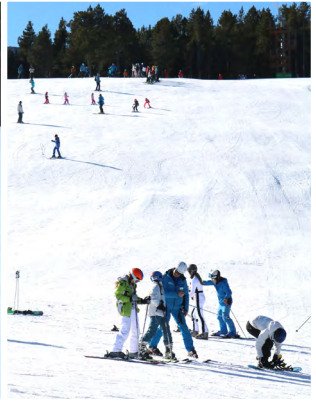
CYGNETS SWIMMING





SKI PROGRAMME











ROBINS OUTDOOR ART



PEACOCKS NEW TOPIC - EGYPT



PE IN YEAR 4



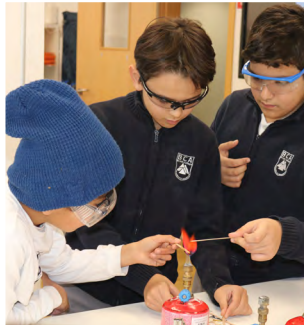
YEAR 6 FEDA TRIP



DRAMA ASA

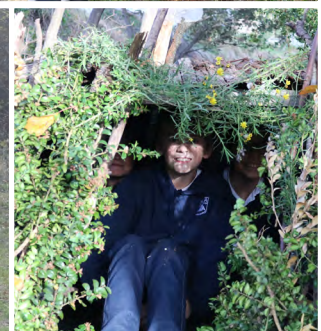


SCIENCE LAB



SNAPSHOTS - SECONDARY CLUBS

ADVENTURE CLUB





ART CLUB



IB DIPLOMA PROGRAMME

