



# The Stotty School News 23.02.2024



[Stottesdon CofE Primary School](#)

Part of [The Shropshire Gateway Educational Trust](#)

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## Diary dates for the week ahead



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*To support parents we have now included another section in the diary dates - we have listed important upcoming event dates, please see below:*

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Diary Dates for next week	
Monday 26 <sup>th</sup> February 2024	ELW Private Music Lessons Mini Kickers After School Club 3.15pm - 4.15pm. Monday Yr 6 SATs Club 3.15pm - 4pm.
Tuesday 27 <sup>th</sup> February 2024	ELW Private Music Lessons Nursery N2 / Teme Class Forest Fun Session Tuesday Yr 6 SATs Club 3.15pm - 4pm.
Wednesday 28 <sup>th</sup> February 2024	ELW Private Music Lessons. Lunchtime Choir Club. Gymnastics session within school for KS1 Gymnastics After School Club 3.15pm - 4.15pm
Thursday 29 <sup>th</sup> February 2024	Lunchtime Chess Club. Teme Class / Yr 1 Multi Sport @ Lacon within school day Netball After School Club 3.15pm - 4.15pm.
Friday 1 <sup>st</sup> March 2024	Lacon sports coach basketball with Corve & Severn. Ultimate Frisbee After School Club 3.15pm - 4.15pm Severn Class London Residential Meeting @ 3.30pm
Upcoming Diary Dates	
Wednesday 6 <sup>th</sup> March	Primary School Swimming Gala
 Thursday 7 <sup>th</sup> March	World Book Day
Friday 15 <sup>th</sup> March	Non-Uniform Day - Donations for FoSPS raffle and Easter hampers - if children would like to have a 'red nose day' theme they are welcome to do so, but please donate to Comic Relief directly. FoSPS Movie night
Thursday 21 <sup>st</sup> March 2024	Rea Class visit to Shropshire Museum, Shrewsbury
3 <sup>rd</sup> - 6 <sup>th</sup> June 2024	Severn Class London Residential
10 <sup>th</sup> July 2024	Severn Class Adventure Day @ Top Adventures
11 <sup>th</sup> /12 <sup>th</sup> July 2024	Corve Class 2 Day Residential @ Top Adventures

**FOSPS NEWS**

Welcome back, we hope you all had a lovely half term break. We are now back in fundraising mode following, some down time during the first ½ of the spring term.

**Dates for your Diary-**

**Non-Uniform day** – in return for Easter Hamper/Children's Raffle donations. – 15<sup>th</sup> March 2024

**Movie night** – 15<sup>th</sup> March 2024 – see poster/ FB for more info.

**Easter Raffle** – 22<sup>nd</sup> March 2024 – see poster/FB for more info.

**Rock and Roll Bingo FUN for all the family** - more info and date to follow – keep an eye on our FB page.

**Summer Fete** – 21<sup>st</sup> June 2024

We have set up a new "open" Friends of Stottesdon CofE primary school (FoSPS) Facebook page where you'll find, General FoSPS info and accurate information on upcoming events & Fundraisers. Please do give us a like & follow! link below: -

<https://www.facebook.com/FoSPS96>

If you have any fundraising suggestions, please do let us know – either jot them down and hand into the school office, find one of us on the playground or join us at our next FoSPS meeting- date will be on our FB page soon.

**Chair** – Richard Gough

**Secretary** – Ginny Allen

**Treasurer** – France ~~Evans~~

**Other key members**

Natalie Underhill

Lauren & David Walker

Lilly Roberts

Jessica Ralph

Claire James

Emma Giles

Cat Middleton

Alastair & Jane McNaughton

Katie Jones



**FOSPS**



**15TH MARCH 2024**

3.15 - 5.00PM

THE SCHOOL HALL

£5 TO INC A SNACK

MONEY TO THE SCHOOL  
OFFICE PLEASE



# SUPPORT OUR LOTTERY TODAY

£1 per  
week

Weekly  
cash prizes

£25,000  
jackpot



YOUR  
SCHOOL  
LOTTERY



## Splitting the £1.00

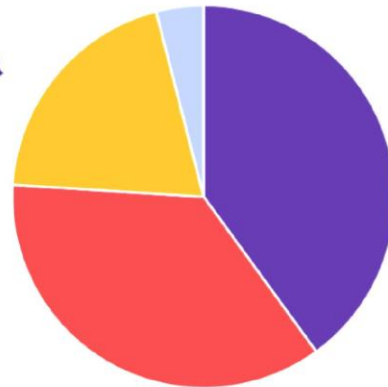
### How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Stottesdon Primary School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online by direct debit or debit card.

**It's so easy to join and will make a real difference to Stottesdon Primary School**



- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

**The Maths...** 100 tickets sold a week means  
= £30 weekly cash prize  
= £2,080 a year for our school



[Buy A Ticket](#)

GambleAware





## Parent Questionnaire

*Earlier today we sent out an email regarding a parent questionnaire.*

*We would be grateful if you would click on the link in the email and complete the questionnaire to let us know your opinion on the services we provide.*

*The average time for completion is around 10 minutes, responses are anonymous, one response per family, deadline for completion is 11th March @ 12 noon.*

## New Lunch Menu



Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Cheese and Ham omelette	Toad in the hole (Beef sausages) with gravy	Roast chicken with stuffing dinner	Pork meatball with tomato sauce	Fish burger with lettuce and tomato in wholemeal bun optional Mayonnaise.
<b>Main vegetarian/vegan meal</b>	Baked vegetable omelette	Vegetarian sausages in vegetarian gravy	Cauliflower cheese	Vegetable and bean chilli	Tomato and cheese pasta Bake
<b>Light bite</b>	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans
<b>Salad option</b>	Cajun Chicken salad	Cheese salad in a wholemeal wrap	Tomato Pasta salad	Tuna mayonnaise and sweetcorn wholemeal wrap	Egg salad
<b>Vegetables</b>	Potato fries, Sweetcorn and peas	Creamy mashed potato, green beans	Roast potatoes, carrots and broccoli	Pasta, Garlic bread	Mixed salad
<b>Dessert</b>	Yoghurt	Strawberry angel delight with sprinkles	Fruit salad	Ice Chocolate sponge.	Waffle with golden syrup sauce

Please speak to a member of the please speak to the Catering team if you have any concerns or questions about the contents of our dishes.

1 - Week One

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Chicken Curry	Pork and stuffing in soft bun	Roast beef dinner with Yorkshire pudding	Mediterranean chicken tray bake	Pizza square with pepperoni
<b>Main vegetarian/vegan meal</b>	Vegetable Curry	Veggie burger in soft bun	Quorn dinner with Yorkshire pudding	Vegetable and potato in tomato sauce traybake	Pizza square with mushrooms
<b>Light bite</b>	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans	Jacket potato with choice of cheese, tuna mayo or baked beans
<b>Salad option</b>	Herby Tomato Pasta salad	Tuna salad 50/50 wholemeal wrap	Curried potato salad	Egg and bacon salad wholemeal wrap	Chicken Caesar salad
<b>Vegetables and accompaniments</b>	Fluffy rice and naan bread	Mixed salad	Roast potatoes, broccoli and carrots	Brown Rice	Potato fries and garden peas
<b>Dessert</b>	Yoghurt	Iced Sponge cake	Rice pudding with strawberry sauce	Butterscotch angel delight topped with Mandarin piece	Fruit salad

Please speak to a member of the Catering team if you have any concerns or questions about the contents of our dishes.

## 2 - Week Two

## Eat Them to Defeat Them 2024



We are taking part in the 'Eat Them to Defeat Them' 2024 campaign, which is running in schools and is supported by TV advertising from 19th February until 28th March. This program aims to increase the volume and variety of vegetables that children consume.

*Featured vegetables for this half term are:*

*This Week = Sweetcorn / Wk 2 = Courgette / Wk 3 = Carrot / Wk 4 = Pepper / Wk 5 = Broccoli/cauliflower*

## Primary Swimming Gala



*The primary school swimming gala is due to take place on Wednesday 6th March.*

*The event will be held at Teme Leisure, Ludlow. SY8 1DR.*

*Those children participating will be transported to the event within the school day. They will require:*

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- *Swimming costume (no bikinis) / Trunks*
  - *Swimming cap (if children wear them)*
    - *2 x Towels (one for pool side)*
      - *Water bottle*
      - *Packed lunch*
      - *Fruit snack*
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*Parents are welcome to come along and support, the gala is due to start at 9.30am.*

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## Celebrating Reading



### Reading

**Well done for those that are reading 4 x or more a week and logging it in reading diaries. Please keep regular reading and enjoyment of books a high priority.**

**Teme: 100%**

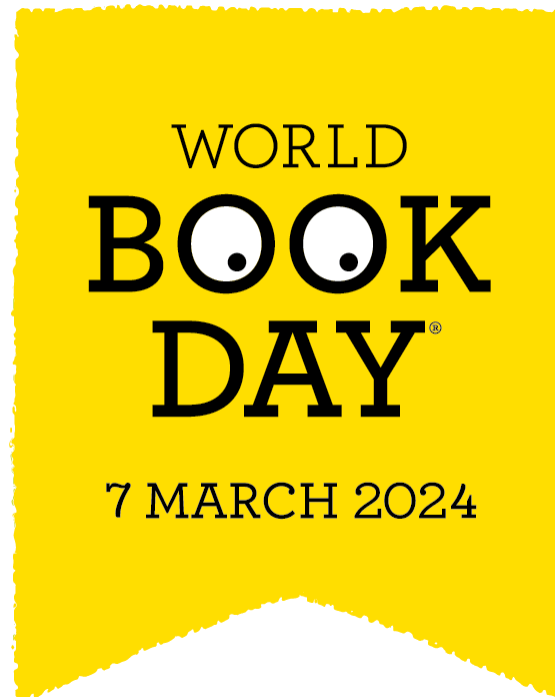


Rea: 84%

Corve: 75%

Severn: 96%

## World Book Day



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*We will be celebrating World Book Day on Thursday 7th March as we encourage children to continue their reading journey with a sentence, a page, a chapter or more.*

*Children are asked to come into school dressed:*

*- as a character from their favourite book and bring the book their character is from*

*- in the pyjamas to 'snuggle up with a book' and bring their favourite book (not a teddy this time!)*

*All children will be given a World Book Day book which they have chosen in school and FOSPS have kindly collected for them.*

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**WORLD BOOK DAY**

# READ YOUR WAY!

UNLEASH YOUR READING SUPERPOWER...

**TAKE BOOKS HOME TO READ**

**LISTEN TO BOOKS BEING READ ALOUD (OR LISTEN TO AUDIOBOOKS)**

**CHOOSE THE BOOKS YOU WANT TO READ**

**ASK FOR IDEAS ON WHAT TO READ NEXT**

**MAKE TIME TO READ**

**FIND WAYS TO MAKE READING FUN!**

Sponsored by **NATIONAL BOOK TOKENS**

Changing lives through a love of books and reading

World Book Day® is a charity sponsored by National Book Tokens  
Registered charity number 079227 (England and Wales) | Registered company number 03783095 (UK)

**WORLD BOOK DAY**

7 MARCH 2024

# WORLD BOOK DAY

CELEBRATE ON 7 MARCH 2024

BEGINNING

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BEGINNING

EARLY

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RINGEL

INDEPENDENT

Books available in shops from 15 February until 31 March 2024

Choose a brilliant book for FREE with your World Book Day £1/€1.50 book token.

**BOOK TOKEN**

Sponsored by **NATIONAL BOOK TOKENS**

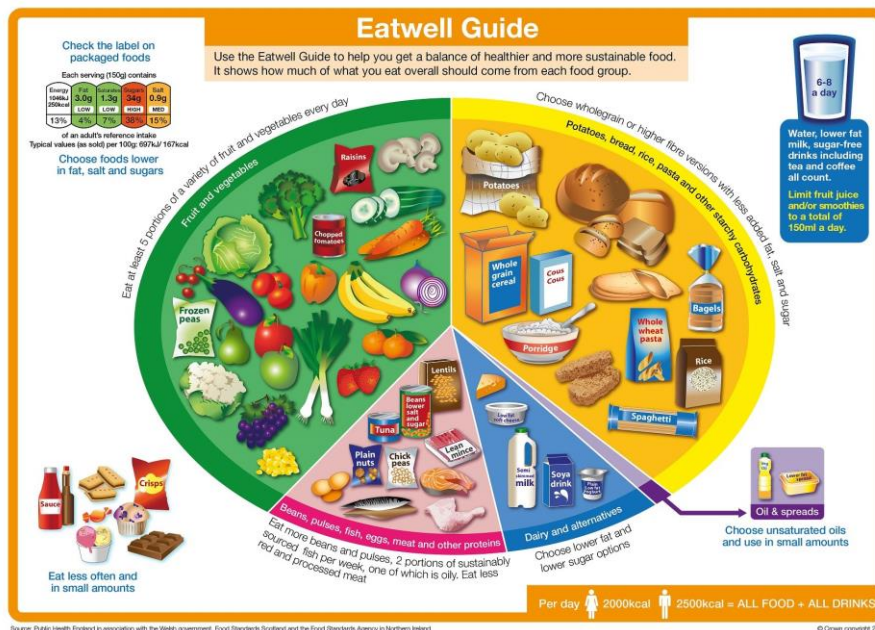
Changing lives through a love of books and reading

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Registered charity number 079227 (England and Wales) | Registered company number 03783095 (UK)

## Our Worship / Reflections this week:



Monday: We reflected on how we are moving through the months and the seasons and the changes this brings (some signs of Spring). We also reflected moving through the calendar we celebrate different traditions and festivals. Children reflected on the reasons for Pancake day (time to eat those treats before we consider what we could do better - deciding what to do more or less of in Lent), Ash Wednesday (the beginning of Lent) and Lent (40 days before Easter that reminds Christians of the story of Jesus have a time of reflection in the desert).



Tuesday: We launched the 'eat them to defeat them' campaign to challenge children to know a range of vegetables and to eat a range of vegetables so they are getting a balanced diet.



Wednesday: Open the book brought us the story of the Jesus healing the man with the poorly hand on a Sunday (the day of rest - which the religious leaders disproved of). We reflected on whether helping this man on the day of rest was the right thing to do (which of course it was!). Children reflected on when choices of what to do seem difficult and that we just need to remember to choose right thing.

Say this:	Do this:
<b>Eating</b>	Act eating
<b>And</b>	Make + sign with hands
<b>Drinking</b>	Act drinking
<b>A Balanced Diet</b>	Act like you are balancing on something small or narrow
<b>And</b>	Make + sign with hands
<b>Being Active</b>	Run really fast on the spot
<b>And</b>	Make + sign with hands
<b>Sleeping well</b>	Act like you are asleep peacefully
<b>And</b>	Make + sign with hands
<b>Keeping Clean</b>	Act like you are washing your hands
<b>Equals</b>	Make = sign with flat hands
<b>Being Healthy</b>	Jump in the air!

Thursday: We launched our new theme in PSHE - Healthy Me - classes will begin to consider how to keep themselves healthy (balanced diet; water; sleep; hygiene; getting out and about with friends and family; exercise)

## Easter Workshop

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*On Tuesday children from Corve and Severn class enjoyed a drama workshop led by Canon James Pacey and William Talbot-Ponsonby from Hereford Cathedral. The workshop was based on their production of The Passion which is a production they are delivering at Hereford Cathedral in March. Children gained a lot from the experience and it really supported their understanding of Easter from a Christian perspective (which is what they are studying in their RE lessons this term).*

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## EYFS (Nursery and Reception) News

<p><b>Down on the Farm</b></p> <p>This week we started our new topic 'Down on the Farm'. We have been exploring what a farm is and what a farmer does.</p>	
	
<p><b>Talk for Writing: Noisy Farm</b></p> <p>This week, the children have created a story detailing Sam's journey on the farm.</p>	
<p><b>Makaton Sign of the Week:</b></p>  <p style="text-align: center;"><b>HORSE</b></p>	<p style="text-align: center;"><b>Concept Word of the Week:</b></p> <p style="text-align: center; font-size: 2em;"><b>LONG</b></p>
<p><b>Nursery Rhyme of the Week:</b></p> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Old MacDonald</b></p> <p>Old MacDonald had a farm, EE-I-EE-I-O,              And on that farm he had a cat, EE-I-EE-I-O,              With a "meow, meow" here              and a "meow, meow" there,              Here a "meow," there a "meow,"              everywhere a "meow, meow."              Old MacDonald had a farm, EE-I-EE-I-O.              Repeat with different animals e.g.              cow (moo)              dog (woof)              pig (oink oink)              sheep (baa)              duck (quack)              horse (neigh)              Old MacDonald had a farm, EE-I-EE-I-O.</p>  </div>	<p style="text-align: center;"><b>Forest Fun Tuesdays</b></p> <p>To co-construct safety rules for walking to and from Forest Fun Area.</p> <p>This week, we introduced the walking rope, following the leader, and road safety. Down at forest fun we learned how to walk into our base, assessing the risks of forest fun... there was some very large muddy puddles we needed to avoid. We also enjoyed playing hide and seek with our peers.</p> 
<p><b>Phonics</b></p> <p>This week the children have begun to identify objects beginning with 'e' sound.              Open your mouth wide and say <b>e</b></p>	
	


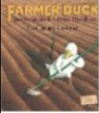


## Forest School







## Reception News

 <p>Please watch the Phase 3 sounds video over on the Little Wandle's Parent page to support pronouncing the next set of 'pure' sounds.</p> <p><a href="https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/">https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/</a></p>	<p>Concept Word of the Week:</p> <h1>EARLY</h1>																								
<p><b>Down on the Farm</b></p> <p>This week has been the start of our new topic for the term - we started off by brainstorming what we already knew about farming. Then we worked together to create our very own 'Small World Farm' and labelled the different things we might see on a farm.</p>																									
	<p><b>Talk for Writing: Farmer Duck</b></p> <p>A story of a hardworking duck, who has the very bad luck of living with a lazy farmer. The duck cooks and cleans, tends the fields and cares for the other animals on the farm - and all while the farmer lies in bed! That is until the day the animals decide to take action ... and come to the rescue with a simple, but heroic plan. This week we have been creating our story map and exploring the character's emotions.</p>																								
<p><b>Nursery Rhyme of the Week:</b></p> 	<p>Reviewing the following sounds:</p> <table border="0"> <tr> <td>ai</td> <td>ee</td> <td>igh</td> <td>oa</td> </tr> <tr> <td>oo</td> <td>ar</td> <td>or</td> <td>ur</td> </tr> <tr> <td>oo</td> <td>ow</td> <td>oi</td> <td>ear</td> </tr> </table> <p>Spotting digraphs in the following words:</p> <table border="0"> <tr> <td>tail</td> <td>deep</td> <td>fight</td> <td>load</td> </tr> <tr> <td>food</td> <td>hard</td> <td>born</td> <td>surf</td> </tr> <tr> <td>foot</td> <td>town</td> <td>boil</td> <td>hear</td> </tr> </table>	ai	ee	igh	oa	oo	ar	or	ur	oo	ow	oi	ear	tail	deep	fight	load	food	hard	born	surf	foot	town	boil	hear
ai	ee	igh	oa																						
oo	ar	or	ur																						
oo	ow	oi	ear																						
tail	deep	fight	load																						
food	hard	born	surf																						
foot	town	boil	hear																						
<p><b>In maths</b> this week, the children have engaged with activities that draw attention to the purpose of counting - to find out 'how many' objects there are. The children have revisited the concept of cardinality - the idea that the last number in the count tells us how many things there are altogether.</p> <p>The children are beginning to understand the word pattern embedded within most of our number names, along with opportunities to practise counting beyond 20. This week we counted to 100 to hear the repeating pattern in the numbers and develop confidence in using the familiar sequence within 10 to count to bigger numbers.</p> <p>A key focus this week has been to consolidate the 'stable order principle' - rehearsing the order of the first 10 numbers and understanding that the position that each number holds in our number sequence does not change. The children understand that each number has a value of '1 more' than the previous number.</p> 																									

3 - [1] <https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/>


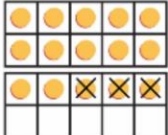
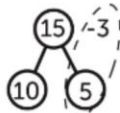
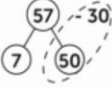
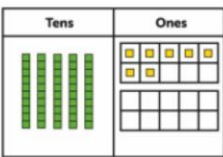
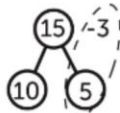
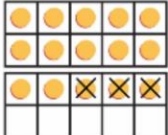
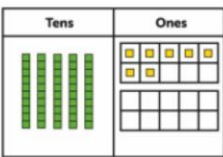
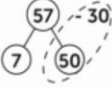
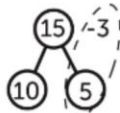
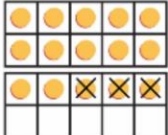
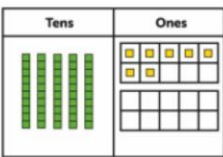
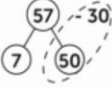
Please check Class Dojo to find out our new theme for 'Show and Tell' this term.

## Balance Bike Training

Children from Reception and Year 1 enjoyed 'Bikeability Balance' training at the beginning of this week. The children thoroughly enjoyed the sessions which involved fun games to develop handling and awareness.



## Rea Class

<p><b>Phonics/Spelling</b> <b>Year 2 will be learning:</b> Why do some words have the spellings kn and gn for /n/, and wr for /r/. <b>Year 1</b> will be continuing phase 5 grow the code with: * tch making 'ch' as in match. * ture making 'ch' as in adventure * al making 'ar' as in calm * sometimes a makes 'ar' as in father.</p>		
<p>Homework for Rea class is:</p> <ul style="list-style-type: none"><li>• <b>Reading</b> regularly (at least four times).</li><li>• Completing week 3 of the <b>Mastering Number at home games</b> in your pack.</li><li>• Optional spelling words are being sent home and will be on purple mash to practise.</li></ul>		
<p><b>Maths</b></p> <p> <b>Thank you to all the parents who supported the mastering number homework to help with your child's automaticity. It really is making a difference.</b></p> <p>Our main maths lesson next week will be using the bonds we learning in mastering number to develop our calculating without counting skills. Examples are below.</p> <table><tr><td><p><b>Year 1</b></p><p>Using known facts to subtract from a teens number.</p></td><td><p><b>Year 2</b></p><p>Strategies for subtracting bridging ten.</p></td></tr></table>	<p><b>Year 1</b></p> <p>Using known facts to subtract from a teens number.</p>  	<p><b>Year 2</b></p> <p>Strategies for subtracting bridging ten.</p>  
<p><b>Year 1</b></p> <p>Using known facts to subtract from a teens number.</p>  	<p><b>Year 2</b></p> <p>Strategies for subtracting bridging ten.</p>  	

## Rea Class Visit to Shrewsbury Museum & Art Gallery

**SM&AG**  
SHREWSBURY MUSEUM & ART GALLERY

*On Thursday 21st March children from Rea Class will be visiting Shrewsbury Museum & Art Gallery for a 'clay sculpture' workshop.*

*On the return journey they will be calling at Bridgnorth to view the High Street as part of their Geography project.*

*Children will need to be in school for 8.30am as the coach is due to leave at 8.45am, they will need a packed lunch, water bottle and outdoor coat.*



*We are asking for a voluntary contribution of £9 to cover the cost of this trip, those children who are in receipt of benefit related free school meals will have a 50% reduction. Once again we are very grateful to FoSPS for covering half of the transport cost for this trip.*

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## Activity Day & Residential @ Top Adventures



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*Following the recent surveys sent out to Severn and Corve class, we are pleased to report that the majority of parents responded positively with regard to the proposed adventure day for Severn Class and the 2 day residential for Corve Class.*

*We have therefore decided to go ahead with these events on the following dates:*

*Wednesday 10th July - Severn Class Activity Day @ £26 per pupil*

*Thursday / Friday 11th & 12th July - Corve Class residential @ £116 per pupil*

*Those pupils who are eligible for benefit related free school meals will have a 50% reduction on the above costs.*

*These events are now available on Arbor, contributions for the residential can be made in instalments.*

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## London Residential



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*We will be holding a 'London Residential' meeting on Friday 1st March at 3.30pm, parents and children from Severn Class are welcome to attend.*

*The London Residential trip for Severn Class is fast approaching - we would welcome payment either by instalments or in full (if parents are able to please) as we are having to confirm bookings for activities with payment up front. Thank you very much to those parents who have already contributed, it is much appreciated.*


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## Parenting Signposts

Understanding Your Child Groups - Spring 2024



- Would you like to know more about your child's development?
- Do you need support to understand your child's behaviour?
- Would you like a chance to meet with other parents and carers?



**UNDERSTANDING YOUR CHILD GROUPS**  
 The groups are delivered Virtually via MS Teams or Face to Face at a venue in Shropshire.  
 All you need for the virtual groups is an email address and an electronic device, and we will talk you through the rest.  
 SEND groups are for parents/carers of children who might have special educational needs and disabilities. No formal diagnosis is needed.

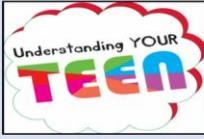
**Understanding Your Child SEND starts on Monday 15<sup>th</sup> January 2024 until 18<sup>th</sup> March 2024 from 12.30pm to 2.30pm in Shrewsbury, venue to be confirmed.**




**Understanding Your Child starts Wednesday 10<sup>th</sup> January 2024 until 20<sup>th</sup> March 2024 from 9.30am to 11.30am Virtually via MS Teams**

**Understanding Your Child SEND starts on Thursday 11<sup>th</sup> January 2024 until 21<sup>st</sup> March 2024 From 12.30pm to 2.30pm Virtually via MS Teams**

There are no sessions during the school holidays.

To book a place on one of our groups or for further information on the groups we run please contact the Parenting Team by:  
 Emailing: [Parenting\\_team@shropshire.gov.uk](mailto:Parenting_team@shropshire.gov.uk)  
 Telephone: 01743 250950



[www.shropshire.gov.uk](http://www.shropshire.gov.uk)  
 General Enquiries: 0345 678 9000

Sleep Tight Workshops - Spring 2024






- Would you like to know more about why sleep is important for our health and emotional well-being?
  - Does your child struggle with their sleep?
- Would you like to access support to help improve sleep and bedtime routines?
  - Would you like to meet other parents/carers to share and discuss experiences?

**SLEEP TIGHT WORKSHOP**  
 The workshops are delivered virtually via MS Teams or face to face at a venue in [Shrewsbury](#). All you need for the virtual groups is an email address and an electronic device, and we will talk you through the rest.  
 Our workshops run for 5 weeks from the start date excluding the School Holidays.

**Starts on Friday 23<sup>rd</sup> February 2024 from 9.30am to 11.30am in Shrewsbury, Sunflower House, Kendal Road, SY1 4ES.**


**Starts Friday 23<sup>rd</sup> February 2024 from 12.30pm to 2.30pm Virtually via MS Teams**

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by:  
 Emailing [Parenting\\_team@shropshire.gov.uk](mailto:Parenting_team@shropshire.gov.uk)  
 Or call us on 01743 250950


  

[www.shropshire.gov.uk](http://www.shropshire.gov.uk)  
 General Enquiries: 0345 678 9000

Parenting Support Line Poster Spring 2024

 Shropshire Council

If you would like to find out about other services the Parenting Team offers please email  
[Parenting.team@shropshire.gov.uk](mailto:Parenting.team@shropshire.gov.uk)  
or call us on 01743 250950

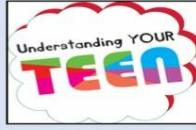





**PARENTING HELP AND SUPPORT LINE**  
available  
**Monday to Thursday from 9.30am to 4.30pm**  
and  
**Friday 9.30am to 3.30pm**  
You can contact the Parenting Help and Support Line by calling  
**01743 250950**

Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. The Parenting Team is here to support parents and carers to raise healthy, well-rounded children in a loving and stable environment.  
Do you have any questions around child development and parenting?  
Why not call our Parenting Help and Support Line where one of our trained Parenting Practitioners will be ready to listen.

(Please note the Parenting Help and Support Line will not operate Bank Holidays and between Christmas & New Year)

If you have concerns about a child's safety or well-being, please call  
**First Point of Contact 0345 678 9021**



[www.shropshire.gov.uk](http://www.shropshire.gov.uk)  
General Enquiries: 0345 678 9000

## Shropshire Family Information Service



Hello from the **Family Information Service** (FIS for short).  
Our job is to give you the info and resources you need to help your family life run a little smoother. We can help with:

- Childcare - finding it and advice on paying for it
- Local baby and toddler groups
- Events, clubs, activities, and fun things to do in the school holidays, for all ages
- Getting parenting and family support
- Finding health and wellbeing support

We cover everything and anything to do with family life, so if you have a question, chances are we'll be able to help, or if we can't, we'll point you in the direction of someone who can.

**Follow us on social media for all the latest news and info.**




@ShropshireFamilyInfo  
@ShropshireFamilyInfo  
@ShropFamilyInfo



[www.shropshire.gov.uk/fis](http://www.shropshire.gov.uk/fis)

## Solihull Approach - Understanding Your Child



ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

**Discover the Solihull Approach series** Understanding...

English more languages available powered by Google Translate

Enjoy a fresh new look on mobiles

optional voice-over where available

- ...pregnancy, labour, birth and your baby
- ...your baby
- ...your child
- ...your child with additional needs
- ...your teenager's brain
- ...your feelings (for teenagers only!)
- ...your relationships

**and much more!**

Do you live in the Shropshire or Telford & Wrekin area? Locally funded

1. Scan QR or visit [www.inourplace.co.uk](http://www.inourplace.co.uk)
2. Enter the Access Code\*
3. Begin learning

\*Sign in or registration required

Access Code: **DARWIN18** PREPAID

### Cleobury Community Information Drop In

# Cleobury Community

Free information, advice and support

The Cleobury Country Centre  
Love Lane, DY14 8PE

Friday, 9am–11 am on:

- 15 March 2024
- 19 April 2024
- 17 May 2024
- 21 June 2024
- 19 July 2024

You can chat, have a coffee and see how we can help you with:

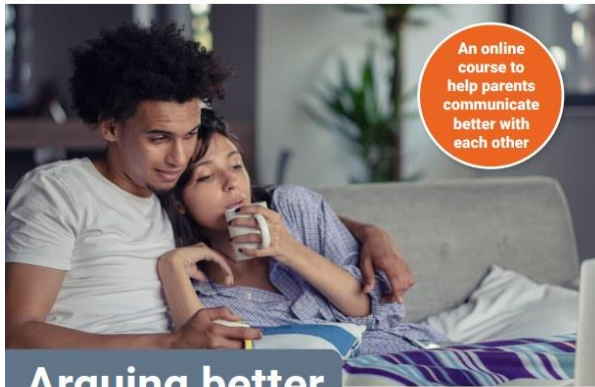
- Housing support
- Children's health and wellbeing
- Healthy living advice
- Dementia support
- Family life
- Home fire safety
- Domestic abuse support
- Drug & alcohol support
- Financial advice
- Getting older

and lots more!

Shropshire Supporting Families through Education

Shropshire Council

OneplusOne



An online course to help parents communicate better with each other

## Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. How you deal with disagreements can make a big difference to you, your partner, and your children.

This free online course can help you learn to manage difficult conversations, avoid conflict, and improve things for your whole family.



Create your free account at [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) or scan the QR code  
To access the course, you will need a good internet connection and a smartphone, tablet, or computer.



An online course for separating parents to help manage conflict and minimise the impact on children

## Getting it right for children

When separated parents argue, it's common for children to feel like they are caught in the middle. This free online course is designed to help separated parents communicate better with each other and parent co-operatively after parting.


You will learn positive communication skills like staying calm, seeing things differently, and speaking for yourself so that you can sort out disagreements with your child's other parent and find solutions together. You can do the course on your own, at your own pace.



Create your free account at [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) or scan the QR code  
To access the course, you will need a good internet connection and a smartphone, tablet, or computer.







An online course for new and expectant parents

## Me, You and Baby too

Tiredness and stress are common when you're caring for a baby. If parenthood is leading to more arguments between you and your partner, this free online course could help.

With tips and advice on how to talk about difficult topics, share stress, and prevent arguments, this short course will help you and your partner navigate challenging times together.

Create your free account at [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) or scan the QR code

To access the course, you will need a good internet connection and a smartphone, tablet, or computer.

### Shropshire Beam

Shropshire Beam are pleased to provide Virtual workshops for Parents & Professionals from **JANUARY 2024 – FEBRUARY 2024**. All virtual workshops will take around an hour.

All details are below - you need to click on Link at the appropriate time of chosen Workshop. All workshops will be done via M S Teams Video call, we are unable to record sessions. The Workshops are derived to be informative and engaging sessions, please be willing to participate during the sessions.

There is one workshop remaining in February which will be rolled out at 12pm to enable more people to attend, please see the following details of content:-

- **Wellbeing Planning** – a workshop which explains & provides a tool for Children & Young people to support their general Emotional Health & Wellbeing, it recognises triggers and promotes self-awareness, this can also be used as a relapse tool to support resilience.

**28th February @ 12pm** - Microsoft Teams meeting **Join on your computer, mobile app or room device** [Click here to join the meeting](#) Meeting ID: 346 494 806 897 Passcode: usCKJZ [Download Teams](#) | [Join on the webLearn More](#) | [Meeting options](#)

## Tricky Friends



Have you seen this great Shropshire video for young people on what to do if they have concerns about tricky friends? It covers what a good friend looks like, explores situations that might make a young person feel uncomfortable and offers advice on what to do if they do have [tricky friends](#).

### Tips on supporting children with self-regulation

## 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**

It's vital that children feel safe and know that there's someone they can always go to for help. If they need it, schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.
- 2. MEET CHILDREN HALFWAY**

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.
- 3. FACTOR IN THEIR BASIC NEEDS**

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.
- 4. REMAIN PATIENT**

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.
- 5. BE A DYSREGULATION DETECTIVE**

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once you identify some triggers, we can help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.
- 7. TRY SENSORY RESOURCES**

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.
- 8. NURTURE INDEPENDENCE**

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.
- 9. MODEL GENUINE FEELINGS**

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.
- 10. FORMULATE A PLAN**

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

**Meet Our Expert**  
Georgina Barrett is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resource blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.

**#WakeUpWednesday**

The National College

## Health Visiting Information

Every family with children under 5 has access to a health visitor.

Families can access advice and support up until the age of 5 years old by calling **The Single Point of Access on 0333 358 3654.**

If parents don't want to talk to someone they can send a text and one of the team will get back to them on **07520 635212**

This is a Monday to Friday service 09:30am until 4pm where a Health Visitor is on the line to offer the appropriate advice and support and referrals can be made to the appropriate practitioner.

If parents need extra support or support for potty training, behaviour, sleep, eating we have two Healthy Child practitioner who they can be referred to who will come out to their home or to a clinic to support the family with these issues.

This referral can be completed through the single point of access and sent to the appropriate team.

If it is specialised targeted work the family will be seen by a Health visitor for example low mood or complex development issues, safeguarding or specialised referrals.

All children are seen universally at one years and at two years and they are offered a full health growth and development review via a letter with an appointment.

These are now completed at Cleobury Mortimer Health Centre, Ludlow or Bridgnorth depending on where they live.

## Celebrating Children's Achievements



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*The children representing all the hard work and positive attitudes in our school this week.*

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**Spelling Bee:**

**Bronze - Samuel & Aaron**



**Sports Stars:**

**Teme: All of Teme Class** for their careful listening and participation when taking part in their 'Bikeability Balance' course.

**Rea: Walter** for his animal movements in gymnastics.

**Corve: Izzy** and **Ruby** for their dance routine using Indian hand gestures in time with the music.

**Severn: Jay** for great defending, great interceptions and great shoulder passes / **Samuel** for great interceptions, knowing where you need to be on court and for showing great confidence when shooting for the goal.



**Great Sentence using words of the week:**

**Teme:** I woke up **early** before my sister. **Tara**

**Rea:** There was a **freak** storm that blew my trampoline into the field. **Ned**

**Corve:** Every day, when I wake up it is **monotonous** because it is the same. **Bea**

**Severn:** The leaf **unfurled** as the flowers bloomed. **Bella L**



**Class Achievers:**

**Teme:** **Ophelia** for her continued perseverance with her reading.

**Rea:** **Frankie, William, Monty, Phoebe S** and **Rosie** for maths progress in a expanded column method / **Isabella** for fantastic reading progress.



**Corve:** **Maxwell** for excellent recall of the events of Holy week / **Harrison** for excellent knowledge of vocabulary relating to Easter / **Evelyn, Ellie, Bella C & Fletcher** for fantastic acting in Garden of Gethsemane / **Cash** for his incredible work using the show not tell to build suspense / **Isabelle** and **Ellie** for their work on column addition.

**Severn:** **Torrhen** for fantastic acting skills in RE workshop / **Billy** for asking pertinent questions in RE workshop / **Willow** for excellent recall of the events of Holy week

All the children who spoke to Mr Middleton regarding computers on Wednesday this week:

**Enfys, Ophelia, Rosie, Lincoln, Scarlett, Bea, Payton** and **Torrhen**.