



# The Stotty School News 01.03.2024



[Stottesdon CofE Primary School](#)

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

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If viewing on a phone and you can't see all the text just swipe up on the writing.

## Diary dates for the week ahead



Diary Dates for next week	
Monday 4 <sup>th</sup> March 2024	ELW Private Music Lessons Mini Kickers After School Club 3.15pm - 4.15pm. Monday Yr 6 SATs Club 3.15pm - 4pm.
Tuesday 5 <sup>th</sup> March 2024	ELW Private Music Lessons Nursery N2 / Teme Class Forest Fun Session Tuesday Yr 6 SATs Club 3.15pm - 4pm.
Wednesday 6 <sup>th</sup> March 2024	Primary School Swimming Gala - details in newsletter - would those children attending please arrive promptly. ELW Private Music Lessons. Reception class dental health talk. Lunchtime Choir Club. Gymnastics session within school for KS1 Gymnastics After School Club 3.15pm - 4.15pm
Thursday 7 <sup>th</sup> March 2024	 World Book Day - details in newsletter Lunchtime Chess Club. Netball After School Club 3.15pm - 4.15pm.
Friday 8 <sup>th</sup> March 2024	Severn Class girls football event at Lacon - <b>please bring shin pads</b> - if you have football boots that is a bonus - children will be transported to and from Lacon within the school day. Lacon sports coach basketball with Corve & Severn. Ultimate Frisbee After School Club 3.15pm - 4.15pm
Sunday 10 <sup>th</sup> March 2024	Mothering Sunday
Upcoming Diary Dates	
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
Monday 18 <sup>th</sup> March	Teme Class visit to Home Farm, Attingham.
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 ~~Plover~~

**Other key members**

Natalie Underhill

Lauren & David Walker

Lilly Roberts

Jessica Ralph

Claire James

Emma Giles

Cat Middleton

Alastair & Jane McNaughton

Katie Jones



**FOSPS  
EASTER  
NON-UNIFORM  
DAY**

**15th March 2024**

**ALL WE ASK FOR IS A DONATION  
OF EASTER GOODIES FOR THE  
CHILDRENS RAFFLE & EASTER  
HAMPERS**

Donations welcome at the  
school office from the 26th  
February until the morning of  
the 15th March



**FOSPS**

**WESH**

**EASTER**  
*Movie Night*

**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

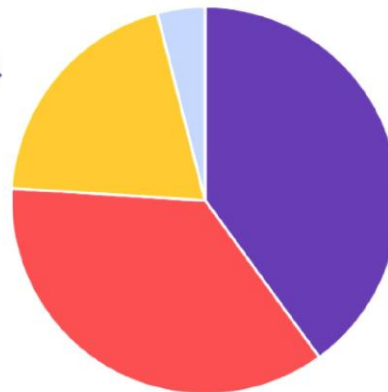
### How it works...

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

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*We would be grateful if you would complete the parent questionnaire, please click on the link in the email and complete 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.*

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## Eat Them to Defeat Them 2024



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*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:*

*Week 1 = Sweetcorn / This Week = Courgette / Wk 3 = Carrot / Wk 4 = Pepper / Wk 5 = Broccoli/cauliflower*

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## Primary Swimming Gala



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*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*
- 

*Parents are welcome to come along and support, the gala is due to start at 9.45am.*

***Strictly no photos or videos for obvious reasons.***

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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: 89%**

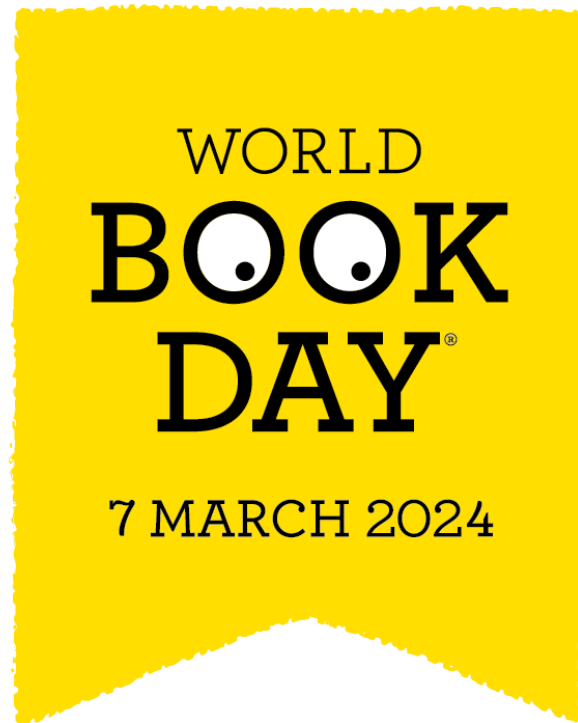
**Rea: 87%**

**Corve: 86%**

**Severn: 100%**



## 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



BOOK  
DAY

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



BOOK  
DAY

CHOOSE THE BOOKS YOU  
WANT TO READ



BOOK  
DAY

ASK FOR IDEAS ON WHAT TO  
READ NEXT



BOOK  
DAY

MAKE TIME TO READ



BOOK  
DAY

FIND WAYS TO MAKE  
READING FUN!



BOOK  
DAY

Sponsored by



Changing lives through a love of books and reading

World Book Day® is a charity sponsored by National Book Tokens  
Registered charity number 1079227 (England and Wales) | Registered company number 03193095 (UK)



**WORLD BOOK DAY**  
7 MARCH 2024

# WORLD BOOK DAY

CELEBRATE ON 7 MARCH 2024



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.



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 1079257 (England and Wales) | Registered company number 12783995 (UK)

Our Worship / Reflections this week:

**Forgiveness** is...

- F**orgetting the hurts
- O**ffering a new beginning
- R**estoring a friendship
- G**iven and received
- I**dentifying responsibility
- V**aluing the truth
- E**nding an argument
- N**ot holding a grudge
- E**ncouraging honesty
- S**aying sorry
- S**tarting again

Monday: We started our new theme on forgiveness and reflected on what this word means through an acrostic poem. We related it to sometimes things 'getting in a mess', having to 'sort it out' and then 'starting afresh, having a clean slate'.



Tuesday: Children considered the [friendship](#) video that has been in the school news. We reflected on how good friendships feel and how we can deal with where friendships don't feel so good.


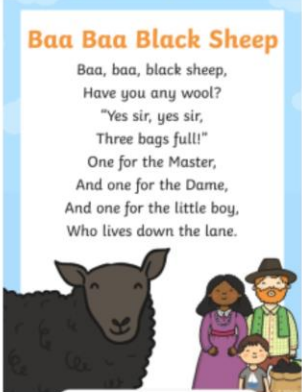




Wednesday: Open the book brought us the story of another miracle - in fact two miracles and we reflected on what miracles we would like to happen today.



Thursday: We considered whether we should learn sign language in schools. Children reflected that learning how to connect with others (sign language; learning different languages etc) helps us to communicate with others, break down barriers and ensures inclusivity.

## EYFS (Nursery and Reception) News

<b>Down on the Farm</b> This week the nursery children have been exploring what jobs happen on the farm.	
<b>Talk for Writing: Noisy Farm</b> This week the children have used the story map to talk about the different sounds farm animals make, what they like to do, what they like to eat and where they were hiding!	
<b>Makaton Sign of the Week:</b>  <b>SHEEP</b>	<b>Concept Word of the Week:</b> <b>THROUGH</b>
<b>Nursery Rhyme of the Week:</b>  <p><b>Baa Baa Black Sheep</b> Baa, baa, black sheep, Have you any wool? "Yes sir, yes sir, Three bags full!" One for the Master, And one for the Dame, And one for the little boy, Who lives down the lane.</p>	<b>Forest Fun Tuesdays</b>  Forest fun was all about stick safety this week. We even had a go at whittling a stick with the potato peelers.
<b>Phonics</b> This week the children have begun to identify objects beginning with 'u' sound.  Open your mouth wide and say <b>u</b>	

## Forest School

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*This week at our Forest Fun session, we used potato peelers to 'whittle' a stick. When enough of the bark had been removed, we used a variety of different materials and marker pens to create either a stick 'person' or 'woodland wand'.*

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## Reception News

 <p>Phase 3 sounds taught in Reception Spelling 1</p> <p><a href="https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/">https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/</a></p>	<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>Concept Word of the Week:</p> <h1>SHINY</h1>																													
<p><b>Down on the Farm</b></p> <p>This week we have been looking at the names of baby animals, matching them with their mother and making observations of how they change as they grow into adults. We have also been learning about the different names of the homes that they may live in on a farm.</p>																															
	<p><b>Talk for Writing: Farmer Duck</b></p> <p>This week we have used the story - Farmer Duck to help us create story maps. We have been learning a sentence starts a capital letter, has finger spaces and ends a full stop.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="852 556 966 651">  </div> <div data-bbox="982 556 1096 651">  </div> <div data-bbox="1144 598 1266 640"> <p>with with</p> </div> </div>																														
<p><b>Nursery Rhyme of the Week:</b></p> <div style="border: 1px solid blue; padding: 5px; margin-bottom: 10px;"> <p style="text-align: center;"><b>Baa Baa Black Sheep</b></p> <p>Baa, baa, black sheep, Have you any wool? "Yes sir, yes sir, Three bags full!" One for the Master, And one for the Dame, And one for the little boy, Who lives down the lane.</p> </div> 		<p style="color: red;">Reviewing the following sounds:</p> <table style="width: 100%; text-align: center;"> <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 style="color: red;">Spotting digraphs in the following words:</p> <table style="width: 100%; text-align: center;"> <tr> <td>bigger</td> <td>chair</td> <td>fair</td> <td>rubber</td> </tr> <tr> <td>shimmer</td> <td>butter</td> <td>supper</td> <td>chatter</td> </tr> <tr> <td>muffin</td> <td>mutter</td> <td>buzzer</td> <td>cannot</td> </tr> <tr> <td>laptop</td> <td>seven</td> <td>fantastic</td> <td>comic</td> </tr> </table>		ai	ee	igh	oa	oo	ar	or	ur	oo	ow	oi	ear	bigger	chair	fair	rubber	shimmer	butter	supper	chatter	muffin	mutter	buzzer	cannot	laptop	seven	fantastic	comic
ai	ee	igh	oa																												
oo	ar	or	ur																												
oo	ow	oi	ear																												
bigger	chair	fair	rubber																												
shimmer	butter	supper	chatter																												
muffin	mutter	buzzer	cannot																												
laptop	seven	fantastic	comic																												
<p><b>In maths</b> this week, we have focused on developing the comparison of quantities skill and exclusively focused on ordinality: considering where numbers to 8 are in relation to each other. The language of 'more than', 'less than' and 'equal to' to describe the relationships between numbers. This week, 'less than' is used instead of 'fewer than' when the focus is on each number's position in the counting sequence.</p>																															

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

Teme Class Trip to Home Farm, Attingham.



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*On Monday 18th March children in Teme class will be visiting Home Farm, Attingham.*

*The visit is an exciting opportunity for the children to have hands on and real-life experiences of animals and will support our learning in Understanding the World. The children will have a guided tour by the farmer and the opportunity to feed some of the animals, which is all included in the price.*

*On the day of the visit, we will be departing school by coach **at 8:55 a.m.** and returning before **3:00 p.m.** Children will need to wear a waterproof coat, bring along a full water bottle and a packed lunch.*

*Their lunchbox and water bottle will need to fit inside a bag that your child can carry on their own back for most of the trip.*

*FOSPs have kindly contributed towards the cost of the mini bus for this trip.*

*Please make a voluntary contribution of **£6.75** via Arbor to cover entry, farm tour, and animal food by the **Friday 8th March 2024.***

***Children entitled to benefit related FSM have a 50% reduction on the above.***

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## Reception & Year 1 Multi Sport @ Lacon Childe

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*On Thursday, Reception and Year 1 pupils attended a Multi Sport Festival at Lacon Childe School.*

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## Rea Class

### Phonics/Spelling

**Year 2** will be learning: Dropping the e when adding the suffixes ed, er, est, ing and y. eg nice becomes nicer, scare becomes scary and like becomes liking.


**Year 1** will be continuing phase 5 grow the code with:

- \* 'a' making the 'or' sound as in ball and water.
- \* What is a 'schwa' – under pronunciation of vowels. Eg the o making an 'uh' sound in crocodile and the 'e' making an 'uh' sound in celebrate.
- \* 'a' making 'o' after a 'qu' or 'w' as in quantity or swap or watch.
- \* 'ear' making the 'air' sound as in pear and wear.
- \* 'ere' making the 'air' sound as there and where.

Homework for Rea class is:

- **Reading** regularly (at least four times).
- Continuing either playing maths games already sent home, using numbots or the white rose maths app. If you need links to this, please email us.
- Spelling words are being sent home and will be on purple mash to practise. Year 2 will begin to have a spelling test at the end of each unit. Spellings may sometimes last for two weeks.

### Maths

 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.

**Year 1 and Year 2**

Learning how to choose the best strategy for solving different addition and subtraction calculations.

You have two quoits and they can be thrown onto the cones.

More than one quoit can go on a cone.

What is the highest score that can be made?

What is the lowest score?



Throw one dart at a red number and one dart at a green number.

What is the sum of the two dart scores and what strategy did you use?

## Rea Class Visit to Shrewsbury Museum & Art Gallery

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

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*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.

## Corve Class Going for Gold Challenge

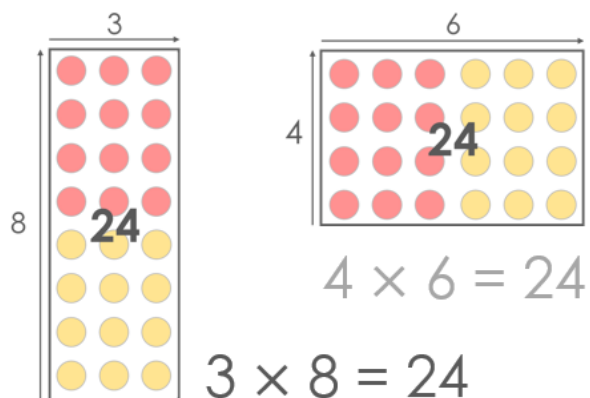


Corve Class are trying to achieve the going for gold challenge this term. The yellow facts on the diagram are facts that we learnt last term in our Mastering Number sessions. This term, they will be focussing on 2 facts each week to try to become more fluent in recalling their core multiplication facts. Year 4 children are expected to know all the core facts. Year 3 children are expected to know the facts for the 2, 3, 4, 5 and 8 times tables. Any support at home will help your child to become more fluent in recalling these facts, which will help them to develop their understanding of multiplication, division and fractions. This week's facts are  $3 \times 8 = 24$  and  $6 \times 4 = 24$ . There are prompt cards that we have used in school to support the children's understanding of these core multiplication facts. The children can double 12 to get to the answer.  $3 \times 8 = 3 \times 4 \times 2$  and  $4 \times 6 = 4 \times 3 \times 2$ .

Focus facts of the week									
$2 \times 2$									
$2 \times 3$	$3 \times 3$								
$2 \times 4$	$3 \times 4$	$4 \times 4$							
$2 \times 5$	$3 \times 5$	$4 \times 5$	$5 \times 5$						
$2 \times 6$	$3 \times 6$	$4 \times 6$	$5 \times 6$	$6 \times 6$					
$2 \times 7$	$3 \times 7$	$4 \times 7$	$5 \times 7$	$6 \times 7$	$7 \times 7$				
$2 \times 8$	$3 \times 8$	$4 \times 8$	$5 \times 8$	$6 \times 8$	$7 \times 8$	$8 \times 8$			
$2 \times 9$	$3 \times 9$	$4 \times 9$	$5 \times 9$	$6 \times 9$	$7 \times 9$	$8 \times 9$	$9 \times 9$		

$5 \times 7 = 35$

$4 \times 8 = 32$



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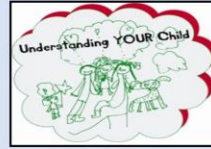
*The London Residential trip for Severn Class is fast approaching - we would welcome payment either by instalments or in full (if parents are able to please) as we are having to confirm bookings for activities with payment up front. Thank you very much to those parents who have already contributed, it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



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](tel:250950)



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

 Understanding YOUR Child


**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**

 Understanding YOUR TEEN

[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

...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!

optional voice-over where available



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



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

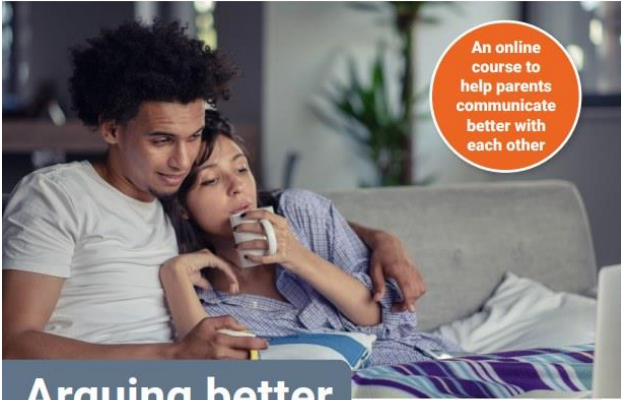
and lots more!



Shropshire 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.



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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.



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

## 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](#).

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*Tips on supporting children with self-regulation*

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# 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.

**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.

**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 'top-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

**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.

**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.

**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.

**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.

**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.

**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 we identify some triggers, we can help to avoid or overcome them.

**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.

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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:*

*Please check Class Dojo, to discover our new shape detective challenge to find and share with our class for 'Show and Tell' next week.*

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## **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 - Harry**

**Silver - Eliza**



**Numbots**

**Rea Class: James Home**



**Times Tables Rock Stars**

**Corve: Isabelle Butler**

**Severn: Elliot Datlen-Gough**



**Sports Stars:**

**Teme:** **All of Teme Class** for their careful listening and participation when taking part in the 'Multi-Skills' Activity Afternoon @ Lacon.

**Rea:** **Grace** for execution of her jumps in gymnastics.

**Corve:** **Bea** for excellent listening and applying what she's learned in basketball / **Oliver** for massive improvement in basketball.

**Severn:** Mr Adams selected **Noah PD** and **Ronnie** for a sports star award during his session with him today.



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

**Teme:** The bear has **shiny** buttons. **Boyd**

**Rea:** I saw a **glooming** shadow when I was playing outside. **Grace**

**Corve:** My Dad is a **sedentary** Dad because he never moves off the sofa. **Ottilie**

**Severn:** I tried to bust the door ajar, but it was **akin** to trying to punch a hole in the wall! **Evan.**



**Class Achievers:**



**Teme:** **Chloe & Kai** for their focus, attention to detail and presentation of their story map for 'Farmer Duck'.

**Rea:** **Ada** for doing her best in her learning / **Esther** for fantastic expression in her reading / **Leo & Meghan** for consistent effort in their phonics / **Leon** for great focus in his maths.

**Corve:** **Bella C** for fantastic use of descriptive language in her own version of 'the old mill' / **Izzy, Otilie** and **Carys** for their progress using the column method with regrouping.

**Severn:** **Evan, Elliot, Eliza** and **Payton** for their sequencing and transitions in dance.