



# The Stotty School News 08.03.2024 (Website)



[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



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

<b>Diary Dates for next week</b>	
Monday 11 <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 12 <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 13 <sup>th</sup> March 2024	ELW Private Music Lessons. Lunchtime Choir Club. Gymnastics session within school for KS1 Gymnastics After School Club 3.15pm - 4.15pm
Thursday 14 <sup>th</sup> March 2024	Lunchtime Chess Club. Tag Rugby Team event @ Lacon - within school day. Corve Class tennis festival @ Lacon within school day. Netball After School Club 3.15pm - 4.15pm.
Friday 15 <sup>th</sup> March 2024	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. Lacon sports coach basketball with Corve & Severn. Ultimate Frisbee After School Club 3.15pm - 4.15pm FoSPS Movie Night - details in FoSPS section in newsletter.
<b>Upcoming Diary Dates</b>	
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 ~~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

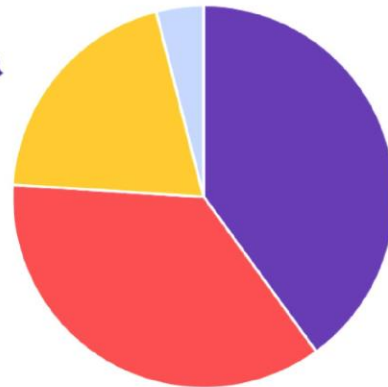
### How it works...

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



Guess the number of items in the basket competition



**FOSPS EASTER EGGSTRAVAGANZA**  
**GUESS HOW MANY**  
**Easter**  
**ITEMS IN**  
**THE BASKET**



**50P A GO OR 3 FOR A £1**  
**IN THE EVENT OF  
A TIE, THE PRIZE WILL BE DIVIDED  
BETWEEN WINNERS**

## 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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## Active Lives Survey



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*Stottesdon CofE Primary School have been asked to participate in the 'Active Lives survey' run by Sport England.*

*The Active Lives Children and Young People survey provides a world-leading approach to gathering data on how children engage with sport and physical activity. This will help to give an in-depth picture of how many people take part in sport and physical activity by demographic group, location and activity type.*

***They would like parents of Yr 2 children to complete the survey in the link below:***

<https://ipsos.uk/EFJZKBO>

*By completing this survey you will help us to claim vouchers to spend on a range of sports, wellbeing and healthy eating equipment or materials for the school, which will ultimately benefit our pupils - every response really does count.*

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

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## SGN Easter Holiday club



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***SGN Easter Holiday Club is open on the following dates:***

*Monday 25th March 2024 - 8am to 5.30pm - Baking*

*Tuesday 26th March 2024 - 8am to 5.30pm - Pool Meadow (Children to be aged 3yrs old and above)*

*Wednesday 27th March 2024 - 8am to 3.15pm - Outdoor sports fun*

*Thursday 28th March 2024 - 8am to 5.30pm - Baking Easter nests & biscuits*

***BANK HOLIDAY MONDAY - CLOSED***

*Tuesday 2nd April 2024 - 8am to 5.30pm - Junk Modelling*

*Wednesday 3rd April 2024 - 8am to 3.15pm - Easter Craft*

*Thursday 4th April 2024 - 8am to 5.30pm - Bike & Scooter club*

***If you would like your child to attend any of the above sessions please book via Arbor.***

*Copy of booking form (for information) is attached to the newsletter.*

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## Easter HAF Programme 2024



Please find attached to the newsletter a leaflet containing details of events during the Easter holidays.

These are available FOC to children eligible for benefit related free school meals (Code sent out in email earlier this week). Paid places are available to those children who are not eligible. These places are generally heavily subsidised and have been highlighted in the What's on Guide.

<https://next.shropshire.gov.uk/holiday-activities-and-food-programme-haf/haf-holiday-clubs/>

## Lacon Easter Holiday Activities

**Easter 2024**

**Monday 25th March -  
Thursday 28th March**

**HOLIDAY  
ACTIVITIES**

*Kurling, Archery, Hockey, Ultimate  
Frisbee, Football, Art, Craft, Music,  
and Much More!*

**Reception - Year 8**

**9.45am - 3.00pm**

**£15 per day**

**At Lacon Childe School**

Please find attached leaflet from Lacon Childe School regarding their Easter holiday provision.

*These are available FOC to children eligible for benefit related free school meals (Code sent out in email earlier this week). Paid places are available to those children who are not eligible.*

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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: 97%**

**Corve: 85%**

**Severn: 100%**

World Book Day

WORLD  
**BOOK  
DAY**<sup>®</sup>

7 MARCH 2024



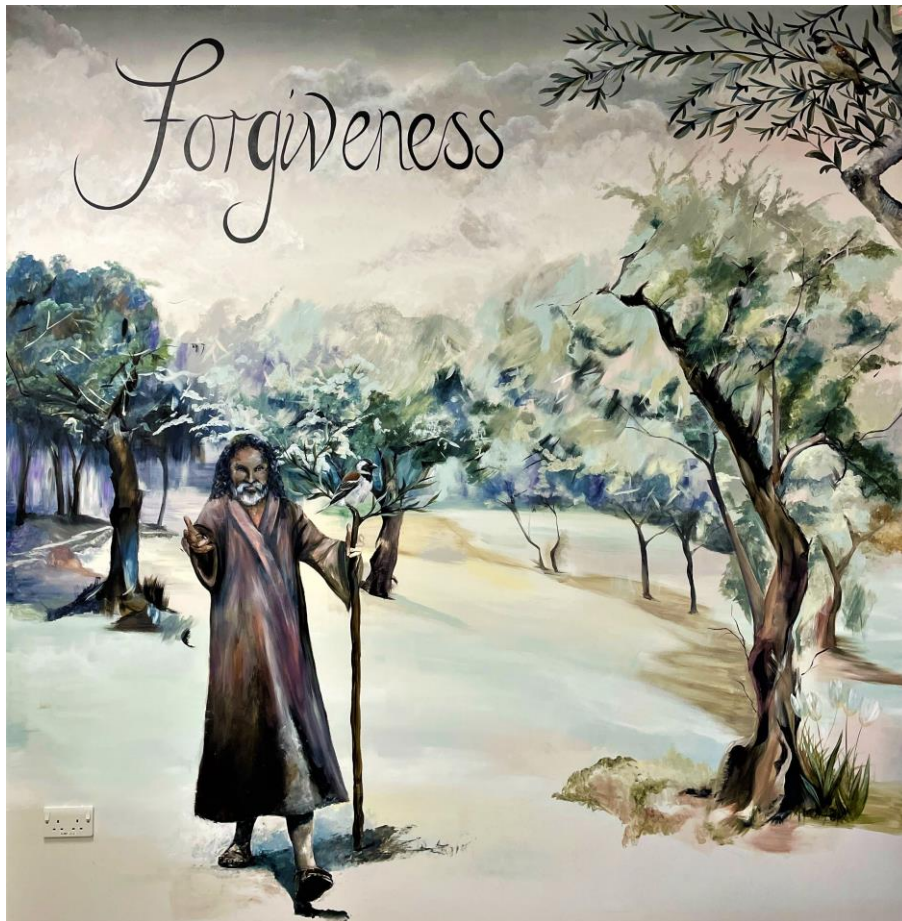








## Our Worship / Reflections this week:



Monday: We listened to the story of the Lost Son where the father forgave his son for making mistakes. We discussed the jealous feelings of the brother who hadn't made the mistakes. We agreed the importance of celebrating when someone realises they have done something wrong and are sorry.





Tuesday: We reflected on the importance of Mother's Day and saying thanking and doing something nice for all people who look after us (mums, grandmas, step-mums, aunties etc). We hope you all have a lovely weekend!



Wednesday: Open the book brought us the story 'Come and Follow Me'. This is the story of how Matthew (the tax collector) became a disciple. Children reflected on how sometimes we need to put things right with friends and how we do that.

Thursday: Children celebrated World Book Day - enjoy the amazing photos.

## EYFS (Nursery and Reception) News

<p><b>Down on the Farm</b></p> <p>This week the nursery children have been learning the names of farm animals and their babies. We have also created Mother's Day cards, planted seeds, and decorated plant pots. The children constructed a scarecrow over the week. They have called him Dingle the Scarecrow.</p> 	
<p><b>Talk for Writing: Rosie's Walk</b></p> <p>Rosie takes a walk round the farmyard, completely oblivious (or is she?) to the fact that she is being followed by a fox. This week the children have mapped out Rosie's journey around the farm.</p> 	
<p><b>Makaton Sign of the Week:</b></p>  <p><b>COW</b></p>	<p><b>Concept Word of the Week:</b></p> <p><b>OLD</b></p>
<p><b>Nursery Rhyme of the Week:</b></p>  <p>Lay A Little Egg For Me</p> <p>Chick, chick, chick, chick, chicken, lay a little egg for me Chick, chick, chick, chick, chicken, I want one for my tea Oh, I haven't had an egg since Easter, and now it's half past three So, chick, chick, chick, chicken, lay a little egg for me</p>	<p><b>Forest Fun Tuesdays</b></p>  <p>Session 3 - Making stick shapes and working safely with hammers.</p>
<p><b>Phonics</b></p> <p>This week the children have begun to identify objects beginning with 'r' sound. Show me your teeth to make a <b>rrrr</b> sound <b>rrrrrr</b></p> 	

## Forest School

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*This week at our Forest Fun session, we used hammers to make marks on log slices, and create 2D shapes using sticks we found whilst exploring our area.*

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## Dental Nurse Visit

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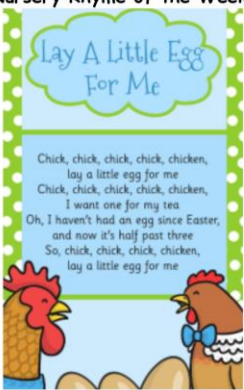

*On Wednesday this week the school nurse and 'Derek the Dental Dragon' came into school to give Reception and Year 1 children a Dental Talk*

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## 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>ABOVE</h1>																												
<p style="text-align: center;"><b>Down on the Farm</b></p> <p>Following on from last week we revised the names given to baby farm animals, we found out about where they might shelter and played a quiz to see if we could recognise the sounds they make. Then we took turns to describe a farm animal using this knowledge and information for our class to identify 'What am I?'</p>																													
<p><b>Nursery Rhyme of the Week:</b></p> 	<p style="text-align: center; color: red;">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 style="text-align: center; color: red;">Spotting digraphs in the following words:</p> <table border="0"> <tr> <td>sharp</td> <td>shark</td> <td>sheep</td> <td>cheep</td> </tr> <tr> <td>queen</td> <td>tooth</td> <td>short</td> <td>thinker</td> </tr> <tr> <td>powder</td> <td>church</td> <td>corner</td> <td>farmer</td> </tr> <tr> <td>torch</td> <td>chain</td> <td>shower</td> <td>march</td> </tr> </table>	ai	ee	igh	oa	oo	ar	or	ur	oo	ow	oi	ear	sharp	shark	sheep	cheep	queen	tooth	short	thinker	powder	church	corner	farmer	torch	chain	shower	march
ai	ee	igh	oa																										
oo	ar	or	ur																										
oo	ow	oi	ear																										
sharp	shark	sheep	cheep																										
queen	tooth	short	thinker																										
powder	church	corner	farmer																										
torch	chain	shower	march																										
<p><b>In maths</b> this week, the children have consolidated their understanding of the composition of numbers by investigating the numbers within 7. Composing and de-composing numbers involves the children investigating part-part-whole relations, e.g. seeing that 7 can be made of 5 and 2. The children have deepened their understanding of a whole being made up of smaller parts through games and practical experiences. A key focus has been on partitioning 7 (splitting it into parts) and thinking about the missing part.</p> <p style="text-align: center;">Stem sentence: 5 is a part and 2 is a part and the whole is 7.</p>  <p><b>Maths Challenge:</b> Play Numbots for 10 minutes this week. Login details are on the back of your child's yellow reading record.</p>																													

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

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*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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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.*

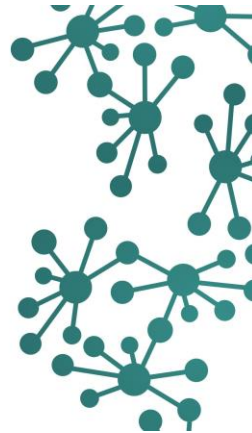
*FOSPs have kindly contributed towards the cost of the mini bus for this trip.*

*Please make a voluntary contribution of **£6.75** via Arbor to cover entry, farm tour, and animal food by the **Friday 15th March 2024.***

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

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## Mastering Number Programme



Well done to all of the parents and children in Reception, year 1 and year 2 for their fantastic efforts with the mastering number programme.

The five week programme has finished and your children have been celebrated in school.

The pack is yours to keep and continue to play where it helps your child.

Mrs J Jones and Mrs Rainbird-Hitchins will continue this work by sending home a new game for each year group at the end of each half term.

Meanwhile, could we ask you to fill in the form that has come home with your children today anonymously, to help assess whether the programme has been helpful for you. This information is used nationally to help make tweaks to the programme for future years.



Once again thank you for your help.

## Rea Class

### Phonics/Spelling

**Year 2** will be continuing to work on dropping the e when adding the suffixes ed, er, est, ing and y. eg nice becomes nicer, scare becomes scary and like becomes liking.

Then after a spelling test on Tuesday will begin to work on:

\* Use dge at the end of a word after a short vowel sound.

**Year 1** will be learning:

\* ear making 'er' as in 'learn'

\* wr making 'r' as in 'wrist'.

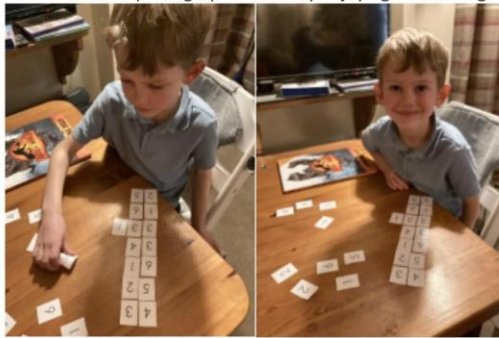
\* st making 's' as in 'castle'.

\* sc making 's' as in 'science'.

\* the 'schwa' under pronunciation of 'or' and 'ar' as in 'sailor' and 'collar'.

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 Mrs J Jones. Well done for everyone who took part. Here are two photographs of Monty enjoying his learning.



- 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

#### Year 1

Learning to count in 2s, 5s, and 10s.

Circle the ice lollies that match the number sentence.

$$8 = 2 + 2 + 2 + 2$$



#### Year 2

Learning about repeated addition and multiplication.



This array shows:  $\square \times \square = \square$

Draw another array to show:

$$4 \times 5 = \square$$

## Rea Class Visit to 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.*

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## 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  $3 \times 6 = 18$  and  $6 \times 8 = 48$ . For  $3 \times 6$ , the children do  $2 \times 6$  and add another group of 6. For  $6 \times 8$ , the children do  $5 \times 8$  and add another group of 8.



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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

 Shropshire Council

- 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.

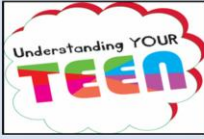
**Understanding Your Child SEND starts on Monday 15<sup>th</sup> January 2024 until 18<sup>th</sup> March 2024 from 12.30pm to 2.30pm in Shrewsbury, venue to be confirmed.**




**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

 Shropshire Council




- 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

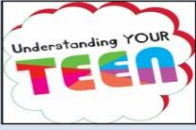





**PARENTING HELP AND SUPPORT LINE**  
available  
**Monday to Thursday from 9.30am to 4.30pm**  
and  
**Friday 9.30am to 3.30pm**  
You can contact the Parenting Help and Support Line by calling  
**01743 250950**

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:

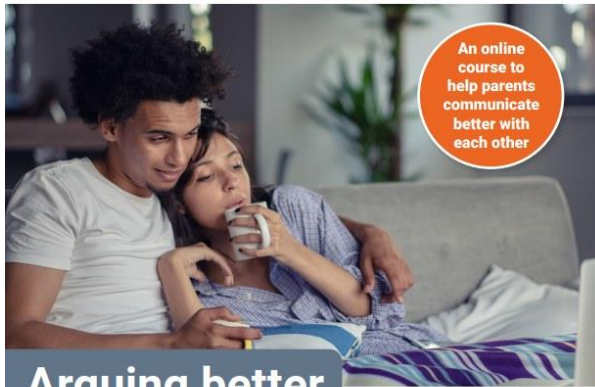
- Housing support
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- Healthy living advice
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- Home fire safety
- Domestic abuse support
- Drug & alcohol support
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Shropshire Supporting Families through Education

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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.

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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, include 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 those 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 co-author of the award-winning book Resources 101, 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 - Isla / Ned / Rosie / Isabella**



**Numbots**

Theme Class: **Chloe Carter**

Rea Class: **Eva George**



**Times Tables Rock Stars**

Corve: **Sofia Mladezic**

Severn: **Samuel Glover**



**Sports Stars:**

**Theme:** **Enfys** for her focus and perseverance when using a hammer to make marks at Forest Fun.

**Rea:** **Theo** for his super balance on the equipment during gymnastics.

**Corve:** **Tabitha** and **Bea** for their paired dance using Indian hand gestures / **Spencer** excellent recall of basketball knowledge.

**Severn:** **Noah PD** for his lesson with Steve Adams.

Well done to all the children that participated in the Primary School Swimming Gala on Wednesday this week at Ludlow.

A special mention to:

**Fletcher** for his determination to complete his race.

**Maxwell** for 'stepping up' to compete in the older groups relay.

**Evan** for qualifying for the final of the yr5/6 back crawl.



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

**Teme:** I can put my hands **above** my head. **Victoria**

**Rea:** on Sunday there was a **mighty** storm. **Reggie**

**Corve:** I gazed **affectionately** at my dog, as he snored in his bed. **Evelyn**

**Severn:** The **gelid** plain was uninhabitable due to the freezing temperatures. **Noah PD**



**Class Achievers:**

**Teme:** **Boyd** for using stem sentences confidently in maths when explaining 2 parts to make 7 / **All of Teme Class** for completing their Mastering Number homework project.

**Rea: Ada, Eva, Calvin, Frankie, Grace, Harriet, Isla, Meghan, Leon, Phoebe S, Raith and William** for an AMAZING EBook with sentences, finger spaces, full stops, capital letters, image, animation and sound WELL DONE! / **All of Rea Class** for completing their Mastering Number homework project.

**Corve: Lillie and Noah** for their work finding the perimeter of shapes / **Ruby** for her progress in her phonics /

**Oliver and Esme** for their suspense stories based on The Old Mill / **Florence & Noah W** for their discussion about contemporary and Flemish still life art.

**Severn: Ruby, Aaron and Ronnie** for their insightful and thoughtful contributions in our lesson on the UK's energy mix and which sources of energy we may use more or less of in future.