



The Stotty School News 10.5.2024



[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 13 th May 2024	Year 6 SATs Week NO PRIVATE MUSIC LESSONS THIS WEEK. Corve Class trip to Coalbrookdale - within the school day, Children will need a packed lunch, water bottle and coat. (If weather is sunny, please ensure children have a sun hat and cream is applied prior to them coming into school). Multi-Sport after school club 3.15pm to 4.15pm.
Tuesday 14 th May 2024	Forest Fun Session for Reception / N2. Kidderminster Harriers Corve / Severn Class Harriers Football Club 3.15pm to 4.15pm
Wednesday 15 th May 2024	Lunchtime Choir Club Gymnastics Club 3.15pm to 4.15pm
Thursday 16 th May 2024	Teme & Rea Tennis @ Lacon - within the school day. Lunchtime Chess Club. Netball Club 3.15pm to 4.30pm (Please note later pick up time)
Friday 17 th May 2024	
Upcoming Diary Dates	
24 th May 2024	Whole School Sponsored Walk
3 rd - 6 th June 2024	Severn Class London Residential
10 th July 2024	Severn Class Adventure Day @ Top Adventures
11 th /12 th July 2024	Corve Class 2 Day Residential @ Top Adventures

Some key messages....

Uniform reminders:

Can we please remind parents that children should be in school uniform. In particular this includes:

- *school shoes (not trainers). It is really important that this is standard is maintained and fair for all.*
- *children having plain black or navy PE shorts in PE bags (especially now the weather is warmer). If girls are wearing shorts underneath summer dresses or skirts these need to be in line with the school uniform (dark blue or black)*
- *remember that long hair should be tied up with a simple hairband to match school colours (some lovely scarves have crept in but they are for outside school please)*

Water Bottles:

-
- *Please ensure children come into school with a water bottle everyday, with this lovely weather it is vitally important that children stay hydrated.*
-

Sun Cream:

We have actually had a whole week of dry / sunny weather! Hopefully this will continue, please apply sun cream to children before they come into school (preferably with the brands that last all day - if this is not possible, please get children to practise applying the cream themselves and send cream in with them). Children are not allowed to share sun cream due to possible allergies.

Y6 SATS (Statutory Assessment Tests):

Our oldest children are ready to do their best and show the skills they have learnt through their primary years in the SATS next week. If children can be supported by being on time (8.40am) and have a restful weekend with appropriate bedtimes. You'll be great Year 6!

Community Governor Vacancy

Would you like to join the local governing body at Stottesdon CE Primary School?

Do you feel you could make a real difference to the lives of local children and young people and ensure they receive the education they deserve, influence important decisions for the school and make links across the community by working closely with fellow stakeholders, parents and staff?

Could you give a few hours a month to attend meetings, participate in training, carry out monitoring visits and engage in the life of the school?

What does a governor need to be?

Passionate about making a difference

Interested in the wellbeing of children

Able to bring appropriate skills and experience

Able to commit time and energy to the work of the local governing body

Able to visit the school during the working day occasionally

Be able to work as part of a team

What next?

1. Have a look at the National Governance Association (NGA) [‘Interested in becoming a school governor?’](#) The NGA is an independent, not-for-profit charity and the national governance association for state schools and multi academy trusts in England.
1. Join a Governors for Schools [‘Introduction to governance’](#) webinar (you will need to register but it is a free service and there is no obligation). Governors for Schools is a leading national

education charity that matches skilled and committed volunteers with schools across England in need of governors.

1. Apply to be a governor! Please contact Hannah Coleman, Governance Professional, at hannah.coleman@laconchilideschool.wo.uk for an application form or if you have any queries.

We very much look forward to hearing from you.

Sponsored Walk



We are planning to do a sponsored walk between Stottesdon and Chorley on Friday 24th May 2024. Children will be able to have their lunch and use the facilities at Chorley Village Hall before walking back.

Sponsorship will be a flat amount for the walk, we would be grateful for your support in helping to raise money for our FoSPS, who do so much to help with transport costs and books and will be also supporting the School Council's project to co-design the playground.

Children will need a packed lunch (if you are eligible for universal free school meals (reception / year 1 and year 2 children) or benefit related free school meals, please complete the form in the link below letting us know your child's choice:

<https://forms.office.com/e/5MRgCegPQC>

Please ensure children have appropriate clothing (non school uniform) and footwear (good trainers, walking shoes or wellies) for the walk - if sunny please ensure children have a sun hat and have had sun cream applied. As we get closer to the day we will give more specific advice dependent on the weather!

SGN Summer Half Term Holiday Club

Date:	Session time:	Cost:	X to attend
Monday 27 th May	Bank holiday		
Tuesday 28 th May (HT + BH)	Pool meadow - CHILDREN TO BE AGED 3 YRS & ABOVE		
Wednesday 29 th May (finishes at 3.15pm) (HT + BH)	Bike and scooter club		
Thursday 30 th May (HT + SC)	Baking cupcakes		
Tuesday 28 th May (8.00 - 5.30) Pool meadow (HT+BH)	8.00 - 8.45 8.45 - 3.15 3.15 - 5.30	£3.30 £28.60 £9.90	
Wednesday 29 th May (8.00 - 3.15) Bike and scooter club (HT+BH)	8.00 - 8.45 8.45 - 11.30 11.30 - 12.30 12.30 - 3.15	£3.30 £22.30 £4.40 £12.20	
Thursday 30 th May (8.00 - 5.30) Baking Cupcakes (HT + BH)	8.00 - 8.45 8.45 - 11.30 11.30 - 12.30 12.30 - 3.15 3.15 - 5.30	£3.30 £12.20 £4.40 £12.20 £9.90	

SGN Holiday Club are offering the following dates during half term:

Tuesday 28th May 2024 - Pool Meadow (8am to 5.30pm)

Wednesday 29th May 2024 - Bike & Scooter Club (8am to 3.15pm)

Thursday 30th May 2024 - Baking cupcakes (8am to 5.30pm)

If you would like your child to attend any of the above sessions, please sign them up via Arbor.

Children not registered at our setting are welcome to attend, but must complete the attached booking form.

Would you please ensure all bookings are made by 20th May, to enable us to evaluate bookings and let everyone know in good time whether or not the sessions, subject to viability, will be going ahead.

Piano





We have a full size piano available for a donation to the school. It would be ideal for someone learning to play the piano up to Grade 3, unfortunately the pedals do not work.

Please contact the office if you are able to make a donation to the school for this item.

FoSPS



1 - [Fosps Facebook Page](https://www.facebook.com/FoSPS96)

FOSPS NEWS

We are in need of volunteers to help with the set up and running of various stalls and activities at the Fete. If you can help, please let us know, either you'll find one of us on the playground most days or let the school office know and they can pass on the message. Thank you!!

Dates for your Diary-

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

Summer Fete – 21st 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 Pioger

Other key members

Natalie Underhill

Lauren & David Walker

Lilly Roberts

Jessica Ralph

Claire James

Emma Giles

Cat Middleton

Alastair & Jane MacNaughton

Katie Jones

SUPPORT OUR LOTTERY TODAY

£1 per
week

Weekly
cash prizes

£25,000
jackpot



YOUR
SCHOOL
LOTTERY



Splitting the £1.00

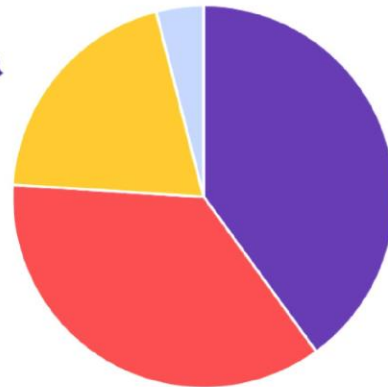
How it works...

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



NSPCC - Online Safety virtual workshop

NSPCC

FREE online safety workshop for parents - The NSPCC Keeping Children Safe Online workshop provides parents and carers with information about how to support their child in their online world. The 40 minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to resources and organisations for help and support. Click on the link below to access this workshop:

[Free online safety virtual workshop | NSPCC](#)

Our Worship / Reflections this week:



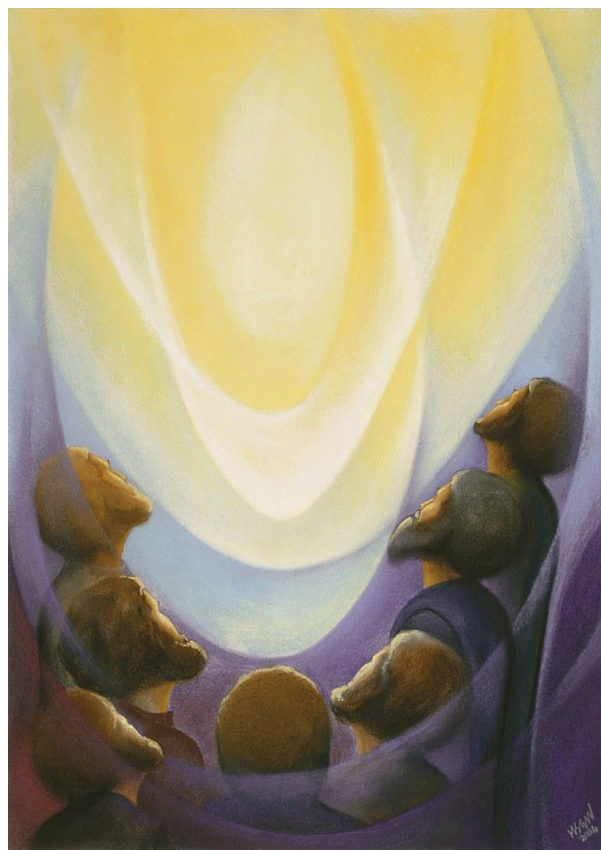
Tuesday: Children considered our compassion theme through the Parable of The Lost Sheep. Children reflected of how everyone of us is important even if we loose our way sometimes



Wednesday: Open the book brought us the story of The Ethiopian Treasurer' and we reflected on the importance of properly listening (to friends, family, trusted adults, God) as this helps us make the right choices.



Thursday: Children reflected on Ascension Day and living our lives wisely with good values and choices of how to be.



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: 90%

Rea: 87%

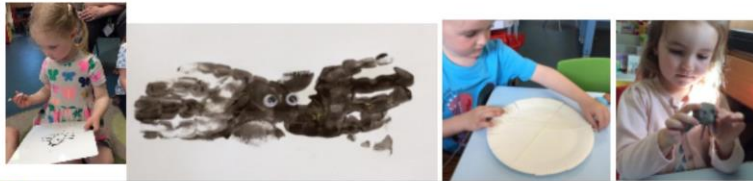
Corve: 81%

Severn: 96%

EYFS (Nursery and Reception) News

Summer 1 Term : Minibeasts

This week nursery has been investigating how many legs a spider has and why they spin webs.



Talk 4 Writing: Mad about Minibeasts

The children have been talking about which minibeast is their favourite minibeast and answering why. Focusing on using new vocabulary from the story and to answer in full verbal sentences.

Makaton Sign of the Week:



FRIENDS

Concept Word of the Week:

tall



Incy Wincy Spider

Incy Wincy Spider climbed up the water spout.
Down came the rain and washed poor Incy out.
Out came the sun and dried up all the rain.
So Incy Wincy Spider climbed up the spout again.

Getting Ready for School

Nursery 2 children join in with Reception in the afternoons.

Monday 13th: Junk Modelling

Tuesday 14th: Forest Fun

Wednesday 15th: Music

Thursday 16th: PE

Come along with your children to our Pre-writing Stay and Play Workhop on **Friday 17th May 2024**

8:50am - 9:50am.

(Pre-school Children only - starting Reception September 2024)



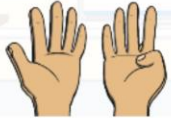
Phonics

This week the children have begun to identify objects beginning with 'x' sound.



Mouth open, then push the **cs/x** sound through as you close your mouth **cs (x)**

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>https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/</p>	<p>Concept Word of the Week:</p> <h1>thin</h1>												
<p>Minibeasts</p> <p>This week we have looked at which minibeasts are insects. We have looked at what they have in common, identifying body parts, number of legs, wings and antennae. On Thursday, our caterpillars hatched into butterflies, and we have been able to release them into our garden.</p>													
<p>Talk for Writing: The Very Hungry Caterpillar</p> <p>This week, the children have completed writing their own version of the story 'The Very Hungry Caterpillar'.</p>													
<p>Nursery Rhyme of the Week:</p>  <p>Incy Wincy Spider</p> <p>Incy Wincy Spider climbed up the water spout. Down came the rain and washed poor Incy out. Out came the sun and dried up all the rain. So Incy Wincy Spider climbed up the spout again.</p>	<p>Reviewing the following sounds:</p> <p>s a t i n m d g o c k ck e u r h b f l ff ll ss j v w x y z zz qu ch sh th ng nk ai ee igh oa oo/oo ar or ur ow oi ear air er</p> <p>Reading Phase 4 Root words ending in: -ing -ed /t/id/ed/ -est</p> <table><tr><td>bumping</td><td>snapping</td><td>jumping</td><td>swimming</td></tr><tr><td>helped</td><td>cracked</td><td>grunted</td><td>printed</td></tr><tr><td>melted</td><td>plumpest</td><td>freshest</td><td>softest</td></tr></table> <p>New Tricky words:</p> <p>Out today</p>	bumping	snapping	jumping	swimming	helped	cracked	grunted	printed	melted	plumpest	freshest	softest
bumping	snapping	jumping	swimming										
helped	cracked	grunted	printed										
melted	plumpest	freshest	softest										
 <p>In maths this week, the children have been exploring the how 10 can be composed of 2 parts. We have used a double dice frame. The children have investigated how finger patterns can be used to represent 2 parts of 10, using the 'fingers up and fingers down' approach.</p>	<p>9 needs 1 to make 10, 10 is made of 9 and 1, 1 and 9 make 10.</p>												

2 - [1] <https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/>

Forest Fun

At forest fun this week, our focus was to have a fire in our fire pit, which we could fuel in order to toast a marshmallow. We started off with making firefighters from sheets of newspaper. Then we went off to search for different thickness of sticks, starting from thin to thick. Next, we found a stick long enough to toast a marshmallow. Before we could place our marshmallow onto our stick, we used the peelers to whittle the end ready to toast!







Rea Class


Phonics/Spelling

Year 2 We will be assessing our spelling so far this half term, and revising any rules that we have not secured yet.

Year 1 will be preparing for the phonics screening, by revising 'wh' making 'w', eg wheel, 'ph' making 'f' as in phone, 'ie' making 'ee' as in field or shield and 'g' making 'j' as in giant.

 voo

 jound

 terg

 fape

Homework for Rea class is:

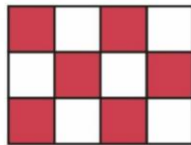
- **Reading** regularly (at least four times).
- Continuing either playing maths games already sent home, using numbots or the white rose maths app. Year 2 can now access times tables rock stars using the same login as numbots. If you need links to this, please email Mrs J Jones. Help your child to cut or separate items into halves or quarters and using the words half and quarter will be a useful activity at home this week.
- Spelling words are being sent home. Year 2 spelling test will be on Monday, as we have had a four day week this week. Can you please send homework books back in so we can send your child's results home. New spellings for next Friday will go in the homework book tonight.

Maths

In maths, we will be continuing our work on fractions.

Year 1

will be deepening their understanding of halves and quarters of quantities



$\frac{1}{2}$ of this shape is shaded.

True or False?

Explain your thinking.

Year 2

will be exploring halves, quarters, three quarters and Third of quantities.

Can you find $\frac{1}{2}$, $\frac{1}{3}$ and $\frac{1}{4}$ of 20 strawberries?

Prove it.



Corve Class Trip to Coalbrookdale



On Monday 13th May children in Corve Class will be visiting Coalbrookdale Museum of Iron as part of their learning in history. They will also visit the Museum of the Gorge to find out more about the history of Ironbridge.

*We are asking for a voluntary contribution of £4.55 per child (£2.28 for those children who are eligible for income related free school meals) to cover the cost of the entrance fee to the Museum. We are extremely grateful to FoSPS for covering the **total** cost of transport for this trip.*

Children will need a coat / water bottle and packed lunch.

After School Clubs

Following feedback from the parent questionnaire, in which parents indicated they would like a wider range of after school clubs to be provided, we sent out a form asking parents to let us know if they would be willing to pay the higher cost this would involve.

Thank you to those parents that responded to this form, please see results below:

22 People responded (no more than 5 in each year group)

Key Stage 1 - Responses indicated this would not be viable

Key Stage 2 - Responses indicated this might be viable HOWEVER not all clubs would meet everyone's interest (eg ballet) or availability (children have other commitments on different afternoons)

This half term we scheduled clubs provided by Kidderminster Harriers and Momentum Gymnastics, unfortunately take up was not huge and the number of children attending meant we needed to subsidise the cost.

Therefore, in summary, although we will endeavour to keep offering the variety of clubs we currently do, we are not in a position to offer any further opportunities, as pupil take up would not be enough to make them viable and unfortunately we are not in a position that we can keep subsidising.

Activity Day & Residential @ Top Adventures



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.

London Residential



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.

Parenting Signposts

Understanding Your Child Groups - Summer 2024

Shropshire Council

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

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

UNDERSTANDING YOUR CHILD GROUPS
From Toddler to Teen

Understanding Your Child starts on Wednesday 10th April 2024
From 12.30pm to 2.30pm in Shrewsbury at Sunflower House

Understanding Your Child SEND starts on Thursday 11th April 2024
from 9.30am to 11.30am Virtually via MS Teams

Understanding Your Child starts on Thursday 11th April 2024
From 1.15pm to 3.15pm in Bridgnorth at St Marys Bluecoat Primary School

Understanding Your Child SEND starts on Friday 12th April 2024
From 09.30am to 11.30am in Shrewsbury at Sunflower House

Understanding Your Child starts on Friday 12th April 2024
from 12.30pm to 2.30pm Virtually via MS Teams

The groups are delivered Virtually via MS Teams or Face to Face at a venue in Shropshire.
All our groups run for 10 weeks from the start date excluding the School Holidays
SEND groups are for parents/carers of children who might have special educational needs and disabilities, no formal diagnosis is needed to attend the groups.

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 or call us on telephone: 01743 250950
All our groups are free to Shropshire Council residents.

www.shropshire.gov.uk
enquiries: 0345 678 9000

Sleep Tight Workshops - Summer 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 help and support to improve sleep and bedtime routines?
 - Would you like to meet other parents/carers to share and discuss experiences?

SLEEP TIGHT WORKSHOP

Starts on Monday 15th April 2024 from 9.30am to 11.30am
at Whitchurch Infants School, Station Road, SY13 1RJ

Starts Wednesday 17th April 2024 from 9.30am to 11.30am
Virtually via MS Teams

Starts Monday 10th June 2024 from 12.30pm to 2.30pm
at Bridgnorth Youth Centre

Starts Wednesday 12th June 2024 from 9.30am to 11.30am
Virtually via MS Teams

The workshops are delivered virtually via MS Teams or face to face at a venue in Shropshire
Our workshops run for 5 weeks from the start date excluding the School Holidays.

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
Or call us on 01743 250950

All our Workshops are free to Shropshire Council residents.

www.shropshire.gov.uk
General Enquiries: 0345 678 9000

Parenting Support Line Poster Summer 2024

 Shropshire Council

If you would like to find out about further help and support the Parenting Team offer please email Parenting_team@shropshire.gov.uk or call us on 01743 250950
All our services are free of charge to Shropshire Council residents.

UNDERSTANDING YOUR CHILD

SOLIHULL APPROACH

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 help and support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around your child's 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 on Bank Holidays)

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
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.

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
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:

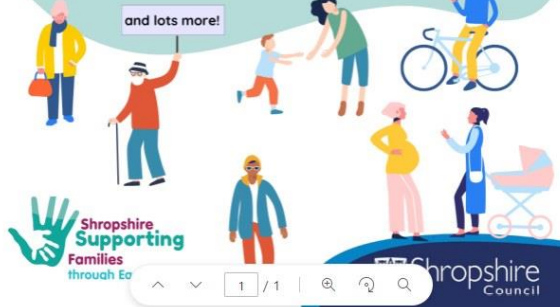
15 March 2024 19 April 2024
17 May 2024 21 June 2024
19 July 2024



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



Introducing the Separating better app, a **free** self-guided mobile app for separating parents, designed to facilitate a smoother separation journey and promote positive co-parenting. This app is filled with expert advice, video resources, practical parenting, and budgeting plans, as well as co-parenting tips. It offers an easy-to-follow journey where you can track your progress and unlock app sections as you go.

Find out more and download the mobile app, now: https://www.oneplusone.org.uk/separating-better?utm_source=referral&utm_medium=social&utm_campaign=saffiliate

For face to face support, go to [Getting on better | Shropshire Council](#) and select Free Courses and Workshops.



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.

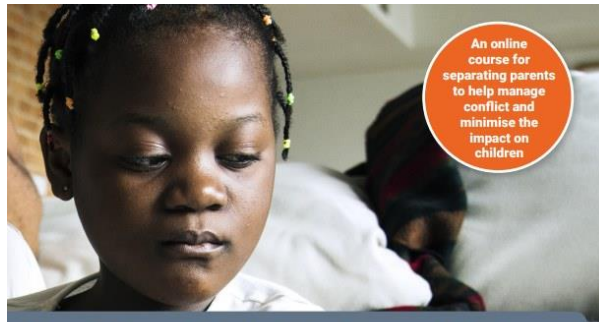
This free online course can help you learn to manage difficult conversations, avoid conflict, and improve things for your whole family.

Create your free account at www.oneplusone.org.uk/parents or scan the QR code

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



1 / 3



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

Getting it right for children

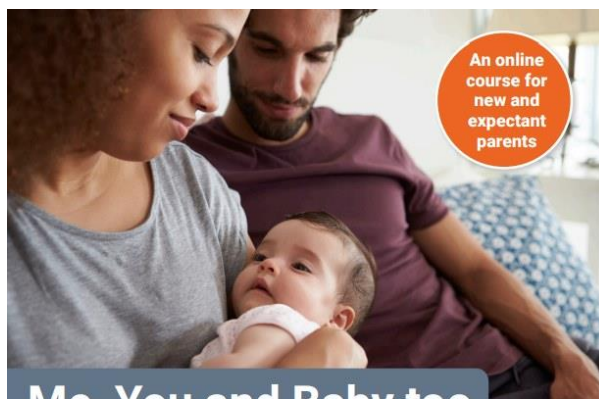
When separated parents argue, it's common for children to feel like they are caught in the middle. This free online course is designed to help separated parents communicate better with each other and parent cooperatively after parting.

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 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 or scan the QR code

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

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 we 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 Burrows is an author, former teacher, Special Educational Needs Coordinator and the author 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

Healthy Sleeping Habits

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Territory delivered by National Digital Health. These guides now address wider topics and themes. For further guides, 14th and 15th, please visit [thenationalcollege.com](#).

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While games, videos, books and so on can be a bright, creative and relaxing way to spend time, excessive screen time can disrupt sleep. Encourage children to stop using devices at least 30 minutes before they go to bed. Encourage them to use devices in a well-lit area, not in bed, and have a parent on hand.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on establishing routines that become positive and consistent. Encourage children to go to bed at the same time each evening. For example, if they need to use the toilet, encourage them to do so before going to bed.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting intake the night before to avoid waking up at night. Encourage children to drink water in the day and limit their intake of sugary drinks, caffeine and alcohol in the day and evening. Encourage children to drink water in the day and evening, without any stimulants like caffeine.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that help them get ready to go to bed. Encourage children to go to bed at the same time each evening, even on weekends. Encourage children to go to bed at the same time each evening, even on weekends. Encourage children to go to bed at the same time each evening, even on weekends.
- OPTIMAL SLEEP ENVIRONMENT**
Encourage that the bedroom is comfortable, dark and free from distractions, heating or noise. Encourage children to use a fan or white noise machine to help them fall asleep. Encourage children to use a fan or white noise machine to help them fall asleep.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the hour up to bedtime. Encourage children to avoid stimulating activities, such as watching TV, playing video games, and using mobile devices in the hour before bedtime. Encourage children to avoid stimulating activities, such as watching TV, playing video games, and using mobile devices in the hour before bedtime.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the importance of sleep in maintaining physical and mental health. Encourage children to get enough sleep each night. Encourage children to get enough sleep each night.
- NUTRITIONAL BALANCE**
Highlight the importance of a healthy, balanced diet – and its role in establishing and maintaining healthy sleeping habits. Encourage children to eat a healthy, balanced diet. Encourage children to eat a healthy, balanced diet.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Encourage parents to support their children in establishing and maintaining healthy sleeping habits. Encourage parents to support their children in establishing and maintaining healthy sleeping habits.
- MILITARY SLEEP METHOD**
Look up 'the military sleep method' – it's a technique for falling asleep quickly, which incorporates deep breathing exercises. Encourage children to try it. Encourage children to try it.

Meet Our Expert
Michelle Adams design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK. One of WakeUpWednesday, the charity provides training and support for early career professionals and local authorities. The guide has been written by Adam Bilton – a wellbeing and development specialist who is also Associate Chair of the National Development and Design Academy.

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Items of this guide are on our [book room](#). We highly recommend this. Current as of the date of release: 11.03.2024

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 year 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



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



Spelling Bee:

Bronze - Oliver, Harrison and Esme.

Silver - Theo & Leon



Numbots - Website address: www.numbots.com

Teme Class: Boyd Dorrell

Rea Class: Eva George



Times Tables Rock Stars - Website address: www.ttrockstars.com

Rea: Theo Walker

Corve: Lillie Trenfield

Severn: Jenson Shakespeare



Sports Stars:

Teme: Victoria for her focus, accuracy and control when rolling a ball.

Rea: Eva / Meghan for fantastic improvement with paired football control.

Corve: Elia for her effort in every activity when doing summer sports at Lacon Childe.

Severn: Cameron for fantastic footwork in football during the match / Hollie & Willow for tactically dribbling their football.



Pride and Presentation: New award for pupil focus on presentation of work across the curriculum.

Teme: Kai

Rea: Phoebe S

Corve: Harry

Severn: Marnie



Great Sentence using words of the week:

Teme: At Forest Fun we had to get **thin** sticks for the fire. **Halsey**

Rea: Mrs Meredith is **accomplished** at sending emails and running the office. **Lincoln**

Corve: The creepy, **incessant** tap **beckoned** me in... **Bea**

Severn: The peacock's **iridescent** tail was **sumptuous** in the bright daylight. **Eliza**



Class Achievers:

Teme: **Arthur** for his 3D shape knowledge applied into his DT junk modelling plan.

Rea: **Calvin** for his fantastic effort in his handwriting / **Phoebe R** and **Ned** for their wonderful spelling / **Calvin, Meghan** and **Rosie** for their wonderful sentence work / **Rosie** for her fantastic tricky word work.

Corve: **Aslan, Jenson St** and **Bea** for their work using the bus method for division.

Severn: **Eliza** and **Ruby** for their design work in D and T / **Holly** and **Samuel** for their discussion and evaluation on building structures in D and T.