



The Stotty School News 7.6.2024



[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 10 th June 2024	ELW Private Music Lessons Athletics After School Club - R/Yr1/Yr2
Tuesday 11 th June 2024	ELW Private Music Lessons Lunchtime Choir Club Severn Class attending Primary Outreach session at Lacon Childe School - Within the school day.
Wednesday 12 th June 2024	ELW Private Music Lessons Swimming @ Severn Centre, Highley - R/Yr1/Yr2/Yr3/Yr4 (Reception & Yr 1 children will require a packed lunch unless you have completed the form to order one through school) Boomwhackers lunchtime club Science After School Club - Yr 5 & 6 Gymnastics After School Club - Yr 2/3/4
Thursday 13 th June 2024	Corve Class Rounders festival @ Lacon Childe School - Within the school day Gardening After School Club - R - Yr 6 Rounders After School Club - Yr 3/4/5/6
Friday 14 th June 2024	Lacon Sports Coach - Tennis with Corve & Severn. Cricket After school club Yrs 3/4/5/6
Upcoming Diary Dates	
21 st June	School Fete
10 th July 2024	Severn Class Adventure Day @ Top Adventures
11 th /12 th July 2024	Corve Class 2 Day Residential @ Top Adventures

Sponsored Walk

Thank you to all those of you who have handed in their sponsor money, we would be grateful if you would hand in all sponsorship money by Friday 14th June please.

Swimming



Reception to Y4 will be attending swimming lessons at Highley open air pool, once a week on a Wednesday afternoon, starting next Wednesday 12th June.

We would be grateful if you would make the voluntary contribution of £22.50 per child (£11.25 for those children eligible for benefit related free school meals). Please note that the price of the provision has been significantly reduced through school and FOSPS funding.

Due to timings reception and year one children will need to take a packed lunch, which they will eat at Highley after they have done their swimming (We will provide a packed lunch to those children whose parents have requested a packed lunch from school).

Thank you for completing the form to inform us of your requirements.

Yr2 / 3 & 4 children will have dinner as normal in school before going swimming.

Summer 2 After School Clubs

◇ After School Clubs - June / July 2024

In June / July 2024, the following after school clubs are being offered (3.15 - 4.15pm, unless otherwise stated):

Club	Club Tutor	Start Date	No. Wks	No. Places	For Year groups:	Cost €
Athletics	Mrs Tracey Wood	Monday 10 th June 2024	5	16	Yr R/1/2	10.00
Lunchtime Choir	Mrs Esther Leverett Williams	Tuesday 11 th & Tuesday 18 th June	2		Yr 1/2/3/4 /5/6	0
<u>Boomwhackers</u>	Mrs Esther Leverett Williams	Wednesday 12 th June 2024	5		Yr 5 & 6	0
Science Club	Mr Daniel Middleton	Wednesday 12 th June 2024	5	12	Yr 5 & 6	10.00
Gymnastics	Annie Wain from Momentum Gymnastics	Wednesday 12 th June 2024	5	16	Yr 2/3/4	10.00
Gardening Club	Mr Chris Simpson	Thursday 13 th June 2024	5	16	Yr 1/2/3/4/5/6	10.00
Rounders	Mrs Jackie Walker	Thursday 13 th June 2024	5	18	Yr 3/4/5/6	10.00
Cricket	Steve Adams - Lacon	Friday 7 th June 2024	4	16	Yrs 3/4/5/6	8.00

Please find attached schedule of after school clubs for June / July. If you would like your child to attend any of these clubs would you please sign them up via Arbor (please remember clubs are listed under trips!).



FETE DONATION PLEA:

The Summer Fete is fast approaching - just two weeks to go until Friday 21st June 2024 - 5.30pm to 8pm

We would be grateful of the following donations please:

-
- *Bottle of any kind for the bottle hoopla (would appreciate if these could be dropped off by next Friday please)*
 - *cakes and bakes for the cake stall*
 - *jolly jars - filled with sweets/goodies*
 - *bric-a-brac*
-

Please come along and support, it promises to be a lovely evening; bouncy castle, face painting, stalls, fun and games, bric-a-brac, BBQ, bar & raffle with some fabulous prizes to be won - please see leaflet below. (raffle tickets will be sent home next week).

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>



STOTTESDON C OF E
PRIMARY SCHOOL & CHURCH
COMMUNITY

SUMMER FETE

RAFFLE

PRIZES

A WILDLIFE PHOTOGRAPH
BY LOCAL
PHOTOGRAPHER
ROB JAME

£20 VOUCHER FOR
THE
DOWN INN

MONKEY MANIA
VOUCHERS

ANCHORS AWAY SOFTPLAY
VOUCHER FOR 2

HEDGEHOG HOUSE - KINDLY
DONATED BY WESTON SAW
MILL

FARLOW NURSERY
VOUCHER

ENTRY TICKETS AND AFTERNOON
TEA AT THE BRITISH IRON WORK
CENTRE

£20 VOUCHER HEATH FARM MEATS

£30 FRANKLY ALPACAS
VOUCHER

X2 COMPLIMENTARY HAIR CUTS @
TAYLORS BRIDGNORTH

A 2 NIGHT COTTAGE
STAY FOR 8
IN THE WYE VALLEY

X2 BURWARTON SHOW
TICKETS

£50 VOUCHER FOR
THE PHEASANT AT NEENTON

AND MANY MORE!!!!

RAFFLE TICKETS AVAILABLE FROM THE SCHOOL OFFICE AND ON THE NIGHT

SUPPORT OUR LOTTERY TODAY

£1 per
week

Weekly
cash prizes

£25,000
jackpot



YOUR
SCHOOL
LOTTERY



Splitting the £1.00

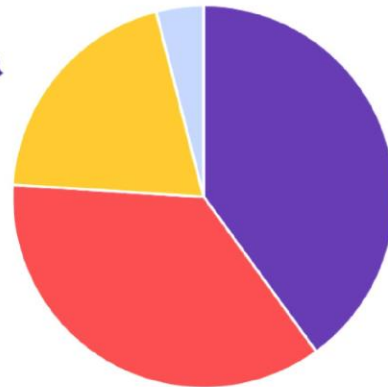
How it works...

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



Severn Class had a fantastic time in London.....































Willowdene Farm



Open Farm Sunday
Visit a farm & discover the world of farming!

Design a Scarecrow Competition

Design a scarecrow for the chance to win prizes!

Categories:

- EYFS (2-5yrs old)
- KS1 (5-7yrs old)
- Lower KS2 (7-9yrs old)
- Upper KS2 (9-11yrs old)

Create your masterpiece on the template or free hand on A4 size paper
All entries need to be handed in by Tuesday 4th June
Please clearly write your name, category and school on the back of your entry.

Logos: AHDB, Arla, ASDA, BASF, 6P, Department for Environment Food & Rural Affairs, frO, JOHN DEERE, M&S, McDonald's, NFU, Sainsbury's, WAITROSE, www.farmsunday.org, @Openfarmsunday, LEAFopenfarmsunday, openfarmsunday

Open Farm Sunday is managed by LEAF (Linking Environment And Farming), Charity no. 1045781

On Sunday 9th June, Willowdene Farm, Chorley are holding a 'LEAF Open Farm Sunday' from 11am to 2.30pm.

During the day there will be a variety of activities and displays, which will include:

Lamb & calf feeding / Alpaca walking / tractor trailer rides / cows / sheep / pigs / goats / horses / ducklings / craft market / police display / children's activities / food & refreshments.

Admission is free, tickets need to be booked online via the QR code on the attached poster or on the Open Farm Sunday website: www.farmsunday.org

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.

Celebrating Reading



Reading

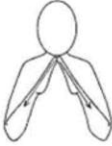



Well done for those that are reading 4 x or more a week and logging it in reading diaries. Please keep regular reading and enjoyment of books a high priority.

Teme: 90%



Rea: 73%

Corve: 79%

EYFS (Nursery and Reception) News

<p>Summer 2 Term :Homes and Houses</p> <p>Over the next seven weeks we will be exploring the topic 'Homes and Houses' as well as transitioning to school for our Pre-school children. Please see our Nursery Curriculum Map attached for more details.</p>	
<p>Little Wandle Foundations for Reading: Lulu's Library</p> <p>Lulu has been our reading role model this week, in this story we hear of her love for stories and visiting the library.</p>	
<p>Makaton Sign of the Week:</p> <p style="text-align: center;">HOME</p> 	<p style="text-align: center;">Phonics</p> <p>This week the children have begun to identify objects beginning ending with the 'ck' sound.</p> <p>Pronunciation Phrase - ck</p>  <p>Open your mouth into a little smile; make your tongue flat and move it up towards the top of your mouth to say c c c</p> <p><small>Digraph: ck Two letters, one sound</small></p>
	<p style="text-align: center;">Getting Ready for School</p> <p>Nursery 2 children join in with Reception in the afternoons.</p> <p style="text-align: center;">Mondays - Music Tuesdays - Gardening Thursdays - PE</p> <p style="text-align: center;">Self help skills</p> <p>Encourage your child to be independent. This includes dressing, eating, laying the table, blowing their nose, going to the toilet and helping themselves to water.</p> <div style="border: 2px dashed teal; border-radius: 50%; padding: 10px; display: inline-block; text-align: center;"> <p>Let your child do it themselves</p> </div> 

Reception News

 <p>Phase 2 sounds taught in Reception Autumn 1 Phase 2 sounds taught in Reception Autumn 2 Phase 3 sounds taught in Reception Spring 1</p> <p>Phonics video's available here: https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/^[1]</p>	<p>Concept Word of the Week:</p> <h1>FEW</h1>																		
<p align="center">Cleobury Growing Competition</p> <p>This week our 'Understanding of the World' activities were based on our entry to the Cleobury Growing Competition. We have pretended to be 'pollinators' and investigated how they collect pollen.</p>																			
<p align="center">Talk for Writing: Goldilocks and the Three Bears</p> <p>This week in Reception we have been reading the story 'Goldilocks and The Three Bears'. We have been retelling the story in our class and found out that Goldilocks loved the baby bear's porridge because it was just right. In our writing activity, we got the chance to taste different flavoured porridge. After tasting our porridge, we came up with some adjectives to describe our porridge. Now we know why Goldilocks wanted baby bear's porridge</p>																			
<p>Nursery Rhyme of the Week:</p> <div style="border: 1px solid orange; padding: 5px;"> <p align="center">Ten in a bed 🐻</p> <p>There were ten in a bed and the little one said "Roll over, roll over." So they all rolled over and one fell out.</p> <p>There were nine in a bed and the little one said "Roll over, roll over." So they all rolled over and one fell out.</p> <p>There were eight in a bed and the little one said "Roll over, roll over." So they all rolled over and one fell out.</p> <p>There were seven in a bed and the little one said "Roll over, roll over." So they all rolled over and one fell out.</p> <p>There were six in a bed and the little one said "Roll over, roll over." So they all rolled over and one fell out.</p> <p>There were five in a bed and the little one said "Roll over, roll over." So they all rolled over and one fell out.</p> <p>There were four in a bed and the little one said "Roll over, roll over." So they all rolled over and one fell out.</p> <p>There were three in a bed and the little one said "Roll over, roll over." So they all rolled over and one fell out.</p> <p>There were two in a bed and the little one said "Roll over, roll over." So they all rolled over and one fell out.</p> <p>There was one in a bed and the little one said "Good night!"</p>  </div>	<p>Reviewing letter 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>Phase 4 Words</p> <table border="0"> <tr> <td>bleed</td> <td>growl</td> <td>bright</td> <td>sport</td> </tr> <tr> <td>steep</td> <td>train</td> <td>flight</td> <td>green</td> </tr> <tr> <td>spoon</td> <td>storm</td> <td>speech</td> <td>smart</td> </tr> </table> <p>Tricky words:</p> <table border="0"> <tr> <td>says</td> <td>there</td> <td>when</td> <td>what</td> <td>one</td> <td>she</td> </tr> </table>	bleed	growl	bright	sport	steep	train	flight	green	spoon	storm	speech	smart	says	there	when	what	one	she
bleed	growl	bright	sport																
steep	train	flight	green																
spoon	storm	speech	smart																
says	there	when	what	one	she														
<p>In maths this week, our focus has been assessing and deepening the children's understanding of how to compare quantities.</p> <ul style="list-style-type: none"> • comparing groups of the same object with a big difference in number, and then a small difference • comparing by looking, then by matching 1-to-1 • understanding when groups have an equal amount • comparing groups of objects that are of different sizes, colours or attributes • beginning to generalise about '1 more/1 less' within 10 • developing a sense of magnitude, e.g. knowing that 8 is a lot more than 2, but that 4 is only a little bit more than 2 																			

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

Mrs Martin has asked if it would be possible for you to send in a photograph of your house for lessons next week please.

Please could you ensure your child has a coat with them at school EVERY DAY, we have been caught out a few times over the last couple of weeks.

Rea Class

Phonics/Spelling

Year 1 This is our last week of 'alien' words as we have the phonics screening check next week. Vowel sounds to practise are in your child's homework book.



Year 2 will be learning What happens when I add the suffixes -ness, -ment, -ful, -less and -ly to a root word?

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.
- Helping your child to tell the time, talking about the time using words like half past, o'clock, minute, hour and day.
- Spellings for year 2 are in the homework book. Please help your child learn these spellings. Five minutes practise per day is helpful.

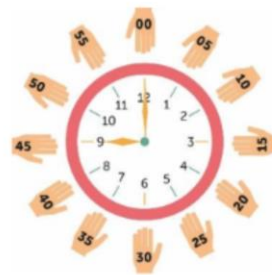
Maths

In maths, we will be focusing on practising our skills learnt throughout the year, and telling the time.

Year 1 – o'clock and half past

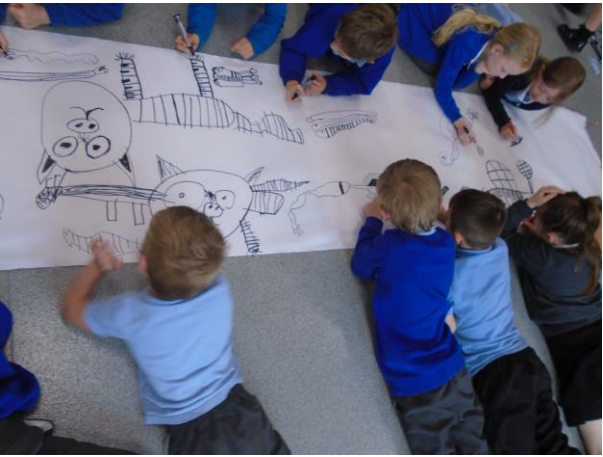
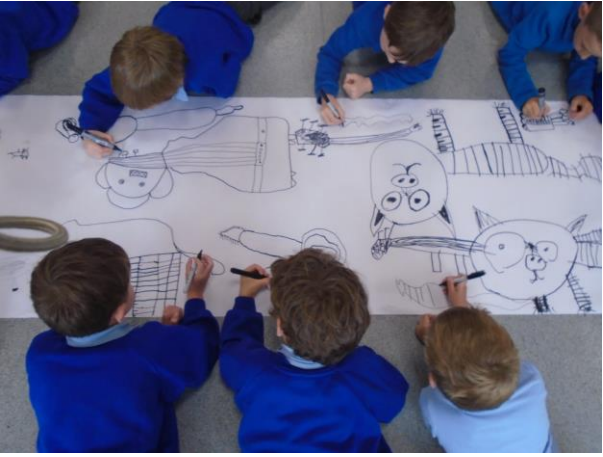
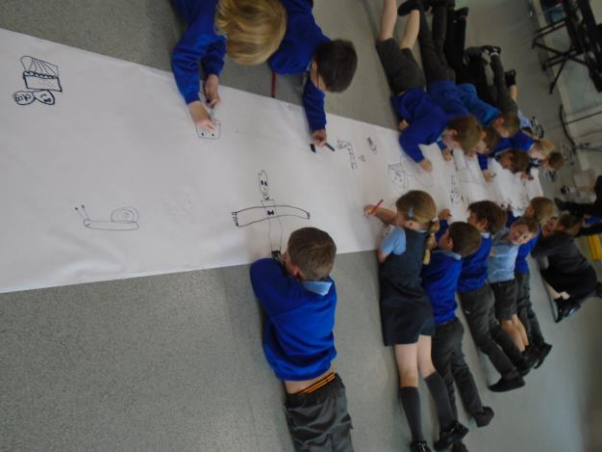


Year 2 – to the nearest five minutes



Rea class finished their art work for last half term, by drawing their animal instrument orchestra to the sound of an orchestra playing Carnival of the animals by Camille Saint-Saëns.







During week beginning the 10th June 2024, children in year 1 will undertake the phonics screening check. This is nothing to worry about and will feel part of the normal routine for children in year one, who regularly take part in and enjoy phonics activities. They are well prepared for this and are enjoying reading the pseudo words in school. We call them alien words and you will find your child has bought an 'alien' home for them to look after. An information leaflet from the government, which gives more detailed information about this, can be accessed with this link, but if you do have any questions, please do not hesitate to get in touch with Mrs J Jones during the first week back. https://assets.publishing.service.gov.uk/media/664c87774f29e1d07fadcba9/2024_Information_for_parents_assessment_phonics_screening_check_WEBHO.pdf

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.


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
General 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.

 @ShropshireFamilyInfo
 @ShropshireFamilyInfo
 @ShropFamilyInfo



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
2. Enter the Access Code*
3. Begin learning

*Sign in or registration required

Access Code: **DARWIN18** PREPAID

Cleobury / Bridgnorth & Highley Community Information Drop In Sessions

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 Eo

Shropshire Council

Family Drop-In

Here to help

Free information, advice and support

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

- Family Life
- Children's health and wellbeing
- Drug and alcohol support
- Housing Support
- Domestic abuse support
- Financial advice
- Home fire safety
- Healthy living advice
- Help with getting back to work

Bridgnorth Youth Centre
45 Innage Lane, Bridgnorth WV16 4HS

Every Tuesday from 1.30pm—4pm



Supporting families with children aged 0-19 years (up to 25 years for young people with special educational needs and disabilities)

We aim to make it easier for you to ask for help and get support when you need it.



www.shropshire.gov.uk



Highley Community

Free information, advice and support

Halo Severn Centre

Bridgnorth Road, Highley WV16 6JG

9.30am—11.30am:

Fri 22 March Fri 26 April

Fri 24 May Fri 28 June

Fri 26 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!

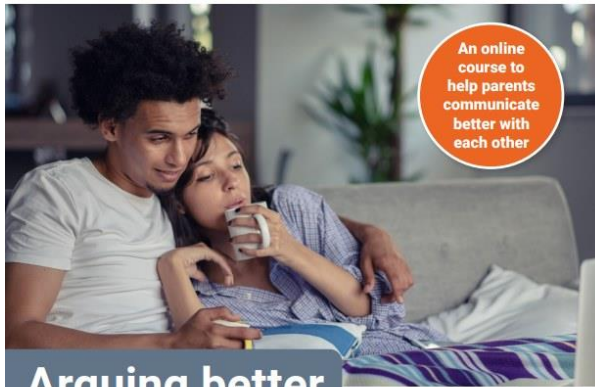




Introducing the Separating better app, a **free** self-guided mobile app for separating parents, designed to facilitate a smoother separation journey and promote positive co-parenting. This app is filled with expert advice, video resources, practical parenting, and budgeting plans, as well as co-parenting 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=sbaffiliate

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.



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

Getting it right for children

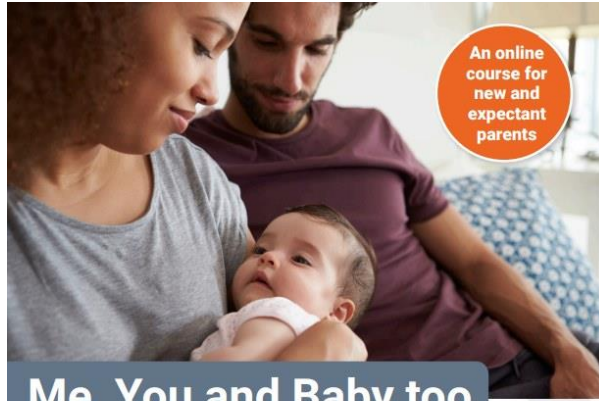
When separated parents argue, it's common for children to feel like they are caught in the middle. This free online course is designed to help separated parents communicate better with each other and parent co-operatively after parting.

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 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

Georgia Barrett 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, 1416 and 1419, please visit [nationalcollege.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 fun world, it's important to ensure that your child's screen time doesn't take up too much of their day. Encourage them to be mindful of how they're using their devices and how they're feeling after they've finished. Encouraging them to be mindful of their screen time and how they're feeling after they've finished can help them to sleep more healthily.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on establishing routines that become positive and consistent. Encourage children to establish a bedtime routine that they can follow every night. Encourage them to be consistent with their bedtime routine and to avoid stimulating activities before bed.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day. While it's important to encourage children to drink plenty of water, it's also important to ensure that they're not drinking too much before bed. Encourage them to drink water throughout the day and to avoid drinking too much before bed.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that fit into their life. Encourage them to go to bed at the same time every night and to avoid stimulating activities before bed. Encourage them to be consistent with their bedtime routine and to avoid stimulating activities before bed.
- OPTIMAL SLEEP ENVIRONMENT**
Encourage that the bedroom is comfortable, dark and free from distractions, having an ideal space for quality rest. The room's temperature should also be suitable for sleeping. Encourage them to be consistent with their bedtime routine and to avoid stimulating activities before bed.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime. Encourage them to be consistent with their bedtime routine and to avoid stimulating activities before bed.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the importance of sleep in maintaining physical and mental health. Encourage them to be consistent with their bedtime routine and to avoid stimulating activities before bed.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing and maintaining healthy sleeping habits. Encourage them to be consistent with their bedtime routine and to avoid stimulating activities before bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Encourage them to be consistent with their bedtime routine and to avoid stimulating activities before bed.
- MILITARY SLEEP METHOD**
Look up 'the military sleep method' – it's a technique for falling asleep quickly, which incorporates deep breathing exercises. Encourage them to be consistent with their bedtime routine and to avoid stimulating activities before bed.

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 practitioners and local authorities. The guide has been written by Adam Bilton – a learning and development specialist who is also Associate Vice President for Personal Development and a high-achieving athlete.

[@wake_up_weds](#) [/www.thenationalcollege](#) [@wakeupwednesday](#) [@wake.up.weds](#)

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 - Ellie



Numbots - Website address:

Theme: Chloe Carter

Rea: Harriet Foster



Times Tables Rock Stars - Website address:

Rea: Aubrey MacNaughton

Corve: Carys Read

Severn: JJ Lyndall-Dimmock



Sports Stars:

Teme: Halsey for remembering the steps for a successful overarm throw.

Rea: Shetland House for their relay race technique in PE.

Corve: Sofia for trying her best in all athletics activities at Lacon / Mr Adams chose Teddy & Elia as his sports stars for this week.

Severn: Mr Adams chose Noah P-D & Torrhen



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

Teme: Enfys

Rea: Reggie

Corve: Gabby



Great Sentence using words of the week:

Theme: **Ophelia** 'There were a **few** ducks in the pond.'

Rea: The ground is **arid** because it hasn't rained. **Raith**

Corve: I used my **pompous** voice to show off about my toy car. **Oliver**



Class Achievers:

Theme: **Theo** for applying his subitising skills and knowledge of number bonds in this week's maths.

Rea: **Hugo** for great use of taught strategies for problem solving in maths / **Lincoln** for his performance of 'row, row, row your boat' on the piano in front of his class / **Ned** for his focus and being ready to learn in every lesson / **Calvin, Ada, Esther, Lincoln, Aubrey** for focus on their neat presentation in English / **Isla** for thinking carefully in science / **Libby Grace, Leo, Calvin** and **Meghan** for their great progress in reading.

Corve: **Bea** and **Oliver** for their work regrouping decimals into different amounts / **Evelyn, Carys** and **Maxwell** for their poems inspired by The Cave of Curiosity / **Ruby B** for her hard work and fantastic progress with her reading.

Severn: **All of the children in Severn Class who went on the London Residential**, they were a pleasure to take, their behaviour was exemplary - a credit to the school.