



# The Stotty School News 21.6.2024

## Website



[Stottesdon CofE Primary School](#)

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

**Tel: 01746 718617**

**Email: [admin@stottesdon-school.co.uk](mailto:admin@stottesdon-school.co.uk)**

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 24 <sup>th</sup> June 2024	ELW Private Music Lessons Athletics After School Club - R/Yr1/Yr2
Tuesday 25 <sup>th</sup> June 2024	ELW Private Music Lessons Yr 6 Puberty Workshop Severn Class Primary Outreach session at Stottesdon.
Wednesday 26 <sup>th</sup> 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. <b>PACC Partnership for Inclusion of Neurodiversity in Schools drop in meeting 2.15 to 3.15pm</b> Science After School Club - Yr 5 & 6 Gymnastics After School Club - Yr 2/3/4
Thursday 27 <sup>th</sup> June 2024	Area Athletics @ Lacon - those children attending will need a packed lunch & water bottle. Gardening After School Club - R - Yr 6 Rounders After School Club - Yr 3/4/5/6
Friday 28 <sup>th</sup> June 2024	<b>PD Day - School closed to pupils</b>
Upcoming Diary Dates	
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

FoS PS



We look forward to welcoming you to the Summer Fete this afternoon, please come along and join the fun.

Gates open at 5.30pm.

Tesco Stronger Starts - In Store Vote

# Stronger Starts

## **Calls out for votes to get a share of Tesco's Stronger Starts fund**

Stottesdon CofE Primary School is bidding for a cash boost from the Tesco Stronger Starts scheme.

Stronger Starts provides grant awards of up to £1,500 to local community projects, with a particular focus on children and young people.

Three groups in every community have been shortlisted to receive grant awards and Tesco customers can vote for the group they think should take away the top award in their local Tesco store.

We are pleased to say that our application to Tesco Stronger Starts has been successful and has been put forward to a customer vote in store.

We would like to improve the health and wellbeing benefits associated with daily physical exercise by doing a daily mile project.

Voting is due to commence from 1st July until the end of September.

You will be able to place your vote at the following stores:

2368 Cookley Kiddminster Exp Small unit DY10 3SA

**2770 Kidderminster Large unit DY11 6SW**

3263 Foley Pk Kidderminster Exp Small unit DY11 7BQ

3265 Spennells Kidderminster Exp Small unit DY10 4DZ

4512 Bewdley Load St Exp Small unit DY12 2AW

5165 Bewdley Hill Kidd Exp Small unit DY11 6BS

5634 Kidderminster Com Exp Small unit DY10 1QG

6638 Stourport Large unit DY13 9FB

6777 Kidderminster S R Exp Small unit DY10 2PR

To vote, you will need to make a purchase within store of any value. You will receive one token per transaction and it's not necessary to purchase a carrier bag in order to receive a token.

Please help to let us be in with a chance of securing this funding.

## Crucial Crew



On Wednesday this week year 6 children attended the annual 'crucial crew' safety training day at Bridgnorth.

Eleven specialist workshops were brought to the site, children visited each workshop in turn and participated in a training activity about each particular topic.

This year's workshops were:

- Anti-social behaviour
- Exploitation
- Road Safety (West Mercia Police)
- Fire Safety (Shropshire Fire & Rescue Service)
- Electrical Safety (National Grid)
- Resilience (National Health Service)
- Farm Safety (NFU)
- Money Matters (HSBC)
- Vaping (Shropshire Youth Service)
- Alcohol awareness (Shropshire Youth Service)
- Recycling( Veolia)

We would welcome your voluntary contribution for this event via Arbor, thank you very much to those parents who have already contributed.

## Poetry Evening



On Thursday evening the following children took part in the Poetry evening at Lacon Childe School:

**Lana / Bea / Ellie** - Peaceful Beach by Bea Gittins

**Bella & Eliza** - Earth Saviours by Bella & Eliza

**Maxwell & Harrison** - Fox & Red Panda by Maxwell & Harrison

**Fletcher & Cash** - Weather Rabbits by Fletcher & Cash

**Lorelei** - Hinterland by David Farr

It was a very successful event that was enjoyed by all who attended. Mrs Britton, who organised the event, commented: 'It was so lovely to see the children's well-rehearsed and confident performances. They are all stars in the making and were a great credit to their schools.'

## Holidays in Term Time

# EVERY SCHOOL DAY COUNTS

Don't miss out on the education you deserve.



If a pupils misses 10% or more of school (a day a fortnight), nationally, this amount of absence is strongly linked to underachievement and we can see how children are missing out on key learning elements or intervention groups to support them. **Holidays in term time are not an exceptional circumstance and do significantly disrupt learning patterns.** There are 190 school days in an academic year leaving 175 days free for families and those working in education to take holidays. Penalties or fines (£120 each parent) will be issued by the Local Education Authority. **Please support us in supporting your child with their education by making sure their attendance is above 95% (your child's attendance can be viewed in Arbor).**

## Science Club



### **Science Club – spaces still available!**

*In science club this week we learnt about structures that are necessary for movement: bones, muscles, tendons, ligaments and cartilage.*

*Everyone dissected a chicken wing to look at these structures and saw how the chicken wing moves when muscles contract (by pulling on a muscle with forceps we were able to get the wing to move). We then looked at muscle sections down a microscope to see how muscle is structured like a rope.*

*Over the next weeks we will learn about the structure and function of the heart and lungs using models, microscopes, games, pumping air into a set of sheep lungs to show how lungs inflate and deflate, and dissecting hearts and lungs.*

*If the pupils attending can get more points than Mr Middleton in weekly quizzes there will be a sweets prize at the end of the sessions (the sweets will relate to what we have been learning about).*

*There are still spaces available – don't miss out! Please book on to the club through Arbor.*

*If you have any questions about the sessions feel free to contact Mr Middleton on [dmiddleton@halesowen.ac.uk](mailto:dmiddleton@halesowen.ac.uk)"*

## Swimming



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*Reception to Y4 will continue to attend swimming lessons at Highley open air pool, each Wednesday afternoon.*

*Thank you to everyone for their donations we would welcome the last few as soon as possible please.*

*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.*

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## 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.

### Our Worship / Reflections this week:



Monday: We continued our theme of trust and reflected on the importance of sharing our worries and trusting those about us to take our worries seriously (listening/empathising). We also touched on the use of the term 'snitch' where people might try to persuade us not to share things. We talked about how this is actually controlling behaviour (linking to bullying) and that people wanting to talk about problems/worries are actually courageous, brave and heroic.

Tuesday: We had a singing assembly to help prepare our songs for the school fete and acted out scenarios to get us thinking about Trust.



Wednesday: Open the Book bought us the story of Lystria and we reflected on respecting people's beliefs and opinions (even if they are different from our own) and knowing it is okay to change your mind sometimes because it is the right thing to do.



Thursday: Children reflected on our 'No Outsiders' theme and the richness and diversity of life and food. They considered how boring would it be if we weren't all different and we didn't have different food from around the world (Indian, Chinese, croissant, paella, spaghetti, tacos, burgers, fish and chips etc). They considered a supermarket picture of a supermarket in Hamburg, Germany, with emptied shelves and a sign saying, "This shelf is pretty boring without diversity". Of course balancing this with food miles and local produce is equally a consideration.





## 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: 80%

Rea: 83%

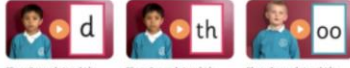
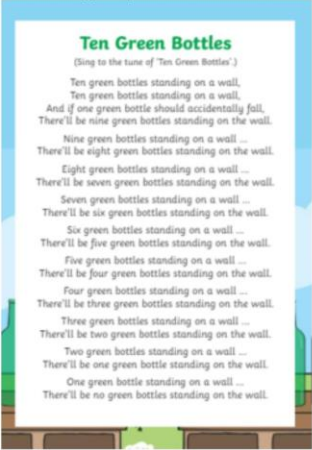
Corve: 86%

Severn: 100%

# EYFS (Nursery and Reception) News

<b>Summer 2 Term :Homes and Houses</b> This week nursery have been building houses, learning about the different rooms inside a house and looking at maps. In maths, we have been investigating heavy and light using weighing scales.	
 <b>Talk 4 Writing: The Three Little Pigs</b> We have been learning to retell the story of the Three Little Pigs.	
<b>Makaton Sign of the Week:</b> <b>BUILD</b> 	<b>Phonics</b> This week the children have begun to identify objects beginning with the 'ch' sound.  <small>Pucker your lips and show your teeth; use your tongue as you say <b>ch</b></small>
<b>Nursery Rhyme of the Week:</b> 	<b>Getting Ready for School</b>  Nursery 2 children joined Reception this week on: Monday afternoon- Music Tuesday afternoon - Understanding the World Thursdays - PE  <b>Play Listening Games</b>  Games such as 'Simon says' and 'Can you find?' are great for helping little ones practise their listening skills, which will be important at school where they will need to follow their teacher's instructions. Once your child has mastered simple instructions, try adding two or three together, for example, "Please take off your coat, then wash your hands and sit down at the table."

## 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:  <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>LIGHT</h1>
<p><b>Houses and Homes</b></p> <p>This week we have looked at the different rooms we might find in a house. We looked at what we are likely to find inside the rooms, and why. We have also considered why it is appropriate/not appropriate for certain things to be in these rooms eg bed in a bedroom but not in a bathroom!</p>	
<p><b>Talk for Writing: The Three Little Pigs</b></p> <p>This week, we have drawn story maps and mimed the moods of the characters; the big bad wolf and the pigs.</p>	
<p><b>Nursery Rhyme of the Week:</b></p>  <p><b>Ten Green Bottles</b>          (Sing to the tune of 'Ten Green Bottles'.)          Ten green bottles standing on a wall,          Ten green bottles standing on a wall,          And if one green bottle should accidentally fall,          There'll be nine green bottles standing on the wall.          Nine green bottles standing on a wall ...          There'll be eight green bottles standing on the wall.          Eight green bottles standing on a wall ...          There'll be seven green bottles standing on the wall.          Seven green bottles standing on a wall ...          There'll be six green bottles standing on the wall.          Six green bottles standing on a wall ...          There'll be five green bottles standing on the wall.          Five green bottles standing on a wall ...          There'll be four green bottles standing on the wall.          Four green bottles standing on a wall ...          There'll be three green bottles standing on the wall.          Three green bottles standing on a wall ...          There'll be two green bottles standing on the wall.          Two green bottles standing on a wall ...          There'll be one green bottle standing on the wall.          One green bottle standing on a wall ...          There'll be no green bottles standing on the wall.</p>	<p><b>This week's phonics:</b></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/oc          ar or ur ow oi ear air er</p> <p><b>Phase 4 Words ending -s /s/z/ -es &amp; Longer words</b></p> <p>sports floats crowds spears          dresses splashes speeches balloon          appear portrait scrunches spoons</p> <p><b>Tricky Words</b></p> <p>here little says my by like          some come love do</p>
<p>In maths this week, we have focused on assessing and deepening the children's understanding of mathematical relationships within numbers to 10:</p> <ul style="list-style-type: none"> <li>• assembling a whole object from different parts</li> <li>• making a whole number from 2 parts</li> <li>• splitting some numbers into 2 groups that each have an equal amount</li> <li>• recognising that 2 equal groups can make a double, e.g. double 3 is 6 altogether</li> <li>• understanding that double patterns are even; they have 'flat tops' because they are made of 2 equal groups</li> <li>• understanding that odd numbers cannot be split into 2 equal groups; they're not doubles, they have an 'odd block'/'odd one out'</li> </ul>	

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

**PLEASE can you send in a photograph of your house for your child to be able to discuss in class. We WILL be looking at this NEXT WEEK! Thank you to those already sent in!**

**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** Next week, we will be continuing with our new sounds.

'ti' making 'sh' as in fiction.

'ssi' making 'sh' as in mission.

'si' making 'sh' as in mansion.

'ci' making 'sh' as in special.

**Year 2** will be learning about using apostrophes for contractions, such as don't, should've etc.

### Homework

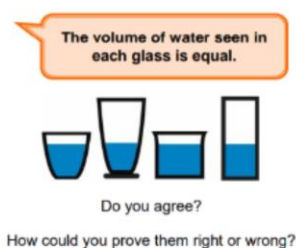
Homework for Rea class is:

- **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.
- Spellings for year 1 and 2 are in the homework book. .

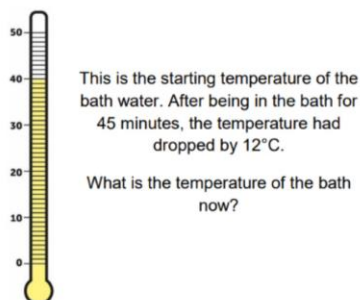
### Maths

In maths, we will be measuring and solving measuring problems in a variety of different ways, such as capacity, speed, length, temperature and mass.

Year 1 example



Year 2 example



Parent Carer Council / Partnership for Inclusion of Neurodiversity in Schools (Pins) programme.



*We are pleased to advise you that Stottesdon Primary School is participating in the PINS programme, which aims to improve support for children with additional needs.*

*An introductory meeting will be held on Wednesday 26th June @ 2.15pm. Parents have will have received a letter regarding this.*

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## Activity Day & Residential @ Top Adventures



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

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

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

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

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

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

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## 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 10<sup>th</sup> April 2024  
From 12.30pm to 2.30pm in Shrewsbury at Sunflower House

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

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

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

Understanding Your Child starts on Friday 12<sup>th</sup> 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](mailto: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 15<sup>th</sup> April 2024 from 9.30am to 11.30am  
at Whitchurch Infants School, Station Road, SY13 1RJ

Starts Wednesday 17<sup>th</sup> April 2024 from 9.30am to 11.30am  
Virtually via MS Teams

Starts Monday 10<sup>th</sup> June 2024 from 12.30pm to 2.30pm  
at Bridgnorth Youth Centre

Starts Wednesday 12<sup>th</sup> 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](mailto: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](mailto: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](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 / 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 Education

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](http://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!

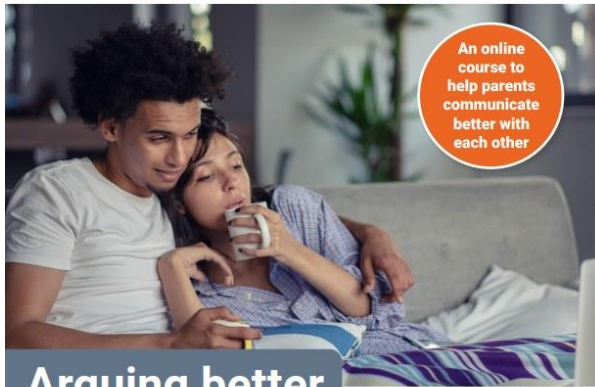




Introducing the Separating better app, a **free** self-guided mobile app for separating parents, designed to facilitate a smoother separation journey and promote positive co-parenting. This app is filled with expert advice, video resources, practical parenting, and budgeting plans, as well as co-parenting 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](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](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, 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 1418, 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 our digital devices don't take the place of healthy sleep. Encourage children to put their devices away after they've finished school, leaving them nearby, but not used, to prevent over-use.
- EFFECTIVE SLEEP PRACTICES**  
Offer practical advice on establishing routines to help ensure a positive bedtime experience. Encourage children to establish a regular bedtime which they need to each evening. For example, if they need to use-up energy by exercising during the day.
- HYDRATION HABITS**  
Underline the importance of allowing plenty of time to hydrate in the day, while ensuring children are encouraged to limit their caffeine intake. The healthiest option is water, but if they're having trouble getting to sleep in the day, then a small amount of caffeine can be helpful. However, caffeine should be used in moderation, without any stimulants being taken.
- CONSISTENT BEDTIME SCHEDULE**  
Assist children in developing consistent bedtime routines that fit into their life. Try to wind down, prioritising a more relaxed state, to help in getting to sleep. For young children, having a bedtime routine, such as brushing their teeth, to help in the transition between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**  
Ensure 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. That is, not too hot and not too cold – while rooms should be kept on top and free of clutter as possible.
- 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. It's important to ensure that children are not using stimulating games, reading and use intensity signals to the brain that it's time to rest and ensure having a good night's sleep.
- PRIORITISING ADEQUATE SLEEP**  
Emphasise the importance of sleep in maintaining physical and mental wellbeing. It's important to ensure that children's healthy sleep patterns during weekdays and weekends are consistent. For example, the same amount of sleep should be taken on weekends as on weekdays.
- NUTRITIONAL BALANCE**  
Highlight the importance of a healthy, balanced diet – and its role in establishing a consistent bedtime routine. Try to have a healthy bedtime routine with plenty of fruit and vegetables, and to avoid sugary drinks. Sleep not only in this for health, but it also reduces the chance of being too full to be comfortable in bed.
- PARENTAL SUPPORT**  
Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits and ensure that they're not too tired to help their children. They can also encourage their children to have a consistent bedtime routine and reinforce the importance of rest.
- MILITARY SLEEP METHOD**  
Look up 'The military sleep method'. It's a technique for falling asleep quickly, which incorporates deep breathing exercises. The technique can be used by anyone, but it's best used by young people. While it can take a good deal of practice to perfect, eventually it can be used by most people – and the results are often extremely impressive.

**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 young people and their families. The guide has been written by Adam Bilton – a learning and development specialist who is also Associate Vice President Personal Development and a high-achieving athlete.

[@wake\\_up\\_weds](#) [/www.thenationalcollege](#) [@wakeupwednesday](#) [@wake.up.weds](#)

Items of this guide are on our [Facebook](#) discussion. 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



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

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**Numbots - Website address:**

Teme: **Chloe Carter**

Rea: **Theo Walker**



**Times Tables Rock Stars - Website address:**

Rea: **Ned James**

Corve: **Fletcher Middleton**

Severn: **Lana Donnelly**



**Spelling Bee:**

Gold: **Lincoln**



**Sports Stars:**

**Teme: Ophelia** for her growing confidence and competence when washing her face and blowing bubbles.

**Rea: William** for progress on his floating.

**Corve: Harrison** for his determination and perseverance at swimming / **Florence** for her incredible progression and skill in tennis.

**Severn:** Outreach athletics programme - most improved relay - **Jay, Billy, Evan & William / Harriet** for being part of the fundraising team for cancer research 'Shetland Pony Grand National', at the Lincolnshire County Show / **Eliza** for her extreme resilience in her PE lesson with Mr Adams.



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

**Temé:** Kai

**Rea:** Aubrey

**Corve:** Bella

**Severn:** Willow



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

**Teme:** It was **light** when I came to school. **Kai**

**Rea:** When I went to the forest it was a **quagmire**. My foot got very stuck. **Hugo**

**Corve:** I sadly walked through the **hallowed** ground, when I got to my grandad's grave stone my **devoted** friend was standing by my side. **Teddy**

**Severn:** The man's **authoritative** manner, meant that more people trusted him. **Nate**



**Class Achievers:**

All those that took part in the 'Design a Scarecrow' competition, especially those children below who won prizes in their category:

**EYFS - Poppy Trenfield / KS1 - Isla Luke, runner up - Phoebe Strong / Upper KS2 Runner up - Eliza Lewis**

All those who took part in the Poetry evening at Lacon Childe School on Thursday:

**Fletcher / Maxwell / Cash / Lana / Harrison / Bea / Ellie / Bella L / Eliza & Lorelei**

Mrs Britton, who organised the event, commented: 'It was so lovely to see their well-rehearsed and confident performances. They are all stars in the making and were a great credit to you and your schools

**Theme: Halsey & Boyd** for their teamwork when labelling the rooms in a house – helping each other to identify the room, the label to copy and encouragement to use their sounds to help them spell phonetically.

**Rea: Raith** for his fantastic improvement in his handwriting / **All of year two** for working hard on telling the time to the nearest five minutes / **Florence** for perseverance - It is easy to work hard when the learning is easy, but Florence has worked hard when she had found something tricky this week, until she had mastered it.

**Corve: Lucas** and **Gabby** for their work adding and subtracting decimals / **Maxwell** for his work about different types of skeletons.

**Severn: All of Year 6** for being great ambassadors for the school at Crucial Crew / **Samuel, Aaron, Archie** and **Jenson** for their progress in their arithmetic skills / **Jay** and **Harriet** for their World War 2 story in English