



The Stotty School News 28.6.2024



[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 1 st July 2024	Yr 6 Attending Induction Day at their prospective Secondary Schools. Reception 2024/2025 Transition Day Whole School moving up morning - each year group will move into the class they will be attending in September. ELW Private Music Lessons Athletics After School Club - R/Yr1/Yr2
Tuesday 2 nd July 2024	Yr 6 Attending Induction Day at their prospective Secondary Schools. Reception 2024/2025 Transition Day ELW Private Music Lessons Severn Class Primary Outreach session at Stottesdon. New Reception class parent meeting @ 4.30pm
Wednesday 3 rd July 2024	Yr 6 Bikeability - please ensure children bring in a road worthy cycle and cycle helmet (cycles can be left overnight on school premises) ELW Private Music Lessons Swimming @ Severn Centre, Highley - R/Yr1/Yr2/Yr3/Yr4 WATER SAFETY WEEK - YR 2, 3 & 4 CHILDREN WILL REQUIRE A T SHIRT & SHORTS (NOT JEANS TYPE) TO WEAR IN THE POOL PLEASE. (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 4 th July 2024	Gardening After School Club - R - Yr 6 Rounders After School Club - Yr 3/4/5/6
Friday 5 th July 2024	Corve/Severn Lacon Sports Coach Cricket After School Club
Upcoming Diary Dates	
10 th July 2024	Severn Class Adventure Day @ Top Adventures
11 th /12 th July 2024	Corve Class 2 Day Residential @ Top Adventures

Parent Governor Vacancy on the LGB



The Local Governing Body of Stottesdon CE Primary has a parent governor vacancy. Please find a nomination form attached. If you would like to make a nomination please complete and return the form to hannah.coleman@laconchilideschool.co.uk by **3.30pm on Friday 12th July**. If you would like to find out more about the role, please either speak to Katie Jones, headteacher, or Rachel Datlen, chair of governors, who can be contacted via email at rachel.datlen@stottesdon-school.co.uk. We look forward to hearing from you. Thank you.

FoSPS: What a lovely evening - thank you FoSPS and the Church community.















Diversion Route due to road closure



Following the recent Parish Council meeting the Clerk to the Parish Council has asked us to share the following information with you:

- 12 Chorley residents attended our Parish Council meeting last night, complaining about the speed of traffic using this road, whilst the main road is closed.*
 - We were informed that it is particularly busy during the school run mornings and afternoons.*
 - Real concern was expressed at the speed some of these drivers are driving (we appreciate that there is no speed limit at present), but it was made clear that people should drive to the conditions of the road - which is narrow!*
 - It was also pointed out that we are going into the harvesting season, when no doubt the volume of farm machinery/tractors etc, which are very big, will increase. Horse riders, pedestrians and children on their bikes are a constant worry.*
 - We have asked SC for additional signage/speed limit and the Police to patrol the area.*
-

Can we please ask parents to be mindful of the above when doing the school runs.

W100 Shrewsbury Tennis Stencil Art Competition



The ITF World Tennis Tour returns to Shrewsbury with the Lexus W100 in October 2024. It is the UK's biggest tennis event outside the grass court season.

To celebrate, they are inviting Shropshire school students to get involved by creating art for the World Tour Week.

If you would like to take part please ask for a stencil from your class teacher - children are encouraged to use tennis-themed or imaginative drawings.

Entries need to be returned before the end of this term.

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.

EVERY SCHOOL DAY COUNTS

Don't miss out on the education you deserve.



If a pupil 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).**

Dear Parents,

We understand that life can be busy and unpredictable, but your child's regular attendance at school is crucial for their academic success.

Our schools in Shropshire offer:

The continuity of learning and consistent attendance ensures that your child doesn't miss out on essential lessons, discussions, and activities. Each day at school contributes to their overall understanding and progress.

Education is like constructing a sturdy building. Every brick matters. We understand that children can be unwell but when a child misses school for avoidable reasons, it's like leaving gaps in the foundations. These gaps can hinder their future learning and cause anxiety for a child.

School is not just about textbooks; it's a place where children develop social skills, build friendships, and learn to navigate emotions. Regular attendance fosters these vital aspects of growth.

Research consistently shows that students who attend school regularly perform better academically. Missing even a few days can impact their grades and overall achievement.

Attending school daily establishes a routine. It boosts your child's confidence, as they feel part of a community and gain a sense of belonging.

Teachers provide personalised guidance, answer questions, and address doubts during class. Regular attendance ensures that your child benefits from this direct interaction.

We remind you that Leave of absence in term time is prohibited for the purpose of a family holiday. Only exceptional circumstances will be considered for the purpose of absence in term time by the headteacher of the school that your child is registered at.

In summary, parents should plan holidays around school holidays and avoid seeking permission from schools to take their children out of school during term time. There are approximately 190 school days in an academic year, leaving 175 days to use for holidays and other activities.

Remember, your child's education is an investment in their future. Let's work together to prioritise attendance and set them up for success!

And if you do have any concerns about your child's attendance at school, please talk to school staff or the Education Welfare Officer so that support can be given, and any issues addressed and resolved at the earliest opportunity.

Best regards,
Jo Smith
Education Access Service Team Leader Shropshire Council



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

Swimming



WATER SAFETY WEEK (W/C 1ST JULY) - WOULD CHILDREN IN YEAR'S 2 / 3 & 4 PLEASE BRING A T-SHIRT AND SHORTS (NOT JEANS TYPE) THAT THEY WILL WEAR IN THE POOL.

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.

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 truth with the story of Jacob and Esau. We reflected that lying or telling fibs leads to people not be able to trust you.



Tuesday: We considered the story of The Boy Who Cried Wolf and how he wasn't trusted even when he did tell the truth as his lying had damaged his reputation.



Wednesday: Open the Book bought us the story of the wise man and the foolish man. We reflected that Jesus was trying to get us to think about building our lives well by taking advice and listening to others. We talked about that when people tell us to do silly things we don't have to do it; we can make our own mind up.

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: 82%



Corve: 89%

Severn: 100%

EYFS (Nursery and Reception) News

<p style="text-align: center;">Summer 2 Term :Homes and Houses</p> <p>This week nursery have been exploring building igloos, gardening and comparing weight using language 'heavier' and 'lighter'.</p>	
<p style="text-align: center;">Talk 4 Writing: The Three Little Pigs</p> <p>We have been learning to retell and order the events in the story of the Three Little Pigs through play a</p>	
<p style="text-align: center;">Makaton Sign of the Week: STORY</p> 	<p style="text-align: center;">Phonics</p> <p>This week the children have begun to identify objects beginning with the 's' sound.</p> <p>Show me your teeth and push the air out shshshshshh</p> 
<p style="text-align: center;">Nursery Rhyme of the Week: Jack and Jill</p> <p>Jack and Jill went up the hill to fetch a pail of water. Jack fell down and broke his crown, and Jill came tumbling after. Up Jack got, and home did trot, as fast as he could caper. He went to bed and bound his head, with vinegar and brown paper.</p> 	<p style="text-align: center;">Getting Ready for School</p> <p>Nursery 2 children joined Reception this week on: Monday afternoon- Music Tuesday afternoon - Understanding the World Thursdays - PE</p> <p style="text-align: center;">Transition Days</p> <p>Monday 1st July 2024 8:45am - 3:15pm Tuesday 2nd July 2024 8:45am -3:15pm</p> <p style="text-align: center;">Parents Transition Meeting</p> <p>Tuesday 2nd July 2024 at 4:30pm in Teme Class.</p>

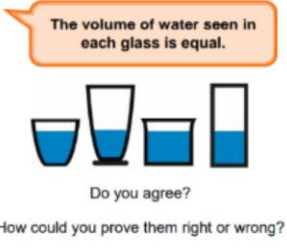
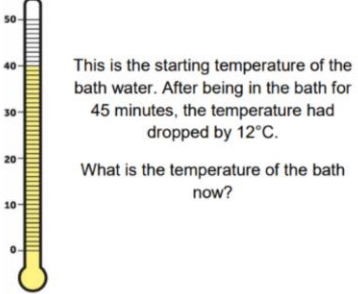
Reception News

 <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>STRAIGHT</h1>												
<p>Houses and Homes</p> <p>This week we have been looking at homes around the world and the materials they have been made from. We have compared them to homes in the UK and discussed why different materials were more appropriate for different houses.</p>													
<p>Talk for Writing: The Three Little Pigs</p> <p>This week we have been using the story structure to create our own versions of 'The Three Little Pigs'. The children have transferred their ideas to story maps, changed the characters and invented voices for each character.</p>													
<p>Nursery Rhyme of the Week: Jack and Jill</p> <p>Jack and Jill went up the hill to fetch a pail of water. Jack fell down and broke his crown, and Jill came tumbling after. Up Jack got, and home did trot, as fast as he could caper. He went to bed and bound his head, with vinegar and brown paper.</p> 	<p>This week's phonics:</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 Root words ending in: -ing -ed /t/id/ed/d/</p> <table><tr><td>cloaked</td><td>scooped</td><td>sleeping</td><td>creeping</td></tr><tr><td>crowned</td><td>started</td><td>toasted</td><td>smeared</td></tr><tr><td>floated</td><td>printed</td><td>painting</td><td>blinked</td></tr></table>	cloaked	scooped	sleeping	creeping	crowned	started	toasted	smeared	floated	printed	painting	blinked
cloaked	scooped	sleeping	creeping										
crowned	started	toasted	smeared										
floated	printed	painting	blinked										
<p>In maths, this week's focus has been on assessing and deepening the children's developing automaticity with some number facts.</p> <ul style="list-style-type: none">• knowing that whole amounts can be split into parts• knowing that parts can be combined to make whole amounts, and that the whole is larger than each of its parts• knowing the 'numbers within' 3 (i.e. that 3 is composed of 2 and 1)• knowing the different 'numbers within' 4 and 5, and naming the parts that make the whole number (e.g. that 5 is composed of 4 and 1, and 3 and 2)• when shown a quantity to 5, saying how many are subsequently hidden under a cloth or bowl• knowing the different 'numbers within' 10, and naming the parts that make the whole number, e.g. that 10 is composed of 5 and 5, or 6 and 4• knowing doubles facts up to '5 and 5 make 10'.													

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

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

<h3>Phonics/Spelling</h3> <p>Year 1 Next week, we will be continuing with our final new sounds for this year: 'augh' making 'or' as in daughter 'our' making 'or' as in pour 'oar' making 'or' as in roar 'ore' making 'or' as in score</p> <p>Year 2 will be learning about why some longer words have the spelling 'ti' for 'sh', eg action and emotion.</p>
<h3>Homework</h3> <p>Homework for Rea class is:</p> <ul style="list-style-type: none">• 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.
<h3>Maths</h3> <p>In maths, we will be continuing to measure and showing off what we have learnt so far this year</p> <p>Year 1 example</p>  <p>Year 2 example</p> 

HAF (Holiday Activities & Food) Programme



Attached is an electronic copy of 'summer HAF what's on guide' which gives details of the organisations running the activities and how to book. All bookings are being made via the organisations delivering the activity direct.

HAF eligible children, who can access free places at HAF holiday clubs are:

- Children and young people aged 4 (in reception class or equivalent) to 16, who are eligible for benefits-related free school meals.
- Ukrainian guests staying in Shropshire

Children who are aged 4, who attend a nursery or pre-school on your school site are unfortunately **NOT eligible for the HAF programme.**

All providers are running activities with places available for children and young people with SEND. These places are at settings offering mainstream programmes with a range of children and young people. These have been highlighted in the Guide.

There is lots of information on the HAF webpages - www.shropshire.gov.uk/HAF

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

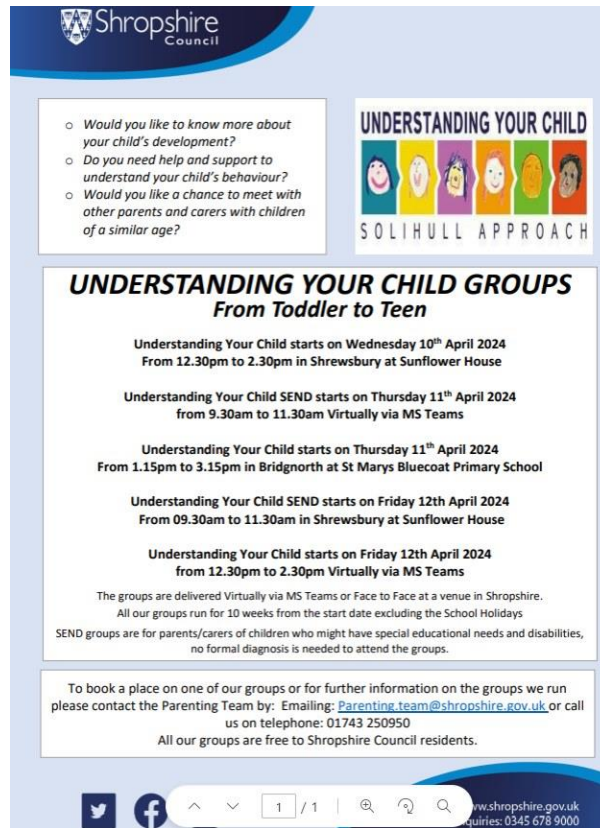
Thursday / Friday 11th & 12th July - Corve Class residential @ £116 per pupil

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

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 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



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!

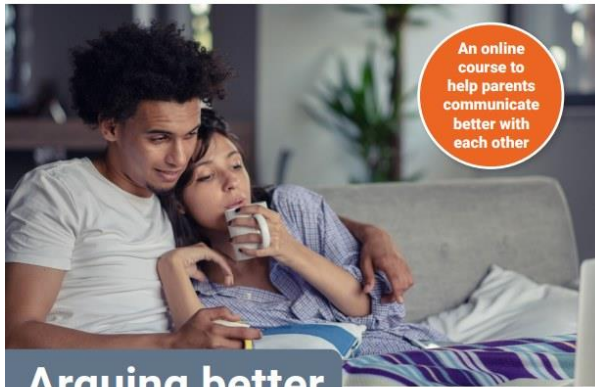




Introducing the Separating better app, a **free** self-guided mobile app for separating parents, designed to facilitate a smoother separation journey and promote positive co-parenting. This app is filled with expert advice, video resources, practical parenting, and budgeting plans, as well as co-parenting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

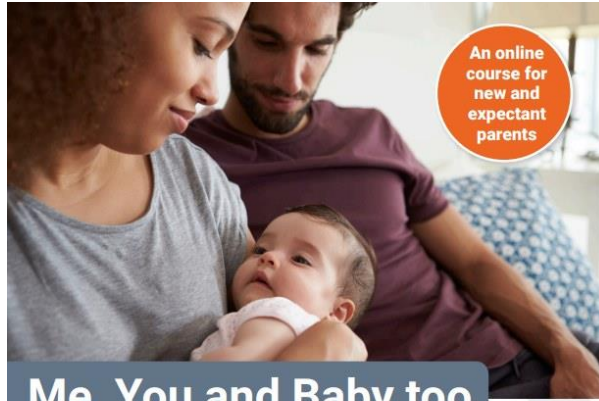
Getting it right for children

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, 144k and 15k, 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 outlet for your child, 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 when they're using them.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on establishing routines that help your child to get into a healthy sleep pattern. Encourage them to go to bed at the same time each night and to avoid caffeine and alcohol in the evening. Encourage them to get up at the same time each day to help them to get up with energy for the day.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day. While it's important to encourage your child to drink water, it's also important to encourage them to drink water throughout the day. Encourage them to drink water throughout the day and to avoid sugary drinks.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that help them to get into a healthy sleep pattern. Encourage them to go to bed at the same time each night and to avoid caffeine and alcohol in the evening. Encourage them to get up at the same time each day to help them to get up with energy for the day.
- 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 get up at the same time each day to help them to get up with energy for the day.
- 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 avoid caffeine and alcohol in the evening. Encourage them to get up at the same time each day to help them to get up with energy for the day.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the importance of sleep in maintaining good mental and physical health. Encourage them to get up at the same time each day to help them to get up with energy for the day.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a consistent sleep pattern. Encourage them to get up at the same time each day to help them to get up with energy for the day.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Encourage them to get up at the same time each day to help them to get up with energy for the day.
- 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 get up at the same time each day to help them to get up with energy for the day.

Meet Our Expert
Milly Ahsan design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK. One of WakeUpWednesday, the charity providing training and support for young people and their families. 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.

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

Items of this guide are on our [book now](#) page. 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.



Numbots - Website address:

Theme: **Arthur Ralph**

Rea: **Eva George**



Times Tables Rock Stars - Website address:

Rea: **Harriet Foster**

Corve: **Lucas Kench**

Severn: **JJ Lyndall-Dimmock**



Spelling Bee:

Bronze: **James**

Silver: **Rosie C** and **Esther**

Gold: **Eva**



Sports Stars:

Teme: **Tara** for her increased confidence in swimming.

Rea: **Eva** for her super running skills.

Corve: **Harrison** for his support coaching batters while he was a backstop / **Harry** for his excellent effort batting and fielding.

Severn: **Torrhen** for his excellent effort batting and fielding / **Noah, Lottie-Boo, Aaron** and **Elliot** for great teamwork in the relay during Lacon Outreach.

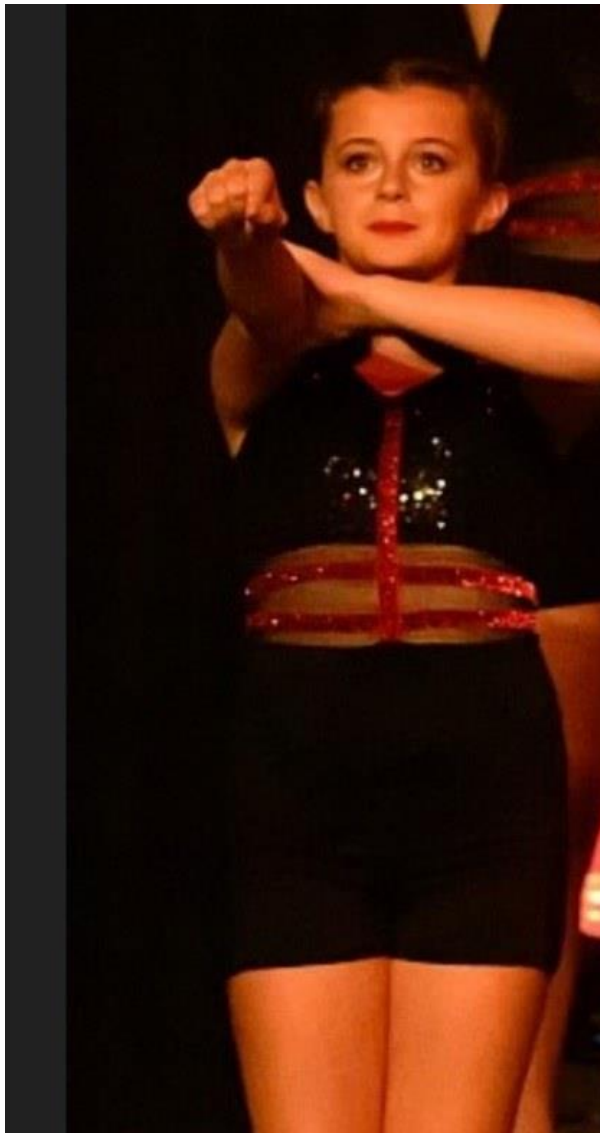
All of the athletics team who attended the festival at Lacon today for great sportsmanship and teamwork and being great ambassadors for the school.



We would like to celebrate what the children are achieving in activities outside of school.

Well done to **Otilie** for competing in a competition for her gymnastics club, Otilie shared a video of her competing with the class earlier in the week.

This week please see some photographs of **Ronnie** taking part in a dance show.





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

Teme: Victoria

Rea: Ned

Corve: Bea

Severn: Torrhen for handwriting in English.



Great Sentence using words of the week:

Teme: My monster trucks are in a straight line. **Arthur**

Rea: My mum **arranged** my bedroom. **Libby Grace**

Corve: **Sheepishly**, my cat bought back a bird hoping I did not see. **Scarlett**

Severn: I was **sceptical** when a boy told me he had a goblin in his house. **Aaron**



Class Achievers:

Teme: **Victoria** for her efforts with using stem sentences in maths to explain the parts that make 5.

Rea: **Phoebe R, Skyler, Walt & Florence** for using the computers to make quizzes (with different style questions – labelling, multiple choice, spelling, sorting) on the Three Little Pigs.

Corve: **All of Corve Class** for their fantastic plinth people sculptures.

Severn: Torrhen, Evan and Ruby for their progress in English.