



# The Stotty School News 05.07.2024 (website version)



[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 8 <sup>th</sup> July 2024	ELW Private Music Lessons Athletics After School Club - R/Yr1/Yr2
Tuesday 9 <sup>th</sup> July 2024	ELW Private Music Lessons Severn Class Primary Outreach session at Stottesdon. Rounders After School Club - Yr 3/4/5/6 ( <b>this week only - Tuesday instead of Thursday</b> ) 4.30pm collection
Wednesday 10 <sup>th</sup> July 2024	Severn Class Activity Day - Top Adventures - packed lunch / water bottle / coat / change of clothes & towel required. 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) Gymnastics After School Club - Yr 2/3/4
Thursday 11 <sup>th</sup> July 2024	Corve Class Residential - Top Adventures Gardening After School Club - R - Yr 6
Friday 12 <sup>th</sup> July 2024	Corve Class - Top Adventures Severn Lacon Sports Coach Cricket After School Club Reports sent home
Upcoming Diary Dates	
Tuesday 16 <sup>th</sup> July	Sports Morning @ 9am
Friday 19 <sup>th</sup> July	Uniform Swap - 8.30am in school hall / 3.15pm in school hall
Friday 19 <sup>th</sup> July	Year 6 Leavers Service @ 9.30am - St. Mary's Church
	Nursery Graduation @ 1.30pm

## SCHOOL GAMES MARK GOLD!



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*We are delighted to announce that we have achieved the School Games Gold Mark Award for the 2023/24 academic year.*

*The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.*

*Our sporting achievements this year have included high participation levels (often through the Lacon Childe Partnership) and competition at School Games for Sports Hall Athletics, Rugby and Netball. We are extremely proud of our pupils for their dedication to all aspects of school sport and activity (at competitions, festivals, with visiting providers (e.g. gym, Kidderminster Harriers), on the playground with lunchtime competitions, at after school clubs and through leaders such as those that run activities for our younger children (Jumping Jaxx). The breadth of our offer and the take up by students is a real strength (you've only got to look at the diary for this week!)*

*As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year. WELL DONE EVERYONE - We enjoy participating - we include everyone - we value competition - we strive to be fit, healthy and happy!*

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## **The School's Open Site - please help to make sure it is used respectfully.**

Our site is an open one and, out of school hours, we allow local people to use the field and bottom playground. We request that the playgrounds around the school aren't used as there is sometimes damage to roof tiles and windows from hard leather balls. We also request that dogs are not brought onto site. On the whole this doesn't cause us issues but we now have had three occasions when our site has not been looked after:

- People have trespassed into the back garden area and left scooters, bikes and other equipment strewn everywhere.
- This week there was damage to the balustrade around the front of the school which the site team needed to come and repair
- The little football goals have been used and left strewn across the field.

**Can we please ask that if people do use our site (out of hours) to use it respectfully and respect our request to just use the field and bottom playground. Many thanks for your support in this.**

## Parent Governor Vacancy on the LGB



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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](mailto: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](mailto:rachel.datlen@stottesdon-school.co.uk). We look forward to hearing from you. Thank you.

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## Wrap Around



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*We are now able to offer the before school and after school wrap around service to children aged 3 years and above*

*(previously this has only been available to children in their pre-school year and above).*

If you would like your child to attend wrap around please make bookings via Arbor.

## SGN Summer Holiday Club

WEEK ONE		WEEK TWO		WEEK THREE	WEEK FOUR
Monday 22 <sup>nd</sup> July (8:00-9:30) HT+LK	Bike and scooter club	Monday 29 <sup>th</sup> July (8:00-9:30) HT+SC	Water Play (please bring spare clothes)	CLOSED	CLOSED
Tuesday 23 <sup>rd</sup> July (8:00-9:30) HT+BH	Pool meadow	Tuesday 30 <sup>th</sup> July (8:00-9:30) HT+BH	Pool meadow	CLOSED	CLOSED
Wednesday 24 <sup>th</sup> July (8:00-1:15) HT+BH	Making Fruit Kebabs	Wednesday 31 <sup>st</sup> July (8:00-1:15) HT+BH	Design your own t-shirt (please bring a white t-shirt)	CLOSED	CLOSED
Thursday 25 <sup>th</sup> July (8:00-9:30) HT+LK	Pebble painting	Thursday 1 <sup>st</sup> August (8:00-9:30) SC+BH	Bike and scooter club	CLOSED	CLOSED
Friday 26 <sup>th</sup> July	CLOSED	Friday 4 <sup>th</sup> August	CLOSED	CLOSED	CLOSED
WEEK FIVE		WEEK SIX		WEEK 7/ 1 <sup>st</sup> WEEK OF AUTUMN TERM	
Monday 15 <sup>th</sup> August (8:00-9:30) HT+SC	Baking bread	Monday 26 <sup>th</sup> August	Bank Holiday	Monday 2 <sup>nd</sup> September	PD Day Closed
Tuesday 20 <sup>th</sup> August (8:00-9:30) HT+BH	Pool Meadow	Tuesday 27 <sup>th</sup> August (8:00-9:30) HT+BH	Pool Meadow	Tuesday 3 <sup>rd</sup> September (8:00-9:30) (HT+BH)	Bike and scooter club
Wednesday 21 <sup>st</sup> August (8:00-1:15) HT+BH	Bike and scooter club	Wednesday 28 <sup>th</sup> August (8:00-1:15) HT+BH	Baking Biscuits	Wednesday 4 <sup>th</sup> September	Back to school
Thursday 22 <sup>nd</sup> August (8:00-9:30) HT+BH	Tye dye (please bring a white T-shirt)	Thursday 29 <sup>th</sup> August (8:00-9:30) HT+SC	Water Play (please bring spare clothes)		
Friday 23 <sup>rd</sup> August	CLOSED	Friday 30 <sup>th</sup> August	CLOSED		

Please find attached a copy of the SGN Summer Holiday Club.

Bookings for those children who attend Stottesdon School / Nursery are to be made via Arbor. Children from other settings are welcome to attend, but parents will need to complete the booking form to secure a place.

Please note that Pool Meadow days are only open to children aged 3 yrs and above.

NB: If there is not sufficient uptake to make the service viable, we may need to reduce opening.

## Diversion Route due to road closure



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

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- 12 Chorley residents attended our recent Parish Council meeting, 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.*
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*Can we please ask parents to be mindful of the above when doing the school runs.*

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## Music Lessons



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*Mrs Leverett Williams has a few places available for private music lessons in September for pupils in year 2 and above.*

*Instruments available; piano, violin, cello, flute, clarinet, recorder, guitar and ukelele.*

*Cost £10.00 per 20-minute individual lesson.*

*If you would like more information please see Mrs Meredith in the first instance.*

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## W100 Shrewsbury Tennis Stencil Art Competition



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*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.*

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# 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](http://www.shropshire.gov.uk)  
General Enquiries: 0345 678 9000

## Bikeability

*This week year 6 children took part in the Bikeability programme.*



## 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: Children thought about the excitement of moving up to the next year groups and, for some year groups, different classes. We talked positively about the change and discussed how we manage any worries or nervousness. Children then spent the morning in their new classes so they knew what it would be like (a way of managing the worries and nerves.)



Tuesday: We considered different scenarios where children had to reflect the right thing to do.....choosing the Truth.



Wednesday: We joined the biggest ever assembly (with First News) which was on the theme of the Paris Olympics, including a talk from a Paralympian.



Thursday: We considered the general election: what was happening across the country and what this means for the running of our country.

## 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: 83%

Corve: 79%









Severn: 82%



# EYFS (Nursery and Reception) News

<p style="text-align: center;"><b>Summer 2 Term :Homes and Houses</b></p> <p style="text-align: center;">This week nursery have been exploring maps, exploring the local area around nursery and creating maps.</p>	
<p style="text-align: center;"><b>Talk 4 Writing: The Three Little Pigs</b></p>  <p style="text-align: center;">We have explored the different characters of the story and identifying the good and bad (problems) events that happened in the story.</p>	
<p><b>Makaton Sign of the Week:</b></p> <p style="text-align: center;"><b>SAME</b></p> 	<p style="text-align: center;"><b>Phonics</b></p> <p>This week the children have begun to identify objects beginning with the 'th' sound.</p>  <p><small>Voiced: Tongue on your teeth, teeth almost closed to make a 'buzzing' th Unvoiced: Tongue on your teeth, push the air out th</small></p>
<p><b>Nursery Rhyme of the Week:</b></p> <div style="border: 1px solid blue; padding: 5px;"><p style="text-align: center;"><b>The Wheels on the Bus</b></p><p>The wheels on the bus go round and round, Round and round, round and round. The wheels on the bus go round and round, All day long.</p><p>The wipers on the bus go swish, swish, swish... The horn on the bus goes beep, beep, beep... The money on the bus goes clink, clink, clink... The bell on the bus goes ding, ding, ding... The driver on the bus says, "Move on back..." The doors on the bus go open and shut... The people on the bus go chitter and chatter... The baby on the bus goes, "Wah, wah, wah..." The dad on the bus goes, "Shush, shush, shush..."</p></div> 	<p style="text-align: center;"><b>Getting Ready for School</b></p> <p>Nursery 2 children joined Reception this week on: Monday afternoon- Music Tuesday afternoon - Understanding the World Thursday afternoon - PE</p> <p style="text-align: center;"><b>Transition Days</b></p> <p>We had two brilliant transition days this week, lots of happy and confident children ready to take the next step of the journey to start school.</p> <p>We had a small turn out of parents for the transition meeting on Tuesday evening. If you were unable to attend a copy of the presentation is attached. Please take a look and if you have any questions please do not hesitate to get in touch.</p> <p style="text-align: center;"><b>The next welcome meeting is:</b></p> <p style="text-align: center;"><b>Tuesday 10<sup>th</sup> September 2024 3:30pm</b></p> <p style="text-align: center;"><b>ALL PARENTS ARE ENCOURAGED TO ATTEND</b></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:  <a href="https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/">https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/</a><sup>[1]</sup></p>	<p>Concept Word of the Week:</p> <h1>HEAVIER</h1>												
<p><b>Houses and Homes</b>          This week we have looked at the features of a globe - discussing what we can use it for, why some parts are green (land/different countries) and other parts are blue (seas and oceans).</p>													
<p><b>Nursery Rhyme of the Week:</b></p> <p><b>The Wheels on the Bus</b></p> <p>The wheels on the bus go round and round,          Round and round, round and round.          The wheels on the bus go round and round,          All day long.</p> <p>The wipers on the bus go swish, swish, swish...          The horn on the bus goes beep, beep, beep...          The money on the bus goes clink, clink, clink...          The bell on the bus goes ding, ding, ding...          The driver on the bus says, "Move on back..."          The doors on the bus go open and shut...          The people on the bus go chatter and chatter...          The baby on the bus goes, "Wah, wah, wah..."          The dad on the bus goes, "Shush, shush, shush..."</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/oo          ar or ur ow oi ear air er</p> <p><b>Phase 4 -er / -est</b></p> <table border="0"> <tr> <td>greenest</td> <td>smartest</td> <td>brighter</td> <td>brightest</td> </tr> <tr> <td>painter</td> <td>boaster</td> <td>brownest</td> <td>trainer</td> </tr> <tr> <td>swiftest</td> <td>freshest</td> <td>helper</td> <td>hunter</td> </tr> </table>	greenest	smartest	brighter	brightest	painter	boaster	brownest	trainer	swiftest	freshest	helper	hunter
greenest	smartest	brighter	brightest										
painter	boaster	brownest	trainer										
swiftest	freshest	helper	hunter										
<p><b>In maths</b> this week, we have been practising our number formation and ordering numbers 1 to 20. As a class we are finding the formation for 3 and 5 tricky. Here are our number formation rhymes to practise over the weekend.</p> <table border="0"> <tr> <td data-bbox="395 1160 767 1263">  <p>Make a curve just like me.              Then one more and you've got 3.</p> </td> <td data-bbox="810 1160 1182 1263">  <p>Down and around. Then a              line up high. High 5</p> </td> </tr> </table>		 <p>Make a curve just like me.              Then one more and you've got 3.</p>	 <p>Down and around. Then a              line up high. High 5</p>										
 <p>Make a curve just like me.              Then one more and you've got 3.</p>	 <p>Down and around. Then a              line up high. High 5</p>												

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.*

## Teme and Rea Design and Technology

*Teme and Rea class will be using their cutting and peeling, grating and squeezing skills to make healthy salads this week. We are asking for a voluntary contribution of £1.20 per child to cover the cost of the food purchased.*

*Please can you bring in a Tupperware (or similar) container with a lid to avoid spills, in which they can mix, dress and bring home their salads.*

*Reception and year 1 will need their container on Wednesday.*

*Year 2 will need their container on Thursday.*

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## Rea Class

### Phonics/Spelling

**Year 1** Next week, and the final week of term, we will be recapping our sounds learnt so far this year, and focusing on reading words with automat

**Year 2** will be continuing our learning about why some longer words have the spelling 'ti' for 'sh', eg action and emotion.











### Homework

Homework for Rea class is:

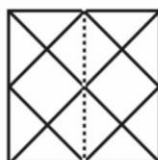
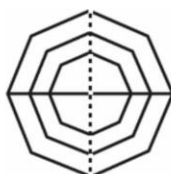
- **Reading** regularly (at least four times).
- Continuing either playing maths games already sent home, using numbots or the white rose maths app. Year 1 and 2 can now access times tables rock stars using the same login as numbots. If you need links to this, please email Mrs J Jones.
- Spellings for year 1 and 2 are in the homework book.

### Maths

In maths, we will be finding information from pictograms and block graphs.

Fruit	Favourite Fruit Snack
	
	
	
	
	

and exploring symmetry and pattern in shapes.



Can you colour these shapes so the pattern is reflected in the centre line?

## 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](http://www.shropshire.gov.uk/HAF)

## Parenting Signposts

### Understanding Your Child Groups - Summer 2024



- *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 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.

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[www.shropshire.gov.uk](http://www.shropshire.gov.uk)  
enquiries: 0345 678 9000

### Sleep Tight Workshops - Summer 2024

 Shropshire Council

- Would you like to know more about why sleep is important for our health and emotional well-being?
  - Does your child struggle with their sleep?
- Would you like to access help and support to improve sleep and bedtime routines?
  - Would you like to meet other parents/carers to share and discuss experiences?

**SLEEP TIGHT WORKSHOP**

Starts on Monday 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](http://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](http://www.shropshire.gov.uk)  
General Enquiries: 0345 678 9000

Shropshire Family Information Service



Hello from the **Family Information Service (FIS for short)**.  
Our job is to give you the info and resources you need to help your family life run a little smoother. We can help with:

- Childcare - finding it and advice on paying for it
- Local baby and toddler groups
- Events, clubs, activities, and fun things to do in the school holidays, for all ages
- Getting parenting and family support
- Finding health and wellbeing support

We cover everything and anything to do with family life, so if you have a question, chances are we'll be able to help, or if we can't, we'll point you in the direction of someone who can.



Follow us on social media for all the latest news and info.

[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

- ...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

optional voice-over where available

**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 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!



## OneplusOne



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

Find out more and download the mobile app, now: [https://www.oneplusone.org.uk/separating-better?utm\\_source=referral&utm\\_medium=social&utm\\_campaign=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.



1 / 3



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

## Getting it right for children

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

*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, 14th and 15th, 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 relaxing way to spend time, 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 environment. 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 have the right 1% to be further woken up if they're thirsty. It's important to ensure that the bedtime routine includes water in the day also, when the body and brain are still awake naturally, without any stimulants being there.
- CONSISTENT BEDTIME SCHEDULE**  
Assist children in developing consistent bedtime routines that set the body's clock to wind down, promoting a more relaxed state. It's important to encourage them to avoid activities before going to bed – such as watching their favourite TV or using social media – which can disrupt the natural sleep cycle.
- OPTIMAL SLEEP ENVIRONMENT**  
Ensure that the bedroom is comfortable, dark and free from distractions, heating and noise. A good quality mattress, pillow and bedding is essential for quality rest. The room's temperature should also be suitable for sleeping. There is no need for hot and cold freezers – 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 of technology 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 health. It's important to ensure that children's bedtime sleep patterns don't change and that they're getting enough sleep. Encourage children to prioritise sleep over other activities, for instance.
- NUTRITIONAL BALANCE**  
Highlight the importance of a healthy, balanced diet – and its role in establishing a consistent bedtime routine. This includes ensuring children are eating plenty of fruit and vegetables, as well as ensuring protein. It's not only this that's important, but it also reduces the chance of feeling 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 getting enough sleep themselves. They can also encourage their children to establish 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. This can be used by children aged 10 and over. While it can take a good deal of practice to perfect, research has shown that it can be used by children aged 10 and over – and the results are often extremely impressive.

**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 provides 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](#) list. 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:**

Time: **Chloe Carter**

Rea: **Theo Walker**



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

Rea: **Monty Barklam**

Corve: **Evelyn Andrews**

Severn: **Bella Lewis**



**Spelling Bee:**

Bronze: **Scarlett**



**Sports Stars:**

**Theme:** **Chloe** for sharing her teaching tips when practising our different jumps – on the spot, from one spot to another and from a standing position!

**Rea:** Children from **Shire** for being the best house in designing a ball scoring game.

**Corve:** **Spencer** for exceptional tennis knowledge.

**Severn:** **Lana / JJ / Jenson Sh & Samuel** for great focus during sprint races at the Lacon Outreach session this week /

**Ruby S** for her tennis skills.

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

Well done to **Evan** for being 'runner up' in the Young Nature Photographer / Artist of the Year 2024.

Evan attended an award ceremony at Shrewsbury last week.

Well done to **Leon** for being awarded a 'Junior Black Belt' in martial arts.







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

**Teme: Boyd** for his labelled and neatly drawn 'salad design'.

**Rea: Raith** for the fantastic effort he is making in his handwriting.

**Corve: Izzy** for beautiful handwriting in English and across the curriculum.

**Severn: Elliot** for his art work.



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

**Teme:** My bed is **heavier** than my teddy! **Enfys**

**Rea:** My secret **talent** is gymnastics because I do it at home and at school on the field. **Harriet F**

**Corve:** The scientist **scrutinised** the formula to stop the chemical reaction. **Bea**

**Severn:** I was really **exasperated** when my sister ate my slice of cake. **Bella L**



**Class Achievers:**

**Teme:** **All of Teme Class** for a good transition morning in Rea Class / Year 1

**Rea:** **William** for his fantastic grammar work / **Phoebe Strong** for focus and thinking carefully about spelling rules in spelling assessments / **Isabella** for challenging herself to add extra detail in her sentences.

**Corve:** **Bella C** for her progress in maths / **Maxwell** and **Oliver** for their fantastic explanation texts about the life cycle of a flowering plant.

**Severn:** **Elliot, Jenson** and **Archie** for their 3D sculpture work in art.