



The Stotty School News 15.03.2024 (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



To support parents we have now included another section in the diary dates - we have listed important upcoming event dates, please see below:

Diary Dates for next week	
Monday 18 th March 2024	Teme Class visit to Home Farm, Attingham - details in newsletter. ELW Private Music Lessons Mini Kickers After School Club 3.15pm - 4.15pm. Monday Yr 6 SATs Club 3.15pm - 4pm.
Tuesday 19 th March 2024	Yr 5 Taster Day @ Lacon Childe School ELW Private Music Lessons Tuesday Yr 6 SATs Club 3.15pm - 4pm.
Wednesday 20 th March 2024	ELW Private Music Lessons. Lunchtime Choir Club. Gymnastics session within school for KS1 Gymnastics After School Club 3.15pm - 4.15pm
Thursday 21 st March 2024	Rea Class visit to Shropshire Museum, Shrewsbury. Lunchtime Chess Club. Severn Class Tri Golf @ Lacon within school day. Netball After School Club 3.15pm - 4.15pm.
Friday 22 nd March 2024	Last day of Spring 1 term NO FRISBEE AFTER SCHOOL CLUB Easter Celebration @ St. Mary's Church, Stottesdon 1.30pm. After the Celebration there will be a flexible dismissal - children will return to school after the celebration to collect their things and be released to those parents who have attended the service. If parents are unable to attend the service, we will of course keep the children until normal dismissal time
Upcoming Diary Dates	
12 th April 2024	Corve Class Residential meeting @ 3.20pm
3 rd - 6 th June 2024	Severn Class London Residential
10 th July 2024	Severn Class Adventure Day @ Top Adventures
11 th /12 th July 2024	Corve Class 2 Day Residential @ Top Adventures

FOSPS NEWS

Welcome back, we hope you all had a lovely half term break. We are now back in fundraising mode following, some down time during the first ½ of the spring term.

Dates for your Diary-

Non-Uniform day – in return for Easter Hamper/Children's Raffle donations. – 15th March 2024

Movie night – 15th March 2024 – see poster/ FB for more info.

Easter Raffle – 22nd March 2024 – see poster/FB for more info.

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

Summer Fete – 21st June 2024

We have set up a new "open" Friends of Stottesdon CofE primary school (FoSPS) Facebook page where you'll find, General FoSPS info and accurate information on upcoming events & Fundraisers. Please do give us a like & follow! link below: -

<https://www.facebook.com/FoSPS96>

If you have any fundraising suggestions, please do let us know – either jot them down and hand into the school office, find one of us on the playground or join us at our next FoSPS meeting- date will be on our FB page soon.

Chair – Richard Gough

Secretary – Ginny Allen

Treasurer – France Foster

Other key members

Natalie Underhill

Lauren & David Walker

Lilly Roberts

Jessica Ralph

Claire James

Emma Giles

Cat Middleton

Alastair & Jane McNaughton

Katie Jones



FOSPS



15TH MARCH 2024

3.15 - 5.00PM

THE SCHOOL HALL

£5 TO INC A SNACK

MONEY TO THE SCHOOL
OFFICE PLEASE



SUPPORT OUR LOTTERY TODAY

**£1 per
week**

**Weekly
cash prizes**

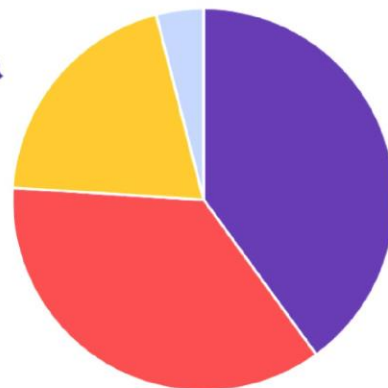
**£25,000
jackpot**



**YOUR
SCHOOL
LOTTERY**



Splitting the £1.00



- 40p goes to our school
- 36p goes to cash prizes
- 20p goes to admin costs
- 4p goes to VAT

How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to Stottesdon Primary School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online by direct debit or debit card.

It's so easy to join and will make a real difference to Stottesdon Primary School

The Maths... 100 tickets sold a week means

= £30 weekly cash prize

= £2,080 a year for our school



Buy A Ticket

GambleAware



Guess the number of items in the basket competition



FOSPS EASTER EGGSTRAVAGANZA

GUESS HOW MANY

Easter

ITEMS IN

THE BASKET



50P A GO OR 3 FOR A £1

IN THE EVENT OF
A TIE, THE PRIZE WILL BE DIVIDED
BETWEEN WINNERS

Easter Egg Raffles



Thank you for all the donations received today - What a display!!

Next week each class will hold a Easter egg raffle, which will be drawn on the last day of term. Children know that if their names comes out more than once we will pull out another name in order ensure the maximum amount of winners that we can. If children choose to buy multiple tickets they will be increasing the odds of being chosen first to get first choice of the prizes.

Class teachers will have tickets available to purchase from Monday at 50p each or 3 for a £1.

Questionnaire



Thank you to all the stakeholders (Parents / staff / pupils) who completed the recent questionnaire.

Your responses will help Mrs Jones and the leadership team to evaluate the service we provide.

The results of the survey will be published after the Easter break.

Active Lives Survey



Stottesdon CofE Primary School have been asked to participate in the 'Active Lives survey' run by Sport England.

The Active Lives Children and Young People survey provides a world-leading approach to gathering data on how children engage with sport and physical activity. This will help to give an in-depth picture of how many people take part in sport and physical activity by demographic group, location and activity type.

***They would like parents of Yr 2 children** to complete the survey in the link below:*

<https://ipsos.uk/EFJZKBO>

By completing this survey you will help us to claim vouchers to spend on a range of sports, wellbeing and healthy eating equipment or materials for the school, which will ultimately benefit our pupils - every response really does count.

Eat Them to Defeat Them 2024



We are taking part in the 'Eat Them to Defeat Them' 2024 campaign, which is running in schools and is supported by TV advertising from 19th February until 28th March. This program aims to increase the volume and variety of vegetables that children consume.

Featured vegetables for this half term are:

*Week 1 = Sweetcorn / Week 2 = Courgette / Week 3 = Carrot / This Week = Pepper / Wk 5 =
Broccoli/cauliflower*

SGN Easter Holiday club



SGN Easter Holiday Club is open on the following dates:

Monday 25th March 2024 - 8am to 5.30pm - Baking

Tuesday 26th March 2024 - 8am to 5.30pm - Pool Meadow (Children to be aged 3yrs old and above)

Wednesday 27th March 2024 - 8am to 3.15pm - Outdoor sports fun

Thursday 28th March 2024 - 8am to 5.30pm - Baking Easter nests & biscuits

BANK HOLIDAY MONDAY - CLOSED

Tuesday 2nd April 2024 - 8am to 5.30pm - Junk Modelling

Wednesday 3rd April 2024 - 8am to 3.15pm - Easter Craft

Thursday 4th April 2024 - 8am to 5.30pm - Bike & Scooter club

If you would like your child to attend any of the above sessions please book via Arbor.

Copy of booking form (for information) is attached to the newsletter.

Easter HAF Programme 2024



Please find attached to the newsletter a leaflet containing details of events during the Easter holidays.

These are available FOC to children eligible for benefit related free school meals (Code sent out in email earlier this week). Paid places are available to those children who are not eligible. These places are generally heavily subsidised and have been highlighted in the What's on Guide.

<https://next.shropshire.gov.uk/holiday-activities-and-food-programme-haf/haf-holiday-clubs/>

Lacon Easter Holiday Activities

Easter 2024

**Monday 25th March -
Thursday 28th March**

**HOLIDAY
ACTIVITIES**

*Kurling, Archery, Hockey, Ultimate
Frisbee, Football, Art, Craft, Music,
and Much More!*

Reception - Year 8

9.45am - 3.00pm

£15 per day

At Lacon Childe School

Please find attached leaflet from Lacon Childe School regarding their Easter holiday provision.

These are available FOC to children eligible for benefit related free school meals (Code sent out in email earlier this week). Paid places are available to those children who are not eligible.

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: 100%

Rea: 100%

Corve: 86%

Severn: 96%

Our Worship / Reflections this week:



Monday: We listened to the story of Zacchaeus the tax man. We thought about his mistakes (taking too much money and being a traitor) and we thought about forgiveness when he decided to put things right (paying back more and donating more). Children reflected on this in their own lives (when someone makes mistakes but tries to put it right).



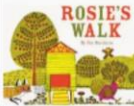







Tuesday: Children in Severn class acted out a scenario about forgiving others and giving them a fresh start when they are sorry for their actions.

Wednesday: Open the book brought us the story Jesus being arrested and Peter's denial of his friend because he was frightened. We thought about making good decisions about what is right and wrong and knowing that 'someone' is there for us in tough times.

Thursday: Children rehearsed songs for our Easter celebration - hope to see you in the church at 1.30pm



EYFS (Nursery and Reception) News

<p style="text-align: center;">Down on the Farm</p> <p style="text-align: center;">This week the nursery children have been learning about what food comes from farms.</p>	
<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p style="text-align: center;">Talk for Writing: Rosie's Walk</p> <p>Rosie the hen takes a walk round the farmyard, this week the children have been introduced to new positional language e.g. across, under, over, around, and through.</p> </div> </div>	
<p>Makaton Sign of the Week:</p> <div style="text-align: center;">  <p>PIG</p> </div>	<p>Concept Word of the Week:</p> <p style="font-size: 2em; font-weight: bold; text-align: center;">SOME</p>
<p>Nursery Rhyme of the Week:</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Underground Vegetables <small>(Sung to the tune of 'Little Jackpot/Are you Sleeping?')</small></p> <p>In the soil, in the soil, Underground, underground. Vegetables are growing, vegetables are growing, Long or round, long or round.</p> <p>In the soil, in the soil, Underground, underground. Potatoes and carrots, potatoes and carrots, Pull them up, pull them up.</p> <p>In the soil, in the soil, Underground, underground. Radishes and turnips, radishes and turnips, Pull them up, pull them up.</p> <p>In the soil, in the soil, Underground, underground. Garlic, beets and parsnips, garlic, beets and parsnips, Pull them up, pull them up.</p> </div>	<p>Forest Fun Tuesdays</p> <div style="display: flex; justify-content: space-around;">   </div> <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;">Session 4 - Spring Hunt - Exploring signs of spring.</p>
<p style="text-align: center;">Phonics</p> <p style="text-align: center;">This week the children have begun to identify objects beginning with 'h' sound. Open your mouth and breathe out sharply h</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	

Reception News

 <p>Please watch the Phase 3 sounds video over on the Little Wandle's Parent page to support pronouncing the next set of 'pure' sounds.</p> <p>https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/^[1]</p>	<p>Concept Word of the Week:</p> <h1>BOTH</h1>																																
<p>Down on the Farm</p> <p>This week we have focussed on cows – what food they produce and how this gets to us at home. We have also had the opportunity to observe and record changes when a liquid may change to a solid eg. cream to butter.</p>																																	
<p>Nursery Rhyme of the Week:</p> <p>Underground Vegetables (Sing to the tune of 'Twinkle Twinkle Little Star')</p> <p>In the soil, in the soil, Underground, underground. Vegetables are growing, vegetables are growing, Long or round, long or round.</p> <p>In the soil, in the soil, Underground, underground. Potatoes and carrots, potatoes and carrots, Pull them up, pull them up.</p> <p>In the soil, in the soil, Underground, underground. Radishes and turnips, radishes and turnips, Pull them up, pull them up.</p> <p>In the soil, in the soil, Underground, underground. Garlic, beets and parsnips, garlic, beets and parsnips, Pull them up, pull them up.</p>	<p>Reviewing the following sounds:</p> <table border="1"> <tr> <td>ai</td> <td>ee</td> <td>ur</td> <td>ow</td> </tr> <tr> <td>igh</td> <td>oa</td> <td>oi</td> <td>ear</td> </tr> <tr> <td>oo</td> <td>oo</td> <td>air</td> <td>er</td> </tr> <tr> <td>ar</td> <td>or</td> <td></td> <td></td> </tr> </table> <p>Spotting digraphs in the following words:</p> <table border="1"> <tr> <td>market</td> <td>wooden</td> <td>finger</td> <td>river</td> </tr> <tr> <td>looking</td> <td>waiting</td> <td>zooming</td> <td>marching</td> </tr> <tr> <td>singing</td> <td>fighting</td> <td>winking</td> <td>farming</td> </tr> <tr> <td>farmyard</td> <td>popcorn</td> <td>carpark</td> <td>rooftop</td> </tr> </table>	ai	ee	ur	ow	igh	oa	oi	ear	oo	oo	air	er	ar	or			market	wooden	finger	river	looking	waiting	zooming	marching	singing	fighting	winking	farming	farmyard	popcorn	carpark	rooftop
ai	ee	ur	ow																														
igh	oa	oi	ear																														
oo	oo	air	er																														
ar	or																																
market	wooden	finger	river																														
looking	waiting	zooming	marching																														
singing	fighting	winking	farming																														
farmyard	popcorn	carpark	rooftop																														
<p>In maths this week, the children have continued to explore the composition of numbers within 10, focusing on the 'special case' of when 2 equal parts combine to make a whole. They have explored a range of familiar representations including dice and fingers to explore the idea of '2 equal parts', and then find the whole by combining these parts.</p> <p>The children have continued to use their subitising skills and are beginning to 'know' the whole when they see 2 parts the same size for larger numbers within 10, as well as beginning to recall some doubles facts.</p> <p>"Double 1 is 2, 1 and 1 equals 2" "Double 2 is 4, 2 and 2 equals 4" "Double 3 is 6, 3 and 3 equals 6"</p> <p>"Double 4 is 8, 4 and 4 equals 8" "Double 5 is 10, 5 and 5 equals 10"</p> <p> Maths Challenge: Play Numbots for 10 minutes this week. Login details are on the back of your child's yellow reading record.</p>																																	

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

For our class trip to **Home Farm, Attingham** on Monday, please can all pupils wear school trousers as part of their school uniform (no dresses, skirts or tights please). As well as a packed lunch and bottle of water, please bring your **WELLIES** in a separate carrier bag with **NAME CLEARLY PRINTED**. We will take the 'over-trousers' we have here at school as a precaution, should it be very muddy on our arrival! Keep fingers crossed that the weather will be kind to us. Many thanks.

Please check Class Dojo, to discover our new shape detective challenge to find and share with our class for 'Show and Tell' next week.

Teme Class Trip to Home Farm, Attingham.



On Monday 18th March children in Teme class will be visiting Home Farm, Attingham.

The visit is an exciting opportunity for the children to have hands on and real-life experiences of animals and will support our learning in Understanding the World. The children will have a guided tour by the farmer and the opportunity to feed some of the animals, which is all included in the price.

*On the day of the visit, we will be departing school by coach **at 8:55 a.m.** and returning before **3:00 p.m.** Children will need to wear a waterproof coat, bring along a full water bottle and a packed lunch.*

Their lunchbox and water bottle will need to fit inside a bag that your child can carry on their own back for most of the trip.

FOSPs have kindly contributed towards the cost of the mini bus for this trip.

*Please make a voluntary contribution of **£6.75** via Arbor to cover entry, farm tour, and animal food by the **Friday 15th March 2024.***

Children entitled to benefit related FSM have a 50% reduction on the above.

Rea Class

Phonics/Spelling

Year 2 This week we will be assessing spelling rules over the term so far.

Year 1 will be reviewing our learning so far for phase 5 this term. We will then assess our sounds before moving on into Summer.

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. If you need links to this, please email Mrs J Jones. Well done for everyone who took part.
- Spelling words are being sent home and will be on purple mash to practise. Year 2 will begin to have a spelling test at the end of each unit. Spellings may sometimes last for two weeks.

Maths

This week we will be assessing our maths taught so far this term.

Class Trip

On Thursday we will be visiting Shrewsbury Museum and art gallery for a clay workshop.



We will then call back via Bridgnorth for a geography field work afternoon, finding out the different foods that are sold in the high street.



Please wear sensible footwear and bring a waterproof coat and water bottle as we will be outside.

Rea Class Visit to Shrewsbury Museum & Art Gallery

SM&AG
SHREWSBURY MUSEUM & ART GALLERY

On Thursday 21st March children from Rea Class will be visiting Shrewsbury Museum & Art Gallery for a 'clay sculpture' workshop.

On the return journey they will be calling at Bridgnorth to view the High Street as part of their Geography project.

Children will need to be in school for 8.30am as the coach is due to leave at 8.45am, they will need a water bottle and outdoor coat. As children are eligible for universal free school meals, the school are able to provide a packed lunch (which will consist of a sandwich / piece of fruit and a cookie or cake) - please order via the form sent out earlier today. If you would prefer to send your child with a packed lunch from home please let the office know via the form.

We are asking for a voluntary contribution of £9 to cover the cost of this trip, those children who are in receipt of benefit related free school meals will have a 50% reduction. Once again we are very grateful to FoSPS for covering half of the transport cost for this trip.

Corve Class - Tennis Festival at Lacon

On Thursday children from Corve Class attended a tennis festival at Lacon.





Primary Sport Festivals @ Lacon

We are looking forward to participating in the sport festivals in the grid below, which are due to take place at Lacon during the Summer term. Our intent is to enjoy, feel confident and come away with a sense of achievement for taking part.

COMPETITION	DAY	STAFF	DATE	VENUE	LOCATION & TIME		INFORMATION
5/6 Multisport	Thurs	LS/SA	18/4/24	Lacon	Field	1.00-2.30	
Rec/Y1/2 Multisport	Thurs	LS/SA	25/4/24	Lacon	Field	1.00-2.30	
5/6 Rounders	Thurs	LS/SA	2/5/24	Lacon	Field	1.00-2.30	
3/4 Summer sports	Thurs	LS/SA	9/5/24	Lacon	Field	1.00-2.30	
Rec/Yr1/2 Tennis	Thurs	LS/SA	16/5/24	Lacon	Courts	1.00-2.30	
3/4 Sports Day Preparation	Thurs	LS/SA	23/5/24	Lacon	Field	1.00-2.30	
5/6 Sports Day Preparation	Thurs	LS/SA	6/6/24	Lacon	Field	1.00-2.30	
3/4 Rounders	Thurs	LS/SA	13/6/24	Lacon	Field	1.00-2.30	
AREA ATHLETICS	Thurs	LS/SA	27/6/24	Lacon	Field	10AM-1PM	Please note morning Festival start time.

Activity Day & Residential @ Top Adventures



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

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

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

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

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

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

London Residential



The London Residential trip for Severn Class is fast approaching - we would welcome payment either by instalments or in full (if parents are able to please) as we are having to confirm bookings for activities with payment up front. Thank you very much to those parents who have already contributed, it is much appreciated.

Parenting Signposts

Understanding Your Child Groups - Spring 2024

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

UNDERSTANDING YOUR CHILD GROUPS

The groups are delivered Virtually via MS Teams or Face to Face at a venue in Shropshire. All you need for the virtual groups is an email address and an electronic device, and we will talk you through the rest.

SEND groups are for parents/carers of children who might have special educational needs and disabilities. No formal diagnosis is needed.

Understanding Your Child SEND starts on Monday 15th January 2024 until 18th March 2024 from 12.30pm to 2.30pm in Shrewsbury, venue to be confirmed.

Understanding Your Child starts Wednesday 10th January 2024 until 20th March 2024 from 9.30am to 11.30am Virtually via MS Teams


Understanding Your Child SEND starts on Thursday 11th January 2024 until 21st March 2024 From 12.30pm to 2.30pm Virtually via MS Teams

There are no sessions during the school holidays.

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
Telephone: 01743 250950

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

Sleep Tight Workshops - Spring 2024



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

SLEEP TIGHT WORKSHOP




The workshops are delivered virtually via MS Teams or face to face at a venue in [Shrewsbury](#). All you need for the virtual groups is an email address and an electronic device, and we will talk [you](#) through the rest.

Our workshops run for 5 weeks from the start date excluding the School Holidays.

Starts on Friday 23rd February 2024 from 9.30am to 11.30am
in Shrewsbury, Sunflower House, Kendal Road, SY1 4ES.

Starts Friday 23rd February 2024 from 12.30pm to 2.30pm
Virtually via MS Teams

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

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

Parenting Support Line Poster Spring 2024



If you would like to find out about other services the Parenting Team offers please email Parenting.team@shropshire.gov.uk or call us on 01743 250950



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

Do you have any questions around child 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 Bank Holidays and between Christmas & New Year)

If you have concerns about a child's safety or well-being, please call
First Point of Contact 0345 678 9021






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

Shropshire Family Information Service



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

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

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

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

 @ShropshireFamilyInfo
 @ShropshireFamilyInfo
 @ShropFamilyInfo



www.shropshire.gov.uk/fis

Solihull Approach - Understanding Your Child




ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

Discover the Solihull Approach series → **Understanding...**

English  more languages available powered by Google Translate



Enjoy a fresh new look on mobiles

optional voice-over where available

- ...pregnancy, labour, birth and your baby
- ...your baby
- ...your child
- ...your child with additional needs
- ...your teenager's brain
- ...your feelings (for teenagers only!)
- ...your relationships

and much more!



Do you live in the Shropshire or Telford & Wrekin area? Locally funded

1. Scan QR or visit www.inourplace.co.uk
2. Enter the Access Code*
3. Begin learning

*Sign in or registration required

Access Code: **DARWIN18**

 PREPAID

Cleobury Community Information Drop In

Cleobury Community

Free information, advice and support



The Cleobury Country Centre
Love Lane, DY14 8PE

Friday, 9am–11 am on:

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

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


- Housing support
- Children's health and wellbeing
- Healthy living advice
- Dementia support
- Family life
- Home fire safety
- Domestic abuse support
- Drug & alcohol support
- Financial advice
- Getting older

and lots more!



Shropshire Council

OneplusOne




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.

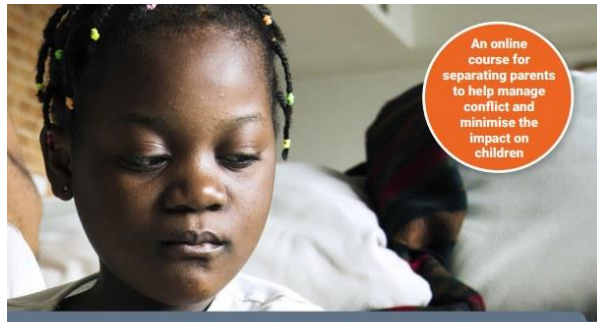
This free online course can help you learn to manage difficult conversations, avoid conflict, and improve things for your whole family.



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.

oneplusone



Getting it right for children

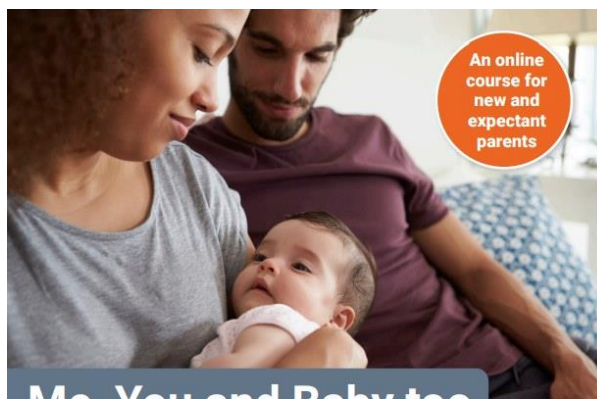
When separated parents argue, it's common for children to feel like they are caught in the middle. This free online course is designed to help separated parents communicate better with each other and parent co-operatively after parting.

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.



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.

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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 'see-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 these 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 founder of the award-winning SEN Resource Hub, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

Healthy Sleeping Habits

All children are seen universally at one years and at two years and they are offered a full health growth and development review via a letter with an appointment.

These are now completed at Cleobury Mortimer Health Centre, Ludlow or Bridgnorth depending on where they live.

Celebrating Children's Achievements



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



Spelling Bee:

Bronze - Lottie B / Jenson Sh

Silver - Marnie / Bella L



Numbots

Teme Class: Arthur Ralph

Rea Class: Theo Walker



Times Tables Rock Stars

Corve: **Beatrix Gittins**



Sports Stars:

Theme: **Kai** for his body control when practising our pencil, log, egg and dish roll in gymnastics.

Rea: **Florence A** for her gymnastics session with Miss Waine, helping others to perfect their gym movements.

Corve: **Gabby** and **Lillie** for their fantastic teamwork when creating a paired dance using Indian hand gestures / **Maxwell** for his resilience and perseverance in the tennis festival at Lacon / **Ellie & Bea** for good shooting in the basketball session with Mr Adams.

Severn: The Tag Rugby Team (**Noah PD / William / Nate / Cam / Aaron / Elliot / Marnie / Harriet / Bella L / Hollie G**) for their sportsmanship and great progression throughout the 3 matches. They adapted well to the rules and produced beautiful games.

Lana for her PE session with Mr Adams.

Results for the Basketball House matches with Mr Adams:

Yr 3 & 4 = Highland

Yr 5 & 6 = Shire

Overall winner is SHIRE



Great Sentence using words of the week:

Rea: The venomous snake had a really big secret but **actually** a small secret, he was scared of chameleons when they change colour. **Lincoln**

Corve: One day, the giant **breakers** washed a baby sea turtle **ashore**. **Harry**

Severn: I felt **dejected** when I didn't have enough money to rent a house. **Samuel**



Class Achievers:

Teme: **Boyd** for his focus, determination and perseverance when making butter.

Rea: **Calvin** for fantastic focus and memory recall of counting in 2s and 5s.

Corve: **Elia, Spencer** and **Ottillie** for their precise work when presenting and interpreting information from graphs /

Scarlett for her effort in her writing tutoring sessions / **Carys, Lucas, Gabby** and **Izzy** for their excellent layered coloured drawings of a still life.

Severn: Marnie, Holly G, Torrhen and **Ruby S** for great teamwork in dance.