



The Stotty School News 12.04.2024



[Stottesdon CofE Primary School](#)

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

Tel: 01746 718617

Email: admin@stottesdon-school.co.uk

If viewing on a phone and you can't see all the text just swipe up on the writing.

Diary dates for the week ahead



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 15 th April 2024	ELW Private Music Lessons Monday Yr 6 SATs Club 3.15pm - 4pm Multi Sport Club 3.15pm to 4.15pm
Tuesday 16 th April 2024	ELW Private Music Lessons Forest Fun Session for Reception / N2 - Please remember Kidderminster Harriers Corve / Severn Class Tuesday Yr 6 SATs Club 3.15pm - 4pm. Harriers Football Club 3.15pm to 4.15pm
Wednesday 17 th April 2024 	ELW Private Music Lessons. Bag 2 School - Bags to be left under the shelter on the playground by 9am Lunchtime Choir Club Gymnastics Club 3.15pm to 4.15pm
Thursday 18 th April 2024	Indoor Athletics Final at Ludlow - Team will be transported to and from the event - LATE RETURN - Approx. 3.45pm (please ensure appropriate collection arrangements in place). Severn Class multi-sport at Lacon - within school day. NO NETBALL CLUB - Club starts next week as detailed on the club schedule.
Friday 19 th April 2024	
Upcoming Diary Dates	
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

After School Clubs

Club	Club Tutor	Start Date	No. Wks	No. Places	For Year groups:	Cost £
<u>Multi Sport</u>	Mrs Tracey Wood	Monday 15 th April 2024	5	16	<u>Yr</u> R/1/2	10.00
<u>SATS Club</u> 3.15pm to 4pm	Mrs Caroline McKay	Monday 8 th April 2024	4	16	<u>Yr</u> 6	0
Football Club	Kidderminster Harriers	Tuesday 16 th April 2024	5	16	<u>Yr</u> 3/4/5/6	10.00
<u>SATS Club</u> 3.15 to 4pm	Mrs Caroline McKay	Tuesday 9 th April 2024	5	16	<u>Yr</u> 6	0
Lunchtime Choir	Mrs Esther Leverett Williams	Wednesday 17 th April 2024	5		<u>Yr</u> 1/2/3/4/5/6	0
Gymnastics	Annie Wain from Momentum Gymnastics	Wednesday 17 th April 2024	5	16	<u>Yr</u> R/1/2	10.00
Lunchtime Chess Club	Mr Chris Simpson	Thursday 18 th April 2024	5	16	<u>Yr</u> 3/4/5/6	0
<u>Netball</u> 3.15pm to 4.30pm	Mrs Jackie Walker	Thursday 25 th April 2024	5	16	<u>Yr</u> 3/4/5/6	10.00

Please see attached the schedule of after school clubs for April / May 2024. If you would like your child to take part in any of these clubs please sign them up via Arbor. (Please check dates as some of the clubs do not run on consecutive dates).

FoSPS



SUPPORT OUR LOTTERY TODAY

**£1 per
week**

**Weekly
cash prizes**

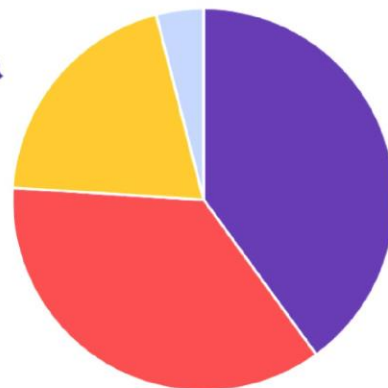
**£25,000
jackpot**



**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



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 Piggott

Other key members

Natalie Underhill

Lauren & David Walker

Lilly Roberts

Jessica Ralph

Claire James

Emma Giles

Cat Middleton

Alastair & Jane McNaughton

Katie Jones

Bag 2 School - Wednesday 17th April 2024

BAG 2 SCHOOL

FREE FUNDRAISING FOR SCHOOLS

In partnership with your school or organisation



Stottesdon Primary School



Bag 2 School is a company that specialises in the reuse and recycling of good quality second-hand clothing and we have arranged to make a collection from your school. All the bags will be weighed and you will be paid for the total weight collected. Remember, the more you collect the greater the benefit to your school.



By using this paper leaflet we are helping to reduce unnecessary extra plastic. Please use your own bag or bags (there is no limit). The leaflet is FSC accredited, please recycle it.

When the clothes have been removed from the bag the plastic will be packed and sent for recycling.

We are collecting good quality items for RE-USE:

Men's, ladies' & children's clothing, paired shoes, handbags, belts & accessories.

(No uniforms, workwear, pillows, duvets or pieces of fabric please)

The more we weigh the more we pay!

Extra bags are welcome - there's no limit

Please return your Bag2School on:



Wednesday 17 April 2024 by 9am



01609 780 222



www.bag2school.com



helpdesk@bag2school.com

Outcomes of Parent Questionnaires

Attached to this week's school news are the outcomes of the questionnaire we asked parents to complete. It is really important to us to evaluate our service and adapt it so we get provision right.

Thank you to everyone that gave us feedback. On the whole it was really positive and staff, who work incredibly hard, have found it really rewarding and motivating to know that in many areas we seem to be making a difference. There are always ways to improve and we will take on feedback and comments as we move forward and update our school development planning. In particular, parents have told us they would like us to do more clubs. Unfortunately we are at capacity for what we can offer and when we have looked at more outside providers the costs would increase to an estimated £5 per session which is significantly more than currently. Please complete the Form <https://forms.office.com/e/hUxAvQHGaT> to indicate whether you would be willing to pay at this level and then we will gauge whether there would be enough take up to make it viable. Homework was the other consideration (always a 'hot' topic which splits opinion). We try to prioritise the essentials (e.g. reading, routines ready for secondary) but staff will check our approach against research and recommendations ready for the new year.

Pupils also completed a questionnaire and this has been our focus in assemblies this week. The chart below is helping us all prioritise being ready for learning and having happy playtimes; it has been a lovely, calm and productive week in school.

4. Overall

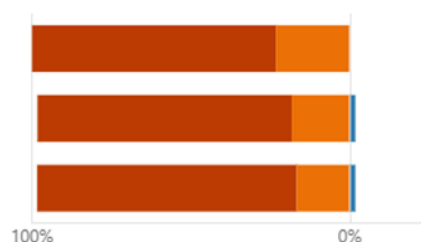
[More Details](#)

■ Strongly agree ■ Agree ■ Disagree ■ Strongly disagree

My child is making good progress

I am satisfied with the choice of this school

I would recommend the school



Stottesdon C. of E. Primary School and Nursery				
In Class			At playtime or wrap around As a class or a group.....	
We were ready to learn			We had a happy playtime	
We followed teacher instructions			We got on well with each other (friendly to all)	
We all gave our best effort and focus			We were safe	

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: 89%

Rea: 93%

Corve: 72%

Severn: 93%



EYFS (Nursery and Reception) News

<p>Summer 1 Term : Minibeasts</p> <p>This week the nursery children have been investigating which minibeasts live in our nursery garden? Take a look at our summer curriculum map!</p> 	
<p>Talk 4 Writing: The Very Hungry Caterpillar</p>  <p>Nursery have been reading 'The Very Hungry Caterpillar' story. We have created a story map and actions to retell the story.</p> 	
<p>Makaton Sign of the Week:</p> 	<p>Concept Word of the Week:</p> <p>SOFT</p>
<p>5 Little Woodlice Song (Sing to the tune of '5 Little Ducks'.)</p> <p>5 little woodlice under the bark, Comfy and cosy in the dark, 1 woodlouse crawled out of the door, He waved goodbye, and that left 4.</p> <p>4 little woodlice under the bark, Comfy and cosy in the dark, 1 woodlouse crawled out of the door, He waved goodbye, and that left 3.</p> <p>3 little woodlice under the bark, Comfy and cosy in the dark, 1 woodlouse crawled out of the door, He waved goodbye, and that left 2.</p> <p>2 little woodlice under the bark, Comfy and cosy in the dark, 1 woodlouse crawled out of the door, He waved goodbye, and that left 1.</p>	<p>Getting Ready for School</p> <p>Nursery 2 children have started to join Reception in the afternoons.</p> <p>Monday 8th ART: Clay Play Tuesday 9th PE / Science Wednesday 10th Music Thursday 11th PE</p> <p>Top Tip: Give your child as much exposure to their name as possible so that they begin to recognise it. This will help them recognise their name, amongst the others, on their pegs, drawers and clothes and they will be able to independently look after and put away their belongings. Read and write names using lowercase letters except for the first letter with a capital. Make sure to label everything that goes into School (even pants and socks) so they can be identified and returned.</p>  <p>Forest Fun starts next Tuesday - remember wellies and waterproof clothing.</p>
<p>Phonics</p> <p>This week the children have begun to identify objects beginning with 'f' sound.</p>   <p>Open your lips a little; put your teeth on your bottom lip and push the air out to make the sound fffff</p>	

Attendance

Thank you to all those parents that support with regular attendance and not taking holidays in term time. Many children's attendance is excellent and this will be supporting their progression and learning. Please find attached a letter from Shropshire Council on this topic.

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>LIGHTER</h1>
<p>Minibeasts</p> <p>This week has been the start of our new topic for the term - minibeasts. Take a look at our summer 1 curriculum map.</p>	
<p>Talk for Writing: The Very Hungry Caterpillar</p> <p>This week, Reception have learning to retell the story and use actions and their storytelling voice for expression. We have revisited Learning the days of the week and wrote sentences starting with On Monday.</p>	
<p>Nursery Rhyme of the Week:</p> <div data-bbox="347 656 651 1081"> <p>5 Little Woodlice Song (Sing to the tune of '5 Little Ducks')</p> <p>5 little woodlice under the bark, Comfy and cosy in the dark, 1 woodlouse crawled out of the door, He waved goodbye, and that left 4.</p> <p>4 little woodlice under the bark, Comfy and cosy in the dark, 1 woodlouse crawled out of the door, He waved goodbye, and that left 3.</p> <p>3 little woodlice under the bark, Comfy and cosy in the dark, 1 woodlouse crawled out of the door, He waved goodbye, and that left 2.</p> <p>2 little woodlice under the bark, Comfy and cosy in the dark, 1 woodlouse crawled out of the door, He waved goodbye, and that left 1.</p> </div>	<p>Reviewing the following sounds:</p> <p>s a t i n m d g o c k ck e u r h b f l ff ll ss j v w x y z zz qu ch sh th ng nk ai ee igh oa oo/oo ar or ur ow oi ear air er</p> <p>Reading Phase 4 short vowel words:</p> <p>hand jump lift soft tent wind hump nest lost thump belt pond</p> <p>New Tricky words:</p> <p>said so have like</p>
<p>In maths this week, the children have engaged with activities recalling the composition of numbers as doubles. The children have applied their sorting skills to numbers and investigated ways to sort the Numberblocks by exploring even and odd numbers. Investigating when a number can be composed of 2 equal parts (a double) it is an even number. Odd numbers are not made of two equal parts.</p> 	

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

Thank you all for ensuring PE kits are back in school, we even got to enjoy both our sessions outside this week! Just a little reminder, could we please try to avoid girls wearing tights on a Tuesday & Thursday in order for getting changed/dressed being a little easier for them. Also, some kits were without shorts. I know trousers are also on the required list, however, some of the children were wanting to choose shorts as their preference, but only had long trousers.

Forest Fun will be back to Tuesdays for the rest of this term (up until half term, weather/conditions permitting), so please remember the required change of clothes and footwear.

Many thanks for your continued support.

Rea Class

Phonics/Spelling

Year 2 This week year two will focus on how the 'w' sound changes how we spell words.

- * The 'w' sound followed by the letter 'a' makes an 'o' sound eg want.
- * The 'w' sound followed by the letters 'or' make an 'er' sound eg work.
- * The 'w' sound followed by the letters 'ar' make an 'or' sound eg warm.

Year 1 will be preparing for the phonics screening, by revising sounds we have learnt so far, and beginning to become familiar with alien words.



Homework for Rea class is:

- **Reading** regularly (at least four times).
- Continuing either playing maths games already sent home, using numbots or the white rose maths app. Year 2 can now access times tables rock stars using the same login as numbots. If you need links to this, please email Mrs J Jones. Well done for everyone who took part.
- Spelling words are being sent home and will be on purple mash to practise. Year 2 will have a spelling .

Maths

In maths, we will be solving problems with multiplication and division

Year 1



Year 2

Which bag holds the most money?



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 - 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 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
enquiries: 0345 678 9000

Sleep Tight Workshops - Summer 2024

 Shropshire Council

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

SLEEP TIGHT WORKSHOP

Starts on Monday 15th April 2024 from 9.30am to 11.30am
at Whitchurch Infants School, Station Road, SY13 1RJ

Starts Wednesday 17th April 2024 from 9.30am to 11.30am
Virtually via MS Teams

Starts Monday 10th June 2024 from 12.30pm to 2.30pm
at Bridgnorth Youth Centre

Starts Wednesday 12th June 2024 from 9.30am to 11.30am
Virtually via MS Teams

The workshops are delivered virtually via MS Teams or face to face at a venue in Shropshire
Our workshops run for 5 weeks from the start date excluding the School Holidays.

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by:
Emailing Parenting.team@shropshire.gov.uk
Or call us on 01743 250950

All our Workshops are free to Shropshire Council residents.

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

Parenting Support Line Poster Summer 2024

 Shropshire Council

If you would like to find out about further help and support the Parenting Team offer please email Parenting.team@shropshire.gov.uk or call us on 01743 250950
All our services are free of charge to Shropshire Council residents.

UNDERSTANDING YOUR CHILD

SOLIHULL APPROACH

PARENTING HELP AND SUPPORT LINE

available
Monday to Thursday from 9.30am to 4.30pm
and
Friday 9.30am to 3.30pm
You can contact the Parenting Help and Support Line by calling
01743 250950

Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. The Parenting Team is here to help and support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around your child's development and parenting?

Why not call our Parenting Help and Support Line where one of our trained Parenting Practitioners will be ready to listen.

(Please note the Parenting Help and Support Line will not operate on Bank Holidays)

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

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

Shropshire Family Information Service



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

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

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

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

 @ShropshireFamilyInfo
 @ShropshireFamilyInfo
 @ShropFamilyInfo



www.shropshire.gov.uk/fis

Solihull Approach - Understanding Your Child



ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

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

English  more languages available powered by Google Translate



Enjoy a fresh new look on mobiles

optional voice-over where available

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

and much more!



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

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

*Sign in or registration required

Access Code: **DARWIN18**

 PREPAID

Cleobury 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.

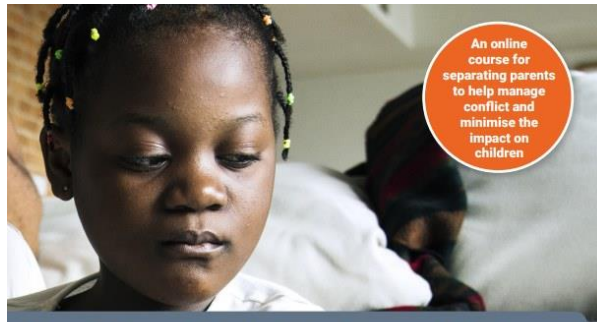
This free online course can help you learn to manage difficult conversations, avoid conflict, and improve things for your whole family.



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

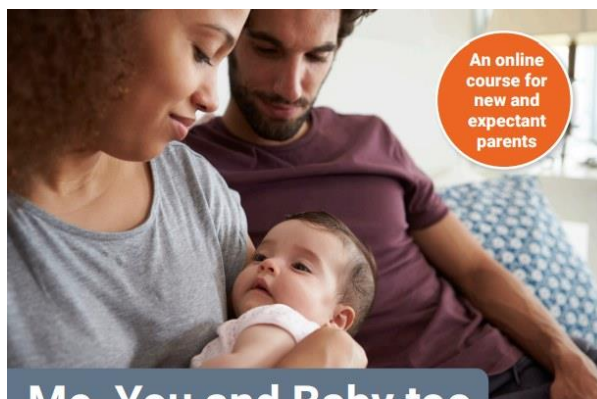
When separated parents argue, it's common for children to feel like they are caught in the middle. This free online course is designed to help separated parents communicate better with each other and parent co-operatively after parting.

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.

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 '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



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 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 - Bea, Sofia, Izzy, Fletcher, Maxwell, Cash, Florence, Aslan and Billy Cook

Silver - Cameron



Numbots

Teme Class: **Chloe Carter**

Rea Class: **Monty Barklam**



Times Tables Rock Stars

Rea: **Aubrey MacNaughton**

Corve: **Evelyn Andrews**

Severn: **Torrhen Bowdler**



Sports Stars:

Teme: Halsey for remembering and applying the different rules to our travelling games when teaching the Nursery children.

Rea: Phoebe S & William M for listening to instructions and putting them into practise.

Corve: Scarlett & Florence for their concentration during their PE lesson.

Severn: Archie for great interceptions and goal scoring during netball / **Jasmin** great shoulder passes during netball.



Great Sentence using words of the week:

Teme: The feather is **lighter** than the stone. **Arthur**

Rea: The Great Fire of London was **horrendous** and scary. **Rosie**

Corve: When my sister said, "One plus one is eleven," I was **bewildered** because it equals two. **Esme**

Severn: The **hubbub** of the stadium was very overwhelming. **Willow**



Class Achievers:

Teme: **Victoria** for her attention and perseverance when using her 'Minibeast View Finder' to spot and identify different minibeasts around our school / **Arthur & Tara** for excellent recall of History knowledge.

Rea: Leon & Rosie for excellent recall of History knowledge / **Reggie** for his fantastic contribution to class discussion / **Grace & Reggie** for being a great example of being ready for learning and focusing throughout their learning.

Corve: Maxwell & Aslan for excellent recall of History knowledge / **Noah W & Bella C** for their fantastic explanations about the functions of the parts of a plant / **Bea & Lillie** for their use of persuasive language / **Florence, Tabby & Harrison** for their careful painting of an object to show light and shadow.

Severn: Torrhen & Payton for excellent recall of History knowledge / **Torrhen & Billy** for great peer work in English.