



The Stotty School News 3.5.2024

Website



[Stottesdon CofE Primary School](#)

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

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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



Diary Dates for next week	
Monday 6 th May 2024	BANK HOLIDAY - ENJOY!
Tuesday 7 th May 2024	ELW Private Music Lessons. Forest Fun Session for Reception / N2. Kidderminster Harriers Corve / Severn Class Tuesday Yr 6 SATs Club 3.15pm - 4pm. Harriers Football Club 3.15pm to 4.15pm
Wednesday 8 th May 2024	ELW Private Music Lessons. Lunchtime Choir Club Gymnastics Club 3.15pm to 4.15pm
Thursday 9 th May 2024	Corve Class summer sports @ Lacon - within the school day. Lunchtime Chess Club. Netball Club 3.15pm to 4.30pm (Please note later pick up time)
Friday 10 th May 2024	
Upcoming Diary Dates	
24 th May 2024	Whole School Sponsored Walk
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

Community Governor Vacancy

Would you like to join the local governing body at Stottesdon CE Primary School?

Do you feel you could make a real difference to the lives of local children and young people and ensure they receive the education they deserve, influence important decisions for the school and make links across the community by working closely with fellow stakeholders, parents and staff?

Could you give a few hours a month to attend meetings, participate in training, carry out monitoring visits and engage in the life of the school?

What does a governor need to be?

Passionate about making a difference

Interested in the wellbeing of children

Able to bring appropriate skills and experience

Able to commit time and energy to the work of the local governing body

Able to visit the school during the working day occasionally

Be able to work as part of a team

What next?

1. Have a look at the National Governance Association (NGA) [‘Interested in becoming a school governor?’](#) The NGA is an independent, not-for-profit charity and the national governance association for state schools and multi academy trusts in England.

1. Join a Governors for Schools '[Introduction to governance](#)' webinar (you will need to register but it is a free service and there is no obligation). Governors for Schools is a leading national education charity that matches skilled and committed volunteers with schools across England in need of governors.
1. Apply to be a governor! Please contact Hannah Coleman, Governance Professional, at hannah.coleman@laconchilideschool.wo.uk for an application form or if you have any queries.

We very much look forward to hearing from you.

Sponsored Walk



We are planning to do a sponsored walk between Stottesdon and Chorley on Friday 24th May 2024. Children will be able to have their lunch and use the facilities at Chorley Village Hall before walking back.

Please find attached a sponsorship form for the walk, sponsorship will be a flat amount for the walk, we would be grateful for your support in helping to raise money for our FoSPS, who do so much to help with transport costs and books and will be also supporting the School Council's project to co-design the playground.

Children will need a packed lunch (if you are eligible for universal free school meals (reception / year 1 and year 2 children) or benefit related free school meals, please complete the form in the link below letting us know your child's choice:

<https://forms.office.com/e/5MRgCegPQC>

Please ensure children have appropriate clothing (non school uniform) and footwear (good trainers, walking shoes or wellies) for the walk - if sunny please ensure children have a sun hat and have had sun cream applied. As we get closer to the day we will give more specific advice dependent on the weather!

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.

Fund Raising



*Cameron Rainbird Hitchins, and his big brother Oliver took part in the Eastnor Castle 6km Mud Run 2024 last weekend. Due to their fantastic effort and everyone's generosity they have raised approx. £550 to fund new playground equipment for Stottesdon Primary School. Thus providing the children with a safe and enjoyable space to play, whilst fostering their physical and social development. **WELL DONE and THANK YOU***

FoSPS



1 - [Fosps Facebook Page](https://www.facebook.com/FoSPS96)

FOSPS NEWS

We are in need of volunteers to help with the set up and running of various stalls and activities at the Fete. If you can help, please let us know, either you'll find one of us on the playground most days or let the school office know and they can pass on the message. Thank you!!

Dates for your Diary-

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 Pioger

Other key members

Natalie Underhill

Lauren & David Walker

Lilly Roberts

Jessica Ralph

Claire James

Emma Giles

Cat Middleton

Alastair & Jane MacNaughton

Katie Jones

SUPPORT OUR LOTTERY TODAY

£1 per
week

Weekly
cash prizes

£25,000
jackpot



YOUR
SCHOOL
LOTTERY



Splitting the £1.00

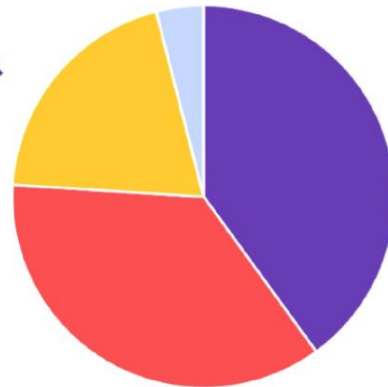
How it works...

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



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

The Maths... 100 tickets sold a week means
= £30 weekly cash prize
= £2,080 a year for our school



[Buy A Ticket](#)

GambleAware



NSPCC - Online Safety virtual workshop

NSPCC

FREE online safety workshop for parents - The NSPCC Keeping Children Safe Online workshop provides parents and carers with information about how to support their child in their online world. The 40 minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to resources and organisations for help and support. Click on the link below to access this workshop:

[Free online safety virtual workshop | NSPCC](#)

Our Worship / Reflections this week:



Tuesday: Children considered our compassion theme through the story of The Feeding of the Five Thousand. Children reflected on the importance of sharing and helping others.



Wednesday: Open the book brought us the story of The Beautiful Gate when the apostles helped a man who was unable to walk. We reflected on that we all have special gifts we can use to help others. It doesn't have to be money - kindness, smiles, including others, listening, giving time, helping out are all so important. We reflected on the phrase actions speak louder than words.



Thursday: Children reflected on diversity and inclusion. They considered how important it was for shops and business to consider this. They considered a request to Nike to sell individual trainers for single leg amputees.



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: Yr 1 = 100% / Yr 2 = 87%

Corve: 86%





Severn: 100%

EYFS (Nursery and Reception) News

<p>Summer 1 Term : Minibeasts</p> <p>This week nursery has been investigating which minibeasts can fly and flutter?</p>				
				
<p>Talk 4 Writing: Mad about Minibeasts</p> <p>We have been learning new makaton signs for the minibeasts in this story. We have also been looking at the meaning of new vocabulary (verbs) in this book. e.g. scuttle running or walking fast with small, short steps</p>				
				
<p>Makaton Sign of the Week:</p>  <p>PLAY</p>	<p>Concept Word of the Week:</p> <h1>DAY</h1>			
<p style="text-align: center;">I'm Taking Home My Little Bumblebee</p> <p style="text-align: center;"><small>(Teach as a spoken rhyme or make up your own tune.)</small></p> <p>I'm taking home my little bumblebee. Won't my mummy be ever so proud of me. I'm taking home my little bumblebee - Erg! There's honey on me!</p> <p>I'm taking home my little bumblebee. Won't my mummy be ever so proud of me. I'm taking home my little bumblebee - Ouch! It stung me!</p> <p>I'm setting free my little bumblebee. Won't my mummy be ever so proud of me. I'm setting free my little bumblebee - Goodbye, little fella.</p> 			<p style="text-align: center;">Getting Ready for School</p> <p>Nursery 2 children join in with Reception in the afternoons.</p> <p style="text-align: center;">Tuesday 7th: Forest Fun Wednesday 8th: Music Thursday 9th: PE</p>	
<p style="text-align: center;">Oral Segmenting and Blending</p> <p style="text-align: center;"><small>A vital skill in early Phonics and will give your child a solid foundation for future learning. Encourage your child to break up and merge the sounds they hear in words.</small></p> <p>Segmenting - You say a word and then they tell you the sounds they hear. "cat" - "c-a-t"</p> <p>Blending - You say the sounds within a word and they merge those sounds to form the whole word. "ch-air" - "chair"</p> <p>Model this as much as possible and play games like 'spy' or 'Simon Says' where you say the sounds and they blend them to make the word.</p> <p style="text-align: center;"><small>There is no expectation that children know any of the letters and their sounds when they start school. Children will be introduced to these within the Reception Year.</small></p> <p style="text-align: center;"><small>©Phonics Family</small></p>				
<p>Phonics</p> <p>This week the children have begun to identify objects beginning with 'v' sound.</p> 			<p>Put your teeth against your bottom lip and make a buzzing sound vvvv</p>	

Would those parents who have children in nappies at nursery, please ensure there are nappies and baby wipes in their child's changing bag. Thank you.

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/</p>	<p>Concept Word of the Week:</p> <h2>BIGGER</h2>												
<p>Minibeasts</p> <p>This week we have continued focussing on worms. After preparing our wormeries last week, we sourced worms from the garden, added some food and wrapped black paper around our jars to create 'darkness'. Now we look forward to being able to observe their behaviours, and see if we can spy any tunnels that they have made.</p>													
<p>Talk for Writing: The Very Hungry Caterpillar</p> <p>This week, the children planned and began writing their own version of the story 'The Very Hungry Caterpillar'.</p>													
<p>Nursery Rhyme of the Week:</p> <div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">I'm Taking Home My Little Bumblebee</p> <p style="text-align: center;"><small>(Teach as a spoken rhyme or make up your own tune.)</small></p> <p>I'm taking home my little bumblebee. Won't my mummy be ever so proud of me. I'm taking home my little bumblebee - Ergh! There's honey on me!</p> <p>I'm taking home my little bumblebee. Won't my mummy be ever so proud of me. I'm taking home my little bumblebee - Ouch! It stung me!</p> <p>I'm setting free my little bumblebee. Won't my mummy be ever so proud of me. I'm setting free my little bumblebee - Goodbye, little fella.</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 longer words/ compound words:</p> <table border="0"> <tr> <td>farming</td> <td>forest</td> <td>blanket</td> <td>children</td> </tr> <tr> <td>freshness</td> <td>present</td> <td>windmill</td> <td>lunchbox</td> </tr> <tr> <td>shampoo</td> <td>wooden</td> <td>finger</td> <td>printer</td> </tr> </table> <p>New Tricky words:</p> <p style="text-align: center;">There when what one</p>	farming	forest	blanket	children	freshness	present	windmill	lunchbox	shampoo	wooden	finger	printer
farming	forest	blanket	children										
freshness	present	windmill	lunchbox										
shampoo	wooden	finger	printer										
<p>In maths this week, the children have engaged in activities to consolidate their understanding of the composition of 5 and practise recalling the parts of 5 when 1 part is not visible.</p> <div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">   </div> <div style="flex: 2;"> <p>A key representation of the composition of 5 will be the fingers of 1 hand, focusing on both the fingers that are 'up' and those 'folded down', connected to a rhyme about 5 kittens jumping 'down' from the bed. The children have also built on previous work on the composition of 6 and 7 as '5 and a bit' and see that both 8 and 9 can be composed as '5 and a bit'.</p> </div> <div style="flex: 1;">   </div> </div>													

Rea Class


Phonics/Spelling

Year 2 We will be learning **why** some words end -le, -al, -il or -el?.

Year 1 will be preparing for the phonics screening, by revising 'l' making the 'lgh' sound as in tiger, 'a' making the 'ai' sound as in paper, 'ow' making the 'oa' sound as in snow and 'u' making the 'yoo' sound as in music.

 voo

 jound

 terg

 fape

Homework for Rea class is:

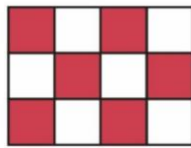
- **Reading** regularly (at least four times).
- Continuing either playing maths games already sent home, using numbots or the white rose maths app. Year 2 can now access times tables rock stars using the same login as numbots. If you need links to this, please email Mrs J Jones. Help your child to cut or separate items into halves or quarters and using the words half and quarter will be a useful activity at home this week.
- Spelling words are being sent home. Year 2 will have a spelling test. There will be a copy of your child's spelling test in their homework book.

Maths

In maths, we will be continuing our work on fractions.

Year 1

will be deepening their understanding of halves and quarters.



$\frac{1}{2}$ of this shape is shaded.

True or False?

Explain your thinking.

Year 2

will be exploring halves, quarters, three quarters and Thirds.

Can you find $\frac{1}{2}$, $\frac{1}{3}$ and $\frac{1}{4}$ of 20 strawberries?

Prove it.



Corve Class Trip to Coalbrookdale



On Monday 13th May children in Corve Class will be visiting Coalbrookdale Museum of Iron as part of their learning in history. They will also visit the Museum of the Gorge to find out more about the history of Ironbridge.

*We are asking for a voluntary contribution of £4.55 per child (£2.28 for those children who are eligible for income related free school meals) to cover the cost of the entrance fee to the Museum. We are extremely grateful to FoSPS for covering the **total** cost of transport for this trip.*

Children will need a coat / water bottle and packed lunch.

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

 Shropshire Council

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

UNDERSTANDING YOUR CHILD

SOLIHULL APPROACH

UNDERSTANDING YOUR CHILD GROUPS
From Toddler to Teen

Understanding Your Child starts on Wednesday 10th April 2024
From 12.30pm to 2.30pm in Shrewsbury at Sunflower House

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








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

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

Understanding Your Child starts on Friday 12th April 2024
from 12.30pm to 2.30pm Virtually via MS Teams

The groups are delivered Virtually via MS Teams or Face to Face at a venue in Shropshire.
All our groups run for 10 weeks from the start date excluding the School Holidays
SEND groups are for parents/carers of children who might have special educational needs and disabilities, no formal diagnosis is needed to attend the groups.

To book a place on one of our groups or for further information on the groups we run please contact the Parenting Team by: Emailing: Parenting_team@shropshire.gov.uk or call us on telephone: 01743 250950
All our groups are free to Shropshire Council residents.

    1 / 1 |    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.

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
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:

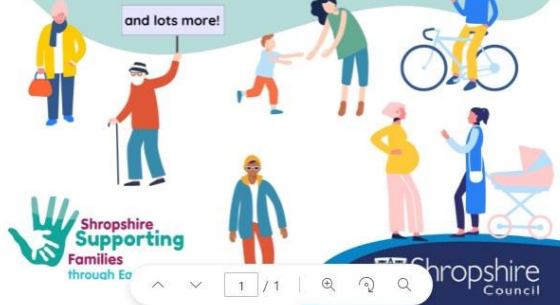
15 March 2024 19 April 2024
17 May 2024 21 June 2024
19 July 2024



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 Supporting Families through Education

Shropshire Council

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=saffiliate

For face to face support, go to [Getting on better | Shropshire Council](#) and select Free Courses and Workshops.



An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. How you deal with disagreements can make a big difference to you, your partner, and your children.

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

Create your free account at www.oneplusone.org.uk/parents or scan the QR code

To access the course, you will need a good internet connection and a smartphone, tablet, or computer.



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 or scan the QR code

To access the course, you will need a good internet connection and a smartphone, tablet, or computer.



An online course for new and expectant parents

Me, You and Baby too

Tiredness and stress are common when you're caring for a baby. If parenthood is leading to more arguments between you and your partner, this free online course could help.

With tips and advice on how to talk about difficult topics, share stress, and prevent arguments, this short course will help you and your partner navigate challenging times together.



Create your free account at www.oneplusone.org.uk/parents or scan the QR code

To access the course, you will need a good internet connection and a smartphone, tablet, or computer.

Tips on supporting children with self-regulation

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help. If they need it, schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE A DYSREGULATION DETECTIVE

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading those with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgia Barrett is an author, former teacher, Special Educational Needs Coordinator and the author of the award-winning SEN Resource blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

Healthy Sleeping Habits

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Territory delivered by National Digital Health. These guides now address wider topics and themes. For further guides, 144k and 15k, please visit [nationalcollege.com](#).

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While games, videos, apps and so on can be a bright, fun source of entertainment, it's important to ensure that your child's bedtime routine doesn't get disrupted by anything after they've switched off. Switching them off early and leaving a parent's room sleep.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on establishing routines to help them practice relaxation techniques to help them to fall asleep more easily. Encourage them to avoid caffeine and alcohol which they need to avoid 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 that the child is not drinking too much water in the evening. Encourage them to avoid caffeine and alcohol which they need to avoid evening. For example, if they need to use-up energy by exercising during the day.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that fit into their life. Try to wind down, practising a more relaxed state. Encourage them to avoid caffeine and alcohol which they need to avoid evening. For example, if they need to use-up energy by exercising during the day.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, having an ideal space for quality rest. The room's temperature should also be suitable for sleeping. That is, not too hot and not too cold – while rooms should be kept on top and free of clutter as possible.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime. It's important to ensure that your child's bedtime routine doesn't get disrupted by anything after they've switched off. Switching them off early and leaving a parent's room sleep.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the importance of sleep in maintaining physical and mental wellbeing. It's important to ensure that your child's bedtime routine doesn't get disrupted by anything after they've switched off. Switching them off early and leaving a parent's room sleep.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing and maintaining healthy sleeping habits. Encourage them to avoid caffeine and alcohol which they need to avoid evening. For example, if they need to use-up energy by exercising during the day.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Encourage them to avoid caffeine and alcohol which they need to avoid evening. For example, if they need to use-up energy by exercising during the day.
- MILITARY SLEEP METHOD**
Look up 'The military sleep method' – it's a technique for falling asleep quickly, which incorporates deep breathing exercises. The technique can be used by anyone, not just military personnel. While it can take a good deal of practice to perfect, research suggests it can be used by most people – and the results are often extremely impressive.

Meet Our Expert
Michelle Adams design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK. One of WakeUpWednesday, the charity provides training and support for early intervention and local authorities. The guide has been written by Adam Bilton – a learning and development specialist who is also Associate Vice President for Personal Development and a high-achieving athlete.

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Items of this guide are on all their own discretion. No liability is entered into. Current as of the date of release 11.03.2024

Health Visiting Information

Every family with children under 5 has access to a health visitor.

Families can access advice and support up until the age of 5 years old by calling **The Single Point of Access on 0333 358 3654**.

If parents don't want to talk to someone they can send a text and one of the team will get back to them on **07520 635212**

This is a Monday to Friday service 09:30am until 4pm where a Health Visitor is on the line to offer the appropriate advice and support and referrals can be made to the appropriate practitioner.

If parents need extra support or support for potty training, behaviour, sleep, eating we have two Healthy Child practitioner who they can be referred to who will come out to their home or to a clinic to support the family with these issues.

This referral can be completed through the single point of access and sent to the appropriate team.

If it is specialised targeted work the family will be seen by a Health visitor for example low mood or complex development issues, safeguarding or specialised referrals.

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

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

Celebrating Children's Achievements



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



Spelling Bee:

Bronze - JJ, Archie, Hollie D, Holly G

Silver - Ruby S, Harriet

Gold - Jasmin



Numbots

Rea Class: Phoebe Roberts



Times Tables Rock Stars

Rea: **Aubrey MacNaughton**

Corve: **Bella Callaghan**

Severn: **Samuel Glover**



Sports Stars:

Teme: Enfys for her enthusiasm, body control when travelling in a variety of ways and being a good role model for N2 .

Rea: Florence A and **Grace** for their football control in pairs.

Corve: Jenson St for his use of backhand in tennis.

Severn: Torrhen, Elliot, Willow, Hollie D., & Lana for stepping in to help the netball team practise and prepare for their tournament - Well done and thank you / **Samuel** for an outstanding performance during rounders @ Lacon, Mrs Stokes was very impressed with his accuracy when batting and his precision when throwing.





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

Theme: Chloe C

Rea: Ada

Corve: Isabelle B

Severn: Nate



Great Sentence using words of the week:

Teme: The monster truck had **bigger** tyres than the quad bike. **Arthur**

Rea: When there was a power cut I was **baffled** because the lights were off. **Walter**

Corve: The **remarkable** fish **thrashed** in the webs of Charlotte's cousin. **Carys**

Severn: My sister **begrudgingly** walked to the podium after she found out that she came second.
Harriet



Class Achievers:

Teme: **Theo** for his focus, attention to detail and carefulness when preparing his wormery, sourcing worms and adding the final touches!

Rea: Francesca for her perseverance in maths / **Esther** for her bean log in science / **Libby Grace** for her focus in phonics.

Corve: Bea, Izzy, Isabelle, Teddy, Oliver and **Tabitha** for their use of light and shadow when painting their still life composition.

Severn: Eliza, Payton, Nate & Torrhen for higher order thinking in RE.