



# The Stotty School News 24.5.2024 (Website)



[Stottesdon CofE Primary School](#)

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

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

## Diary dates for the week ahead



Diary Dates for next week	
Monday 28 <sup>th</sup> May to Friday 31 <sup>st</sup> May 2024	Half Term - Enjoy!
Tuesday 28 <sup>th</sup> May / Wednesday 29 <sup>th</sup> May 2024	SGN Holiday Club open from 8am to 5.30pm on the Tuesday / 8am to 3.15pm on the Wednesday
Monday 3 <sup>rd</sup> June 2024	Yr's 5/6 Depart for their London residential stay. Please ensure children are in school for 7am.
Tuesday 4 <sup>th</sup> June 2024	ELW Private Music Lessons Corve class attending Primary Outreach session at Lacon Childe School - Within the school day.
Wednesday 5 <sup>th</sup> June 2024	
Thursday 6 <sup>th</sup> June 2024	Yr's 5/6 Returning from their London residential stay. Aiming to be back between 5 - 6pm (we will confirm this by email on the day).
Friday 7 <sup>th</sup> June 2024	Lacon Sports Coach - Tennis with Corve & Severn. Cricket After school club yrs 3/4/5/6
Upcoming Diary Dates	
21 <sup>st</sup> June	School Fete
10 <sup>th</sup> July 2024	Severn Class Adventure Day @ Top Adventures
11 <sup>th</sup> /12 <sup>th</sup> 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@laconchilleschool.wo.uk](mailto:hannah.coleman@laconchilleschool.wo.uk) for an application form or if you have any queries.

**We very much look forward to hearing from you.**

## Sponsored Walk

Well done to everyone for completing the walk, everyone had a lovely time (all 11, 505 steps - if you're an adult!). Please see photographs below. We look forward to sponsor money coming in after half term to see how much we've raised.

Many thanks to FoSPS for providing everyone with an ice lolly to enjoy back at school.















## Swimming



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*We can confirm that we will be taking Reception to Y4 to swimming lessons at Highley open air pool next half term. Children will have six sessions (weekly on Wednesdays) starting the second week back*

after half term. More information will follow after half term but in the meantime we need to ask for a voluntary contribution of £22.50 per child (£11.25 for those children eligible for benefit related free school meals). Please note that the price of the provision has been significantly reduced through school and FOSPS funding.

Due to timings reception and year one children will need to take a packed lunch, which they will eat at Highley after they have done their swimming.

Yr2 / 3 & 4 children will have dinner as normal in school before going swimming.

As reception and year one children are eligible for universal free school meals, we are able to offer a packed lunch provided by the school (which will consist of a sandwich / bottle of water / piece of fruit and cookie) - **would you please complete the form in the link below if your child is in Reception or year 1** to inform us whether or not you would like the school to provide a packed lunch for your child:

<https://forms.office.com/e/itc1cXJ4TH>

## Summer 2 After School Clubs



### After School Clubs - June / July 2024

In June / July 2024, the following after school clubs are being offered (3.15 - 4.15pm, unless otherwise stated):

Club	Club Tutor	Start Date	No. Wks	No. Places	For Year groups:	Cost £
Athletics	Mrs Tracey Wood	Monday 10 <sup>th</sup> June 2024	5	16	Yr R/1/2	10.00
Lunchtime Choir	Mrs Esther Leverett Williams	Tuesday 11 <sup>th</sup> & Tuesday 18 <sup>th</sup> June	2		Yr 1/2/3/4 /5/6	0
Boomwhackers	Mrs Esther Leverett Williams	Wednesday 12 <sup>th</sup> June 2024	5		Yr 5 & 6	0
Science Club	Mr Daniel Middleton	Wednesday 12 <sup>th</sup> June 2024	5	12	Yr 5 & 6	10.00
Gymnastics	Annie Wain from Momentum Gymnastics	Wednesday 12 <sup>th</sup> June 2024	5	16	Yr 2/3/4	10.00
Gardening Club	Mr Chris Simpson	Thursday 13 <sup>th</sup> June 2024	5	16	Yr 1/2/3/4/5/6	10.00
Rounders	Mrs Jackie Walker	Thursday 13 <sup>th</sup> June 2024	5	18	Yr 3/4/5/6	10.00
Cricket	Steve Adams - Lacon	Friday 7 <sup>th</sup> June 2024	4	16	Yrs 3/4/5/6	8.00

Please find attached schedule of after school clubs for June / July. If you would like your child to attend any of these clubs would you please sign them up via Arbor (please remember clubs are listed under trips!).



## SGN Summer Half Term Holiday Club

Monday 27 <sup>th</sup> May	Bank holiday
Tuesday: 28 <sup>th</sup> May (HT + BH)	Pool meadow – <b>CHILDREN TO BE AGED 3 YRS &amp; ABOVE</b>
Wednesday 29 <sup>th</sup> May (finishes at 3:15pm) (HT +BH)	Bike and scooter club

<u>Date:</u>	<u>Session time:</u>	<u>Cost:</u>	<u>X to attend</u>
Tuesday 28 <sup>th</sup> May (8.00 - 5:30) Pool meadow (HT+BH)	8:00 - 8:45	£3.30	
	8:45 - 3:15	£28.60	
	3:15- 5:30	£9.90	
Wednesday 29 <sup>th</sup> May (8:00 - 3:15) Bike and scooter club (HT+BH)	8:00 - 8:45	£3.30	
	8:45 - 11:30	£12.10	
	11:30 - 12:30	£4.40	
	12:30 - 3:15	£12.10	

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*SGN Holiday Club are offering the following dates during half term:*

*Tuesday 28th May 2024 - Pool Meadow (8am to 5.30pm)*

*Wednesday 29th May 2024 - Bike & Scooter Club (8am to 3.15pm)*

*If you would like your child to attend either of the above sessions, please sign them up via Arbor.*

*Children not registered at our setting are welcome to attend, but must complete the attached booking form.*

*Unfortunately, as notified earlier in the week, we have had to withdraw the sessions on Thursday due to lack of bookings.*

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## Road Closure




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*As you are aware the road off the B4363 into the village is closed due to subsidence. The Parish Clerk has been in touch to say people are ignoring the signs and still driving along this route. She is concerned as the road is closed due to health and safety reasons (there is a possibility that the road could collapse at any time). Would people therefore please refrain from using this route until the road opens again (unfortunately this may be a long time as the remedial work is not scheduled yet!).*

*When people use the diversion route, would they please drive considerably, it is a single track lane which agricultural vehicles frequently use. (Chorley residents are very concerned at the speed at which people drive through).*

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## Willowdene Farm



*On Sunday 9th June, Willowdene Farm, Chorley are holding a 'LEAF Open Farm Sunday' from 11am to 2.30pm.*

*During the day there will be a variety of activities and displays, which will include:*

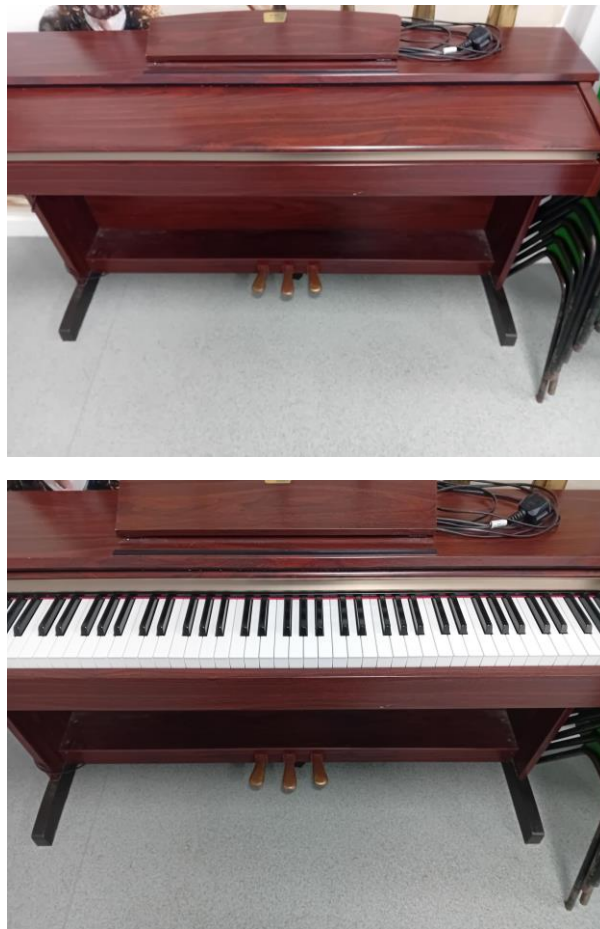
*Lamb & calf feeding / Alpaca walking / tractor trailer rides / cows / sheep / pigs / goats / horses / ducklings / craft market / police display / children's activities / food & refreshments.*

*Children are encouraged to take part in the 'Design a Scarecrow Competition', details attached.*

*Admission is free, tickets need to be booked online via the QR code on the attached poster or on the Open Farm Sunday website: [www.farmsunday.org](http://www.farmsunday.org)*

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## 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.

## 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>

# SUPPORT OUR LOTTERY TODAY

**£1 per  
week**

**Weekly  
cash prizes**

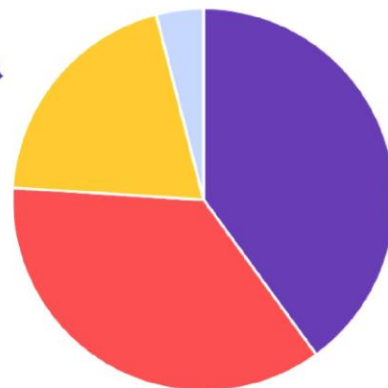
**£25,000  
jackpot**



**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



NSPCC - Online Safety virtual workshop

# NSPCC

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**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](#)

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Our Worship / Reflections this week:



Monday: We revisited Pentecost (Sunday 18th May) which celebrated the start of the church and Christians sharing the stories and advice of God and Jesus. Children reflected on the Christian belief of the Trinity: God the Father; God the Son; God the Holy Spirit





Tuesday: Children reflected on the Bible passage 'clothe yourselves with **compassion, kindness, humility, gentleness and patience**' (Colossians 12-14). They looked at different scenarios in school and how they might be compassionate, kind, humble, gentle or patient.



Wednesday: We considered the story of Moses in the bulrushes and the compassion and courage of the Pharaoh's daughter to do what she thought was right even when her friends and family were making different choices. We reflected on having the courage to make our own choices.



Thursday: We looked at the story of an girl's under 12 football team who, after having to persuade officials to play in the boys league and ignore initial mocking, won the league. We reflected on that no-one, regardless of whether you are a boy, girl, old, young, your race or religion, should be prejudged about what you can achieve.



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.

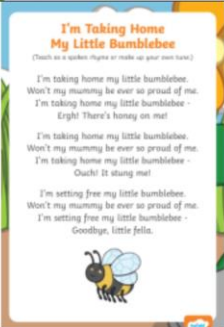



Teme: 100%

Rea: 86%

Corve: 82%


Severn: 100%

## EYFS (Nursery and Reception) News

Summer 1 Term : Minibeasts	
This week nursery have been investigating changes to the environment with Summer arriving.	
Little Wandle Foundations for Reading: Would You Rather? This week the nursery children have been making choices and responding to 'Would you rather?' questions.	
	<p>Makaton Sign of the Week:</p> <p>WELL DONE</p> 
Phonics This week the children have begun to identify objects beginning with 'z' sound. Show me your teeth and buzz the z sound zzzzz	
	



## Reception News



Please watch the Phase 3 sounds video over on the Little Wandle's Parent page to support pronouncing the next set of 'pure' sounds.

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

**Concept Word of the Week:**

# BELOW

**Minibeasts**

This week we have finished off our topic with a variety of different activities to check our understanding overall - this included sorting/classifying, labelling and evaluating what we have learned. We finished off our session/topic with a short 'What am I?' quiz.

**Talk for Writing: The Sleepy Bumble Bee**

This week we have been reading non-fiction books and writing facts about bees.

**Nursery Rhyme of the Week:**


**I'm Taking Home My Little Bumblebee**

(Teach as a spoken rhyme or make up your own tune.)

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!

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!

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.




**Reviewing the following sounds:**

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

**In maths** this week, the children have been practising subitising with subitising beads on a rekenrek. We've explored the structure of small numbers, while building a routine for correct orientation and how to push quantities of beads smoothly and with one finger. Eg. Pushing 4 beads together knowing '2 and 2 makes 4' or pushing 6 beads knowing '5 needs 1 more to make 6'

Subitising is important because it encourages the children to recognise small amounts efficiently (perceptual subitising) and to quickly see the 'numbers within' other numbers (conceptual subitising). Both skills will support the children in developing their understanding of the composition of numbers and will support greater fluency with calculation.



2 - [1] <https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/>

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*Please could you ensure your child has a coat with them at school EVERY DAY, we have been caught out a few times over the last couple of weeks.*

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## Forest Fun

For our final 'Forest Fun' session this term, we finished off our sessions with some den building. Once the children had worked together as a team to construct their den, they were able to enjoy a well-deserved hot chocolate and marshmallow, made on the fire! As you can see from the photographs, a successful session was had by all!













## Rea Class

During week beginning the 10th June 2024, children in year 1 will undertake the phonics screening check. This is nothing to worry about and will feel part of the normal routine for children in year one, who regularly take part in and enjoy phonics activities. They are well prepared for this and are enjoying reading the pseudo words in school. We call them alien words and you will find your child has bought an 'alien' home for them to look after. An information leaflet from the government, which gives more detailed information about this, can be accessed with this link, but if you do have any questions, please do not hesitate to get in touch with Mrs J Jones during the first week back. [https://assets.publishing.service.gov.uk/media/664c87774f29e1d07fadcba9/2024\\_Information\\_for\\_parents\\_assessment\\_phonics\\_screening\\_check\\_WEBHO.pdf](https://assets.publishing.service.gov.uk/media/664c87774f29e1d07fadcba9/2024_Information_for_parents_assessment_phonics_screening_check_WEBHO.pdf)

## Corve Class

On Thursday Corve Class enjoyed a sports festival at Lacon Childe.









## Activity Day & Residential @ Top Adventures



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*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.*

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## London Residential




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*The London Residential trip for Severn Class should now be paid in full as the school has had to pay all the costs in full. Thank you to all who have already completed this.*


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## 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 10<sup>th</sup> April 2024  
From 12.30pm to 2.30pm in Shrewsbury at Sunflower House

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



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


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

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

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

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



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

## Sleep Tight Workshops - Summer 2024

 Shropshire Council

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

**SLEEP TIGHT WORKSHOP**

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

Starts Wednesday 17<sup>th</sup> April 2024 from 9.30am to 11.30am  
Virtually via MS Teams

Starts Monday 10<sup>th</sup> June 2024 from 12.30pm to 2.30pm  
at Bridgnorth Youth Centre

Starts Wednesday 12<sup>th</sup> June 2024 from 9.30am to 11.30am  
Virtually via MS Teams

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

To book a place on one of our workshops or for further information on the  
workshops we run please contact the Parenting Team by:  
Emailing [Parenting.team@shropshire.gov.uk](mailto:Parenting.team@shropshire.gov.uk)  
Or call us on 01743 250950  
All our Workshops are free to Shropshire Council residents.





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

## Parenting Support Line Poster Summer 2024

 **Shropshire Council**

If you would like to find out about further help and support the Parenting Team offer please email [Parenting\\_team@shropshire.gov.uk](mailto:Parenting_team@shropshire.gov.uk) or call us on 01743 250950. All our services are free of charge to Shropshire Council residents.

**UNDERSTANDING YOUR CHILD**  
  
**SOLIHULL APPROACH**

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

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

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

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

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

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

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

## Shropshire Family Information Service

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

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

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

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

 @ShropshireFamilyInfo  
 @ShropshireFamilyInfo  
 @ShropFamilyInfo



[www.shropshire.gov.uk/fis](http://www.shropshire.gov.uk/fis)

## Solihull Approach - Understanding Your Child



ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

**Discover the Solihull Approach series**

English more languages available powered by Google Translate

Enjoy a fresh new look on mobiles

optional voice-over where available

**Understanding...**

- ...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](http://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

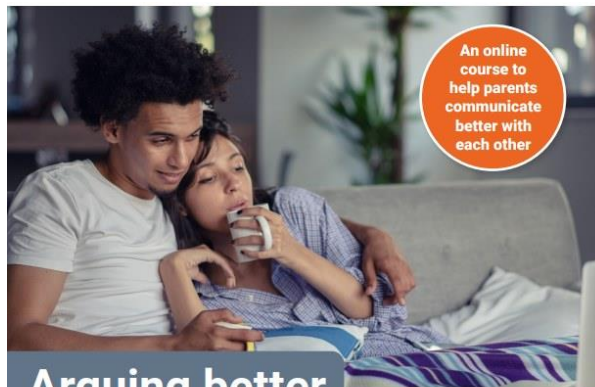




Introducing the Separating better app, a **free** self-guided mobile app for separating parents, designed to facilitate a smoother separation journey and promote positive co-parenting. This app is filled with expert advice, video resources, practical parenting, and budgeting plans, as well as co-parenting 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=sbaffiliate](https://www.oneplusone.org.uk/separating-better?utm_source=referral&utm_medium=social&utm_campaign=sbaffiliate)

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



An online course to help parents communicate better with each other

## Arguing better

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

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



Create your free account at [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) or scan the QR code. To access the course, you will need a good internet connection and a smartphone, tablet, or computer.



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

## Getting it right for children


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

You will learn positive communication skills like staying calm, seeing things differently, and speaking for yourself so that you can sort out disagreements with your child's other parent and find solutions together. You can do the course on your own, at your own pace.



Create your free account at [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) or scan the QR code. To access the course, you will need a good internet connection and a smartphone, tablet, or computer.






An online course for new and expectant parents

## Me, You and Baby too

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

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



Create your free account at [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) or scan the QR code

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

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*Tips on supporting children with self-regulation*

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# 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





## 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



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

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**Spelling Bee:**

**Bronze - William, Libby-Grace, James, Walt**

**Silver - Skyler, Grace, Harry & Ruby B**



**Numbots - Website address: [www.numbots.com](http://www.numbots.com)**



Times Tables Rock Stars - Website address: [www.ttrockstars.com](http://www.ttrockstars.com)



#### Sports Stars:

**Teme:** **Kai** for his independent focus and team work, when constructing and dismantling a den during Forest Fun.

**Rea:** **James & Monty** for their rallying in tennis.

**Corve:** **Spencer** for his teamwork and determination at Lacon.

**Severn:** **Lorelei** for showing great control over her football when dribbling / **Jay** for demonstrating long shots and passing successfully during a football match / Dan from Kidderminster Harriers wanted to extend a special mention to **Cameron** for great control over emotions during a football match and demonstrating great sportsmanship he also praised **all of Severn Class** for demonstrating great sportsmanship during their matches and showing great encouragement on and off the pitch.



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

**Teme:** Boyd

**Rea:** Grace

**Corve:** Oliver

**Severn:** Hollie D





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

**Teme:** The worms live **below** the soil. **Boyd**

**Rea:** After the dentist I felt **relief**. **Frankie**

**Corve:** The monster **detected** the evil **scheme** from a **paradise** far away from a business, which seemed quite **humble**. **Jenson St**

**Severn:** My sister was **quizzical** after my mum said she was just going for bread but came back with four bags of shopping. **Nate**



**Class Achievers:**

**Teme:** **Victoria** for her focus when adding a new event to her story in talk for writing.

**Rea: Phoebe Strong** for efficient choices of procedures in maths, leading to accurate calculations / **Frankie** for excellent reasoning about related facts in maths / **Ned** for consistently excellent writing / **Hugo** and **Leo** for always being ready, and focused on their learning.

**Corve: Tabitha** for her use of plurals in French / **Cash, Spencer** and **Ruby** for their explanations about the life cycle of a flower /

**Ellie** for her progress in understanding fractions / **Florence** for her work understanding the place value of tenths and hundredths / **Maxwell** for his response to adult feedback to make progress in his writing.

**Severn: Samuel, Ruby** and **Holly G** for their number and calculation work / **Hollie D** for her great sentence starters when writing a balanced argument.