



# The Stotty School News 26.04.2024



[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 29 <sup>th</sup> April 2024	ELW Private Music Lessons Monday Yr 6 SATs Club 3.15pm - 4pm Multi Sport Club 3.15pm to 4.15pm
Tuesday 30 <sup>th</sup> April 2024	ELW Private Music Lessons Netball Team to School Games Final - team will need packed lunch & water bottle - PLEASE NOTE LATE RETURN - <b>please arrange collection for 4.15pm.</b> There will <b>NOT BE</b> a Forest Fun Session for Reception / N2 this week. Kidderminster Harriers Corve / Severn Class Tuesday Yr 6 SATs Club 3.15pm - 4pm. Harriers Football Club 3.15pm to 4.15pm
Wednesday 1 <sup>st</sup> May 2024	ELW Private Music Lessons. Lunchtime Choir Club Gymnastics Club 3.15pm to 4.15pm
Thursday 2 <sup>nd</sup> May 2024	Severn Class rounders festival @ Lacon - within the school day. Lunchtime Chess Club. Netball Club 3.15pm to <b>4.30pm</b> (Please note later pick up time)
Friday 3 <sup>rd</sup> May 2024	
Upcoming Diary Dates	
24 <sup>th</sup> May 2024	Whole School Sponsored Walk - details to follow.....
3 <sup>rd</sup> - 6 <sup>th</sup> June 2024	Severn Class London Residential
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.**

## Fund Raising



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*One of our pupils, Cameron Rainbird Hitchins, and his big brother Oliver are taking part in the Eastnor Castle 6km Mud Run 2024. They have decided to use this opportunity to raise funds for new playground equipment for Stottesdon Primary School. They have set up a crowdfunding page to reach out to people for support. They know every pound raised will make a difference, providing the children with a safe and enjoyable space to play, whilst fostering their physical and social development.*

*If you are able to support please click on the following link:*

<https://www.justgiving.com/crowdfunding/CameronOllie6KMmudrun>

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## 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

# SUPPORT OUR LOTTERY TODAY

£1 per  
week

Weekly  
cash prizes

£25,000  
jackpot



YOUR  
SCHOOL  
LOTTERY



## Splitting the £1.00

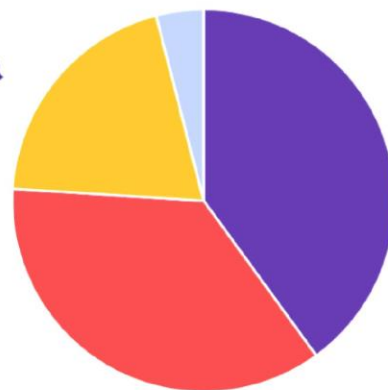
### How it works...

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](#)

Book Fair - CANCELLED

FREE BOOKS FOR YOUR SCHOOL WHEN YOU BUY AT THE BOOK FAIR!

SCHOLASTIC TRAVELLING BOOKS

COME to the **SUPER AMAZING BOOK FAIR!**

A POP-UP BOOK-STORE WITH HUNDREDS OF BOOKS FROM JUST £2.99

3 books for the price of 2

LAST YEAR, YOUR SUPPORT HELPED TO DONATE OVER £5.3M BOOKS TO SCHOOLS NATIONWIDE

NEW CAT KID COMIC CLUB Save £3 DAVID PILEY £12.99 £9.99

NEW George Weidner Why Not? £7.99

NEW DIARY OF WHIPPY KID DIPER OVERLOAD £7.99

NEW LUNA WOLF CODE DANGER ALESHA DIXON £7.99

NEW NINA PEANUT AMAZING £8.99 £7.99

NEW PANDAS WHO PROMISED £7.99

Date: 30th April - 7th May

Scan the QR code to pay online!

Due to unforeseen circumstances, we will not be holding a book fair next week as notified in the newsletter last week.

We hope to arrange a fair during the Autumn term, more details to follow.

## Our Worship / Reflections this week:



Monday: As a school we have talked about how we speak respectfully to one another. We used the poster to reflect on this and the importance of respecting views of others and respecting adults.

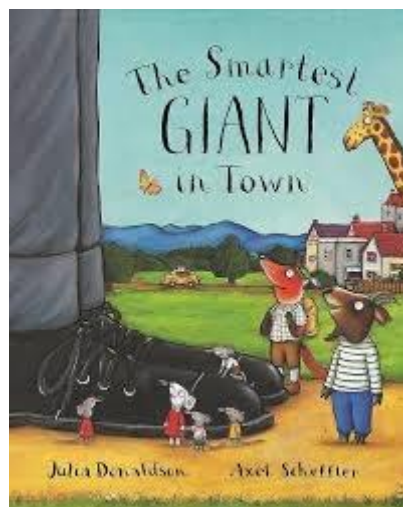
### Talking respectfully to those around us

- Kind and polite
- Tone of voice (not mumbling not raised voices)
- Do not interrupt or talk over others (wait your turn)
  - Listen and act (don't contradict or argue)
    - Think before you speak
- Look at the person talking (no eye rolling, shoulders down (be aware of your body language))

If you are not talking nicely to adults, they will ask you to sit out until you are ready to talk in the appropriate way.



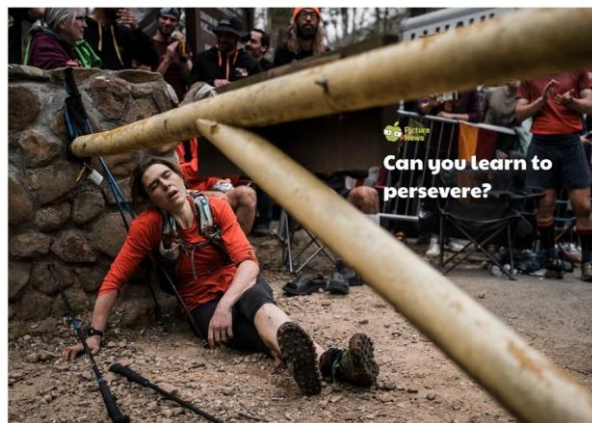
Tuesday: Children considered the compassion of the Smartest Giant In Town.



Wednesday: Open the book brought us the story of Pentecost (the gift of the Holy Spirit) and sharing gifts with others.



Thursday: Children reflected on perseverance (what it was and why it is important). We looked at the story of Jasmin Paris (Scottish runner) who has become the first female to complete what is thought to be the world's toughest race (Barkley Marathons in Tennessee USA)



## 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: 80%

Rea: 87%

Corve: 79%


Severn: 96%

## EYFS (Nursery and Reception) News

<p><b>Summer 1 Term : Minibeasts</b>          This week nursery has been investigating if minibeasts make a noise.</p>	
<p><b>Talk 4 Writing: The Very Hungry Caterpillar</b></p>	
	
<p>Nursery have been retelling 'The Very Hungry Caterpillar' story with actions and story sentences. We have been observing the caterpillars in Teme class growing and changing.</p>	
<p><b>Makaton Sign of the Week:</b></p> 	<p><b>Concept Word of the Week:</b></p> <h1>A bit</h1>
<p><b>Lots of Minibeasts</b>          (Sing to the tune of 'Head, Shoulders, Knees and Toes'.)          Ants, worms and bumblebees,          Bumblebees.          Ants, worms and bumblebees,          Bumblebees.          Oh, lots of min-i-beasts on plants and trees.          Ants, worms and bumblebees,          Bumblebees.          Snails, pretty butterflies,          Butterflies.          Snails, pretty butterflies,          Butterflies.          Oh, see them crawl or flying in the sky,          Snails, pretty butterflies,          Butterflies.          La-dy-birds and beetles,          And beetles.          La-dy-birds and beetles,          And beetles.          Oh, minibeasts can wriggle, fly and crawl.          La-dy-birds and beetles,          And beetles.</p>	<p><b>Getting Ready for School</b>          Nursery 2 children have started to join Reception in the afternoons.          Monday 29<sup>th</sup> DT: 3D Junk Box Station          Tuesday 30<sup>th</sup>: No Forest School / PE          Wednesday 1<sup>st</sup> Music          Thursday 2<sup>nd</sup> PE</p> <p><b>Top Tip:</b> Movement games are a fun way to support children's gross motor development. This week the children have enjoyed learning the actions /movement patterns to the song 'Banana, Banana, Meatball'.</p> <p><a href="https://www.youtube.com/watch?v=BQ9q4U2P3ig">https://www.youtube.com/watch?v=BQ9q4U2P3ig</a><sup>[1]</sup></p> 
<p><b>Phonics</b>          This week the children have begun to identify objects beginning with 'j' sound.          Pucker your lips and show your teeth; use your tongue as you say j</p> 	

2 - [1] <https://www.youtube.com/watch?v=BQ9q4U2P3ig>

## 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><small>Phase 3 sounds taught in Reception Spring 1</small></p> <p><a href="https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/">https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/</a></p>	<p>Concept Word of the Week:</p> <h1>CORNER</h1>												
<p><b>Minibeasts</b></p> <p>This week, Reception explored and created a bug hotel using natural resources whilst at Forest Fun. Our focus this week has been on worms, and creating a wormery to observe how they improve the soil and help plants grow.</p>													
<p><b>Talk for Writing: The Very Hungry Caterpillar</b></p> <p>This week, the children have been writing extended sentences using the word 'and' and 'but'.</p>													
<p><b>Nursery Rhyme of the Week:</b></p> <div style="border: 1px solid green; padding: 5px;"> <p><b>Lots of Minibeasts</b> (Sing to the tune of 'Head, Shoulders, Knees and Toes')</p> <p>Ants, worms and bumblebees, Bumblebees.</p> <p>Ants, worms and bumblebees, Bumblebees.</p> <p>Oh, lots of min-i-beasts on plants and trees. Ants, worms and bumblebees, Bumblebees.</p> <p>Snails, pretty butterflies, Butterflies.</p> <p>Snails, pretty butterflies, Butterflies.</p> <p>Oh, see them crawl or flying in the sky, Snails, pretty butterflies, Butterflies.</p> <p>La-dy-birds and beetles, And beetles.</p> <p>La-dy-birds and beetles, And beetles.</p> <p>Oh, minibeasts can wriggle, fly and crawl. La-dy-birds and beetles, And beetles.</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 longer words:</p> <table border="0"> <tr> <td>stamp</td> <td>swift</td> <td>crunch</td> <td>grand</td> </tr> <tr> <td>string</td> <td>market</td> <td>garden</td> <td>script</td> </tr> <tr> <td>strong</td> <td>morning</td> <td>twist</td> <td>crisp</td> </tr> </table> <p>New Tricky words: <b>Were here little says</b></p>	stamp	swift	crunch	grand	string	market	garden	script	strong	morning	twist	crisp
stamp	swift	crunch	grand										
string	market	garden	script										
strong	morning	twist	crisp										
<p><b>In maths</b> this week, the children have continued to develop their subitising skills (seeing the quantity without counting) in increasingly complex arrangements. Some arrangements are easier to subitise than others - e.g. a set of 6 dots arranged in a structured die pattern that exposes the double-3 pattern is easier to recognise than a random arrangement of 6 dots.</p> <p>A key focus, this week has been to use the children's understanding of doubles to support their subitising skills. We have also been looking carefully at structured arrangements, such as those shown on dice and 10-frames and closing their eyes and explaining what they see to extend their understanding of part-part-whole relations.</p>													

3 - [1] <https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/>

On Thursday Teme class took part in a 'multi sport' festival at Lacon Childe School, please see some photographs from the afternoon below:













## Forest Schools

This week our new shelter at Forest Fun has been erected. The shelter will be a great support to host all weather activities.

A big thank you to the Datlen / Muggleton Family, grant funding from Veolia and parents' contributions towards our termly sessions.

We use parent contributions to support a higher staff ratio, resource activities, equipment, tools and fund structures such as the shelter and firepit. Without these contributions, we will not be able to sustain the termly opportunity of Forest Fun. Only 2 out of 14 families made a payment contribution this term and 7 out of 14 last term.





Whilst at Forest Fun this week, we continued to focus on creating an appropriate habitat for minibeasts. We did this by filling empty tubes that had been fixed into a cardboard surround, with a variety of natural resources – grass, leaves, twigs, bark, moss, feathers etc.















# Rea Class

## Phonics/Spelling

**Year 2**  
Will be finding out why do some words have the spelling 'ey' for the 'ee' sound.

**Year 1** will be preparing for the phonics screening, by revising 'ea' making the 'e' sound as in head, 'ir' making 'ur' as in skirt, 'ou' making 'ow' as in cloud, and 'oy' making 'oi' as in enjoy. We will also be continuing to read alien words.

	voo
	jound
	terg
	fape

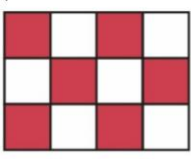
Homework for Rea class is:

- **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. Well done for everyone who took part.
- Spelling words are being sent home. Year 2 will have a spelling test. Today's spelling test will be in your child's book bag.

## Maths

In maths, we will be focusing on money by recognising coins, making different amounts of money and giving change.


<b>Year 1</b> will be deepening their understanding of halves and quarters.	<b>Year 2</b> will be exploring halves, quarters, three quarters and Thirds.
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$\frac{1}{2}$  of this shape is shaded.

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

Explain your thinking.      Prove it.



Rea Class - Multi Sport at Lacon Childe School on Thursday 25th April













## Corve Class Trip to Coalbrookdale



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*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.*

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## 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 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.*

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

### Sleep Tight Workshops - Summer 2024

 Shropshire Council

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

**SLEEP TIGHT WORKSHOP**

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

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

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

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

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

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by:  
Emailing [Parenting\\_team@shropshire.gov.uk](mailto:Parenting_team@shropshire.gov.uk)  
Or call us on 01743 250950

All our Workshops are free to Shropshire Council residents.

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

Parenting Support Line Poster Summer 2024

 Shropshire Council

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

**UNDERSTANDING YOUR CHILD**  
  
SOLIHULL APPROACH

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

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

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

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

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

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

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

Shropshire Family Information Service





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

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


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

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



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


## Solihull Approach - Understanding Your Child



ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

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

English  more languages available powered by Google Translate



Enjoy a fresh new look on mobiles

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

**and much more!**


optional voice-over where available

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

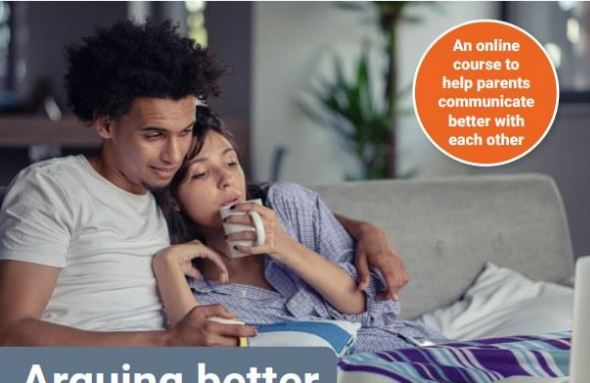
## OneplusOne



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=saffiliate](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](http://www.oneplusone.org.uk/parents) or scan the QR code

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



1 / 3



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

## Getting it right for children

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

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



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

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



An online course for new and expectant parents

## Me, You and Baby too

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

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



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

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

*Tips on supporting children with self-regulation*



# 10 Top Tips on Supporting Children with SELF-REGULATION

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

## 1. DESIGNATE A TRUSTED ADULT

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

## 2. MEET CHILDREN HALFWAY

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

## 3. FACTOR IN THEIR BASIC NEEDS

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

## 4. REMAIN PATIENT

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

## 5. BE A DYSREGULATION DETECTIVE

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

## 6. USE SUITABLE LITERATURE

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

## 7. TRY SENSORY RESOURCES

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

## 8. NURTURE INDEPENDENCE

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

## 9. MODEL GENUINE FEELINGS

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

## 10. FORMULATE A PLAN

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

## Meet Our Expert

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



#WakeUpWednesday

The National College

Healthy Sleeping Habits

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Territory delivered by National Digital Health. These guides now address wider topics and themes. For further guides, 14th and 15th, please visit [nationalcollege.com](#).

## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

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

- MINDFUL TECH USE**  
Encourage a balanced approach to screen time. While games, videos, books and so on can be a bright, creative and fun world, it's important to ensure that your child's screen time doesn't take up too much of their day. Encourage them to be mindful of how they feel after they've finished it. Switching them off early can help a parent calm sleep.
- EFFECTIVE SLEEP PRACTICES**  
Offer practical advice on establishing routines that become positive and consistent. Encourage children to be aware of the things they need to do each evening, for example, if they need to get up early in the morning, encourage them to get up early in the morning.
- HYDRATION HABITS**  
Underline the importance of drinking plenty of water throughout the day. While it's important to encourage children to drink water, it's also important to encourage them to drink water throughout the day. Encourage them to drink water throughout the day. Encourage them to drink water throughout the day.
- CONSISTENT BEDTIME SCHEDULE**  
Assist children in developing consistent bedtime routines that help them get ready to go to bed. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine.
- 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. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine.
- 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. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine.
- PRIORITISING ADEQUATE SLEEP**  
Emphasise the importance of sleep in maintaining physical and mental health. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine.
- NUTRITIONAL BALANCE**  
Highlight the significance of a healthy, balanced diet – and its role in establishing and maintaining healthy sleeping habits. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine.
- PARENTAL SUPPORT**  
Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine.
- MILITARY SLEEP METHOD**  
Look up 'the military sleep method' – it's a technique for falling asleep quickly, which incorporates deep breathing exercises. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine. Encourage them to be consistent with their bedtime routine.

**Meet Our Expert**  
Milly Ahsan design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK. One of WakeUpWednesday, the charity provides training and support for young people and their families. The guide has been written by Adam Bilton – a wellbeing and development specialist who is also Associate Chair of the National Development and Design Academy.

[@wake\\_up\\_weds](#) [/www.thenationalcollege](#) [@wakeupwednesday](#) [@wake.up.weds](#)

Items of this guide are on our [book now](#) page. We highly recommend this. Current as of the date of release: 11.03.2024

### Health Visiting Information

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

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

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

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

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

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

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

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

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

## Celebrating Children's Achievements



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

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### Spelling Bee:

**Bronze - Isabella, Phoebe S and Phoebe R**

**Silver - Lincoln, Eva, Aubrey, Hugo, Harriet F and Willow**

**Gold - Noah PD, Eliza**



### Numbots

Theme Class: **Arthur Ralph**

Rea Class: **Libby Grace Walker**





### Times Tables Rock Stars

Rea: **James Home**

Corve: **Carys Read**

Severn: **JJ Lyndall-Dimmock**



### Sports Stars:

**Teme: Ophelia** for her focus and attention whilst participating in a variety of activities at Multi Sports, Lacon.

**Rea: Esther & Skyler** for good ball control in their tennis volley.

**Corve: Cash** for his fantastic ball control in football.

**Severn: Holly G** for fast, accurate, attacking play in handball / **Billy** for fielding in cricket, demonstrating superb catching and great goalkeeping in handball / **Ruby S** for demonstrating good long throws in frisbee.



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

**Teme:** There was a poisonous spider in the **corner** of the bathroom. **Theo N**

**Rea:** When Dad was digging a hole he was **industrious**. **William M**

**Corve:** Thousands of years ago, Jesus **ascended** up and up and then his holy spirit **descended** down to Earth. **Noah W**

**Severn:** I was **cock -a -hoop** when I learnt how to do a front flip into a backflip. **Ruby**



**Class Achievers:**

**Teme:** **Boyd** for remembering to use finger spaces in his writing.

**Rea:** **Miss Grantham** for an amazing teaching practice. We have loved having you here at Stottesdon and we will all miss you very much. Well done.

**Eva, Aubrey, Leon, Theo, Meghan, James** and **Phoebe S** for their creative posters about good news / **Leo** represents year 1 for fantastic phonics / **Monty** represents year 2 for fantastic explanations in mastering numbers.

**Corve: Evelyn** and **Gabby** for their work using the column method for multiplication / **Tabitha, Izzy, Carys, Scarlett, Harrison** and **Maxwell** for their careful sketches of their still life composition.

**Severn: Samuel, Willow, Archie, Lottie-Boo** and **Lorelei** for using high level vocabulary in their persuasive writing.