St. Thomas' C.E. Primary School **Newsletter**

05.05.24

A note on worship...

Respect



'The Lord God took the man and put him in the Garden of Eden to work it and take care of it' Genesis 2:15

At the beginning of the week we celebrated Earth Day buy watching a video about our beautiful planet and talking about the small things that we can do to look after it.

This week was also St George's day. Reverend Janet came in to lead our worship and she brought a red dragon with her!

On Wednesday we learned about the Jewish festival of Passover which is being celebrated at the moment and we share the story of the Exodus from Egypt, led by Moses.



Stars of the Week



Katie, Tommy, Rosie, Anna, Elsie Ta, Charlie, Pippa, Matilda, Keegan, Amelia & Erin Well done to you all!

Events for the Week

Beginning

6.05.24

Monday

School Closed - Bank Holiday

Tuesday

Keyboard, strings and woodwind lessons

After school rounders for years 4, 5 and 6

Wednesday

Brass Lessons

After school multi-skills for years 1 and 2

After school cricket for years 5 & 6

Thursday

Choir to the music festival

Cricket at Old Trafford

Water Polo

After school athletics for years 3, 4, 5 and 6

6.30pm Parent's meeting with Karen Bramwell

Friday

Sapphire class whole class brass lessons

From the office...

Please order schools dinners by midnight on Sunday. Twenty children did not have dinners ordered for them which day this week. This can lead to children not being ordered a school dinner by the office staff. If you have not ordered a school dinner for your child, please send them with a packed lunch to ensure that they get something they will eat.

Academy Conversion Meeting

This has now been rescheduled to Thursday 9th May at 6.30pm. Karen Bramwell will be attending in person and not be on video call. All are welcome – please let the office know in advance if you are attending. Thank you.

Those that sent questions for the last meeting will have them answered on Thursday.

Keeping Children Safe Online





(i) @nationalonlinesafety

@national_online_safety

#WakeUpWednesday

Wellbeing

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit national college, com.

10 Top Tips on Supporting Children with

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



s vital that children feel safe and know at there's someone they can always go to help if they need it. Schedule consistent hes for the child to develop a relationship th this person – ideally through play and smes – allowing trust to grow and suring that the child is more likely to me forward if anything is wrong, rather an 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 fusted adulf first

3. FACTOR IN THEIR 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 — hild, make sure they feel sale,

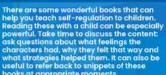
4. REMAIN PATIENT

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 say with compact and understanding to help et with comfort and understanding to help em 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.





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

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. 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

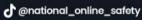


National College









Our School's Got Talent



Congratulations to the following children who have made it through the semi-finals. The semi-finals will be held in school in front of the rest of the children. All of the children will then be able to vote for who they want to see in the finals.

Erin, Isabella, Gosia and Josephine, Theo S., Scarlett F. and Evie, Lillie-May, Maisie and Raeann, Ronnie, Chester, Amelia B.W. and Ellie, Scarlett H., and Hattie, Matlida, Neave and Lillie S., Renaiya and Elsie Th. And Maddie.

Well done to all those who took part in the audition process. All of the children did well and it was a hard decision to choose the semi-finalists.

Bingo Night



The next bingo night is on Friday 17th May.

Tickets are available from Wisepay and cost £10 each. This is a really fun night. Funds raised will be going towards new interactive whiteboard for the classrooms.

Dates for the Diary...

Monday 6th May – School closed for Bank Holiday

Thursday 9th May – Water Polo session for year 4 and 5 children (limited)

Thursday 9th May – Music festival for the school choir

Thursday 9th May – Cricket at Old Trafford cricket (limited children)

Thursday 9th May – Academy Conversion meeting at 6.30pm

Monday 13th - Thursday 16th May - Year 6 SATs week

Friday 17th May – Our School's Got Talent semi-final (in school)

Friday 17th May – Bingo Night

Monday 20th May – Sapphire class visit to the Imperial War Museum North

Tuesday 21st May-Friday 24th May – Bikeability for year 6 children

Tuesday 22nd May – Rounders tournament for year 5/6 children (after school)

Thursday 23rd May – Ruby class to the music festival