

Christ Church CE (VA) Junior School



NEWSLETTER



SPRING TERM

Friday 23rd February 2024

Headteacher Update

Welcome back everyone—onto another very short half term. I do hope everyone had a lovely holiday.

This week has been busy. Year 4 had a lovely reflective journey on Thursday, helping their learning about Lent in RE. All children in school have also begun their reflections for the season of Lent and have made both personal and class Lenten promises. Well done everyone.

Attendance—a huge well done to Willows this week, who were the only class at target for this week. Attendance is once again a real concern for us. We will be closely monitoring attendance over the coming weeks and will have our termly consultation with our Local Authority attendance officer in the next couple of weeks. Please make attendance a priority, so that your child can make every learning moment count. We will be working with families over the coming weeks to break down the barriers to poor attendance so that every child fulfills their potential.

Robinwood Y6 Residential—the children and staff are starting to get very excited about the annual Y6 residential to Robinwood. Please remember to pay any outstanding money for the residential trip by the beginning of May. Many thanks.

Have a lovely weekend everyone and see you all next week.

Upcoming Dates:

- Wednesday 28th February—Whole school RE day: Christianity around the world
- Tuesday 5th March—Mrs Warden, School Improvement Consultant in to look at Cultural Diversity through school
- Thursday 21st March 9.30am—Easter Service in Church (both schools)

HEADTEACHER'S AWARD

Well done this week to our Headteacher's Award winner this week!



Ava-Jo Smedley



Thank you for everything you have done to earn the HT Award this week!

Photo Wall



Attendance

National Attendance Target = 96%

Class	Attendance %	Number of lates (after 9.00am)
Willows	96.0	8
Junipers	88.9	4
Chestnuts	90.0	8
Sycamores	91.9	3
Whole School	91.6	23

Our Online Safety Information this week:

With grateful thanks to the National Online Safety team (www.nationalonlinesafety.com)

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 nationalcollege.com.

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 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

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



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Term Dates: 2023-24

Please note that these dates are for both Christ Church and Tuel Lane.

 <p style="text-align: center;"> <u>Tuel Lane Infant School</u> <u>and</u> <u>Christ Church CE (VA) Junior School</u> <u>Term Dates 2023-24</u> </p> 		
Autumn Term	Re-open	Wednesday 6 th September
	Half-term	Friday 27 th October
	Re-open	Tuesday 7 th November
	Christmas holiday	Friday 22 nd December
Spring Term	Re-open	Monday 8 th January
	Half-term	Friday 9 th February
	Re-open	Monday 19 th February
	Easter holiday	Friday 22 nd March
Summer Term	Re-open	Tuesday 9 th April
	May bank holiday	Monday 6 th May
	Half-term	Friday 24 th May
	Re-open	Monday 3 rd June
	Summer holiday	Friday 19 th July
	INSET Days	Monday 4 th September Tuesday 5 th September Monday 6 th November Monday 8 th April Monday 22 nd July

Term Dates: 2024-25

Please note that these dates are for both Christ Church and Tuel Lane.

 <p style="text-align: center;"> <u>Tuel Lane Infant School</u> <u>and</u> <u>Christ Church CE (VA) Junior School</u> <u>Term Dates 2024-25</u> </p> 		
Autumn Term	Re-open	Wednesday 4 th September
	Half-term	Friday 25 th October
	Re-open	Monday 4 th November
	Christmas holiday	Friday 20 th December
Spring Term	Re-open	Tuesday 7 th January
	Half-term	Friday 14 th February
	Re-open	Monday 24 th February
	Easter holiday	Friday 4 th April
Summer Term	Re-open	Tuesday 22 nd April
	May bank holiday	Monday 5 th May
	Half-term	Friday 23 rd May
	Re-open	Monday 2 nd June
	Summer holiday	Friday 18 th July
	INSET Days	Monday 2 nd September Tuesday 3 rd September Monday 6 th January Monday 21 st July Tuesday 22 nd July

CHRIST CHURCH CE (VA) JUNIOR SCHOOL NEWSLETTER

Willows:

Miss Larkin and Ms. Cromack: The children have made an excellent return to school this week and we have definitely had our thinking caps on. In Literacy, we have been writing instructions based on the book, 'How To Wash A Woolly Mammoth.' This book has made us laugh and made us think about how we would feel if we had to wash a woolly mammoth. This half term, we will be looking closely at the Stone Age, thinking about how things changed from Paleolithic to Mesolithic. It has been excellent to see the children get excited about this topic, sharing what they already know and trying to interpret evidence to deepen their understanding - we definitely have some budding archaeologists in the classroom! Have a lovely weekend.



Junipers:



Miss Crawshaw, Mrs. Page and Mrs. Smedley: We've had a brilliant first week back! In Maths, we have started learning about decimals, beginning with counting in fractions before moving on to counting in decimal tenths. In Literacy, we have been reading Leo and the Gorgon's Curse, which links to our history topic of Ancient Greece. The children have asked insightful questions to deepen their understanding. We were super lucky to have our Hand to Mouth session for the Journey through Lent. Please can I remind you, children should be reading at home, it is crucial to their reading progress they are reading regularly and this is written in their reading record! Have a lovely weekend

Chestnuts:

Mr Dow and Mrs Mudd: This week, we have started studying the novel 'Journey to Jo'burg', set in Apartheid South Africa. The children have been using comprehension skills to delve deeper into the text and explore characters and themes in the story. In maths, we have started looking at decimals and equivalent fractions – starting with tenths and hundredths and then applying this knowledge to a wider range of fractions. In PE we started our work on Gymnastics – we looked at travelling motions – travelling across beams, hoops, ground and through the air in a controlled movement. In science we are going to be looking at friction – using braking systems to test the friction on different surfaces.



Sycamores:



Miss Firth and Miss Mor: Welcome back everyone, we hope you have all had a lovely half term. It has been a busy but very productive week in Sycamores. In Literacy and History we have been learning about WW2. Children learnt about how the war started, which countries were involved, the names of some of the main leaders and which group of people suffered the most. We also read a book about Anne Frank; children learnt about the life of Jewish people living in Germany during WW2 and their struggles. In maths we have been looking at decimals, fractions and percentage equivalence and we have also been finding percentages of amounts. This week it has been our class collective worship and children chose to focus on the Christian value of compassion. They worked together to write acrostic poems, read different scenarios and stories that would help the rest of the children in reflect on how to show compassion. Have a lovely and restful weekend.

Certificates

CERTIFICATE WINNERS

WILLOWS: Stanley Sutcliffe & Joey Cannon

JUNIPERS: Ol Martin & Mason Howard

CHESTNUTS: Eloise Baldwin & George Waller

SYCAMORES: Lillia Farrar

Christian Values Certificates

Each week, we choose one person from each class who has exemplified one of our Christian Values throughout the week.

The winners this week are:

Samuel Hawdon

Jacob Campbell

Elsie Nuttall

Scarlett-Rose Sutcliffe

