



St Michael with St Thomas C of E Primary School

Newsletter – Friday 4th October 2024

Y5 Harvest Celebration

This week, Y5 led our Harvest Festival in church and what a fantastic job they did! They explained the meaning behind the Harvest celebrations using song, poems, drama and some beautiful artwork! We were all really impressed with their confidence and speaking skills. We really appreciate all the families who joined us on our walk to and from the church and we are so thankful to all those who donated to such a worthwhile cause.

Parent Insight

You will have noticed in the Looking Ahead dates, that we have our first round of Parent Insight sessions coming up. For those of you that haven't experienced these afternoons before, it is an opportunity for parents to come in and join in a lesson with their child, learning alongside them. This enables parents to get a flavour of what life is like in the classroom and also to see the different strategies and methods we use to teach, which will help you to support your child at home. If you wish to attend the session, please sign up on Arbor, you will be able to see within the app if you have secured a place. Unfortunately, due to space in the classroom, numbers are limited, if you would like to attend but are unable to book on as the session is full, please contact the office and another session will be put on for a different day so no one will miss out.

These are live lessons and unfortunately younger siblings are unable to attend. Unfortunately, you will not be able to attend unless you have booked onto the session

Y6 Judo

This week, Y6 took part in a personal safety session led by Judo Education. During the session, we learned about how to safely remove ourselves from potentially unsafe and uncomfortable scenarios without the need for using force, so that we can always ensure we are keeping ourselves, and others around us, safe. We practised many different release techniques with partners and had lots of fun. The main message that we will take forward from the session is 'Run, yell, tell' if we ever feel that we are in danger. A huge thank you to Carl from Judo Education for delivering such a fun, informative session!

Road Safety

Can we please remind our families on the importance of keeping the road outside our school safe for everyone to use. We have been advised that some parents are parking on pavements around the school resulting in children having to walk onto the road to get past, and some are parking on zigzags resulting in limited access for other road users. Please can you ensure sure you keep your speed down, you park safely, legally and considerately around the school, and to remember the 'School Keep Clear' markings outside the school are there for the safety of the children and other pedestrians. They are there to keep the area completely clear of vehicles during school times and we ask that you do not stop or park on them.

We would also like to request parents do not turn their cars round at the barrier, if you are able to, please park your car a little further away from school and take the opportunity to walk and enjoy a chat with your child about their day.

Please also remember to use the pedestrian gate to enter the school and not by walking across the car park - we do not want to see anyone hurt and we ask that we all work together to ensure the safety of our children.

National Poetry Day

Last year, Laura Mucha asked us to help her to make a video to publicise a world record attempt for the world's largest poetry lesson, so our current Year 6's thought about what they could count. The video link is here so that you can take a look at their amazing contributions.

<https://www.youtube.com/watch?v=C22ZsvYwE7A>

In September, all of our classes collected ideas of what they could count and what they counted on and we sent these to Laura so that she could start the poem. On Thursday, the school rushed back from church to take part in this hugely exciting event- The Guinness Book of World Record's record-breaking attempt to be part of the largest poetry lesson **IN THE WORLD!!!** Laura held a Zoom call with schools all across the country and introduced what she had written so far. Children then voted on key points, such as names and grammatical structures before performing

the poem together. This was magnificent to watch as schools all over the country chanted the lines together. The finished poem will be displayed all across the country and we are now waiting for the count to be completed to see if the record attempt was successful. Fingers crossed!

Reception Welly Walk

Well done to Reception who successfully completed the full mile on their annual welly walk this year. They managed to avoid the rain, but they still had lots of puddles to enjoy jumping in along the way! Thank you to all the families who sponsored this event.

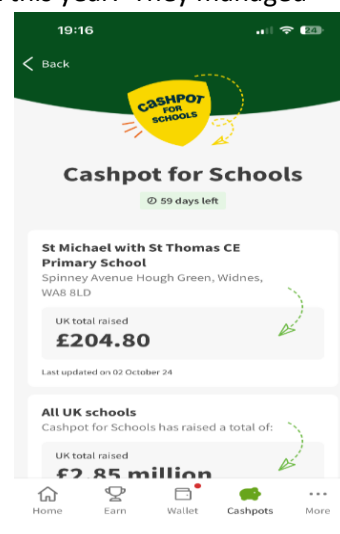
Asda Cashpot for Schools

We would like to say a big thank you to everyone who has added to our Asda school cash pot so far. We still have 58 days left so please keep adding! Every penny will be going towards new equipment for our classes.

Goodbye For Now Miss Chippendale!

This week we said goodbye (for a little bit!) to Miss Chippendale, who has now gone on maternity leave. We couldn't let her leave without what has become one of our traditional farewell assemblies, where we make sure everyone leaves with a smile on their face. This one was no different, and Miss Chip took part in a challenge against some of our children to 'Guess the Staff Member' from baby photos! We have attached the ppt for you to play at home too – see how many you can guess!

Whilst we will miss her a lot, we wish Miss Chippendale lots of love as she starts this special time, and we will update you with news of our latest school family member when he makes an appearance!



Looking Ahead:

Here are some important dates for your diaries to help you plan for the next few weeks:

- 7th October – Reception Parent Insight Session 2:15pm
- 10th October – Y6 Parent Insight Session 2:15pm
- 11th October – Premises Manager Job Application closing date
- 14th October – Y3 Parent Insight Session 2:15pm
- 15th October – Y4 Parent Insight Session 2:15pm
- 15th October – Y2 Parent Insight Session 2:15pm
- 16th October – Y1 Parent Insight Session 2:15pm
- 17th October – Y5 Parent Insight Session 2:15pm
- 22nd October – School Individual Photographs
- 24th October – Reception Welcome Worship in School @ 9am
- 24th October – Autumn Disco
- 25th October – End of Term
- 4th November – Start of Term

Please note, these dates are subject to change – please ensure you check them each week for any amendments or additions.

Living Our Values

Our Christian Value for this half term is:

Perseverance

"Whatever you do, work at it with all your heart"

□

FOR YOU HAVE NEED OF ENDURANCE, SO THAT WHEN YOU HAVE DONE THE WILL OF GOD YOU MAY RECEIVE WHAT IS PROMISED.

Hebrews 10:36

St Michael with St Thomas Church

Come and join the Sunday services at our beautiful church! See times below.

Don't forget Children's Church on the first Sunday of every month.



Holy Communion Service

⌚ Every Second, Third, Fourth, Fifth Sunday at 10:30 a.m. for 1 hour

Let's Talk About Rights!

This week our Article of the week for you to discuss at home is: Article 1: Everyone under 18 has rights

- What does this mean?
- How do children access this right?
- How can duty bearers help to ensure children have this right?

Article of the WEEK



Ready, Respectful, Safe!

Ready



**We are ready to learn,
ready to listen and ready
to embrace
opportunities.**

**We respect our friends,
our teachers, our visitors
and all members of our
community.**

Respectful



Safe



**We know how we can
keep ourselves safe and
make sure we do all we
can to keep our school
family safe.**

Quotes from Miss Slingsby's
#Positivegossip Book this week:

- Jesse Y3 for encouraging friends with "Great effort" even when they didn't get their answer quite right.
- Lydia for being so kind to the smaller children in breakfast club and being such a great help every day
- Spencer for walking beautifully with Thea to church
- Frankie and Max for showing Miss Sutton your gorgeous handwriting!
- Savannah, Lottie and Skylar for being so incredible in homework club and working extremely hard!

Headteacher's Award Winners:

Rec - Bella for being a maths superstar!

Y1 - Emmie for being a positive role model always

Y2 - Iviarna for growing in confidence when writing

Y3 - Leighton for reading 6 times at home

Y4 - Erin for wonderful confidence rounding in maths this week!

Y5 - Fern for demonstrating our Christian Values in all we do

Y6 - Lizzie for showing great resilience and perseverance to make positive changes!

Lunchtime

Superstars

Rec - Hallie

Y1 - Lola

Y2 - Harrison

Y3 - Harry

Y4 - Kian

Y5 - Annie

Y6 - Amelia

Attendance Counts!

#momentsmatter

Whole School Attendance – this year:

96.8%

Whole school attendance – this week:

98%

Class attendance winner:

100% - Y3

Class Attendance:

Rec – 98.1%

Y1 – 99.4%

Y2 – 98.3%

Y3 – 100%

Y4 – 94.1%

Y5 – 98.9%

Y6 – 98.2%

Free online courses for all parents, carers, grandparents and teens

Nurturing emotional health and wellbeing from bump to 19+ years

Halton Borough Council, in partnership with the Solihull Approach, offer free access to online courses expertly designed for parents, carers, grandparents and teens living in the region.

Sign up to understand your child's feelings, as well as your own, as you go through life as a family. Learn to understand the changes in your child's development and how to support them, whilst also strengthening your relationship.

How to sign up:

Residents can access these courses for free by entering the Halton Access Code:

TOGETHER

at inourplace.co.uk.

inourplace 

“ Because we are committed to supporting our children to thrive and we all need a bit of headspace and thinking time occasionally.

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.



The National College



St.Michael with St Thomas CE Primary School

Open Evenings 2024



Tues 1st October at 3:30pm & 5:30pm
Weds 27th November at 3:30pm & 5:30pm

We are open to all parents & carers
of children whose **birthday falls between**
1/09/2020 and 31/08/2021 and are
therefore eligible for a Reception class
place in September 2025



KIDS CHURCH



Let's have some Autumn fun!

Sunday 6th October, 11.00am

St Michael with St Thomas Church
Free Breakfast - from 10.30am.
Free Crafts, Story, Songs & Games.





Ladies Fashion Show **AND** Pop-up Shop!

**SHOP YOUR FAVOURITE HIGH STREET BRANDS
AT 50% OFF OR MORE!**

Colours.

**[FUN]DRAISING
FASHION SHOWS**



**Thursday 17th October 2024
Hough Green Scout Group**

Hough Green Scout Hut, Hall Avenue, Hough Green, Widnes, WA8 8XS

Doors open 6.30pm, show starts 7pm

Tickets: £5 *includes includes a welcome drink*
Tickets to be purchased in advance

Raffle: FABULOUS prizes to be won at the show!

For tickets and more information please contact:
gsl@10thwidnesscoutgroup.org.uk

