



St Michael with St Thomas C of E Primary School

Newsletter – Friday 27th September 2024

Whole School Eucharist

We would like to thank Rev. Linda for leading a wonderful Whole School Eucharist Service held in school on Thursday and it was so lovely to see so many parents joining us. We hope you enjoyed our new favourite song! If you want to have a listen and enjoy your child singing it at home then search for 'Imagine the Impossible' on You Tube.

Harvest Festival

We are looking forward to this year's Harvest Festival service led by Y5 which will be held in the church on Thursday 3rd October starting at 9:30am. Everyone is welcome and if any parent would like to join us on our walk to church please contact the office. We will be accepting donations next week until the service on Thursday.

Reminder about Respectful Communication

Please can I remind all parents and carers that school have clear expectations for all members of our school community about being respectful in their communications towards each other. This also applies to the way in which staff in the school are spoken to by parents. All of our staff work exceptionally hard, and come to work every day with the aim of doing their best for each child in their care. Whilst I understand there may be frustrations from parents if a child has lost a jumper, or the gate is opened a couple of minutes later than planned, but we ask that parents please refrain from being rude or disrespectful to staff. As a school we are always happy to discuss any concerns or areas that aren't working, but we ask that this is done with respect and care for the staff wellbeing too.

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.

Young Carers

A huge congratulations to our Young Carers who alongside Miss Brimble have achieved the Young Carers Award for school. This is a brand-new award that not many schools have received, and we are so proud of Young Carers group which is one of the largest in Halton. If you think you may have a young carer, please contact Miss Brimble who is our YC champion.

JSO Event

On Wednesday our Junior Safety Officers, alongside Miss Case attended this year's JSO Launch event with the Mayor at the DCBL Stadium. We are so impressed with our children who as last year's winners, showed amazing confidence delivering a speech to the room on what it takes to be a good JSO.

Gold Sports Awards

We are happy to announce we have been awarded the Gold Sports Award for the 4th year in a row in recognition of our commitment to sport and healthy lifestyles and we hope to continue building on this aiming for the prestigious Platinum Award.

Census Day Menu

Please see are Census Day menu below, this will be the school hot meal choice on Thursday 3rd October please make your payment on Arbor.

Looking Ahead:

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

- 1st October – Reception Open Evening 3:30 and 5:30pm
- 3rd October – Y5 Harvest Service in Church 9:15am
- 7th October – Reception Parent Insight Session 2:15pm
- 10th October – Y6 Parent Insight Session 2:15pm
- 14th October – Y3 Parent Insight Session 2:15pm
- 15th October – Y4 Parent Insight Session 2:15pm
- 16th October – Y1 Parent Insight Session 2:15pm
- 17th October – Y5 Parent Insight Session 2:15pm
- 21st October – Y2 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

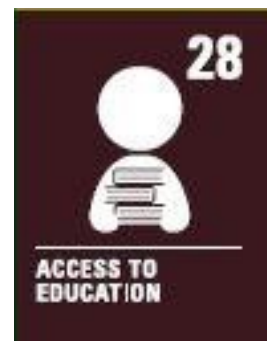
🕒 Every Second, Third, Fourth, Fifth Sunday at 10:30 a.m. for 1 hour

Let's Talk About Rights!

This week our Article of the week for you to discuss at home is: Article 28: Every child has the right to access education

- 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



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

Safe



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

- Zac Y5 for helping to put up a fantastic art display – Mrs Fisher
- Clayton for helping at breakfast club when a reception child lost their bag – Miss Brimble
- Phoebe I for being so hard-working and sensible in homework club! Mrs Worrall
- Mason Y5 for showing fantastic enthusiasm and pride in his brilliant TT Rockstars scores in Homework Club

Headteacher's Award Winners:

Rec – Theo for a brilliant attitude towards his learning this week!

Y1 – Lola for using beautiful handwriting always

Y2 – Noah for a super smiley week!

Y3 – Jesse for trying extra hard in writing lessons

Y4 – Willow for showing a great positive attitude to each day

Y5 – Ellis for utterly brilliant maths!

Y6 – Laura for always setting an amazing example going above and beyond in everything she does

Lunchtime

Superstars

Rec – Torvi

Y1 – Lewis

Y2 – Joseph

Y3 – Oliver

Y4 – Tilly

Y5 – Hazel

Y6 – Sophie

Attendance Counts!

#momentsmatter

Whole School Attendance – this year:

96.5%

Whole school attendance – this week:

96.7%

Class attendance winner:

100% - Y4

Class Attendance:

Rec – 99.0%

Y1 – 98.9%

Y2 – 92.7%

Y3 – 96.1%

Y4 – 100%

Y5 – 95%

Y6 – 95.6%

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.



#WakeUpWednesday®

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

In partnership with Knowsley CLCs, all parent/carers are invited to an:

Online Safety Information Session

This session is delivered virtually so can be watched from anywhere!
We will share the link with you privately.

Current trends – what children are doing online and what apps/games are popular amongst children.

Understanding the Risks – a look at the risks associated with using technology, in particular when using social media, online gaming & live streaming.

What can you do? – suggestions on how you can support your child with their online lives and what parental controls are available to help you.

Further Support – signposting to services that are available to help you.

**WEDNESDAY
2ND OCTOBER
2024**

4PM – 4.45PM



Knowsley
City Learning Centres





CENSUS DAY

Dine with us...

Thursday 3rd October



MAIN

CHICKEN FILLET STRIPS

OR

VEGETABLE NUGGETS

WITH

POTATO WEDGES & BEANS

JACKET POTATO CHEESE & BEANS

DESSERT

CHOCOLATE CHIP COOKIE

OR

YOGURT

OR

WATERMELON