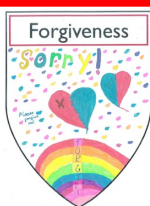


Oldswinford Cof E Primary School

'Believe, achieve and shine brighter together'



Spring Newsletter: 23rd February 2024

Dear Parents/Carers,

Welcome back - I hope you had a lovely half term holiday.

Thank you to everyone for raising donations for Oldswinford CE Primary School with easyfundraising! If you haven't signed up yet, it's easy and completely FREE.

8,100 brands will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you! Every donation you raise makes a difference to us so please sign up & share today.

<https://join.easyfundraising.org.uk/oldswinfordceprimaryschool/5B6FRJ/at/TSX8RX7z/RTND2/facebook/>

Thank you so much for your support.

Have a lovely weekend,

Ellie Game

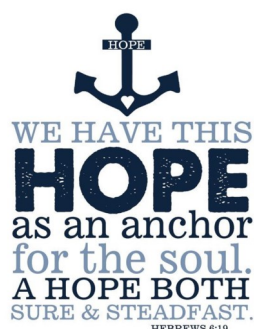
Value of the half term...

Hope

This week we started to explore our new value of 'HOPE'. We looked at what this means and what we hope for. We looked at examples of hope in the Bible and discussed that God is always there and will never let us down. He is a true hope and through him we can have confidence for the future and his promises.

Rev'd Claire came to lead worship on Wednesday and also explored how we can lay down our problems and have hope that God will help us with them.

Believing ...
good things
are
going
to
happen



Attendance

This week our attendance has been...

Reception - 94.3%

Year 1 - 97.2%

Year 2 - 97.9%

Year 3 - 96.4%

Year 4 - 96.8%

Year 5 - 97.5%

Year 6 - 96.8%

Well done Year 2 for your amazing attendance this week.

Parents' Evening

We look forward to welcoming you all in to school in a few weeks for Parents' Evening.

Appointments for Reception, Year 1, 2, 4, 5 & 6 are on Monday 4th March and Wednesday 6th March

Appointments have been moved for 3C (Miss H's class) to Monday 18th March and Wednesday 20th March.

Please book your appointment via your parentmail account.

Thank you for your support.



Join us for

Community Cafe & Crafts

Fundraising for church

**Saturday
23rd March
10am - 2pm**

**Tea, coffee, cakes,
local crafts, music, and
so much more!**

**BOOK YOUR SPOT IN CHURCH TO
SELL/SHARE YOUR CRAFTS WITH THE
COMMUNITY FOR ONLY £10**

Email Rev. Claire on
st.mary.os.curate@btconnect.com

**St Mary's, Rectory Road,
Old Swinford, DY8 2HA**



Join us for

Community Cafe & Crafts

Fundraising for church

**Saturday
23rd March
10am - 2pm**

**Tea, coffee, cakes,
local crafts, music, and
so much more!**

**BOOK YOUR SPOT IN CHURCH TO
SELL/SHARE YOUR CRAFTS WITH THE
COMMUNITY FOR ONLY £10**

Email Rev. Claire on
st.mary.os.curate@btconnect.com

**St Mary's, Rectory Road,
Old Swinford, DY8 2HA**



Join us for

Community Cafe & Crafts

Fundraising for church

**Saturday
23rd March
10am - 2pm**

**Tea, coffee, cakes,
local crafts, music, and
so much more!**

**BOOK YOUR SPOT IN CHURCH TO
SELL/SHARE YOUR CRAFTS WITH THE
COMMUNITY FOR ONLY £10**

Email Rev. Claire on
st.mary.os.curate@btconnect.com

**St Mary's, Rectory Road,
Old Swinford, DY8 2HA**

Join us for

Community Cafe & Crafts

Fundraising for church

**Saturday
23rd March
10am - 2pm**

**Tea, coffee, cakes,
local crafts, music, and
so much more!**

**BOOK YOUR SPOT IN CHURCH TO
SELL/SHARE YOUR CRAFTS WITH THE
COMMUNITY FOR ONLY £10**

Email Rev. Claire on
st.mary.os.curate@btconnect.com

**St Mary's, Rectory Road,
Old Swinford, DY8 2HA**



Join us for

Community Cafe & Crafts

Fundraising for church

**Saturday
23rd March
10am - 2pm**

**Tea, coffee, cakes,
local crafts, music, and
so much more!**

**BOOK YOUR SPOT IN CHURCH TO
SELL/SHARE YOUR CRAFTS WITH THE
COMMUNITY FOR ONLY £10**

Email Rev. Claire on
st.mary.os.curate@btconnect.com

**St Mary's, Rectory Road,
Old Swinford, DY8 2HA**

Join us for

Community cafe & crafts

Fundraising for church

**Saturday
23rd March
10am - 2pm**

**Tea, coffee, cakes,
local crafts, music, and
so much more!**

**BOOK YOUR SPOT IN CHURCH TO
SELL/SHARE YOUR CRAFTS WITH THE
COMMUNITY FOR ONLY £10**

Email Rev. Claire on
st.mary.os.curate@btconnect.com

**St Mary's, Rectory Road,
Old Swinford, DY8 2HA**



Kixx Academy FREE DISCOVERY DAY in Stourbridge



**Join
#TeamOrange**

To book your **FREE** place contact
our admin team on 01302 618080
or email admin@kixx.org.uk

With your..
Child's Full Name
Date of Birth
Parents Name
Contact Number



KixxStourbridge



www.kixx.org.uk

Learn | Grow | Smile

Inspiring children to be healthy and active for a lifetime.

Tuesday 5th March

Crystal Leisure Centre Academy
Bell Street, Stourbridge, DY8 1AE

Ages 4 - 5 4:30pm - 5:15pm

Ages 6 - 7 5:15pm - 6:00pm

Ages 8 - 10 6:00pm - 7:00pm

Friday 8th March

Soccer Zone Academy
Park Road, Halesowen, B63 2RG

Ages 4 - 6 4:30pm - 5:15pm

Ages 7 - 10 5:15pm - 6:00pm

Sunday 10th March

Crystal Leisure Centre Academy
Bell Street, Stourbridge, DY8 1AE

Ages 2 - 3 9:00am - 9:45am

Ages 3 - 4 9:45am - 10:30am

Ages 4 - 5 10:30am - 11:15am

Ages 6 - 7 11:15am - 12:00pm

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®



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024