WEEKLY NEWSLETTER



School News

# A MESSAGE FROM THE SENIOR LEADERSHIP TEAM

Dear Parents and Carers,

Welcome back to the second part of the Spring Term. Children have settled back into class routines well, following the half-term break, and we are all looking forward to the term ahead. You may have noticed that we have some building works going on in the playground - hopefully we will have two additional rooms by early next week which will enable us to spread out a bit. Apologies for any inconvenience this may have caused you during the process.

#### Curriculum for the 2<sup>nd</sup> part of the Spring Term

At the beginning of the Spring Term, you would have received an information guide for the coming term relating to the work in your child's year group. If you would like another look at this document, you can find it on our website (<u>https://east-tilbury.osborne.coop</u>) under the 'Parent' tab then by following the route titled 'Parent Termly Curriculum Guides.' We hope that these documents give you a useful overview of the curriculum provision for your child and may also enable you to support them with their studies.

## Parent/Teacher Consultation meetings - save the date

Our teacher- parent/carer consultation meetings will take place on our return from the Easter break this year, so please put the following dates in your diaries:

YR, Y1 and Y2 will take place on Monday and Tuesday 22nd and 23<sup>rd</sup> April.

Y3, Y4, Y5 and Y6 will take place on Wednesday and Thursday 24<sup>th</sup> and 25<sup>th</sup> April.

More details around timings and the booking procedure will come out before we break up for Easter so that you will have plenty of time to make an appointment. The meetings will be face-to-face and take place in our school hall.

Meeting slots will be after school from 3.30pm and we look forward to meeting with you so that we can discuss your child's progress and how we can take them forward.

We wish you a relaxing weekend ahead.

The Leadership Team

Upcoming Events

# WORLD BOOK DAY 7 MARCH 2024

# World Book Day

We will be celebrating World Book Day on the 7<sup>th</sup> of March. Pupils may come as a book character of their choice. Throughout the day the pupils will celebrate books through joining in with games designed by our Reading Ambassadors.

# Comic Relief

On Friday 15<sup>th</sup> of March pupils are invited to wear red to school in support of Comic Relief.



# WORLD BOOK DAY 2024

We are extremely excited to invite all pupils to dress as their favourite book character for World Book Day on **Thursday 7th March 2024**. Dressing up can be as simple or creative as you would like.

# No costume? No problem!

# TOP TIPS FOR PUTTING TOGETHER A COSTUME:

Choose a book your child is happy to talk about.
Start with things you might already have – tracksuits, t-shirts (inside out to make them plain) and pyjamas make a good base for a costume.
Focus on the parts of the character that make them stand out – use facepaint or simple props to show these.

# What if I/my child:

....doesn't have a book to share? Try a costume that invites recommendations – a t-shirt with post-it notes or one you don't mind being written on.

.... doesn't like dressing up? Keep it simple with a character who wears everyday clothes, by focussing on a prop, or by using a badge instead.

**... likes non-fiction?** Focus on what they like – could they share a fact, or the subject matter, or do they want to focus on the author?

# WBD at ETPS: have fun and celebrate the wonderful world of books.





SEMD in Focus





Is your child struggling with learning or behaviour at school?



Are you concerned about your child's development?



Would you like information, advice or guidance about Special Educational Needs?



Do you want to know what's going on in Thurrock for SEND families?

PATT SENDIASS provide free, confidential, and impartial information, advice, and support to children and young people (up to 25 years) and their parents and carers, in relation to Special Educational Needs and Disability.



VISIT OUR WEBSITE WWW.PATT.ORG.UK CALL OR TEXT 07702 127 252



SEMD in Focus

# Local Information, Advice, and Support Organisations

#### Thurrock Carers Service

Provides information, advice, and support for unpaid carers of residents of Thurrock

01375 659 172

carers@tbmind.org.uk Facebook: Thurrock Carers

#### Thurrock and Brentwood Mind

Offer counselling and groupwork, IAPT and Recovery College, wellbeing activities and more

www.thurrockandbrentwoodmind.org.uk

01375 391 411

#### **Citizens Advice South Essex**

Provide free, confidential, and impartial advice on issues including money, housing, and employment

www.citizensadvice.org.uk/local/south-essex

Telephone: 0808 278 7877

reception@tbmind.org.uk

#### **Community Pantries**

There are Community Fridges and Pantries across Thurrock run by various voluntary organisations. Community pantries are designed to eliminate food waste and are not meant as a substitute for the food bank. There are community fridges/pantries in the following locations:

Purfleet-on- Thames Community Hub; Aveley Community Hub; Tilbury Hub; The Beehive, Grays;

Friends of Hardie Park, Stanford-Le-Hope; East Tilbury Library For further details and opening times:

www.strongertogetherthurrock.org.uk/new-food-network-page/

## Thurrock Healthwatch

are the independent champion for people who use health and social care services in Thurrock. Their purpose is to understand the needs. experiences and concerns of people who use health and social care services and to speak out on their behalf.

Thurrock Food Bank

In order to get help from a food bank you will

need to be referred with a voucher, which can be

issued by a number of local community

organisations for instance, schools, GPs, and

advice agencies

www.thurrock.foodbank.org.uk

info@thurrock.foodbank.org.uk

www.healthwatchthurrock.org 01375 389 883 admin@healthwatchthurrock.org

#### Thurrock LGBTQ+ Network

We are Thurrock's LGBTQ+ community network, open to all who identify as LGBTQ+. Friends and allies are welcome too.

thurrocklgbtgnetwork@gmail.com

Facebook: Thurrock LGBT+ Network

Local Area Coordination (LAC)

Local Area Coordinators support people who may feel vulnerable due to age, frailty, disability, or mental health needs. They will take time to get to know you, those closest to you, and your community.

localareacoordination@thurrock.gov.uk

#### Open Door Housing Advice and Support Service (HASS)

give general and specialist housing advice, homelessness information and signposting to supported housing projects in the Thurrock area. We also provide help with form filling for those who have difficulty with completing benefit applications and housing registration forms etc

www.opendoorthurrock.co.uk

01375 390 849

Thurrock Transport **Bus Pass** www.thurrock.gov.uk/bus-passes/applying-for-your-bus-pass

Thurrock Blue Badge Scheme

www.thurrock.gov.uk/.../blue-badge-disabled-parking-scheme

#### We Are Family

An adoption support family. Rather than offering advice we offer community.

thurrock@wearefamilyadoption.org.uk

www.trup.org.uk

01375 846 702

TRUP

The Re-Use Partnership is a

Thurrock based charity with

a wide range of good quality

pre-loved furniture and

household items for sale at

affordable prices.

Contact Nicole at





SEMD in Focus

# Local & National SEND

# information, advice, and support organisations

Parent Advisory Team Thurrock (PATT SENDIASS)

PATT provide free, confidential, and impartial information, advice and support to young people, and parents/carers of children, with special educational needs 0-25.

www.patt.org.uk

07702 127 252

info@patt.org.uk Facebook: PATT SENDIASS PATT ADHD Support

#### SNAP (special needs and parents)

SNAP is a charity for families from Essex, Thurrock and Southend who have any additional need or disability. SNAP's aims are to inform, encourage and

support parents so that they can grow in strength and knowledge and become better equipped to give the best possible help to their children.

#### www.snapcharity.org

Helpline: 01277 211 300

info@snapcharity.org

Facebook: SNAP Charity

#### IPSEA

IPSEA offers free and independent legally based information, advice and support to help get the right education for children and young people with special educational needs and disabilities.

Book helpline calls via the website

#### www.ipsea.org.uk

#### Cerebra

Cerebra's website has a comprehensive library of guides on a wide range of topics including benefits, financial issues, health & wellbeing, and sleep advice

#### www.cerebra.org.uk

#### **Shining Stars**

Support group for families with Downs Syndrome. Regular meet ups and events for

families. 07903 081 572 or 07901 866 613

Email: white0504@gmail.com

Facebook: Shining Stars

#### BATIAS

BATIAS provides advocacy to people with learning disabilities and also supports young people and adults with physical and sensory impairments, complex needs, and behaviours that challenge.

> www.batias.com 01375 389869

batias.grays@batias.com Facebook: BATIAS Gravs

DIAL

Disablement Information & Advice Line Support with benefits and form filling

www.dialsouthessex.co.uk

0333 366 1045

enquires@dialsouthessex.co.uk

Sky Badger

Online resource for families with disabled

children covering health, education,

benefits, finance, legal and support.

www.skybadger.co.uk

National Autistic Society Thurrock

(NAS)

Support group for families with autistic

children. Regular events for parents and

holiday activities for families

07795 252 480

nasthurrock.group@nas.org.uk Facebook: NAS Thurrock

Thurrock SEND Family Forum

A voice for parents

We aim to be an active voice in promoting disability

equality and challenging discrimination on all levels within

the borough. We aim to actively challenge Thurrock

council and health to influence better outcomes for the

families in Thurrock

www.thurrocksendfamilyforum.org

Facebook: Thurrock SEND Family Forum

#### Thurrock Centre for Independent Living (TCIL)

Information, support, advice, and advocacy for disabled people on a range of issues including radar keys, access to services, equipment, benefits, form filling and Lasting Power of Attorney

www.tcil.org.uk

01375 389 864

admin@tcil.org.uk

Thurrock Transport Bus Pass

www.thurrock.gov.uk/bus-passes/applying-for-your-bus-pass

Thurrock Blue Badge Scheme

www.thurrock.gov.uk/.../blue-badge-disabled-parking-scheme

# Thurrock lifestyle solutions (TLS)

Day opportunities, short breaks, provision of PA's, transition houses, independent living, Liam's nightclub, supported employment, TACT programme

www.choiceandcontrol.co.uk

01375 370 460

E-mail: info@choiceandcontrol.co.uk

Facebook: Thurrock Lifestyle Solutions

#### Contact

Website has comprehensive directory of medical conditions and associated support groups. They have a listening ear service and provide training for parents and professionals.

Book listening ear and telephone advice calls via the website

www.contact.org.uk

#### The Local Offer Thurrock

The Local Offer aims to provide clear, comprehensive, and accessible information about what services and provisions are available in Thurrock for parents and young people.

www.askthurrock.org.uk





SEMD in Focus

Open to all young people aged 5-16 with SEND

Competition opens: 22nd January 2024 Competition closes: 28th March 2024

Take a plunge into the world of recycling like never before. It's not just about bins and bottles; it's about turning everyday items into extraordinary creations and give them a new lease on life.

We want to see your innovative minds at work, turning old items into mind-blowing masterpieces.

# HOW TO ENTER

SEND

•Collect the items you want to recycle and transform these finds into a mind-blowing creation.

•Take a photo of your masterpiece, and in a paragraph, share the inspiration behind your creation while highlighting the materials you recycled.

Email it to <u>QASEND@thurrock.gov.uk</u> Remember to include your name, age, year group and current school setting.

# THINK ABOUT:

What message does your creation convey about recycling?

How did you recycle materials to create something new and exciting?

How can your creation inspire others to join the movement?

D thurrock.gov.uk

Important Information



An event run by The 180 Project, part of Community Church Registered charity no. 1062301. Tel: 01375 484 101 We have a very limited stock of uniform due to our uniform store being in the RAAC area of the school. If you are in need of uniform please visit the 180 project at the Community Church in Chadwell St Mary.

If your child has an injury and has been given medical advice that we need to follow as a school, please bring them to the school office for 8.15am on their first day back at school following the injury so that we can complete a risk assessment. Thank you for your cooperation.

180

# Absence

If your child is too ill to attend school, this must be reported to us by no later than **9.00am**. Please telephone the school, press one and leave a message on the voicemail box stating your child's full name, class, the reason for absence and when we can expect them to return to school (if known).

Home Visits will be carried out for any child that is absent for 3 or more school days without reason.

We need you



If you are collecting Year 1 or 2 pupils from the school playground, please go back out of the blue gate you came onto the playground through rather than waiting on the inside of the Key Stage 2 silver gate.

Thank you

Please label all children's school uniform. This helps us return lost property to the correct child and prevents parents from having to replace missing uniform as often. This is particularly important as the weather is cold and children are wearing jumpers/cardi gans to school.

We need some additional Lego for our pupils to play with. If you have any at home, that you no longer need, donations will gratefully be accepted via the school office. Thank you



Please be reminded that pupils should not be wearing jewellery to school. Children with pierced ears may wear stud earrings but hoops are not permitted. Thank you for your support

Please ensure your child has a PE kit in school at all times. If you need support providing this, please contact Mrs Jarvis or Mrs Allen via the school office.

We are continually updating our OPAL resources and would gladly accept donations of:

- Dolls buggies & prams
- •Dolly's
- Buckets & Spades
- •Scooters
- •Dressing up clothes





Mary Nates

Thursday 7th March 2024	World Book Day
Friday 8th March 2024	2.45-3.35pm PFA Mother's Day Stall
Monday 11th – Friday 15th March 2024	Science Week
Friday 15th March 2024	Reception Parent Workshop and stay and play
Friday 15th March 2024	Comic Relief/Red Nose Day – Wear red to school
Friday 22 <sup>nd</sup> March 2024	Curriculum enrichment day 22 <sup>nd</sup> Friday
Friday 29 <sup>th</sup> March 2024	Bank Holiday – No school
Monday 1 <sup>st</sup> April – Friday 12 <sup>th</sup> April 2014	Easter Break
Monday 15 <sup>th</sup> April 2024	Pupils Return to School
Monday 22 <sup>nd</sup> & Tuesday 23 <sup>rd</sup> April 2024	Parents/Teacher Consultations, YR, Y1 & Y2
Wednesday 24 <sup>th</sup> & Thursday 25 <sup>th</sup> April 2024	Parents/Teacher Consultations Y3, Y4, Y5 & Y6

# East Tilbury Primary School



CI-A

# East Tilbury Primary Schools Online Pastoral Support.

We are very excited to launch our new Pastoral service to our school community. From today you can access support by completing a simple and quick online form.

We have been working hard over the last few months to set up extra support for our families which is very much needed at this challenging time. If you require support, then please do not hesitate to reach out. We are hoping this service will be a fantastic addition to the support we can provide for our school community. Please reach out if you need anything, we are always here to offer you support.

To make the process simple we have created a QR Code (at the top of the poster) which you can just scan, and this will take you directly to the form.

# **WE CAN HELP WITH**

• Food

nars

- Wellbeing
- Trip Payments

# FOR MORE INFORMATION VISIT:

www.easttilburyprimary.thurrock.sch.uk

Our school uniform shop is currently closed due to our stock room being affected by RAAC. If you need support with school uniform please visit the 180 project in Chadwell St Mary. <u>mycommunitychurch.org.uk/community/projects</u>

Please find more information about this on our school website or Facebook Page. The next Non-Uniform day is on Thursday 28<sup>th</sup> March 2024

n-Schoq form Da

To support our daily biscuit time, we will be holding a non-uniform day on the last day of each half term.

For this day we are asking for a small voluntary donation or a packet of plain digestive biscuits.

Dates for these events each half term can be found on the weekly newsletter.



# Happy Mother's Day!

Tothers i

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TOTHER SDAY

DE

The PFA will be holding a Mothering Sunday Stall

Friday 8th March

Outside the memorial From 2.45pm till 3.45 Gifts from 50p to £4

All proceeds go to the Schools out door learning

Class News

# Reception

We have all enjoyed being back at school this week and starting our new unit of work all about the 'Deep Blue Sea'. This week we have been reading 'Barry the Fish with Fingers' written by Sue Hendra and using our known sounds to write in a narrative style about the story. We are enjoying learning new words to use in our writing and having our best go at writing them ourselves. In Maths we have been exploring height, comparing height and beginning to talk about time as well as order and sequence time. We have been looking at our school routine and sequencing the different activities we do each day. We have been very good at remembering what happens in the morning and afternoon and using the correct vocabulary to support us.

In understanding of the world, we have been looking at life cycles of animals under the sea and talking about what we know about sea animals. We have all learnt a lot of interesting facts and enjoyed sharing what we know.

Here are some pictures of what we have been up to this week!





# Year One

What a wonderful first week back we have had!

After some careful planning, in English we have begun to write our travel journals! We are using all the tools we have been learning such as alliteration and adjectives to create some excellent, descriptive sentences. We have even used facts, headings and subheadings to make sure our journals are clear, and we continue to use our sentence rules and the phonemes we have learnt to make sure we can read our work.

We have begun Team Games in PE which has been a lot of fun! We enjoyed learning the wizard game where 5 children are chosen to be the wizards, the rest of the children are to be caught by the wizards. If they are caught, they must turn to stone by crouching down in a ball. To be unfrozen, a team mate must run around them once to free them. We also played a hoop game where children hold hands in a circle. A hoop is then added to the 'links' and it must travel around the circle without the chain being broken or the hoop touching floor! In the same groups, we then played over under when the children stand in a line and pass the ball from one end to the other by passing the ball over their head and then through their legs. Once the ball gets to the end of the line, the child at the back must come to the front and begin this process again. It has been lovely to see the children's communication skills improving and children working together as a team. In our British Values, we explored what respect means and how we can show respect for the right of others such as taking time to show love and care to others, being kind to everyone and listening to their thoughts and ideas. Also, we discussed how people might feel if their rights are not respected. In pairs, we sorted picture cards into two different groups – those that showed rights of people being respected and those that don't. Afterwards, we came together as a class to share our thoughts.

Class News

# Year Two

This week, year 2 have started their new maths topic on multiplication and division. They have been working practically to share given amounts, ensuring that each group is equal. In English, the children have been continuing with their independent writing about Neil Armstrong. Using a question and answer style, we have been using a variety of facts and key information to complete our non-fiction texts.

In Science, we have been learning about John McAdam. He invented a process called **'macadamisation**', which created smooth hard roads. Macadamisation was a success and roads were built in this way across the world. This photo shows the building of a macadam road in Maryland in 1893

road in Maryland in 1823.













# Year Three

It has been a great first week back in Year 3! This week in maths, we have dived headfirst into our brand-new topic of measurement! From millimetres to centimetres and metres, our young mathematicians have worked hard at learning about these different units of measurement. Armed with trundle wheels, measuring tapes and rulers, we have been measuring different objects and spaces around them. We've had a blast comparing the lengths and widths of different objects and discovering just how tall our favourite books and stationery items are!

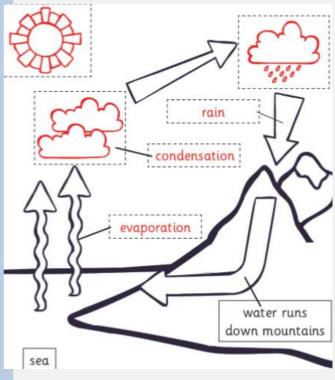
In English, our imaginative minds have been captivated by the enchanting world of poetry! We kicked off our new unit by looking at a poem called "The Sound Collector"! Soon, we will be creating our own poems, using rhyming structures and organising our poem into verses! We cannot wait to share our ideas with you!

In science, we are beginning to explore light and shadows. We kicked off our exploration by understanding what light sources are and how they bring brightness to our world. We then discovered what happens in the absence of light, exploring the mysteries of darkness and shadows. We have so many questions about light that we would love to be answered! We cannot wait to carry on our learning in science next week! Remember to log-in to TTRockstars every day! It is such a fun way to learn your times tables!

Class News

Year Four

Welcome back everyone! Year Four have jumped straight back into the action on this busy first week back. In Maths, we have started our new topic for this half term – fractions! In English, we have been finishing up our sentence stacks about The Iron Man and we will be preparing for the written task next week, whereby pupils will be writing their own narrative about encountering a large, intimidating robot but being far too curious to leave it alone; instead, their characters will follow the journey of the Iron Man to its final destination, the power station. In geography, we have been exploring the different stages of water and how the water cycle works in our everyday lives. Pupils were aiming to understand the concepts involved in this cycle and how we actually get rain, puddles and condensation, as well as what happens when they disappear... or evaporate.



# Year Five

This week in year 5, we began with our first Geography lesson of our new unit 'oceans', where we explored the different oceans and looked at how imports and exports travel around the globe. We also completed our computing unit of Micro:bits, with our concluding lesson based around sending radio messages to our classmates. In English we completed our independent writing for our biographies, where we all chose different celebrities to focus our writing on. It was an incredibly positive start to the new half-term in the year group, and it has set us up to have another successful period in school.

Class News

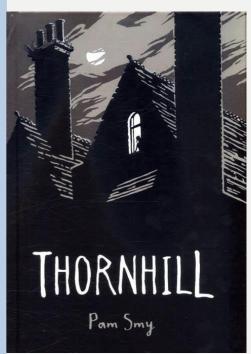
Year Six

Welcome back Year 6! We hope pupils have had a restful half term. It has been a joy to see them come back to school with an excellent attitude to their learning.

This half term we have got some great topics to delve into and will be continuing our history and science topics from last half term. In History, we will be continuing to learn more about the Ancient Greeks – exploring everything from their mythology to their architecture and day-to-day life. In science, we will continue to learn about the circulatory system, with a focus on how to keep our bodies healthy.

In maths this half term we are beginning by revisiting our learning on fractions, decimals, and percentages, working on converting between them and using them in calculations of amounts.

In English, we have begun a new piece of writing, which is a horror themed narrative. It is inspired by extracts from the intriguing book; 'Thornhill' written by Pam Smy. The children are very engaged in the text and are looking forward to creating their own mysterious versions and will focus on learning how to build tension in their writing.



Reach for the Stars

Our 'Stars of the Week' are the children that have gone over and above in their efforts. We are very proud of them for their achievements and thought they deserved an extra-special mention!

RJG	Kajus	For having a great imagination when building with construction pieces.
REC	Maddison	For her effort in her independent writing.
RES	Renesmee	For trying really hard with her reading.
1GC	Anas	For joining in with the classroom routine.
1FK	Abel	For being helpful, responsible and working hard.
1BA	Theodor	For working hard on his phonics and reading.
2BG	Emmanuel	For his improved attitude with his learning.
2RS	lvy-Rose	For her improved attitude when coming into school.
2CH	Mia	For having the confidence to read out loud in a small group.
2RM	Elijah	For working really well with others in a group.
3VP	Gurwaris S	For having a great first week at ETPS.
3ML	Sherlyn C	For her effort and focus during English lessons and her creative contributions in class discussions.
3SG	Isla-Dolly T	For her great work in phonics and applying this in her spellings.
3SA	Ema V	For demonstrating kindness and consideration for both peers and adults within the year group.
4CP	George F	For increased confidence to contribute during English.
4NM	Carter	For improved attitude to learning, working hard to improve his comprehension skills and his handwriting.
4JP	Lucy W	For sharing great suggestions in our English lessons.
5AB	Jacob H	For writing an informative biography and completing extra research in his own time.
5TH	Stanley	Challenging himself during English lessons.
5MR	Riley S	For writing an informative, independent biography about his favourite wrestler.
6LC	Logan E	For a great attitude to learning across the curriculum.
6NB	Chloe M	For her inspirational written ideas, showing solidarity when sharing them.
6JM	Connor N	For working hard across the curriculum and always showing his thought process in maths.

Keeps in Jouch

Our school office is open to receive calls between 8:30am and 3pm.

Tel: 01375 846181 Email:office.etp@osborn e.coop

East Tilbury Primary School Princess Margaret Road East Tilbury, Essex, RM18



We are also regularly updating our Facebook page and Twitter feed. Log on and have a look!



# Twitter: @EastTPrimary



At East Tilbury Primary School our Designated Safeguarding Leads (DSL) are:

- Mrs Bates
- Mrs Dawson

Due to the size of the school, we have the following designated staff who can deputise in the Headteacher's absence:

- Mr Gowland
- Mrs Jarvis
- Mrs Mylam
- Mrs Allen
- Mrs Sheridan

Pupils can contact any of our Safeguarding Team during the school day.

Worried about a child? You can phone or write to MASH about your concerns. Phone immediately if you believe it is urgent.

Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: 01375 652802.
Emergency Duty Team (for out of hours) 01375 372468. • Police Child Abuse Investigation Team 01277 266822 or call 999 if you are concerned a child needs immediate protection. • Childline 0800 11 11 www.childline.org.uk • NSPCC 0808 800 5000 www.nspcc.org.uk; www.facebook.com/nspcc



Tues 14:00-16:00: St. Mary's Church hall, St. Mary's Church, Dock Rd, Grays, RM17 6EX.
Tues 11:00-13:00: St. John the Baptist Church, Tilbury, Dock Road, Tilbury, RM18 7PP
Weds 11:00-13:00: Gateway People's Centre, High Street, Stanford Le Hope, Essex, SS17 0EY
Weds 13:00 -14:30: Sockets Heath Baptist Church, Premier Avenue, Grays, RM16 2SB
Thurs 11:00-13:00: St. Francis Centre, Somerset Rd, Linford, SS17 0QA
Thurs 11:00-13:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF
Fri 10:12:00: St. Stephen's Church of England, London Rd, Purfleet, RM19 1QD
Sat 09:30-11:30: Emmanuel Church of England, Sleepers Farm Rd, Chadwell St. Mary, RM16 4TP
Sat 10:00-12:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

ir and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropris nd wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and them For further guides, hints and tips, piease visit nationalcollege.com. At the National College, our WakeUp/Wednesday guides empower and equip parents, conversations with children about online safety, mental health and wellbeing, and clin

# Top Tips for Supporting Children Who Are いりョン

In a DfL survey, 36% of parents sold that their child had been bullied in the past year, while 29% of secondary school headteachers reported builying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying - so it's important that parents, corers and educators know how to talk to children about bullying.

6. STAY

INFORMED

the sure you know your child's scho Inition of, response to and relevant burlying. This information should b

7. PREP YOUR CHILD FOR

THE RESPONSE

8. SUMMARISE YOUR

LIAISE WITH THE SCHOOL

key school has a duty to ensure th

to restore these feelings of safety ( It's often best for schools to keep p

FREQUENTLY

being the section of the section of

on should be shored, so that further

10. CHECK IN

9.

CHILD'S EXPERIENCE

at the school, make sure yo

any descripted when your chain encode when happened, when where, and as involved. This will help the school to gate furthing identifying any withesses, as those who were directly involved. It can up the school to know how your child is and how they'd like the matter to be

website. Close teachers or form ly the first point of contact,

#### 1. WATCH FOR BEHAVIOURAL CHANGES

dren who are experiencing bullying may ome quiet, withdrawn, or onvious, however Decome quiet, withdrawn, or protoce, howeve they may also est on the pain and anger that they re-feeling. A staff in officials forecade the entiting frames (or not mentioning them any more at all) or alluding to new friendships who seem notably different could also be warning along its. tolk to your child about them it

#### 2. THINK THINGS THROUGH

g, ask yourself if this is the rig

#### 3. BE OPEN AND UNDERSTANDING

noticed in their body langua rance, behaviour, or tone of r oppearance, behavious or take of vol-do so without sounding Judgementor. He to describe what they're lealing - be it as softness, lead or something slees - as acc as possible. If they say they're "angry", d mean "emaged" or "trusteated"? This ei-them to understand have they're feeling.

# 4. LET THEM SPEAK FREELY

Use open q Builying may have undermined yo sense of centrol, and they may lea judge them, overread t or impose o - so this conversation (on reaction eat with you way the right deci

## 5. CALL A TIME OUT

even ration about bullying could eave and your child healing distressed. It a ortant to recognize this and pouse a bit or normania to calm down. Take de aths, enjoy a hot drink or even have a bartic cry. This can reinferce that, with long you both heat that you have, a norm shullon and the emerican that your

## Meet Our Expert

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Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-schoo approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



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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

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.

#### **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.

## 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 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 volue 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

# Meet Our Expert

eorgina Durrant is an author, former teacher, Special Educational eeds Coordinator and the founder of the award-winning SEN esources Blog, where she shares activities, advice and mendations for parents and teachers of children with SEND



# 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.

There are some wonderful books that can

6. USE SUITABLE

LITERATURE

#### 10 **TRY SENSORY** RESOURCES

An overlap between sensory needs 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 fibra-ontic lights. 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.

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## 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 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 shown 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 bespeke cope it's lugably important to know bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

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# 2023-24 term dates, agreed by Trust Board on 20<sup>th</sup> September 2022

September 2023						23	October 2023						November 2023						December 2023								
Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S	Μ	Т	W	Т	F	S	S
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							30	31																			
	January 2024					February 2024					March 2024					April 2024											
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	May 2024				June 2024					July 2024					August 2024												
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27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

Autumn Term:	Monday 4 September 2023 – Wednesday 20 December 2023 Half Term 23 October – 3 November	73 days
Spring Term:	Thursday 4 January 2024 – Thursday 28 March 2024 Half Term 19 February - 23 February	56 days
Summer Term:	Monday 15 April 2024 – Tuesday 23 July 2024 (22-23 July twilight inset payback) Half Term 27 May – 31 May, and May Bank Holiday - 6 May	66 days
		195 days

School Holiday
Additional autumn half term
Inset days, schools closed to students
Trust conference, schools closed to students