



Fairholme Primary School

'We believe we can achieve'

Issue 3 - October 2024

A message from Mrs Harris our Headteacher: What an exciting half term it has been! The children and staff have all worked very hard and deserve a good rest over half term. On Tuesday and Wednesday this week we had a team of Ofsted Inspectors visit our school. Thank you to those parents that completed the parent survey and to those parents who spoke to the inspectors on the gates. The inspectors also spoke with lots of children from across school and we are so proud of how articulate the children were and how they were able to speak with confidence about our school values. We will receive our report in a few weeks and will be able to share this with our school community. The whole school attendance for this half term is 94.85%, we are getting closer to 96% which is our school target.

Over this month we have proudly supported Black History Month, embracing important conversations about history, culture and diversity. The theme has been Reclaiming Narratives, and we had some great workshops to help us really understand the theme, which the children enjoyed.

Last week a group of children entered a Cross Country sports competition and they ran incredibly well. An extra special congratulations goes to Lauren in Year 6, who came 4th out of 238 runners and now will be going to the London Youth Games. We are rooting for you Lauren! Straight after half term we have a team of children entering a netball competition, we are excited to hear how they get on.

The 'Friends of Fairholme', have decided they want to raise money to develop playground equipment which the children are pleased about. Their Halloween Treat cones raised, £230, which is brilliant! Thank you to these wonderful members of our community for giving up their time to do this. We are exciting to see how this evolves over the year.

If you are celebrating Diwali on the 1st of November then we want to wish you a Happy Diwali and hope you enjoy your celebrations. I hope you have a restful break and we are looking forward to seeing everyone after half term.

Open Days for Reception

Are you, or someone you know, interested in a school place for Reception in September 2025? Please see the flyer at the bottom of this newsletter for dates to visit our school.

Science - Exciting news! On Monday 18th November, we'll be hosting an unforgettable science event, and you're invited! This is a rare opportunity for parents to join their children for a fantastic show, packed with amazing demonstrations and mind-blowing experiments that are sure to inspire and entertain.

This is one event you won't want to miss! Tickets are free, but due to health and safety requirements, booking is essential, and tickets are limited. Keep an eye out for more details on how to reserve your tickets—coming soon. The show will start at 2pm, and we can't wait to see you there!



BOOK EARLY
LIMITED PLACES!

THE MOST AMAZING MATHS CLUB FOR YEARS 1-6...
...IT'S MATHS, BUT NOT AS YOU KNOW IT!

Embark on a journey to read people's minds, perform astonishing tricks, create fantastic shapes, play great number games and learn the wonder of maths!
WE LOVE MATHS - YOU WILL TOO

SPAGHETTI MATHS

To book your place, and for more information, please visit our website:
WWW.SPAGHETTIMATHS.CO.UK

SPAGHETTI MATHS
untangling numbers

HELLO,

Your child has been inspired by our amazing maths assembly. The clubs are creative, active and educational and are designed to boost engagement with maths.

There are limited places, so please book early to avoid missing out. Booking is via our website, where you can also find more information.

FUN CLASSES

- Pop-up Maths
- Tetra-tastic
- Flipping Numbers
- Make the Cut
- Heli-drop
- Mega-mob

Each class includes a great take-home item, to continue their learning at home.

EXCITING MATHS CLUB **NOW AT YOUR SCHOOL!**

The children enjoyed a very fun and engaging assembly today with the leaders of Spaghetti Maths. Spaghetti Maths is all about having fun with Maths, being curious, solving problems and doing magical things with maths!

This is a new club for Fairholme and spaces are limited – if your child is interested please do sign up quickly.



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.





What is happening across our school?

EYFS



Early Years had a workshop with Little City. The children enjoyed role- playing different jobs and dressing up.

They have also been learning about repeating pattern and doing lots of phonics learning . They are working hard on learning to blend.



In Year 1 the children are developing a real love for writing.

They are working hard to make links between their reading and writing. They are trying hard to apply what they are learning in their Phonic and reading sessions to their writing. The children enjoyed planting some cress seeds to start their writing unit on instructions.



Please do visit the Little Wandle website and spend some time looking at the Parent section:

<https://www.littlewandlelettersandsounds.org.uk/resources/for-parents/>





Year 2



Oh, the school smelt wonderful last week!

Year 2 have been doing some instruction writing in English. They decided to make some Hallah bread from scratch and they even plaited the dough themselves, they then wrote clear precise instructions for how to make the bread.

As their work on the Great Fire of London comes to an end, they have been busy designing and making Great fire of London Boards games.

During their learning around International week the children enjoyed making Greek God Top Trumps cards and playing these!

Year 3



In Science Year 3 have explored the body and how we can be healthier. The children really enjoyed learning all about the skeleton and have learnt some amazing facts! They created their own skeletons using their knowledge.

We have been super impressed this half term with the Year 3 home learning projects for our topic of 'Ready, Steady, Cook!' The children have cleverly combined all that they have learnt in PSHE, Science and DT and have created some very informative and colourful projects. Well done!





Year 4



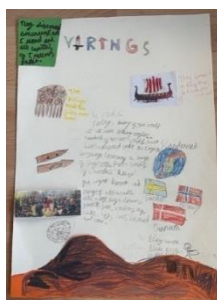
In Year 4, we have been very busy and engaged with our topic. In Design and Technology, we have enjoyed making fairy cakes and we enjoyed eating them even more! We have been writing explanation texts about the digestive system, using all the facts we have learnt.

We were all invested in celebrating Black History Month and learning about Dr Maggie Adrien-Pocock. As well as being out and about in Bedfont completing our pedestrian training and ensuring we know how to keep ourselves safe.



Year 5

In PE, we are learning about the origins of Rock and Roll and practicing our own Rock and Roll moves!



In History, we've created posters to showcase the legacy and long-term impact of the Anglo Saxons and the Vikings.

As part of our home learning projects about the Vikings and Anglo Saxons, some children have made extraordinary long ships and longhouses. Well done!



Year 6 this month, have embraced a wide range of exciting learning opportunities, both inside and outside the classroom. On our school journey, the children faced their fears, taking the plunge on the Leap of Faith and soaring on the 3G swing. They worked collaboratively through obstacle courses and buggy-building challenges, all while forging strong bonds over a cosy campfire in the evenings.

Back at school, the WWII theme continued with hands-on projects. The children enthusiastically built Anderson shelters, baked wartime rock cakes, and designed powerful propaganda posters. In History, we've delved deeper into World War II, with a special focus on the Holocaust and the tragic yet inspiring story of Anne Frank. Meanwhile, in Literacy, the class has been honing their journalism skills, preparing to write newspaper reports on key events from the war.

School Council

The school councillors have started their work as a councillor and are taking their role very seriously – starting with Food Tasting!

Recently, they met with Mr Harvey who is our head chef in the school kitchen. The children were looking at the winter lunch menu with Mr Harvey and choosing some dishes to sample.

They tasted several new dishes, and their feedback was that the burgers were delicious and they really enjoyed the chicken meatballs in tomato sauce. They were less keen on the Turkey meatloaf. Mr Harvey really takes the children's opinions on board, and this means that Turkey meatloaf will be removed from the new menu and both Burgers and chicken meatballs will be added in – yummy!





Reading - We've had another busy and enjoyable month of reading and to continue to encourage and foster the love of reading and inspire imagination, we've now also started a lunch time picture book club for children in Year 1 and Year 2. The children enjoy the club and they look forward to sharing and exploring books that are visually engaging.

Some of our reading ambassadors enjoying a quiet moment with their favourite books:



Top Tips For Reading At Home

Read every day even if it's just for 15 minutes.

Ask your children lots of questions.

Ask your children to write about what they are reading.



Read and discuss reading with friends and family.

Use lots of praise.

Have fun!





Recommended Reads

Are you wondering what books to read over the half term with your child?

Why not have a look at the recommended read list below and pop to your local library to see if they have any of the books for your child to borrow.

Happy Reading!

[Picture books for EYFS](#)

[Year 1 book list](#)

[Year 2 book list](#)

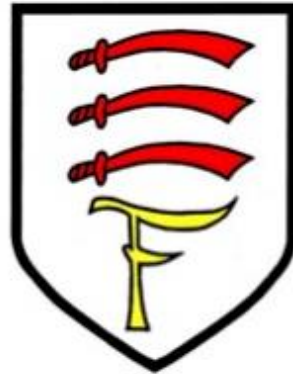
[Year 3 book list](#)

[Year 4 book list](#)

[Year 5 reading list](#)

[Year 6 reading list](#)





Is your child starting school in Reception in September 2025?

If so, we would love to show you around our wonderful school.

We will be offering group tours starting at 9.30am on the dates below. There is no need to book - please just turn up to the school Office.

We are looking forward to meeting you.

Friday 8th November
Tuesday 12th November
Friday 22nd November
Wednesday 27th November

If you are unable to attend on any of these dates, we would still love to show you around our school, please contact our school office to arrange an alternative date and time.

Thought for the week

Be silly, be honest, be kind.

Question of the week

Would you rather design a new toy or direct a new movie?