



AUTUMN TERM

NEWSLETTER

23 SEPTEMBER

WEEK 4



Welcome to Week 4!

We are now in Week 4 of the term and all our pupils have settled into their new classes and are focused on learning.

The class teachers have all shared their class newsletters, which give you an insight into the learning opportunities and topics that your child/children will be engaging with this half-term.

Please support them at home by listening to them read, practising phonics sounds and encouraging them to complete Extended Learning tasks, which will further embed the learning they do in school.



School Uniform

Please ensure your child is wearing the correct school uniform each day.

Shorts should only be worn by girls on PE day, not as an alternative to a skirt, dress or trousers.

If your child struggles with items of uniform due to sensory issues, please talk to us about adaptations that can be made.



OPAL

We will shortly be commencing the next phase of our OPAL playscheme.

Miss Shatford has sent home a list of items we need to collect to develop our areas, but one thing we really need is scooters and helmets to develop a wheeled zone on the big playground.

If you have any old scooters that are still in good working order, we would welcome donations, or if you would be willing to buy one for us, that would be amazing!

We are also hoping to find a parent who has access to a digger and could dig out a sandpit for us. Please get in touch if this is something you could help with.

We still require wellies and waterproofs if you have anything your children have grown out of over the summer.



School Open Sessions

This week we are hosting open school sessions each day from 9:30am–12pm and 1:30pm–3pm plus Saturday morning 10am–1pm.

If you know anyone who may be thinking about either a nursery place or a Reception place for September 2027, please let them know that they are welcome to come and visit.

If you could also share our Facebook post to help reach a wider audience, that would be fabulous.



Health & Safety

Benedict's Law

This has come about following the very sad death of a young boy in a nursery who was allergic to cow's milk.

We now have to have an allergy safety policy in school and all staff are completing training this term on dealing with severe allergies and anaphylaxis. We also have EpiPens in school in case of emergency.

If you have previously told us that your child has an allergy to something, we will contact you to find out more details which will enable us to put a safety plan in place if needed.

Please let us know straight away if your child develops an allergy of any kind. The policy will shortly be available to view on the school website.

Asthma

We will also be contacting you if your child has asthma. The school nursing team have asked us to request a copy of the child's asthma plan (PAAP) which is issued when they have a review.

This is to ensure that all staff know the procedure if a child has an asthma attack in school.

If your child has asthma, please can you make sure that they have an in-date inhaler in school and a spacer if you have been provided with one.

We will also soon have an asthma policy, register and emergency plan in place as we are applying to be an asthma-friendly school.



Harvest Festival

Thursday 1st October – 9am

All children from Reception to Year 6 to meet at church between 8:45–8:55am. Parents are welcome to join us. Each class will do a presentation on a harvest theme.

The children would like to support Street Life and the local food bank so we will be collecting donations of long-life items and toiletries. These can be brought to church on the day or you can drop them off in a box in the porch from next week.



Bishop's Harvest Appeal

The appeal will be supporting the people of the Diocese of Liwolo in South Sudan.

In July the Rt. Rev. Joseph Aba, the Bishop of Episcopal Diocese of Liwolo reached out to Bishop Philip and appealed for urgent humanitarian assistance after an estimated 10,000 civilians fled their homes, fearing for their lives. The people were displaced by renewed violence along the South Sudan-Uganda border.

This number has now increased to 36,000 and people are sheltering in 5 displacement camps in and around Liwolo Cathedral.

The displaced population is living in overcrowded conditions with urgent needs for food, clean drinking water, emergency shelter, blankets, cooking utensils, clothing, sanitation facilities, medicine and protection services.

Bishop Philip is asking us to help him help his friend Bishop Joseph and is challenging us to raise money for the appeal by undertaking an assault course!

Our School Council will be meeting later this week to plan our event. Details will be revealed soon!



Dates for the Diary

We already have quite a lot of exciting things planned for the term ahead. This list will be updated as more things are added.

1st October – 9am	Whole school Harvest Festival at St. Oswald's Church – parents welcome (nursery will be in school as normal)
7th & 8th October	Life Education workshops through school
14th–16th October	Winmarleigh residential for Year 6
15th October	Theatre trip for Willow and Maple Class
15th October	Workshop for Oak Class

21st October	Autumn Fund-raiser in school (details to follow)
23rd October	Break up for half-term at 3:30pm
2nd November	INSET day
3rd November	School re-opens
8th November	Knott-End and Preesall Remembrance Day Service
11th November	African Drumming workshop
12th November	Dance Festival at the Tower Ballroom (KS2)
16th November and 23rd November	Bikeability for Year 6 (time to make sure they have a working bicycle and helmet!)
17th November	Parents' Evening – 2 slots 8:30–10am or 2:30–4pm. If you are unable to attend, you will be offered a phone appointment. Our spring term parents' evening will be in the evening.
28th November	Knott-End and Preesall Christmas Lights Switch-on
14th December – 6pm	KS2 Christingle Service at St. Oswald's Church
18th December	Break up at 1:30pm

This Half-Term the Spotlight Is On...

Managing Challenging Behaviour and Dysregulation

Each half-term I will include an item on the newsletter which will give parents and carers more information on our policies and procedures in school.

Why do children become dysregulated?

- They feel unsafe
- They are unable to communicate their feelings about a situation
- They are very sensory – their clothing may be uncomfortable; the classroom may be too noisy; the lights may be too bright etc.
- They may feel overwhelmed by what they are being asked to do
- They may have had a bad start to the day before arriving at school
- They are tired or feel under the weather

These are just a few! Younger children in particular find it difficult to communicate their feelings and regulate their emotions – these are skills that need to be taught.

What might being dysregulated look like?

A dysregulated child may:

- have a tantrum
- cry
- run away
- shout and scream

- hit out at others
- throw things
- be destructive
- want to be alone
- be unwilling to talk, co-operate or engage

How do we manage dysregulation in school?

We are an inclusive school welcoming all children, no matter what their circumstances, into our school. Our job is to nurture and support them, make them feel safe and valued and teach them the skills they need to be able to share and express their emotions; self-regulate and develop coping strategies.

Extreme or challenging behaviour is a form of communication so the first thing we would do is help the child to feel safe by talking to them calmly, offering a form of distraction to help them to regulate.

Regulation Areas & Zones of Regulation

Each classroom has a regulation area which pupils can either choose to go to when they feel they need it or they may be encouraged to take time out in the area by a member of staff.

We also use the Zones of Regulation approach which helps children to identify their feelings and emotions and gives them strategies for what to do if they feel sad or angry.

Other things we do:

- All adults use a consistent approach aimed at helping the child to regulate
- Daily social stories on a 1-1 which help teach positive behaviours
- Change of adult – sometimes a dysregulated child will respond better to a fresh face
- Time out – kicking a ball around the playground or doing a job helps
- A distraction box – playing with familiar or favourite items helps a child to regulate

Once the child has regulated, a familiar, safe adult will then talk to them about what happened; they will give them coping strategies for when they feel that way and if others have been involved – there will be a restorative conversation to build bridges and make things right.

We always start afresh and make sure the child knows that they can reset.

If challenging behaviour is persistent

If challenging behaviour is persistent, we will create a bespoke behaviour plan for the child with steps to success and rewards for positive behaviour; we will work closely with parents/carers for a consistent approach and we will engage with professional agencies for support e.g. Stepping Stones School outreach team, the school nursing team and any other relevant agencies.

Occasionally a child can be so dysregulated that there is a risk of harm to others. On these occasions, the child will be encouraged to go to a different area with an adult (we have a regulation room which is a calm space) or the other children in the class will be removed from the area to a safe space whilst the child has time to regulate.

All adults in our school are trained in understanding the effects of attachment, and trauma as well as supporting pupils with autism and ADHD and strategies for managing challenging behaviour.

Please ask if you have any questions about this topic.

Questions / Queries

If you have anything you would like to discuss related to any aspect of school life, please get in touch. Your child's class teacher is usually the best person to contact but I am also available to answer questions and hopefully put your mind at rest.

Mrs Gladwin