



NEWSLETTER

Dear Parents/Carers,

We hope that you had a wonderful half term break, it is fantastic to have all of the children back in school.

World Book Day – Thursday 7th March 2024

We are excited to celebrate World Book Day on Thursday 7th March and have lots of exciting activities planned in school.

After the success of last year we have decided once again **not** to ask children to dress up as book characters but instead for them to focus on the importance of reading for enjoyment.

We would like children to create a '**Book in a Jar**' to bring in and share with their classes. This can be based on any book and be filled with anything that provides clues or hints about the content of the book. There are some examples below:



We will have lots of fun activities taking place throughout the day including; an opportunity for children to share their books in a jar with their teachers and friends, sharing stories and guessing their teacher's favourite books from how they have decorated their classroom door!

On the day, your child will be given a **£1 book token**.

We look forward to seeing the brilliant creations and displaying them around school.

Also happening this week - Teachers reading extracts from their favourite book on the school website. Classes will be taking part in a competition to decorate their classroom doors.

Re-arranged Parent Consultation Meetings for 3LZ, 3DH and 6SB

Children in 3LZ, 3DH and 6SB have been given a letter to take home today which gives the new dates for parent meetings. Please ask your child for the letter.

Year 1 Phonics Workshop

All Year 1 parents are invited to a Phonics Workshop on Wednesday 6th March at 9:00am – 9:30am, taking place in the Year 1 classrooms.

Supermarket Vouchers

Voucher links were emailed out for ALL Children in Reception to Year 6. If you haven't already redeemed your supermarket vouchers, please check your emails (including junk) for an email from Emily. If you need any help accessing your vouchers, please contact the school office.

Ex Cathedra Junior Academy for Key Stage 2

Do you enjoy singing with others? Please see details of the Ex-Cathedra Academy's extra-curricular singing opportunity for Years 3, 4, 5 and 6 children at the end of this newsletter.

Parent Workshop

Please see below for an overview of our Wednesday parent workshop themes for next half term.

- Wednesday 28th February - Y3/4 Times Tables (Mrs Shahnawaz)
- Wednesday 6th March - World Book Day (Mrs Holder)
- Wednesday 13th March - Online Safety / Streaming (Mr Haydon)
- Wednesday 20th March - Supporting Your Child's Speech & Language Development (Louise Scrivener - Talk Therapy)

All workshops will take place in the main hall unless otherwise stated. Please come to the doors at the back of the main hall after dropping off your child/children. The staff member hosting the workshop will be there to greet you and sign you in.

Scholastic Book Fair:

The Scholastic Book Fair will be back in school with us from Monday 11th March until Thursday 14th March. Children will be able to spend their World Book Day vouchers at the Fair.

House points

Congratulations to all the children in **Pinsent** who are our house points winners this week.

1st – Pinsent

2nd – Simmonds

3rd – Harewood

Bromcom My Child At School App (MCAS)

We have now moved from Arbor to MCAS.

Downloading the app and logging in

The app is simple to download and access using the email address that you have supplied to us. The app is available through the Google Store or Apple Store, just search for **My Child At School app by Bromcom Computers Plc** (please see guide at the end of the newsletter).

If you need any support, please speak to the school office.

Key dates section:

Dates for your diary for the first week back

- Tuesday 27th February (3DH and 3LZ) and Wednesday 28th February (3ET and 3SH) – Y3 Lapworth Museum

Tuesdays @ 8:45 Parent Café - Thursdays @ 2:30 Curry & Chaat - Fridays @ 8:45 Stay & Play

INSET Days:

Friday 22nd March 2024 (1 day)

Term Dates - Spring 2

Children finish for the Easter holiday: Thursday 21st March 2024 @ 3.15pm

Easter holiday: Monday 25th March to Friday 5th April 2024

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

New Parent Accounts – My Child At School

The **MCAS Login** process allows parents to log into the **MCAS** online portal using their **Email Address** and **Password**. Parents can view multiple **Student MCAS** accounts in one place.

- Parents will receive an email from the school with a link to the **Parent Login** screen.
- Parents will click **Here** to open the Sign In page
- Parents will click the Sign Up link
- Postcode is B11 3ND – select Greet Primary from the dropdown box
- **Add your email address and Create Your Password**
- **If it says account already registered, please press Log In and then Reset Password**
- **Go to your email account and click the link to reset your password**
- **Create a new password and then sign in**

Note: Parents should contact the school if their email address is not recognised.

Note: If parents have more than one **Profile** using the same **Email Address**, a popup will appear, select the **Profile** they wish to use to continue to the **Dashboard**. Students associated with each **Profile** are displayed on each row. Click on the **Profile**. The **Dashboard** will open for that **Profile**.

Once the password has been created, parents can login from within the web browser type **www.mychildatschool.com** or access the **MyChildAtSchool** mobile phone app, this will open the **Parent Login** screen.

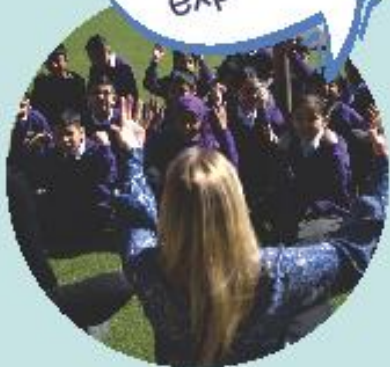


my
child at
school.com



Ex Cathedra's Junior Academy needs you!

"a sense of
identity and
expression"



Do you enjoy singing with others?
Come along to one of our sessions and try
out our Junior Academy groups:

JA1: For school years 3-5

JA2: For school years 6-8

Then you can progress into our Senior
Academy group!

- Weekly sessions to help develop choral singing skills
- Industry leading choir leaders and accompanists
- Lots of performance opportunities including Nutcracker with Birmingham Royal Ballet
- Inclusive and welcoming with your wellbeing at the heart of all we do
- Bursaries available

"to make a
sound that means
something"



Email Gemma to find out more: gemma@excathedra.co.uk