

# St. Bede's Newsletter

Welcome back to St Bede's...

Attendance up to 06/09/24

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
87.5	92.05	96.55	96.12	96.67	90.95	98.5	97.5	99.58

St Bede's



## Coming soon...

- **Sunday 15th Sep:** Family Mass @ St Thomas Aquinas
- **Monday 16th Sep:** EYFS Meet the Teacher - 2.30pm
- **Friday 20th Sep:** Reception & KS1 Phonics Meeting 9am

## School Calendar

Don't forget you can access the school calendar via our website or by following the link below which will be in the newsletter every week

## THIS WEEK'S EVENTS

### Tuesday 10th September

Meet the Teacher KS1 2.30pm

### Wednesday 11th September

Meet the Teacher UKS2 2.30pm

### Thursday 12th September

~~Y6 Care Home Visit - CANCELLED~~

Due to unforeseen circumstances at the care home they have had to cancel the visit.. This will be rescheduled ASAP

### Thursday 12th September

Lucy Kingsley from Darlington Library will visit Y5 to discuss the 100 Book Challenge

<https://stbedesdarlington.bhcet.org.uk/school-calendar>



# Our Safeguarding Focus this week...

## 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

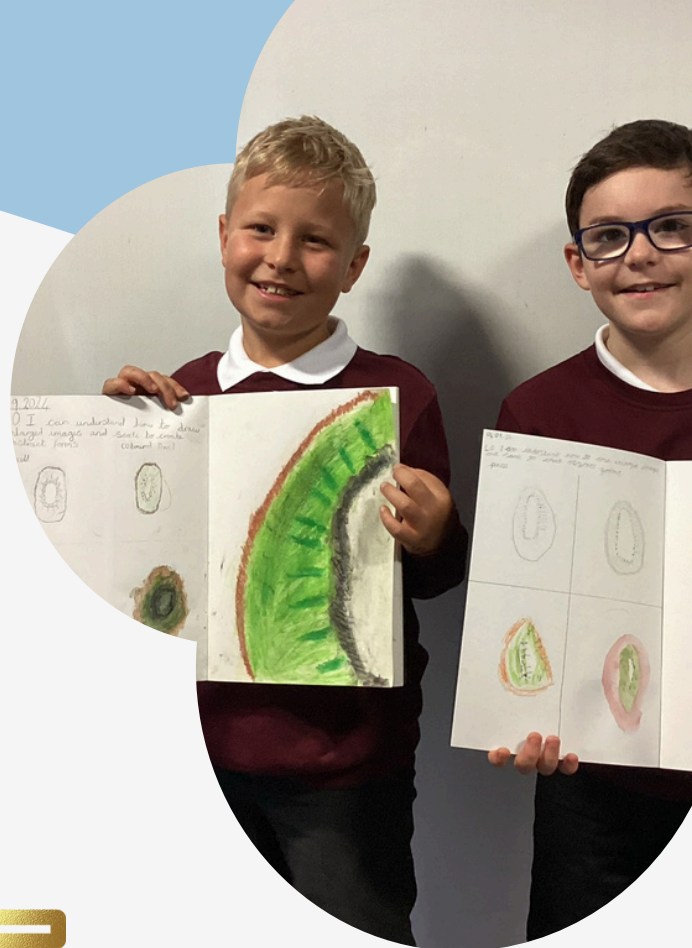


As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.



**As the leaders of our school year 5, 5/6 & 6 made a fantastic start to the year with their curriculum art work!**

The children chose fruit and vegetables to draw using different materials (oil pastels, watercolours and coloured pencils). They applied their knowledge and techniques to draw in detail using scale and proportion. They practised their techniques before creating a large final piece



## Family Mass St Thomas Aquinas Sunday 15th September

Father Kevin regularly gives his time to the children of St Bede's, he would be delighted if as many families as possible could give some of their time to join us for family mass this Sunday



# Still Spaces Available in Afterschool Clubs

## Clubs

Here at St Bede's, we have a range of lunchtime and after school clubs available.

For the after-school clubs, sign up via your MCAS account. (You will find them in the 'Wraparoundcare' tab) If you are not sure how to do this, please speak to the office or your child's teacher. Spaces are limited and are given on a first come, first serve basis.

Children will need to be picked up at 4.15 from the office entrance. Please wait for them on the path, not in the car park.

Please see below our after school clubs for this half-term

Day	Club	Who it is for	Teacher
Monday	Colouring Club	Reception and KS1	Miss Mason
	Film Club	KS1	Mrs Daley
	Lego Club	LKS2	Mrs Peacock
	Martial Arts	KS2	Sensei- Mrs Boyle
Tuesday	Colouring Club	LKS2	Mrs Pollock
Wednesday	Mindfulness	Reception	Miss Coverdale and Miss McCallister
	Martial Arts	KS1	Sensei- Mrs Boyle
	Mindfulness	UKS2	Mrs Hindle
Thursday	Mindfulness	KS1	Mrs Hindle
	Nintendo Switch	LKS2	Mr Kaliq
	Netball	UKS2	Miss Moss
	Book Club	UKS2	Mrs Patrun
	Gymnastics	KS2	Sporting Futures- Mr Coates
Friday	Football	KS2	Sporting Futures- Mr Coates

Lunchtime clubs- to be signed up for in class:

Day	Club
Monday	UKS2 Drawing with Miss Howard
Tuesday	LKS2 Prayers with Mrs Lamb
Wednesday	KS2 Choir with Miss Robinson
Thursday	LKS2 Spanish with Miss Armstrong

Reception- Mrs Mangles' and Mr Kaliq's classes  
KS1- Y1, Y1/2, Y2  
LKS2- Y3, Y3/4, Y4  
UKS2- Y5, Y5/6, Y6



## New Beginnings in 2025

# OPEN EVENT

**Monday 16th September | 6pm**

- ✓ Tour our advanced facilities
- ✓ Engage with passionate educators
- ✓ Find out about our diverse enrichment opportunities
- ✓ Experience our welcoming atmosphere
- ✓ Become part of our supportive community

**Carmel College**  
The Headlands, Darlington, Co. Durham DL3 8RW

# ST. BEDE'S OPEN EVENT

**Thursday 10<sup>th</sup> October at 4.00pm - 5.00pm**

*Why come to our open event?*

- ✓ Discover our nurturing environment
- ✓ Meet our dedicated staff
- ✓ Explore our classrooms and outdoor areas
- ✓ Learn about our exciting curriculum
- ✓ Experience our caring school community

**St. Bede's Catholic Primary School**  
Kingsway, Darlington, DL1 3ES