



28<sup>th</sup> March 2025

Dear Parent Carers,

**Weekly Update: 28/03/25**

I hope this update finds you well. It has been great to enjoy some brighter weather this week now that Spring has officially started! Students and staff are looking forward to their well-deserved Easter holiday, finishing school on Friday 4<sup>th</sup> April. I hope to see some Parent Carers in school next Friday, as we invite families in to take part in our Culture and Diversity Day – please get in touch if you require further information about this day.

**March for March**

The Shaw Education Trust is now 10 years old! To celebrate this milestone, the Trust organised for the schools to 'March' the distance of all of the schools – from Birmingham to Bury! We took a group to the Arboretum Park, and walked a few laps with students from Ivy House School and St Andrew's Academy – Martin came along too! Please see the flyer for some great photos of our march!

**Student Progress Reports**

The Spring Progress Report has been sent home with students in Years 7-13 today. If you have not received a copy of your child/young person's report, please get in touch with the School Office.

**Derby NeuroHub Workshops**

A series of workshops covering topics such as; Emotionally based school avoidance, Emotion coaching workshop, Understanding ADHD and Supporting regulation will be taking place at the Derby NeuroHub in May and June. Please see the flyers in the update for more information. To book onto the workshops, please use the following contact details:

St James Centre, Malcolm Street, Derby, DE23 8LU.  
Opening hours for calls, booked appointments and drop ins:  
Monday to Thursday from 10am to 1:30pm. Friday 10am to 1:30pm  
Contact details: Telephone: 01332 604080, Mobile: 07561 856320  
Email: [neurohub@stjamescentre.org](mailto:neurohub@stjamescentre.org)

**Goodbye**

Today, we say goodbye to India Campbell. India has worked at St Martins since September as an Administration Assistant, and has worked to provide support to the Annual Review process. After a stint in Derby, India has decided to accept a job closer to her home in Cheshire. We wish India all the very best and thank her for her positive contribution to our St Martins family.

Sabrina Hobbs **Principal**

St Martins School, The Derwent Campus, Bracknell Drive, Alvaston, Derby, DE24 0BT  
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Wishing you a great weekend,

A handwritten signature in black ink, appearing to read "Sabrina Hobbs", with a long horizontal stroke extending to the right.

**Sabrina Hobbs**  
**Principal**

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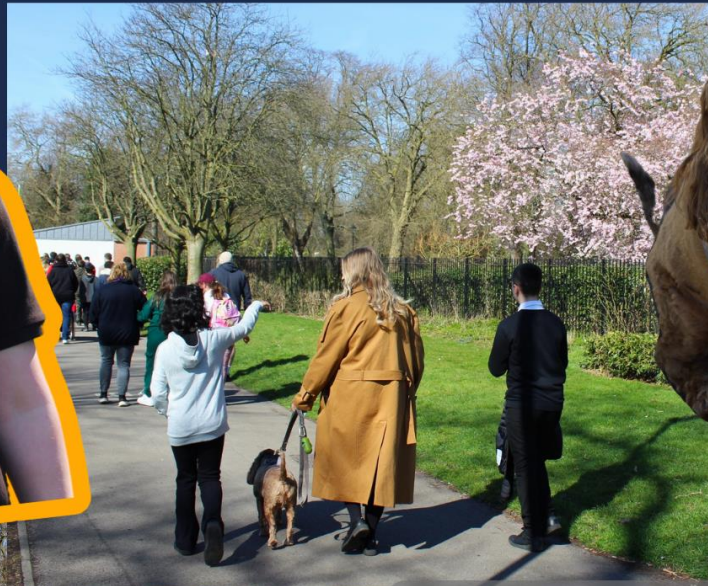
Sabrina Hobbs **Principal**

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# MARCH FOR MARCH

CELEBRATING 10 YEARS



On Thursday 27<sup>th</sup> March, St Martins School, Ivy House School and St Andrew's Academy joined forces to celebrate the 10-year anniversary of the Shaw Education Trust. Students from the three schools passed a baton between themselves on their "March for March", which took place in Derby's Arboretum Park. They finished at the Heart of the Park Cafe, for a celebratory drink and snack. Well done, everyone!



Shaw  
Education  
Trust





## **The impact of anxiety on school attendance and engagement**

### **Outline:**

This workshop aims to build on parents/guardians/carers' understanding of how feelings of anxiety can impact children's school attendance and engagement.

The workshop will explore what anxiety is and what it might look like in our children.

A brief introduction to Emotionally Based School Avoidance (EBSA) and an overview of the Derbyshire and Derby City Attendance Project will be offered and strategies about how you can support your child will be shared.

### **Outcomes:**

The aim of this workshop is for parents/guardians/carers to feel more confident:

- Recognising feelings of anxiety in children and young people.
- Using strategies to support children and young people that feel anxious about attending school.

### **Audience:**

Parents/guardians/carers of children and young people that live in Derbyshire.

**Date:** Friday 2<sup>nd</sup> May 2025, 1:00-2:00pm

**Location:** St James Centre, Malcolm Street, Derby DE23 8LU



### **Derbyshire Educational Psychology Service**

*Making and Difference: Enabling positive change through listening, optimism, and insight*



## Using Emotion Coaching to support children and young people to regulate feelings

### Outline:

This workshop will be delivered in two sessions.

The first session will introduce Emotion Coaching as a practical parenting approach that helps children to understand and manage their feelings more effectively over time.

The second workshop will give an opportunity to share your experiences of using Emotion Coaching and develop your skills.

### Outcomes:

The aim of this course is for parents/guardians/carers to develop their:

- Understanding how children's brains regulate difficult feelings.
- Understanding how Emotion Coaching can be effective at developing children's ability to regulate their emotions.
- Skills using Emotion Coaching to support their children.

### Audience:

Parents/guardians/carers of children and young people that live in Derbyshire.

**Dates:** Part 1 Friday 16<sup>th</sup> May 2025, 1:00-2:00pm

Part 2 Friday 6<sup>th</sup> June 2025, 1:00-2:00pm

**Location:** St James Centre, Malcolm Street, Derby DE23 8LU



**Derbyshire Educational Psychology Service**

*Making and Difference: Enabling positive change through listening, optimism, and insight*



## Understanding and supporting ADHD children and young people

### Outline:

This workshop aims to build on parents/guardians/carers' understanding of ADHD, guide their approach to supporting ADHD children/young people, and highlight the potential benefits of adopting neuro-affirming strategies/approaches.

Key themes will include:

- What is ADHD? ADHD myths and ADHD in mainstream media.
- Understanding common ADHD traits/difficulties (e.g. relating to executive functioning, self-regulation, dopamine seeking, demand anxiety, etc.)
- Strategies/approaches to support ADHD CYP's wellbeing & development.
- Neurodivergent families - supporting self-awareness and self-care

### Outcomes:

The aim of this workshop is for parents/guardians/carers to feel more confident:

- Understanding ADHD and how ADHD traits may impact a child's emotions, behaviour & learning.
- Understanding the potential barriers experienced by ADHD children and young people, their parents/guardians/carers and staff in school.
- Understanding a range of strategies/approaches to support the wellbeing & development of ADHD children and young people.

### Audience:

Parents/guardians/carers of children and young people that live in Derbyshire.

**Date:** Monday 16<sup>th</sup> June 2025, 10:00-11:00am

**Location:** St James Centre, Malcolm Street, Derby DE23 8LU



### Derbyshire Educational Psychology Service

*Making and Difference: Enabling positive change through listening, optimism, and insight*



## Supporting children to regulate

### Outline:

This workshop aims to build on parents/guardians/carers' understanding of the physiological processes that happen when we and children feel strong emotions.

Ideas for practical strategies that can help children and young people to regulate will be shared.

### Outcomes:

The aim of this workshop is for parents/guardians/carers to feel more confident:

- Supporting their children to regulate for improved wellbeing.
- Trying out strategies that might help their children regulate.

### Audience:

Parents/guardians/carers of children and young people that live in Derbyshire.

**Date:** Wednesday 9<sup>th</sup> July 2025, 10:00-11:00am

**Location:** St James Centre, Malcolm Street, Derby DE23 8LU



### Derbyshire Educational Psychology Service

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## **Term Dates for Academic Year 2024/2025**

### **Spring Term 2025**

School Starts Back – Monday 6<sup>th</sup> January 2025  
School Breaks up for Half Term – Thursday 13<sup>th</sup> February  
INSET Day – Friday 14<sup>th</sup> February  
School Starts Back – Monday 24<sup>th</sup> February  
School Breaks up for Easter – Friday 4<sup>th</sup> April

### **Summer Term 2025**

Bank Holiday – Monday 21<sup>st</sup> April  
INSET Day – Tuesday 22<sup>nd</sup> April  
School Starts Back – Wednesday 23<sup>rd</sup> April  
Bank Holiday – Monday 5<sup>th</sup> May  
School Breaks up for Half Term – Friday 23<sup>rd</sup> May  
School Starts Back – Monday 2<sup>nd</sup> June  
School Breaks up for Summer – Wednesday 23<sup>rd</sup> July  
INSET Day – Thursday 24<sup>th</sup> July

St Martins follows Derby City Council's term dates. Dates for next year can be found on their website – please follow the link for these - <https://derby.gov.uk/education-and-learning/schools-and-colleges/term-holiday-dates/#>

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Sabrina Hobbs **Principal**

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