



Flourishing together

'I have come that you may have life, life in all its fullness' John 10:10

St. Peter's Newsletter

Friday 28th February 2025



Headteacher Message

Good afternoon,

Welcome back to school! It is lovely to be see the signs of spring and hopefully warmer days ahead. The children and staff have had a busy week back at school. It has been lovely to see the children approach new learning. There are some wonderful displays around school showing the children's learning. We hope you manage to see them next week when you come to parents evening.

Oystercatcher's have had a wonderful walk to the beach and practiced writing some of their spellings with sticks in the sand. We know that there will be lots of exciting learning taking place over the Spring 2 half term.



Next week we have parent evenings on Tuesday 4th and Wednesday 5th March. For those who have booked spaces, please make sure you arrive at the school hall and our Y6 children will be available to share your child's books and take you to your appointments.

Have a lovely weekend,
Mrs Dodd and the team at St Peter's

Stars of the Week!



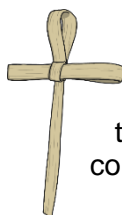
We are celebrating the hard work, commitment to learning, resiliency and positivity of children across school this week.

Our Stars of the Week are...



| | | | |
|-----------------------------|--------------------------------|-----------------------------------|--------------------------------|
| Skylark Olivia G | Sanderlings Roland H | Oystercatchers Archie B | Eider Ducks Harper B |
| Turnstones Jack R | Dunlins Daisy B | Lapwings Scarlett R | Curlews Olivia E |

Our School Worship and Christian Characteristics



As we move into the second half of the Spring Term we will be focussing on 'Caring for Creation', Lent and Easter.

This week we have had some 'technical difficulties' with our hall PC, however we still managed to consider the wonderful world and how we can have a positive impact on it. The children considered what pledges they could make;

- We can pick up litter.
- We can reduce our waste.

Our Christian Worship this week has focussed on Jesus Calming the Storm. Rev Mark read the story about Jesus calming the storm and discussed how to control our internal storms.

Parents Evening

As mentioned above, these take place on Tuesday 4th and Wednesday 5th March. The booking window for these meetings closed at 12noon today, so we will unfortunately be unable to offer a slot to parents who have missed this, due to teachers receiving the final list.

Please ensure you arrive prompt for your slot to avoid delays on the evening and arrive to school via the main school office door. You will be greeted and guided to your designated place on arrival.

"I have come in order that you might have life, life in all its fullness," John 10:10

Sporting News

This week our **Y5 and 6 football team** represented the school on Monday night. They did exceptionally well and were extremely successful in winning 5 matches, drew 2 and only conceded one goal. The children represented the school positively showing great sportsmanship!

Y4 Athletics Team represented the school on Thursday evening. Again, they were amazing showing a wonderful positive attitude. It is extremely close at the moment! Mrs Owen's commends Aidan B for having a great attitude!

Our Year of Gardening and Sustainability



As a school we are focussing on becoming more sustainable and engaging children in growing and gardening activities. This is part of the science and geography curriculum, with a focus on sustainability. It is also proven to promote positive well being by working outdoors.

Each class are starting to grow different herbs, vegetables and plants. We are aiming to develop growing areas around the school grounds and ensure the children are actively taking care of our crops.

You may have noticed that we are also working hard to tidy up the school grounds and plant further spring flowers. Thank you to Mr. Kitchen for his work in preparing the beds and donating some beautiful spring plants to school. We are sure you will enjoy these beautiful blooms of yellow over the forthcoming weeks.



In line with our school development plan, we are also aiming to reduce our waste and reduce our energy consumption. Our Planet Protector group are leading this area and advocating changes across the school. We have committed to the following areas;

- Reducing the amount of laminating across school.
- Reducing food waste by encouraging children to choose meals they like, discussing menu changes.
- We are looking at ways that our Planet Protectors can support, encourage and compliment children making a conscious effort to be improving our school.

World Book Day



Thursday 6th March is World Book Day!

This year we are celebrating world book day by focusing on our favourite books at bedtime. Children are able to bring their favourite book into school and wear their PJ's on this day. During the day the children will be given an opportunity to share their favourite book.

Student Council Book Sale

On Monday 3rd and Tuesday 4th March, we are asking the children to bring in a book that they no longer read at home and that they are willing to donate to our school book sale. Mrs McGirl will be collecting these books and working with the student council to set up a book sale on Thursday 6th March.

On Thursday 6th March, children can purchase a donated book for 50p. The money raised will support the student council to make improvements to the school. Thursday is going to be a wonderful and exciting day in school!

Year 3 Request

Mr Carter is kindly requesting that Y3 bring in a cereal box next week. Every child in Y3 needs a cereal box for some of their learning.

Enhanced Curriculum Opportunities - Reminders

The curriculum club timetable for Spring 2nd Half is extremely busy.

Next week is parents evening on Tuesday and Wednesday, therefore, the clubs on those days will not be taking place.

Week commencing 3rd March, clubs are as follows. :

- Monday: Little Builders is still on!
- Tuesday: No Clubs
- Wednesday: No Clubs
- Thursday: Y5 and 6 Morecambe Community Sports and Y1 Super Ball Paul



General Reminders

Healthy Lunches and Allergies

We are still seeing chocolate spread and high sugar items in lunch boxes. We politely request that these are not sent to school to ensure children have healthy lunches that are balanced. One small biscuit / chocolate item. **Please note we are a nut free school and therefore no nuts or nut based products should be in school.**

PE Kits

Please can you ensure your child has a PE kit in school. We have very limited spare PE kits and therefore are also requesting that as your child grows out of their PE kit, please can you donate to school for spares.

Lost Property

Our lost property box, which is now positioned in main school entrance foyer is now overflowing. We ask all parents to please check this box for their child(ren)'s items and take these home. It is a great opportunity to do this on the way into or out of parent's evening next week...please ensure every item your child brings to school is clearly labelled – a biro will suffice for most things!

Food Bank – Donations

We have seen such wonderful support and generosity since we have had a class-based schedule in place for Foodbank items to be donated and we are now making some small changes to this schedule.

Collections will now be consolidated into Key Stages and carried out twice a month (typically on the 2nd and 4th Fridays of each month). These will take place on the following dates:

- Friday 14th – Key Stage 1 donations
- Friday 28th March – Key Stage 2 donations



Thank you as always for your continued support to help our local community.

Dates for the Diary – Week Commencing 3rd March 2025

| | |
|---------------------------------|--|
| Monday 3 rd March | <ul style="list-style-type: none"> • Parent Led CBT Session 4: 9am – 12noon (for parents who are confirmed on this cohort) • EYFS & Y1 PE (Gymnastics) – please ensure PE kits are in school |
| Tuesday 4 th March | <ul style="list-style-type: none"> • Y4 swimming – kits in school please. • Y6 Booster Sessions (please see letter sent home where applicable) • Parents Evening (1) – see above |
| Wednesday 5 th March | <ul style="list-style-type: none"> • Parents Evening (2) – see above |
| Thursday 6 th March | <ul style="list-style-type: none"> • World Book Day – See above (PJ's) • Y1 Superball Paul! Club (3.15-4.15pm) • Y5/6 Morecambe Community Sports Club (3.15-4.15pm) |
| Friday 7 th March | *Please ensure all Mother's Day bookings have been submitted by the end of the day today* |

Key Dates for Spring Term 2

- Parents Evenings: 4th March and 5th March. The booking window has now closed.
- World Book Day: Thursday 6th March. Please see above information.
- Friends' Movie Night: 11th March (Y4,5 & 6), 12th March (Y2 & 3) and 13th March (EYFS & Y1). Booking slips should now have been sent home. Please return by Friday 7th March.
- Non-Uniform Day: Friday 21st March. To support the Friends' colour raffle. More information to follow.
- Y2 & Y4 Lancaster & District Singing Festival: 25th March (Y2) and 27th March (Y4). This item is now on ParentPay for those who have signed up. Please complete the necessary actions to book tickets.
- Y5 Lakeside Trip: 24th – 28th March. Today is the deadline for all payments.
- Eiderducks Class Worship (including Y2 children who participated in the Singing Festival): Thursday 3rd April. Includes a lovely encore of some of the songs performed at the singing festival. Maximum of 2 spaces per Eiderducks child / Y2 singing participant. Starts shortly after registration at approx 9am. Refreshments may be served for a small donation whilst you wait.
- Mother's Day Celebration Event: Friday 4th April. The flyer with QR code to the booking page is on our notice board outside or you can book using this link: <https://forms.office.com/e/2P89UzyzjN>

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 Durant 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



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024