



# Edgewood Primary School

## Building skills and values for life

Friday, 23 February 2024

### Newsletter

Welcome back everyone! It is lovely to see all the children back in school ready to learn with a positive attitude. It is certainly starting to feel like spring now that the daffodils are starting to come out and the nights are getting lighter. We hope you all have a great weekend.

### Attendance

**Congratulations to Orange class for a weekly attendance of 99.17%**



### Diary dates for this term

#### **February 2024**

Thursday 29<sup>th</sup> February – Swimming lessons for Verde class start

#### **March 2024**

Friday 1<sup>st</sup> March – National Offer Day for Secondary School places

Wednesday 6<sup>th</sup> March – Open Evening

Thursday 7<sup>th</sup> March – World Book Day

Friday 15<sup>th</sup> March – Comic Relief

Tuesday 26<sup>th</sup> March – Year 3/4 morning and afternoon performances

Wednesday 27<sup>th</sup> March – Year 3/4 evening performance

Thursday 28<sup>th</sup> March – last day of term



### Weekly Achievers

On Monday 26<sup>th</sup> February 2024, we celebrate the achievements of the following children for being our weekly achievers.

Nursery & Reception		Years 1 & 2		Years 3 & 4		Years 5 & 6	
<u>Rainbow</u>	<b>Elsie</b>	<u>Blue</u>	<b>Harry D</b>	<u>Amarillo</u>	<b>Harrison</b>	<u>Azul</u>	<b>Thomas</b>
<u>Green</u>	<b>Evie</b>	<u>Orange</u>	<b>Baycee</b>	<u>Rosa</u>	<b>Isabella</b>	<u>Morado</u>	<b>Connie</b>
<u>Red</u>	<b>Riley</b>	<u>Yellow</u>	<b>Bella</b>	<u>Verde</u>	<b>Olivia W</b>	<u>Rojo</u>	<b>Esmae</b>

### Parents Evening

The Parents' Evening will be held during the week of 18<sup>th</sup> March – more information will be shared shortly! The Open Evening will be on Wednesday 6<sup>th</sup> March where parents/carers will be able to look through their child's books.



 <http://twitter.com/primaryedgewood>  
 <http://facebook.com/primaryedgewood>

Christchurch Road, Hucknall, Nottinghamshire, NG15 6HX

## World Book Day

We are pleased to be able to support the World Book Day event again this year, which will take place on Thursday 7<sup>th</sup> March. Children will be given a voucher worth £1.00, which can be exchanged for one of this year's World Book Day books in a wide range of participating bookshops and supermarkets. On the day your child can come to school dressed as a book character, or they can come dressed in pyjamas for a bedtime reading theme!

## Parent training events

We have been notified of some parent training events that are coming up soon – please see the posters at the end of the Newsletter for more information.



## Miss Cross' Science Competition

Every child will have the opportunity to enter our science competition by completing a science activity or investigation at home. To enter, children may upload their work on Seesaw or give a paper copy to Miss Cross.

The deadline is **Monday 18<sup>th</sup> March**; the winner will be announced on Friday 22<sup>nd</sup> March. The winner will receive a £10 Amazon voucher, with 2<sup>nd</sup> and 3<sup>rd</sup> place receiving an Easter egg.

Here are some great tips:

- Explain why you have chosen your investigation or science task
- Include scientific terminology
- Share a video or photographs
- A prediction and findings if you complete a science investigation
- Most of all, have fun!

I have included six links to inspire you:

<https://sciencebob.com/category/experiments/>

<https://www.britishscienceweek.org/app/uploads/2024/01/British-Science-Week-Primary-activity-pack-2024.pdf>

<https://www.britishscienceweek.org/app/uploads/2024/01/British-Science-Week-Early-years-activity-pack-2024.pdf>

<https://www.bbc.co.uk/teach/terrific-scientific>

<https://www.twinkl.co.uk/blog/top-ten-science-experiments-to-do-at-home>

<https://www.goodhousekeeping.com/life/parenting/g32176446/science-experiments-for-kids/>

You will be able to access this information on Seesaw too. Enjoy!

Miss Cross



## **Parent Funding Raising**

One of our parents is raising funds for a charity called Walk for Autism and wondered if anyone would be able to help support her? She has set herself a challenge to walk 10,000 steps a day from 26<sup>th</sup> March to 2<sup>nd</sup> April. A link to the charity fundraising page is below if anyone would like to donate. Thank you.

<https://fundraise.autisminitiatives.org/fundraisers/sallyrovetto>

## **Year 5/6 Athletics – District Final**

After qualifying from the cancelled Hucknall event just before half-term, the team's first taste of competitive action was the District Final with a chance to represent Ashfield at the county finals later this month.

After some competitive action, including finishing in 1<sup>st</sup> place for the field events, the team placed 3<sup>rd</sup> overall meaning we just missed out on making the county finals.

The team were a real credit to the school throughout the afternoon and stood out with their exemplary behaviour and attitude really showing the best of Edgewood.



## **Reminder to EYFS parents**

The nursery gates open at 8:45am, which is 5 minutes earlier than the rest of school, to allow parents to drop off younger children first before taking older siblings. There are a few parents who drop off older siblings first and therefore risk missing the gate and getting a late mark. Thank you.

# 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 bigger may be someone they sit next to, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or ease 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 naming 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

Josephine Curran is an author, storyteller, Special Educational Needs Consultant and the founder of classroom-friendly SEN Resources Blog, where she shares practical, evidenced-based resources for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

# Parent Carer Workshop

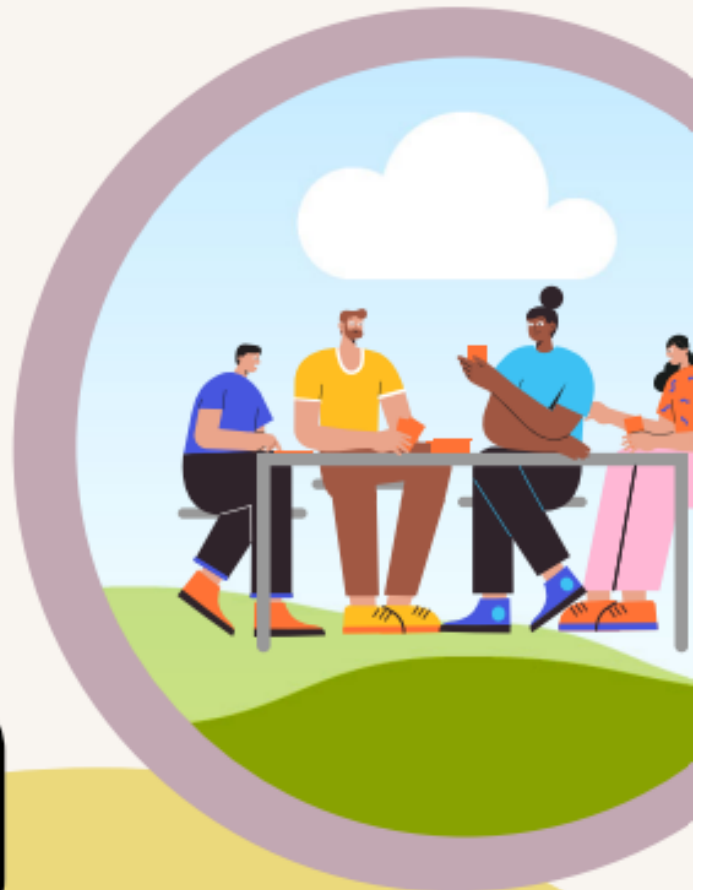
From the  
**Nottinghamshire  
Communication &  
Interaction Team**

**AUTISM AND  
ANXIETY**

**Home Brewery Building  
Sir John Robinson Way  
Daybrook NG5 6DA  
(free parking)**

- **Peer Support for families with children with autism and/or a learning disability up to age 25. No diagnosis needed.**

 **Nottinghamshire  
County Council**



10-12 noon

**Weds 28  
Feb**

**Book via:  
[thekey@nottsc.gov.uk](mailto:thekey@nottsc.gov.uk)**

 **Nottingham and  
Nottinghamshire  
Integrated Care Board**

# PARENT CARER DROP INS & WORKSHOPS

February – March 2024



For families of children and young people with autism and/or learning disabilities up to the age of 25 in Nottinghamshire

Hello from Becki and Helene, the Peer Support Team at Nottinghamshire's Learning Disability and Autism Keyworking Service.

Please do come along to a drop in for some coffee, information or support. You do not need a diagnosis to access these activities. This will be a safe space for parent/carers to share thoughts, feelings and experiences with others. SEN Advice is also available.

**BOOKING REQUIRED FOR ALL WORKSHOPS AND VIRTUAL SESSIONS BY EMAILING [THEKEY@NOTTSCC.GOV.UK](mailto:THEKEY@NOTTSCC.GOV.UK).**

**NO NEED TO BOOK FOR GENERAL DROP INS – JUST COME ALONG.  
LOOK FOR THE LION ON THE TABLE!**

DATE/TIME	Area	VENUE		
Mon 19 <sup>th</sup> Feb 10:00-11:30	BEESTON	Downstairs @ Bendigo Lounge 55 High Road, NG9 2JQ		Coffee & Chat
Weds 21 <sup>st</sup> Feb 10:00-11:30	MAPPERLEY	Back room @ Bread and Bitter, Woodthorpe Drive NG3 5JL		Coffee & Chat
Tues 27 <sup>th</sup> Feb 10:00-11:30	RETFORD	APTCOO Tall Trees, Rectory Road, DN22 7AY		Coffee, Chat & Craft
Tues 27 <sup>th</sup> Feb 19:00-20:00	VIRTUAL WORKSHOP	Virtual session via Teams Please e-mail <a href="mailto:thekey@nottsc.gov.uk">thekey@nottsc.gov.uk</a> for link	Workshop led by <u>Autism East Midlands Autism in Schools</u>	
Weds 28 <sup>th</sup> Feb 10:00-12:00	ARNOLD	Ground Floor Meeting Room 04 Home Brewery Building, Nottingham NG5 6DA		Workshop led by <u>Communication and Interaction Team Autism and Anxiety</u>
Thurs 29 <sup>th</sup> Feb 10:00-11:30	KIMBERLEY	Rumbletums Café Victoria Street NG16 6BA		Workshop led by <u>The Key Getting the Right Support From Schools</u>
Tues 5 <sup>th</sup> Mar 10:00-11:30	NEWARK	Café @ YMCA Lord Hawke Way NG24 4FH		Coffee & Chat
Weds 6 <sup>th</sup> Mar 13:00-14:30	WEST BRIDGFORD	Pine Room @ West Bridgford Library NG2 6AT		Coffee, Chat & Crafts
Mon 11 <sup>th</sup> Mar 10:00-11:00	VIRTUAL	Virtual session via Teams Please e-mail <a href="mailto:thekey@nottsc.gov.uk">thekey@nottsc.gov.uk</a> for link		Please let us know if there is anything you wish to discuss.
Tues 12 <sup>th</sup> Mar 10:00-11:30	MANSFIELD	TuVida Offices, 54a Nottingham Road NG18 1BN (Opposite Water Meadows)		Coffee, Chat & Craft
Mon 18 <sup>th</sup> Mar 10:00-11:00	BEESTON	Downstairs @ Bendigo Lounge 55 High Road, NG9 2JQ		Coffee & Chat
Weds 20 <sup>th</sup> Mar 10:00-11:30	WORKSOP	Thoresby Room @ Worksop Library S80 2BP		Coffee, Chat & Craft
Mon 25 <sup>th</sup> Mar 13:00-14:00	VIRTUAL	Virtual session via Teams Please e-mail <a href="mailto:thekey@nottsc.gov.uk">thekey@nottsc.gov.uk</a> for link		Please let us know if there is anything you wish to discuss.
Weds 27 <sup>th</sup> Mar 10:00-11:30	MAPPERLEY	Back room @ Bread and Bitter, Woodthorpe Drive NG3 5JL		Coffee & Chat

Please get in touch to find out more about the Keyworking Service and activities on offer.



Integrated  
Care System

Email: [thekey@nottsc.gov.uk](mailto:thekey@nottsc.gov.uk)

Mobile: 07815 478620



THE KEY

Keyworking Service

**SATURDAY 23 MARCH**

**9:15 - 3**

**THE OLD PUMPING HOUSE,  
OLLERTON**

# Booking Essential

Parent Carers can book onto workshops separately. We ask that your young person has an adult with them at all times if they are under 16. We are not responsible for your young person whilst they are at our event. You do not need to have a diagnosis to join this event.

## For Parent Carers

Workshops covering:

- MAKING SENSE OF AUTISM
- EHCP'S
- AUTISM & ANXIETY
- EOTAS
- SENSORY
- PARENT CARER WELLBEING

## For Young People

Activities including:

- WHITE POST FARM ANIMALS
- THE WHALE EXPERIENCE
- GAMES ROOM
- CREATIVE PLAY
- QUIET SPACE
- NCC YOUTH SERVICE

**For families with children with autism  
and/or a learning disability up to age 25**



[CLICK here for booking and info](#)

For more info:  
[thekey@nottscc.gov.uk](mailto:thekey@nottscc.gov.uk)

**NHS**  
Nottingham and  
Nottinghamshire  
Integrated Care Board

 **Nottinghamshire  
County Council**