

St Barnabas CE Primary School Newsletter

23/02/2024



'Let your light shine'

Let's work together to improve school attendance...

Being in school on time every day and having the best attendance possible is key to your child's future success. It underpins all the many benefits of school for your child such as their learning, wellbeing and wider development. Children with good attendance achieve better and have better mental health than children who have a lot of time off. I know it can be tricky to decide if your child is well enough for school, especially in the winter when there are lots of bugs around. If your child only has a mild illness such as a cough or cold, they can still come to school – if you are unsure, please contact school and we can advise you on what to do. If children are absent they are missing important parts of our curriculum and also lots of the fun things that happen in school every week, so let's work together to enable your child to let their light shine.

Have a lovely weekend.

Miss Hodgkinson



Attendance	Days lost learning over 1 year	Lost learning over 1 year	Lost learning over 5 years
95%		9½ days 47½ hours	9½ weeks 237½ hours
90%		19 days 95 hours	19 weeks 476 hours
85%		28½ days 142½ hours	28½ weeks 712½ hours

HERE ARE SOME OF THE WAYS OUR AMAZING CHILDREN HAVE 'LET THEIR LIGHT SHINE' THIS WEEK IN SCHOOL...



Places in St Barnabas Nursery Available

We are now accepting applications for places in our nursery for January 2024.

Please ask the school office for an application form or to make an appointment to look around.

We can also assist with 2 year old funding applications.

If you think you may be eligible for 30 hours of free childcare please visit the Childcare Choices website: <https://www.childcarechoices.gov.uk/upcoming-changes-to-childcare-support/>

Our Christian Value for this half term is:

'Forgiveness'

"Bearing with one another and, if one has a complaint against one another, forgiving each other: as the Lord has forgiven you, so you must also forgive."

Colossians 3 v 13

This week's prayer: We pray for all who are living amongst conflict. We pray for peace.

This week's big question is: *What is forgiveness?*

Staying Safe Online

Spending time online can have both positive and negative effects on our mental health and it is important that we can all learn to take a moment and reflect. This week's guide supports parents in understanding the steps we can take to support our children in becoming more able to regulate their own emotions. One easy way is to talk to trusted adults and share their feelings.

Healthy Packed Lunches

If you do opt to send your child to school with a packed lunch, we do encourage to make healthy choices when preparing this:

A healthy packed lunch should consist of:

- Fruit and vegetables
- Unrefined starchy food - for example multigrain bread, pasta or rice
- Sources of protein - meat, fish, eggs, beans etc.
- Milk or other dairy foods - i.e. cheese
- A small amount of fat, sugar and salt
- Water, milk or juice

Please be aware that we are a nut free school. We have children at school who have very severe nut allergies and would require medical assistance if they came into contact with nuts. Therefore, please ensure that your child's packed lunch does not contain any nuts and check ingredients if you are not sure.

Thank you!

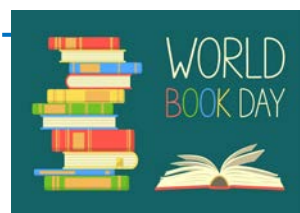
Our cake sale and non-uniform day before half term raised an amazing £338, which will contribute to some of the damage and loss incurred during the recent break-in. Thank you for your generosity.

Meet and Greet

Don't forget, if you have any issues in the morning or at the end of the day, a member of staff will be outside for you! We have staff available every morning at each entrance gate – we can help you with any issues you may have, no matter how small. Please come for a chat if you need to.

World Book Day

The time has come to celebrate World book day! It will be taking place on Thursday 7th March. We will be engaging in some fun filled activities to celebrate our passions for amazing stories, illustrations and reading for pleasure. Children can come dressed up as a character from their favourite story.



At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, facts and tips please visit [nationalcollege.com](https://www.nationalcollege.com)

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.

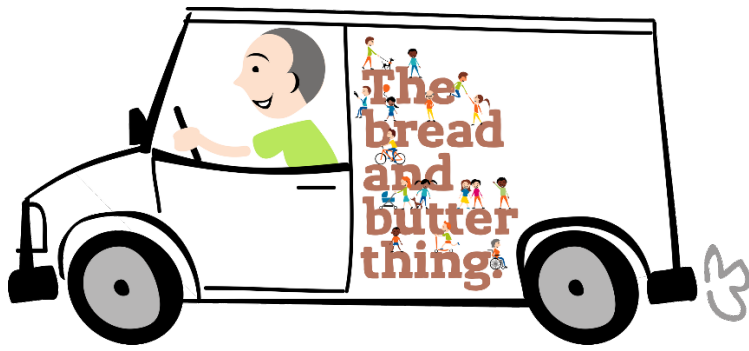
- 1. DESIGNATE A TRUSTED ADULT**
It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that 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 follow your approach to their needs, you're less likely to have an impact. In particular, younger areas and children with SEND can struggle to self-regulate and instead may only choose 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 you 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 fidget toys. 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. When you're obviously upset to avoid sharing anything too personal with children, they should still see you 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 one 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 Durston is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources blog, where she shares practical advice and recommendations for parents and teachers of children with SEND.

#WakeUpWednesday
The National College

@nationalonlinesafety /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





The Bread and Butter Thing

The Bread and Butter Thing help people on low incomes to eat more healthily. They have mobile food clubs that provide nutritious meals to help people feed their families for free. They have a location – in partnership with WA5 Good Neighbours, at Sankey Bridges Community Centre. Open: 1:30 – 2pm on Tuesdays
Tel: 07860 063304 <https://breadandbutterthing.org>

Road Safety

We have had a number of complaints regarding inconsiderate and dangerous parking. We appreciate how difficult drop off and pick up times can be but we must stress the importance of road safety – this includes safe parking and safe driving.

We have painted yellow zig zag road markings outside school for a very good reason: *the safety of our pupils.* You must not park or stop even for a moment on these markings. Any car stopped or parked in this restricted area can hide small children who are about to cross the road.

The children may not see approaching cars and approaching motorists may not see the children.

Please do not stop in the middle of the road to let out your children.

Thank you for your support.

Dates for your Diary	
28.2.24	Reception trip to Warrington Museum
28.2.24	'Would you risk it?' Year 6 PSHE session on peer pressure
1.3.24	8:45 Parent Coffee Morning – everyone welcome
1.3.24	Y3/4 Warrington Wolves Rugby Session
7.3.24	World Book Day
8.3.24	Year 5 Fire Safety Session with Cheshire Fire Service
8.3.24	Y3/4 Warrington Wolves Rugby Session
11.3.24 – 15.3.24	British Science Week
13.3.24	Y4 trip to Quarry Bank Mill
15.3.24	Comic Relief
15.3.24	Y3/4 Warrington Wolves Rugby Session
20.3.24	Choir performing at the Parr Hall
22.3.24	Y3/4 Warrington Wolves Rugby Session
25.3.24	Easter Performance for Nursery and Reception
26.3.24	Flowering of the Cross at St Barnabas Church
27.3.24	Easter Service in St Barnabas Church
27.3.24	B Tales Easter Performance Y1 – Y6
28.3.24	School closes for Easter break
2.4.24 – 5.2.24	Easter holiday club at school
8.4.24	School opens for Summer Term

Term	First Half Term	Half Term Break	Second Half Term
SPRING	Monday 8 th January to Friday 9 th February	Monday 12 th February to Friday 16 th February inclusive	Monday 19 th February to Thursday 28 th March

Easter Holiday Friday 29th March to Friday 5th April 2024 inclusive

Term	First Half Term	Half Term Break	Second Half Term
SUMMER	Monday 8 th April to Friday 24 th May	Monday 27 th May to Friday 7 th June inclusive	Monday 10 th June to Friday 19 th July

Closure Days

BANK HOLIDAY Monday 6th May 2024

WARRINGTON WALKING DAY Friday 28th June 2024

**Are your children registered with a dentist?
These dentists are still accepting new patients:**

- Museum Street Dental Practice**
 WA1 1JA
 01925 630221
 Accepting children aged 17 and under
- Latchford Dental Practice**
 WA4 1JJ
 01925 655037
 Accepting children aged 17 and under

