



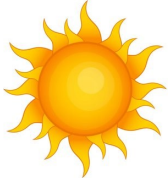
The Fortnightly!

- Friday 10th May 2024 -

*'Learning together in faith and love,
we shine as children of God'*



Statement to live by: All anyone can ask is for you to try your very best!



Warmer Weather... As the weather is getting a little warmer, we would like to ask that families continue to carefully watch the weather forecast. Should we be lucky enough to expect some sunny weather, we kindly ask that you apply an all day suncream to your child before coming to school. School staff are not allowed to apply suncream and children cannot share due to lots of allergies across school. Your children may also wish to bring a sun hat to school. We would also like to remind families to ensure their children come to school with a water bottle so they can keep hydrated throughout the school day.

Thank you!

Parish news... Bishop Stephen will be celebrating the masses at St. Michael's on Saturday 25th and Sunday 26th May. It would be wonderful to pack out our church and for as many of our school families to attend as possible especially our Year 4 children who are making their First Holy Communion this year.

See you there!



Parking... We have been informed that the Parking Enforcement Vehicle has been outside of school this week and has been fining some families for illegal parking. Can we remind all parents/carers to park safely and considerately to ensure the safety of our wonderful pupils!

Keeping everyone safe!



Outdoor Fun and Sporting Equipment... Due to an increase in temperatures this week, our children have been able to enjoy playing on our school field more often and have been using our new sporting equipment.

Miss Potts, our PE coordinator, has been carrying out a resource audit and working alongside our School Councillors to see what our wonderful children would like to play with outside. As a result of this work, we have used some of our school funding to buy some new resources and equipment for the children to use during break and lunchtimes.



Children across school have really enjoyed using this and Pupil Voice has been resoundingly positive!

Upcoming: Year 6 SATs... Our wonderful Year 6 children have been working extremely hard in readiness for their Year 6 SATs which will take place next week (Monday 13th to Thursday 16th May).

The children are all welcome to join us for a 'SATs Breakfast' each morning from 8.15am. If your child would like to partake, please ensure you have completed the form which was linked to the letter sent out to Year 6 families last week.

We kindly ask that your children get lots of rest during this important time and arrive at school between 8.15 - 8.30am. Should your child be running late or they become unwell, please contact us as soon as you can so we can support you.

Thank you for your cooperation!

Healthy Week 2024!... This year we will be celebrating Healthy Week between 1st - 5th July. Miss Potts, our PE coordinator, has been working hard to plan this and has been working alongside lots of different sporting providers. We are still awaiting some final details to be confirmed, however, we will be writing to families very soon so watch this space!

Exciting!

BWCET Celebration of Sport Event... Year 5 children across the Trust have been chosen to attend the BWCET Celebration of Sport on Monday 15th July. This promises to be a really exciting event when all our family of schools will come together to celebrate the sporting talents of our wonderful children. More details about this will be sent to Year 5 families very soon.

COMING SOON

Year 5 Class Mass... Thank you to our Year 5 pupils who led our Parish Mass today and to friends and families who were able to join us. Wonderful, clear reading, amazing singing and respectful behaviour.

Well done!



Attendance at school...

| Class... | Attendance figure... | Class... | Attendance figure... |
|-----------|----------------------|----------|----------------------|
| Reception | 96% | Year 3 | 98% |
| Year 1 | 90% | Year 4 | 95% |
| Year 2 | 99% | Year 5 | 94% |
| | Year 6 | 98% | |

Congratulations to Year 2!

Calling all families... On Friday 14th June we will be celebrating 'Careers and Enterprise Day' in school. More details are to follow in a letter, but we are giving early notice of this event as we are asking for **your help and support!** Do you have a career that you are passionate about and would like to share? Do you have an unusual career which you feel our children would like to know more about? Do you work for a company that would be interested in visiting school to talk about careers? Do you work in a career which is trying to raise the profile to different people, e.g. more females in engineering? If the answer to any of these questions is 'yes' or feel you can support, we would LOVE to hear from you! Please send expressions of interest into smi@smi.bwcet.com. This event will rely on your support so please do get in touch. **Thank you!**

Home - School links...

| Email: | Address: | Telephone: | Website: | Twitter: |
|--|--|--------------|--|--|
| smi@smi.bwcet.com | Durham Rd, Houghton le Spring, DH5 8NF | 0191584 0542 | stmichaelscatholicsschool.co.uk | @St_MichaelsRC |

Headteacher: Mr. N.W. Reeson

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 Durrant 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

Safeguarding leads at St Michael's...



Mr N Reeson
Headteacher



Miss E Foster
Assistant
Headteacher



Mrs K Bajrami
Assistant
Headteacher

Mr Kemp
Safeguarding Governor

If you have any safeguarding concerns, please speak to a member of staff



Safety first.. Can we please remind families that you **should not** be using the staff car park gates and walking across the car park to enter / exit school. This is highly dangerous and is not permitted due to health and safety. Instead, please use the pedestrian gate which is located just meters away from the car park gates. This is much safer for you and your child.

Thank you for helping keep everyone protected!



- Important Dates -

| | Date | Class | Event |
|--|--|---|--|
| Summer 1 | Tuesday 23 rd April 2024. | Year 3. | Curriculum Celebration Assembly 9am in the School Hall. All are welcome to join us. |
| | Friday 26 th April 2024. | Year 6. | Year 6 Class Mass at 10am in St Michael's Church. All are welcome to join us. |
| | Tuesday 7 th May 2024. | Reception. | Reading Café from 9am in the School Hall. All are welcome to join us. |
| | Friday 10 th May 2024. | Whole School. | School Photographer in School for Individual and sibling photographs. |
| | Friday 10 th May 2024. | Year 5. | Year 5 Class Mass at 10am in St Michael's Church. All are welcome to join us. |
| | Monday 13 th May 2024 – Thursday 16 th May 2024. | Year 6. | SATs Week. |
| | Friday 17 th May 2024. | Year 6. | Cinema Visit. |
| | Tuesday 21 st May 2024. | Year 2. | Curriculum Celebration Assembly 9am in the School Hall. All are welcome to join us. |
| | Thursday 23 rd May 2024. | Year 5. | Educational visit to the Centre for Life. |
| | Friday 24 th May 2024. | Year 3. | Year 3 Class Mass. 10am in St Michael's Church. All are welcome to join us. |
| HALF TERM | | | |
| Monday 27th May – Friday 31st May 2024. | | | |
| Summer 2 | Monday 3 rd June 2024. | Whole School. | Back to School. |
| | Monday 3 rd June – Friday 7 th June 2024. | Year 4. | Multiplication Check will take place this week. |
| | Monday 3 rd June – Friday 7 th June 2024. | Year 6. | Bikeability. Cycling proficiency. |
| | Monday 3 rd June 2024. | Whole School. | Wear bright Colours Day to raise money for St Cuthberts Hospice in memory of Mrs O'Neill. |
| | Thursday 6 th June 2024. | Year 3. | Educational visit to Shipley Art Gallery. |
| | Friday 7 th June 2024. | Year 2. | Year 2 Class Mass at 10am in St Michael's Church. All are welcome to join us. |
| | Saturday 8 th June 2024. | Year 4. | Year 4 First Holy Communion Mass at 10am in St. Michael's Church. |
| | Monday 10 th June – Friday 14 th June 2024. | Year 1. | Phonics Screening Check Week. |
| | Wednesday 12 th June 2024. | Year 6. | Visit to Safety Works. |
| | Thursday 13 th June 2024. | Year 2. | Visit to Beamish. |
| | Friday 14 th June 2024. | Whole School. | Careers / Enterprise Day. |
| | Thursday 20 th June 2024. | Year 5. | Celebration of the word led by Year 5 at 3pm in the School Hall. All are welcome to join us. |
| | Friday 21 st June 2024. | Reception & Year 1. | Reception & Year 1 Class Mass at 10am in St Michael's Church. All are welcome to join us. |
| | Monday 24 th June 2024. | Year 6. | Primary Festival at the Youth Village. |
| | Tuesday 25 th June – Thursday 27 th June 2024. | Year 6. | St Roberts Transition Days. |
| | Thursday 27 th June 2024. | Year 4. | Celebration of the word led by Year 4 at 3pm in the School Hall. All are welcome to join us. |
| | Friday 28 th June 2024. | Inset Day. | School closed to pupils on this day. |
| | Monday 1 st July – Friday 5 th July 2024. | Whole School. | Sports Week. |
| | Tuesday 2 nd July 2024. | Year 1. | Curriculum Celebration Assembly 9am in the School Hall. All are welcome to join us. |
| | Friday 5 th July 2024. | Whole School. | Sports Day – School field from 1pm. |
| Tuesday 9 th July 2024. | Reception. | Curriculum Celebration Assembly 9am in the School Hall. All are welcome to join us. | |
| Friday 12 th July 2024. | Year 4. | Year 4 Class Mass at 10am in St Michael's Church. All are welcome to join us. | |
| Monday 15 th July 2024. | Year 5. | Year 5 visit to Gateshead Stadium. | |
| Thursday 18 th July 2024. | Year 6. | Leavers Assembly, 2pm in the School Hall. | |
| Friday 19 th July 2024. | Whole School. | Whole School End of Year Mass at 10am in St Michael's Church. All are welcome to join us. | |

Assemblies and Collective Worship – Parents Invited

| Class | Curriculum Celebration Assemblies | | Celebration of the Word | |
|--------------------------------|-------------------------------------|--------|---------------------------------|--------|
| Reception | Tues 9 th July 24 | 9.00am | Thurs 14 th March 24 | 3.00pm |
| Year 1 | Tues 2 nd July 24 | 9.00am | Thurs 1 st Feb 24 | 3.00pm |
| Year 2 | Tues 21 st May 24 | 9.00am | Thurs 18 th Jan 24 | 3.00pm |
| Year 3 | Tues 23 rd April 24 | 9.00am | Thurs 16 th Nov 23 | 3.00pm |
| Year 4 | Tues 30 th Jan 24 | 9.00am | Thurs 27 th June 24 | 3.00pm |
| Year 5 | Tues 5 th Dec 23 | 9.00am | Thurs 20 th June 24 | 3.00pm |
| Year 6 | Tues 26 th Mar 24 | 9.00am | Thurs 25 th Jan 24 | 3.00pm |
| Year 6 Leavers Assembly | Thursday 17 th July 2024 | | 2.00pm | |
| Year 6 Leavers Mass | TBC | | TBC | |

Important Information: From time to time, due to unforeseen circumstances, the dates/events mentioned in the Fortnightly may have to be changed /cancelled. If a change/cancellation does occur, you will be notified as early as possible.

Thank you in advance for your understanding.

Proud to be apart of..



Bishop Wilkinson
Catholic Education Trust
Through Christ, in Partnership