



THORNHILL PRIMARY SCHOOL

Friday 8th March 2024



WHOLE SCHOOL MESSAGE

Another busy week here at Thornhill. Forest school sessions have been enjoyed by so many children this week. Thank you to the staff who have planned these trips, organised all the risk assessments. Thanks also to the staff at Forest Schools for giving our children such lovely experiences and helping them to learn new skills.

World Book Day was such a lovely day here in school. We had paired reading with children making new friends whilst sharing books. We also had a wonderful Harry Potter lunch that included golden snitches!

A letter from Jonathan Jonsen has been sent to all families regarding the current situation here at Thornhill. If you didn't receive this, please do contact the office and Mrs Harman will send this out again.

Hopefully, some of you have had the chance to meet Miss Salmon and Mrs Commins during the course of this week. Mrs Commins is available – Monday and Tuesday until the 22nd March and then every day of the working week after the 22nd March. Miss Salmon – available every day. See below a message from Ms Salmon:

If we have not met already, I am looking forward to the pleasure of meeting parents and carers. The children and staff team across the school are amazing! All have made me feel so welcome to the school community. I and Mrs Commins, will relentlessly strive to ensure the students get the best educational provision at Thornhill Primary School.

Kind regards, Ms Salmon.

Have a lovely weekend

Sue Blair

Changing Lives Learning Trust

Strategic Lead - Primary

ATTENDANCE

Whole School - 93%

Reception - 96%

Year 1 & 2 - 94%

Year 3 & 4 - 93%

Year 5 & 6 - 96%



15/3/2024

Red Nose Day

21/3/2024

World Down Syndrome Day 2024
theme 'End the Stereotypes'

28/3/24

End of Spring Term

16/4/2024

Start of Summer Term

ATTENDANCE MATTERS!

When you're in school you...



Have fun



Make new friends



Gain qualifications



Achieve



Develop new skills



Experience new things

Build your confidence



self esteem

Develop awareness of other cultures, religion, ethnicity and gender differences



Have the best possible start in life!

 Find us on
Facebook



GOOD WORK ASSEMBLY



*****Stars of the Week*****

Texas, Tobias, Isabella & Thea



EYFS

Good work

**Charlie, Thea, Tobias, Myla, Kyro-Bear,
Harry, Tommy-Lee & Teddy**



KS1

Good work

**Poppy, Oscar, Oakley, Cleo,
Brian & Autumn**

WORLD BOOK DAY[®]



On Wednesday we celebrated World Book Day a little early! Everyone cosied up in their pjs with a book and a blanket and shared a love of reading. World Book Day was all about 'Read Your Way' and in school we encouraged the children to think about what and why they love to read. We had time together as a whole school to share books we love and did lots of book-related activities in our classes. Thank you for your continued support as always and please continue to encourage and read with your children at home.

There are 6 elements which support a child reading for pleasure:

1. Being read to regularly
2. Having books at home and school
3. Having a choice in what to read
4. Finding time to read
5. Having trusted help to find a book
6. Making reading FUN!



**LET'S
READ!**

**BOOKS
are
Magic!**

WORLD
**BOOK
DAY**

**LET'S
READ!**



Our kitchen team made a selection of wonderful Harry Potter themed dishes for the children to enjoy. They loved their lunch!

**LET'S
READ!**



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.

Ms Blair & Ms Salmon

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.

Meet Our Expert

Georgia Durantis 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.



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.

#WakeUpWednesday

The National College

MOTHER'S DAY 10th MARCH 24



All are welcome at
St Mary & St Michael Church, Egremont

MOTHERING SUNDAY

all age HOLY COMMUNION SERVICE

10th March, 10-11am

With songs, story, crafts
for children and prayers
for the world.

At the end of the service everyone
will receive a posy of flowers



You are invited to the launch of

Whitehaven Family Hub

Thursday 11 April, 11am - 3pm

(Formally the old Barclays Bank) 1 Strand Street,
Whitehaven, CA28 7DL

Come along to find out more about the Whitehaven Family Hub and the exciting new service that will be available for local families and children.

Enjoy family activities, service information, freebies and much more.

Activities
for children
and young
people

Advice and
support



Health and
wellbeing