

St. Mary's Mail



Date: January 20th 2023

Bi- Weekly News from St.Mary's

Dates for the Diary

This short term is storming ahead which means we are already looking forward to next term, please see the dates column for new additions. We still have lots to look forward to before the end of term, including children's mental health week, Safer Internet day and a rather exciting NSPCC fundraiser— we cannot wait!

Mrs B Scriven

Teacher Strikes

You would have probably seen in the news that NEU member have voted to take industrial actions. The first proposed strike will take place on Wednesday 1st February. Whilst some of our classes will be impacted this does not necessarily mean we will close. We will make sure that we keep you updated as and when we have more information.

Parking at The Lawns

As of Christmas the Lawns is under new management and they welcome our shared community to use their carpark at the start and end of the school day. All they have asked of us is that families park safely in the bays and do not park in disabled spaces.

In showing our appreciation, I hope you feel able to support their new venture. We look forward to a Family Quiz, hosted by the Lawns where all proceeds will go to The Friends of St Mary's, more details to follow.

Please note that the carpark behind the fencing is private residential parking and this must not be used.

Thank you.



Communicating with Teachers

It is really important that parents and carers feel as though they can communicate with their child's teacher; we know that by working together we can achieve the most positive impact on your child's development.

Please can I ask that families make contact via the office or by speaking to the teacher at the end of the school day. Unless you have previously agreed with the class teacher, we ask that you do not use Class Dojo as a means of communications as it is not regularly monitored and you may not receive a response.

Young Voices

All their hard work paid off last week when the school choir had the opportunity to perform as part of the Young Voices concert alongside 6,000 children from other schools across Britain. Parents in the audience at the Birmingham World Resorts commented that the atmosphere was electric. Despite the long day and very late night, children, teachers and parents all agreed that the experience was unforgettable. We hope to be able to attend again in future years.

A big thank you goes to Mrs Ridd & Mrs Lane for organising this amazing event for the children.

The school choir meet every Monday after school, please contact the office if your KS2 child would like to join.



Wed 25th Jan	5:45pm Y4 online Greatwood meeting
Fri 3rd Feb	TTRS / NSPCC Rock day
6th—10th Feb	Children's mental health week
Mon 6th Feb	Safer Internet day
Wed 8th Feb 7.30pm	Friends Meeting - The Lawn's
Fri 10th Feb	End of Term
Mon 20th Feb	Back to school
Mon 27th Feb	World Book week — Dress up day
Fri 17th Mar	INSET Day
Mon 1st May	School closed (Bank Holiday)
Wed 3rd May	Y6 Leavers photos/Class photos
Mon 8th May	School closed (King's Coronation)
9-12th May	Y6 SATS
Wed 10th—Fri 12th May	Y4 Greatwood Residential

Excel Daily

Well done to the following children who have recently received certificates :

Nina B, Hamish B, Mylie L, George W, Logan F-D, Maxi F, Margo S, William N, Kieron J, Riley W, Lily F, Ruby W, Summer T, William C, Alfie G, Benny T, Christopher L, Leo H, Osian G, Summer B.C, Paige W, Cherahleigh, Mason B, Edith S, Gracie W, Flynn S, Jack M, Joshua K, Jayden B, Livie W, Darcey A, Casey B, Alfie P, Hadley C, Jessica B, Sienna L, Levi J, Logan B, Amber B, Olivia Em, James W, Brooke B, Harper L, Lacey T-P, Travis R, Riley W, Harumi, Evie B, Kerry P, Shanaya & Layla M.





As a parent or carer, it's important to know some safe and helpful **de-escalation strategies for meltdowns**.

Sometimes, when children become extremely overwhelmed or they're experiencing **sensory overload**, they have a meltdown where **they lose control over their behaviours**.

These situations are stressful for everyone. Knowing some **de-escalation strategies** will help you avoid a potential crisis. For more information, check out this website: www.hes-extraordinary.com/de-escalation-techniques

DE-ESCALATION strategies for meltdowns

Don't yell to be heard over a screaming child

Avoid making demands

Remain non-judgmental

Validate their feelings, but not their actions

Silence

Don't try to reason

Be aware of your body language

Avoid the word "no"

Respect personal space

Answer questions, but ignore verbal aggression

Acknowledge your child's right for refusal

Use a distraction

Practice deep breathing exercises

Take a walk or a short movement break

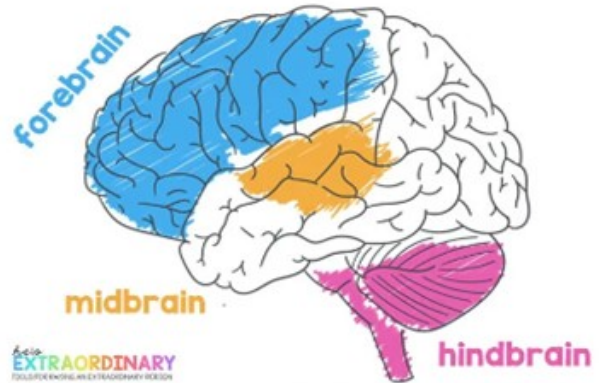
Get down to your child's level

Decrease sensory stimulation

Reflective listening

Use calming visual input

EMOTIONAL REGULATION & THE BRAIN



forebrain

THE PREFRONTAL CORTEX - The thinking part of the brain. Controls executive functions, reasoning, problem solving, etc. When regulated your child's forebrain is engaged and ready to learn.

midbrain

THE LIMBIC SYSTEM - The feeling part of the brain where emotions are experienced. When engaged there is less connection with the forebrain. Your child will seem emotional, needy, demanding, uncooperative, nervous, etc. Help them regulate their emotions.

hindbrain

BRAIN STEM & AMYGDALA - The survival part of the brain. Controls fight or flight instinct. When engaged there is no connection to the forebrain. Your child may hit, bite, scream, spit, run away, shut down. They need to feel safe. You cannot teach or discipline right now.



Once again the NSPCC have joined forces with TTRS. We love TTRS and think the NSPCC do some incredible work so we definitely want to

get involved!

The national TTRS competition will take place on Friday 3rd February and to get into the spirit of the day, we invite children and adults to come to school dressed as rock stars on this day. If you feel able to, we ask families to donate £1 per pupil to the NSPCC. Whilst EYFS and Y1 children do not play TTRS, we would welcome them to take part in the dress up day and we will arrange a school competition on Numbots to take place that week.

For more information on how it will work see the dojo post or email shared on January 11th.

Explorer Dome



Children in years 3 and 4 have had rather an exciting day today with a visit from the Explorer Dome. The children found the Dome magical and thoroughly enjoyed the interactive experience.

Thank you to everyone who supported Monday's cake sale. The cost of trips and events are rising like most things. We are still reliant on the contributions made by families attending the trip but are looking for other ways to support these important experiences.