

## SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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23rd February 2024

"The greatest glory in living lies not in never failing, but in rising every time we fail."

#### Dear Parents/Carers.

I would like to formally welcome you back after the half-term break! I hope you managed to spend some quality time with your families and have had a restful and relaxing week.

The journey to school has been quite challenging for many of us this week due to the disruption to the A38 at Branston. Please refer to the reminder later in the newsletter for more information about this. Remember, the school gates are opened at 8.40am every morning. Please note that should you need it, Shobnall Stars have places available at Breakfast Club and After School Club if you are experiencing difficulties navigating your way through the traffic. Please enquire at the school office if you would like more details, or alternatively, visit our website page here.



This is another very short half-term, and there are a significant number of events coming up before Easter, so please check out the diary dates at the end of the newsletter to make a note of these on your own calendars. One such event is Mothering Sunday, and everyone should have now received a letter inviting them to come and enjoy a lunch with their child at some point during this very special week.

Whatever it is you have planned for the weekend, we hope that you are able to rest, relax and spend quality time together as families. As always, we look forward to seeing you all again on Monday. Enjoy!



## Letter from Sir Martyn Oliver, His Majesty's Chief Inspector

We were delighted to receive a letter from Sir Martyn Oliver, who is His Majesty's Chief Inspector for Ofsted, this week! Sir Martyn has written to the school to congratulate us on receiving on outstanding judgement following our most recent Ofsted inspection.

He states in his letter that, "the inspection framework sets a high bar for being judged outstanding" which

"makes it a challenging and exacting judgement to achieve."

The full letter is available for you to read as an attachment at the end of the newsletter.

#### **JTMAT Attendance and Punctuality Policy**

We would like to take this opportunity to remind parents of a few key updates to the JTMAT Attendance and Punctuality Policy that we made you aware of prior to half term. The workload in the school office has increased significantly this week due to the number of children being collected early for medical and dental appointments. The policy clearly states:

- Parents and carers are asked to make routine medical, dental and opticians outside the school day.
- Parents will be asked to provide evidence of medical appointments which fall inside the school day.
- Parents will be asked to provide evidence of hospital appointments which fall inside the school day.

We thank you for your cooperation with this matter as securing excellent school attendance and promoting the importance of such, is the responsibility of the whole school community. The full policy can be viewed here.



# WORLD BOOK DAY

#### World Book Day - Thursday 7 March 2024

World Book Day is fast approaching, and this year Miss Martin-Mills is asking the children (and staff) to come **dressed** as their **favourite book character**! The Reading Ambassadors and Miss Martin-Mills will be planning lots of fun activities based around reading when we return after half-term! More information will follow in due course!

Check out the World Book Day Family Hub for more things to do at home. We're very much looking forward to celebrating World Book Day, which could not happen without the support of parents and

carers – thank you. Please remember to keep reading!

#### Red Nose Day - 15 March 2024

On Friday 15 March 2024, we will be celebrating Red Nose Day in aid of Comic Relief! Blue Peter will be turning **RED** to celebrate Red Nose Day, so we thought we would join them and go 'red-to-toe' this year! So, as part of their non-uniform, we are asking the children to dust off their ruby slippers, pop on their lobster suits, or simply don some scarlet socks. How far they go is up to them! We ask that they bring a donation of 50p to £1 for this privilege. All proceeds from this event will go towards Comic Relief.

For 2024, Comic Relief proudly presents the funniest Red Noses yet, perfect if you've got lots of Noses waiting to Do Something Funny for Money! There will be four fun characters to collect – as well as a 1 in 166 chance to get your hands on a limited edition Rare 'Gold' Nose! The Noses are made from plant-based materials meaning they can be recycled at home and are suitable for children aged 3 and above. You can order a Red Nose now from the <a href="Comic Relief Shop">Comic Relief Shop</a> or head to <a href="Amazon">Amazon</a>, the home of the Nose. And get ready to scan the QR code inside your Red Nose box for an extra special surprise!

We are also intending to run a 'Red Nose Hunt' for the children throughout the day and will be having lots of laughter by sharing our favourite jokes! We hope that you can support the fundraising!





#### **Leap Year**

Thursday is 29<sup>th</sup> February, a day we only see every four years! We would like to share with you some of the origins and traditions associated with leap years:

- The extra day in a leap year falls on 29<sup>th</sup> February. It is added in February because when leap years started to be added, February was the last year in the Roman calendar.
- People born on 29<sup>th</sup> February are often called 'Leapers'. What would happen if you were born on 29<sup>th</sup> February? When would you celebrate your birthday?
- The time it takes for the Earth to orbit around the Sun is approximately 365.25 days. This means there is an additional six hours, or a quarter of a day, every year. Every four years, these quarter days are added up to make an additional day. This additional day is 29th February, leap day. This leap day is essential to ensure calendars stay on track. Otherwise, extra time would build up over the years and winter would end up falling in summertime!
- Nowadays, a woman can propose marriage to her partner any time she likes. However, in the past, it was not seen by society as a proper thing to do. Traditionally, a leap year, often just leap day, was the only time a woman would be allowed to propose to her partner.
- In Ireland, the tradition was called Bachelor's Day and allowed women to propose to men or (at social dances) ask them to dance. If the marriage proposal was refused by the man, he was expected to buy her a silk gown, a fur coat or new gloves. This tradition is thought to date back to the fifth century from a deal Saint Bridget struck with Saint Patrick.
- Some countries used to believe leap years brought bad luck. These beliefs are called superstitions.
- In Scotland, farmers used to believe a leap year was "never a good sheep year", meaning it would bring bad luck.







### Year 2 Class Assembly – 14 March 2024

Year 2's class assembly is being held on Thursday 14 March 2024 but is going to be a little different this year. Rather than it being a 'show and tell' performance, we would like to invite parents to a gallery experience. The children will work together to build a class gallery, showcasing their artwork, literacy and geography work. They will welcome you in and take you on a tour of their work around the hall. We hope that you can join us and experience our unique gallery!

#### Disruption to the A38 Branston



The A38 Branston Interchange Scheme is planned to start in full in February 2024. The scheme is being delivered by the Branston Locks developer and Staffordshire County Council through the Levelling Up Fund. The scheme is a planning condition of the Branston Locks development and will support the creation of new homes employment as well as improving road safety and capacity on the A38 Branston interchange roundabout and Parkway.

Construction works include widening the A38 northbound off and on slip roads to provide additional traffic lanes, installing new traffic signals

on the interchange roundabout and a third lane westbound on Parkway. Works will last until Spring 2025.

Early works on Branston Road will be installing new drainage, ducting, electrical works and to install a temporary site access from Branston Road. So they can be carried out safely, a one-way road closure will be needed from the beginning of the February half-term week. The one-way closure starts on 10 February, with a planned completion on 28 February. Vehicles will be able to travel westbound on Branston Road from the A38 towards Tatenhill but will not be able to travel eastbound from Tatenhill to access the A38. A diversion route will be signed via Tatenhill, Rangemore and Needwood. Additional safety measures and signing will be provided on the diversion route.

Please see Staffordshire County Council's website for further information:

A38 Branston Interchange Proposed Highway Improvements - Staffordshire County Council

#### A38Branstoninterchange@staffordshire.gov.uk



#### **Online Safety Tips**

As infants, we all rely completely on adults to help us resolve situations that are causing us to become upset or stressed. This is known as co-regulation.

The next phase, once autonomy has begun to develop, is called self-regulation: this is when children start to become capable of exercising more control over their impulses and behaviour, and managing their own emotions.

This vital developmental milestone, however, isn't reached spontaneously. Learning to self-regulate requires sensitive guidance from trusted adults – simply talking with children about their thoughts and feelings, for instance, can ease the route to self-regulation.

Self-regulation is an important milestone for children to utilise when they start using their own devices. This guide has some expert tips for supporting children to reach this goal.

#### **Turn Off Your Engine**

Did you know, poor air quality can seriously aggravate conditions like asthma and is responsible for hundreds of deaths a year across Staffordshire?

Turning off your engine is one small thing you can do that can make a big impact.

Choosing to switch off your engine could be when:

- Charging your phone
- Waiting for someone
- On your lunch break
- Making a delivery
- Running the heater
- Running the aircon





If you are a part of a business or organisation, you can sign up to be an anti-idling zone this March. <u>Find</u> out more here.



#### FREE Uniform!

We have FREE uniform that is available for anyone who needs it, via our donation service. There is a box situated outside the school office for any parents who have old items that they wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box! Amy Roobottom continues sorting, collating and distributing this. If you wish to contact Amy to ask what is available that you might be in need of, please contact her via <a href="mailto:amyroobottom@outlook.com">amyroobottom@outlook.com</a>.

#### **Hot Lunch Options – 26 February to 1 March 2024**

WEEK 1	@ MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	Pork sausage with creamy mash potato 6 gravy	Roast turkey with potato of the day 8 gravy	Chicken Burger	Crispy fish fingers with chunky chips
Vegetarian Main dish	Roasted vegetable pizza	Vegan sausage & mash potato with gravy	Quorn <sup>™</sup> fillet with roast potatoes 5 gravy	Veggie Burger	Crispy vegetable fingers with chunky chips
Accompaniments	Peas 8 baked beans Salad bar	Peas 8 carrots Salad bar	Broccoli & green beans Salad bar	Sweetcorn 8 broccoli Salad bar	Peas & baked beans Salad bar
Desserts	Chocolate 8 pear sponge with custard	Shortbread	Flapjack	Jam & coconut sponge	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt
Jacket potato	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket Potato	Jacket Potato



"Who can resist an All Day Breakfast.
Check out our delicious menu on the website, and join us for a tasty lunch from our wonderful kitchen team"



All Day Breakfast was on the menu this week at Shobnall Primary and Nursery School





Your First Choice Contract Caterer in the North



#### **SHOBNALL SHOWCASE!**

Let's have a sneaky peek as to what has been going on in our classrooms this week...

#### Nursery

Nursery adventures this week...

Nursery have had an exciting start to the new term. It was fantastic to see them arrive to school eager to begin learning all about animals for our new theme, 'All Creatures Great and Small.' The children have had lots of fun learning about pets and how to look after them when they get sick. They have been taking care of our toy pets; showing great care whilst treating them at the vets.

This week, we have also learnt about jungle animals and have compared the jungle environment to life in Burton. The children have shown brilliant creativity whilst making their jungle collages. They were super excited to share them, and we had lots of fun guessing which animals were hiding in the jungle. We linked this learning with our science where we have been exploring different habitats of animals. The children did a fantastic job at identifying the habitats of different animals!

Well done Nursery for a great week!

#### Reception

Reception adventures this week...

Our week started with the excitement of exploring our new book, 'The Magic Porridge Pot'! We have had lots of fun planning all the great activities we are going to do linked with the story!

We have also been looking at pairs in our maths area this week and have enjoyed finding pairs in and out of the classroom!



We finished our week with some excellent work in the creative area, preparing for the grand opening of our farm shop!



#### Year 1

Year 1 have had a very busy but productive week. In maths, the children have begun to subtract numbers from 20. They have been using known facts to help them. For example, if I know 9 -5 = 4 then I know 19 -5 = 14. The children have begun writing their own dates and objectives in different

lessons and Miss Barker has been blown away with how neat the children's handwriting is becoming. Well done for being so resilient Year 1! In our afternoon sessions, we have been looking at how Jesus shows us he is a good friend by looking at different Bible stories. We even got to make our own friendship bracelets!

#### Year 2

Year 2 have had a great first week back! In English they have started a new unit of work that is focusing on persuasive texts. They have started by looking at the model text called, 'Visit the UK!' This fits perfectly with their Geography topic too! They have enjoyed reading the text and discovering more information about the UK. In maths they have continued to look at money and have been working out how to add different amounts together, make £1 from different coins and working on word problem style questions. Year 2 have found the art topic great fun! They have been exploring different ways on how to make a map a piece of artwork. They have looked at 2D maps, relief maps and printing maps to create different types of artwork. Well done, Year 2!

#### Year 3

Year 3 have had a superb first week back with the addition of Forest School to our lessons. The children thoroughly enjoyed being able to go down into the forest and have begun creating their own bow and arrows, using the techniques of whittling with a mora knife. They also created an interpretation of Stone Henge and have begun weaving their own dragon eye necklaces. The rest of the week the children have been looking at length and perimeter in Maths and are confident with using rulers to find accurate measurement. In English, we have begun our new unit of writing on persuasive writing. Keep it up Year 3 – we are super proud of you!

#### Good News for Mrs Sandhu!

It was just over a week ago that we were sending Mrs Sandhu our best wishes as she started her Maternity Leave. Well, her baby didn't wait very long at all to make an appearance, so Mrs Sandhu timed this perfectly! You will all be very pleased to hear that yesterday Thursday, 22 February, she gave birth to a very healthy baby boy who has been named Kyran! We send our warmest wishes and congratulations to Mrs Sandhu, her husband, and her elder son, and we can't wait to meet the baby very soon!



#### Year 4

Year 4 have had a productive first week back after half term. In maths, the children have been carrying on with their fractions unit and I have been amazed by the effort by all the children on this and I have been blown away by their quality of work! In English, the children have been identifying the features of a myth, specifically looking at Viking gods and goddesses. This is in preparation for writing our own myth in a couple of weeks' time. Elsewhere this week, we have started our science unit for this half term looking at sound and the children have been investigating the ear and how we hear sounds through vibrations. Finally, the children had an afternoon of art on Thursday, and they have produced some amazing pieces of art looking at lighter and darker painting. A great first week back Year 4!

#### Year 5

Year 5 are ploughing on with their learning in Maths and are becoming extremely confident in their fraction work. This week they have been



working on fractions of amounts, multiplying fractions by integers, finding the whole and using fractions as operators. In English, Year 5 have started a new narrative unit of writing, on the British legend 'The Tragedy of Beddgelert', a story of tragedy and grief. The children have been exploring the tier 2 and tier 3 vocabulary within the text, understanding the text through comprehension questions, and acted out scenes from the legend. In Science, Year 5 have started a new unit of learning on space. The children have been enthralled by this new topic and were astonished to learn about the distance between the planets! In DT, the children have designed and created their own stuffed toy. This task took a huge amount of patience and resilience, but all the children were able to use a blanket and running stitch to create their own stuffed toy – they look AMAZING!

#### Year 6

This week in Year 6 the children have been beginning to plan their narratives; writing as if they were a chimney sweep, set in the Victorian Times. I cannot wait to read their finished pieces next week. We also held our auditions for this year's Brewhouse production, and I am incredibly proud of everyone that auditioned. In maths we began our unit on decimals, revising the value of each digit and rounding to 3 decimal places. In science we began our unit on living things and their habitats where we investigated classification keys and what it means to classify by using liquorice allsorts and grouped them based on their shared characteristics. In computing we are looking at spreadsheets, so we collected some data by rolling a die and input the outcomes. We finished the week continuing with our French unit.

#### **Reading Corner**

This week's recommended read is for children aged 5+...

#### The Great Highland Games Chase

Written by Kate Abernethy

Uh-oh! There's a great Highland Games chase afoot when Wee Rascal, a cheeky Scottie dog, runs off with a delicious-looking hat!

Dodging out-of-puff pipers, cake-covered grandads, runaway coos and dizzy Highland dancers, Wee Rascal leads an increasingly hilarious



pursuit through a Scottish Highland Games. Can anyone catch the mischievous puppy?

This quirky counting and rhyming picture book is full of chaotic charm. With humorous text from author Kate Abernethy and lively illustrations from illustrator Laura Darling, *The Great Highland Games Chase* is a fun, memorable read that's perfect for children from Scotland and beyond.

#### **Head Teacher's Awards**

Reception	Amore F	Ibrahim H
Year 1	Paisley H	Ava E
Year 2	Zayn C	Obeydullah H
Year 3	Millicent MB	Kailen S
Year 4	Aadil F	Adam H
Year 5	Tabitha B	Alfie P
Year 6	Hafsa U	Azaan W M

#### **Lunchtime Star Awards**

Reception	Jensen H
Year 1	Jakub K
Year 2	Dahlia L
Year 3	Alina P
Year 4	Rosie T
Year 5	Ellie W
Year 6	Beatrix MB

#### **Attendance**

Please read the <u>NHS</u> 'Is my child too ill for school?' guidance which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.

Please note that children can come to school with mild respiratory illnesses. This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil**, **every day**! Thank you for your support.



This week's Attendance Champions are Year 3! Well done! Here are the latest figures...

Reception	94.3%	Target
Year 1	90.0%	
Year 2	88.7%	97%
Year 3	95.0%	
Year 4	90.0%	Overall (to date)
Year 5	91.9%	
Year 6	92.5%	95.1%
Overall	91.4%	

#### **Team Points**

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 23.02.24)	40	11	15	28
Position	1 <sup>st</sup> – 4 points	4 <sup>th</sup> – 1 point	3 <sup>rd</sup> – 2 points	2 <sup>nd</sup> – 3 points

Running Total	4	1	2	3

#### **Diary Dates 2023-2024**

Event	Date/Time
Year 2 Class Assembly / Gallery	Thursday 14th March 2024, 9.00am
PFA Easter Bingo	Friday 15 <sup>th</sup> March 2024
Year 5 Trip to Hampton Court	Thursday 21st March 2024
School Closes for Easter	Friday 22 <sup>nd</sup> March 2024, 2.00pm
INSET Day	Monday 8 <sup>th</sup> April 2024
School Reopens for Pupils	Tuesday 9 <sup>th</sup> April 2024
Year 1 Class Assembly	Thursday 18 <sup>th</sup> April 2024, 9.00am
Reception Class Assembly	Thursday 25 <sup>th</sup> April 2024, 9.00am
Police, Fire & Crime Commissioner Election –	Thursday 2 <sup>nd</sup> May 2024
School Closed	
May Day Bank Holiday – School Closed	Monday 6 <sup>th</sup> May 2024
Key Stage 2 SATs Week	Monday 13 <sup>th</sup> May 2024 to Friday 17 <sup>th</sup> May 2024
School Closes for Half-Term	Thursday 23 <sup>rd</sup> May 2024
INSET Day	Friday 24 <sup>th</sup> May 2024
School Reopens for Pupils	Monday 3 <sup>rd</sup> June 2024
Year 4 Class Assembly	Thursday 27 <sup>th</sup> June 2024, 9.00am
JTMAT INSET Day	Friday 5 <sup>th</sup> July 2024
School Closes for Summer	Friday 19 <sup>th</sup> July 2024, 2.00pm
INSET Day	Monday 22 <sup>nd</sup> July 2024

#### **Spring Term Diary Dates**

Event	Date/Time
Mother's Day Lunches – Reception	Thursday 29 <sup>th</sup> February 2024
Mother's Day Lunches – Year 1	Friday 1st March 2024
Mother's Day Lunches – Year 2	Monday 4 <sup>th</sup> March 2024
Mother's Day Lunches – Year 3	Tuesday 5 <sup>th</sup> March 2024
Mother's Day Lunches – Year 4	Wednesday 6 <sup>th</sup> March 2024
World Book Day	Thursday 7 <sup>th</sup> March 2024
Mother's Day Lunches – Year 5	Thursday 7 <sup>th</sup> March 2024
Mother's Day Lunches – Year 6	Friday 8 <sup>th</sup> March 2024
Comic Relief	Friday 15 <sup>th</sup> March 2024
Parents' Evening	Monday 18 <sup>th</sup> March 2024, 4.00pm – 7.00pm
Parents' Evening	Wednesday 20 <sup>th</sup> March 2024, 4.00pm – 7.00pm
School Closes for Easter	Friday 22 <sup>nd</sup> March 2024, 2.00pm



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13 February 2024

**Sir Martyn Oliver** His Majesty's Chief Inspector

Mr David Adams
Headteacher
Shobnall Primary & Nursery School
Shobnall Road
Burton-on-Trent
Staffordshire
DE14 2BB

Our ref: 503063

Dear Mr Adams

I am writing to say how pleased I am that Shobnall Primary & Nursery School has received an outstanding judgement following its most recent Ofsted inspection.

The inspection framework sets a high bar for being judged outstanding, which makes it a challenging and exacting standard to achieve. I would therefore like to commend you and your team on your exceptional work. I hope that you and your whole school community are very proud.

I wish you every success in the months and years ahead.

With very best wishes.

Yours sincerely

Sir Martyn Oliver

His Majesty's Chief Inspector

Sir Martyn Oliver

## 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 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

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.



## 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.

Wake Up Jednesday

The National College



/NationalOnlineSafety



