



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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31st January 2025

"Optimism wears heavy boots and is loud."

Dear Parents/Carers,

This week many of the children have been sharing stories with each other as part of National Storytelling Week. The theme has been **'Reimagine your World'**, emphasising that the most extraordinary story can come from the most ordinary place! We hope that you have enjoyed reading with your child this week and don't forget to look out for our recommended read at the end of the newsletter!

You will all have received an invite to attend a consultation with your child's class teacher at Parents' Evening on Monday 10 February 2025 or Wednesday 12 February 2025. If you have not already booked your slot, it is not too late to do so. Please follow the instructions that were provided on the email you should have already received.



Year 6 have had an amazing week in the outdoors on their residential trip to Laches Wood! Miss Lord, Mr Bishop and Mrs Johnston have done a fantastic job of keeping us up to date with their news via the school's X and Instagram account and it's been great to see everyone having such a great time! You can read more about their week in the 'Shobnall Showcase' further on in the newsletter!

Next week is Children's Mental Health Week where the staff and pupils will be taking part in many activities in school to promote this year's theme which is, 'Know Yourself, Grow Yourself.' Please look out for this on X and Instagram! There are many ways parents can support their children to maintain a positive wellbeing. Please click on the link below to access the videos and support.

[Families - Children's Mental Health Week](#)

We hope that you all have a great weekend and look forward to seeing you on Monday! Enjoy!



Mental Health Support Team Workshop – Tuesday 4 February 2025

Sam Lewis, our Mental Health Support Team (MHST) worker is holding a one hour workshop for parents on Tuesday 4 February at 3.30pm – 4.30pm as part of Children’s Mental Health Week. The topic will be **Introduction to Worry**. We do hope that you are able to attend, as the content is very useful and relevant. Please enquire with Mrs Johnston, our Family Liaison Officer, if you have any questions or would like any further information. We look forward to seeing you there!



OPAL



We are very excited to be launching OPAL (Outdoor Play and Learning) after half-term! OPAL is a great initiative that enhances children's play opportunities, promoting creativity, teamwork, and physical activity. To ensure its success at our school, we need valuable input from parents through our OPAL survey. Your feedback will help us understand how we can improve outdoor play and create the best possible environment for our children. Completing the survey takes just a few minutes but will make a huge difference in shaping our school's play opportunities. Please take the time to share your thoughts, using the link or QR code below – your support is essential in making OPAL a success!

Link: <https://forms.gle/C4Lr5vgPwWKh7okX6>

QR Code:



Parent Survey Feedback

Following on from the feedback provided by parents in our Kirkland Rowell Survey, we would like to discuss *communication* in this week's newsletter.

Effective communication between school and parents is essential in ensuring the best possible support for children's education and wellbeing. Communication emerged as a theme, and as a result, we are refreshing our Home-School Agreement to ensure all parents are fully aware of how information is shared and how they can contact the school when needed. You will be informed as to where this can be accessed

once it has been finalised. Staff are always available at drop off and collection times to receive and forward messages to the relevant members of the team, but we appreciate that from time-to-time, more significant issues may need to be discussed. Schools are busy places, and to make sure your queries are handled efficiently, we kindly ask that parents either book appointments or request call backs if necessary. When



doing so, it is helpful to clearly state who you wish to speak to and provide a brief message outlining the reason for your enquiry. This allows staff to prepare, respond more effectively, and ensure that your concerns or questions are addressed promptly. By working together with clear and respectful communication, we can continue to build a positive partnership that supports every child's success. Thank you for your support and cooperation with this.



PFA Valentine Disco – Friday 7 February 2025

Tickets for the forthcoming Valentine themed disco are on sale now every morning and afternoon pick up by the entrance to the key stage 2 playground and are priced at £4.00, which includes a drink and some sweets. The infant disco will be 3.45 – 5.00pm and the junior disco will be 5.15 – 6.30pm. Remember, the day itself is a non-uniform day (the theme being 'party', or 'Dress up for Digits' as this is also NSPCC Number Day) free of charge, so no need for children attending the infant disco to bring a change of clothes. Shobnall Stars will remain open on that night but will be in the Year 2 classroom on that evening.

There will be a range of other goodies on sale at the discos so children will need to bring a little extra spending money on the night should they wish to purchase anything on offer. Prices for

these optional extras are:

- Can of Pop – 90p
- Water – 50p
- Fruit Shoots – 60p
- Cartons of Pop – 40p
- Walkers Crisps – 60p
- Raiders Crisps – 40p
- Freddos – 25p
- Sweets – 30p / 50p

The PFA can take card payments for tickets, but due to the bank charges, there will be an additional 5p charge for every transaction. We do hope that you are able to support this event!



Shobnall Stars – After School Club Closure, Monday 3 February 2025

It is with regret that **After School Club** will not be open on **Monday 3 February 2025**. This is due to staff having to attend essential training that cannot be rescheduled. We apologise for any inconvenience this may cause but the rest of the sessions run as normal.

Warm up this Winter!

At this time of year, the most important thing to do is keep warm.

Layer up

It goes without saying, but make sure you are wearing those layers, especially if you're heading outside.

Gym clothes are great to wear as your base layer, then add woolly jumpers and thick hoodies over the top before



adding your waterproofs. When it's extra chilly, keeping your head warm with a woolly hat, and wearing thick socks and gloves will make all the difference when you're out and about.

Keep moving

Heading outside to exercise may seem like the last thing you want to do when it's cold. But going out for a brisk walk is the perfect way to warm up and won't cost you a penny.

Comfort foods are made for winter

Cook up some winter warmers to keep your body warm from the inside out. Chillis, curries, spaghetti bolognese and a good old Sunday roast are some popular favourites which are also great for batch cooking and leftovers making your meals last longer and go further.

Try cooking in an air fryer or slow cooker too, to keep your energy costs down.

Hot water bottles

Bring out the hot water bottle instead of heating the whole house. Perfect when working from home or warming up your bed.

CHILDREN'S DENTAL CARE TIPS FOR PATIENTS



1. VISIT A DENTIST REGULARLY

- CHILDREN SHOULD VISIT A DENTIST FROM BIRTH
- CHILDREN SHOULD BE SEEN REGULARLY AT INTERVALS OF BETWEEN 3 AND 12 MONTHS
- ASK YOUR DENTIST ABOUT FLUORIDE VARNISH
- YOUNG PEOPLE AND ADULTS SHOULD BE SEEN AT REGULAR INTERVALS AS DETERMINED BY THEIR DENTIST
- FOR HELP IN ACCESSING AN NHS DENTIST FOR ROUTINE OR EMERGENCY CARE, VISIT THE NHS CHOICES WEBSITE



2. ENCOURAGE HEALTHY EATING AND DRINKING

- KEEP ALL FOODS AND DRINKS CONTAINING SUGAR TO MEAL TIMES
- SNACK ON FRUIT AND/OR VEGETABLES BETWEEN MEALS
- DRINK ONLY MILK AND WATER BETWEEN MEALS, KEEP OTHER DRINKS TO MEAL TIMES.



3. ENCOURAGE REGULAR TOOTHBRUSHING

- BRUSH TWICE A DAY INCLUDING LAST THING AT NIGHT
- USE A SMEAR (UNDER 3 YEARS) OR A PEA-SIZED (OVER 3 YEARS) AMOUNT OF FAMILY FLUORIDE TOOTHPASTE.
- SUPERVISE BRUSHING UNTIL AT LEAST 7 YEARS OF AGE
- SPIT DON'T RINSE AFTER BRUSHING



4. ENCOURAGE THE PROMOTION OF A HEALTHIER LIFESTYLE

Online Safety Tips

Anger at a toy being stolen? Sadness when losing a game? Frustration when struggling in class?

All children will experience challenging feelings sooner or later. Emotions are a natural part of life, and while youngsters should be allowed to express themselves, it's important they also learn how to process these more difficult emotions in a mindful way.

Of course, many children may well be encountering these intense feelings for the first time, and it can be intimidating to skirt the line of helping them properly handle their emotions while also validating their experiences.

That's why this free guide offers expert advice on how you can support your children with developing emotional literacy.



**Family Hub
Staffordshire**



COULD YOU GIVE ONE HOUR A WEEK TO BECOME A **REDUCING PARENTAL CONFLICT CHAMPION?**

ABOUT THE ROLE

Relationship problems are common and bringing up children involves making lots of joint decisions. Parental Conflict can have a lasting negative effect on children and young people's mental health and life chances. As part of the Government's Reducing Parental Conflict Programme, Staffordshire County Council offer help and support through our Family Hubs. We've created a range of resources, that we want to share with our communities and partners, so that they can offer support to parents and carers that need it too. The right help, at the right time, in the right place. To do this, we need your help to spread the word so that we can improve children's outcomes by supporting parental relationships. When parents get on, children do better!

WHAT THE ROLE INVOLVES:

- ✔ Raise awareness of Reducing Parental Conflict Programme
- ✔ Share information with your local community
- ✔ Attend meetings
- ✔ Distribute leaflets and resources
- ✔ Full training will be given, including lunch and expenses

IF INTERESTED PLEASE
EMAIL REDUCINGPARENTALCONFLICT@STAFFORDSHIRE.GOV.UK

Right help. **Right time.** Right place.



FREE Uniform!

We continue to accept donations of old uniform via the box situated outside the school office for any parents who wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box outside the school office. If you need any uniform, you will need to pop down to the **Family Hub** on Waterloo Street, DE14 2NJ. The Family Hub do not have the capacity to reply to emails but do have uniform on site all year round and are open Monday to Friday, 8.30am to 4.00pm.

Reading Corner

This week's recommended read is for children aged 11+...

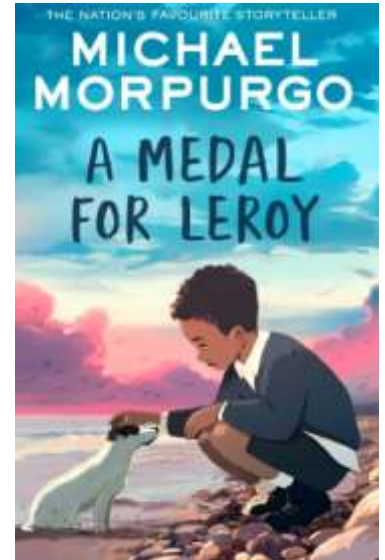
A Medal for Leroy

Written by Michael Morpurgo

The best-selling author of War Horse tells a deeply moving story which recreates the terrible legacies of both the First and the Second World Wars about how a young boy discovers the truth about his family.

Growing up just after World War Two, Michael lives alone with his mother. Together they visit two elderly women who looked after his father as a boy. What is the real story of his father?

The truth is a story full of courage which Michael will hold close to himself for ever.



Attendance

Please read the [NHS '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.

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.

Please note, we can only accept and administer **prescribed medicines** that are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration and dosage.

If your child arrives late, it is the responsibility of the adult to report to the school office and sign the "Late Book", giving a reason for lateness. This is important so that the school office knows your child is in school and can mark your child in in the class register. The class registers in the classrooms close at 8.55am when lessons start.

When reporting an absence, please could we ask that parents contact the school office before 9.30am and state clearly reasons for absence. 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 2!** Here are the latest figures...

Reception	98.0%	Target
Year 1	94.0%	
Year 2	99.3%	
Year 3	93.1%	97%
Year 4	96.2%	
Year 5	92.9%	Overall (to date)
Year 6	94.7%	
Overall	94.6%	

Head Teacher's Awards

Reception	Joey T	Minahil F
Year 1	Haider H	Jacob M
Year 2	Umar Q	Shasta S
Year 3	Rupert C	Dahlia L
Year 4	Olivia K	Zayn S
Year 5	Anthony D	Zain A
Year 6	-	-

Lunchtime Star Awards

Reception	Ava M
Year 1	Amelia M
Year 2	Hudhayfah M
Year 3	Peta O
Year 4	Nancy M
Year 5	Zayn A
Year 6	-

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 31.01.25)	44	39	89	69
Position	3 rd – 2 points	4 th – 1 point	1 st – 4 points	2 nd – 3 points
Running Total	6	7	8	11

Hot Lunch Options 03.02.25 – 07.02.2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	Italian pasta bolognese	Roast turkey with potato of the day & gravy	Chicken goujons With sweet pepper sauce and rice	Crispy battered fish & chunky chips
Vegetarian Main dish	Vegetarian burger with chunky chips	Vegetarian Pasta bolognaise	Quorn™ fillet with roast potatoes & gravy	Vegan goujons With sweet pepper sauce and rice.	Cheese & bean bake with chunky chips
Accompaniments	Peas & baked beans Salad bar	Peas & sweetcorn Salad bar	Broccoli & cauliflower Salad bar	Sweetcorn & carrots Salad bar	Peas & baked beans Salad bar
Desserts	5 Fresh fruit & whip	Lemon biscuit	Chocolate sponge	5 Fruit sponge & custard	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection

KEEP FIT AND ACTIVE

KEY

- 5 5 OF YOUR 5 A DAY
- M MEAT FREE MONDAY
- C CHEF'S CHOICE
- P PLANT-BASED / VEGAN

A WORLD OF FUN WITH FOOD
Mellors

Allergens and Intolerances
All of our food is made from natural ingredients and prepared on-site daily. We have an allergen information chart available to print and also have a catering team on-site to assist with any dietary requirements. Our catering team is also available to assist with any dietary requirements. Our catering team is also available to assist with any dietary requirements. Our catering team is also available to assist with any dietary requirements.

SHOBNALL SHOWCASE!

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

Nursery

Our adventures in Nursery this week...

We have had another exciting fun packed week of activities. The children have continued completing a range of activities based on our class focus book, 'The Gingerbread Man.' We have been exploring the occupation of baking, and the children have been busy making lots of delicious gingerbread men in the Acting Avenue.

On Tuesday, the children got creative and used their imagination and creativity to build some vehicles to help the Gingerbread Man cross the river safely to avoid the sly fox. We had a great range of vehicles which the Gingerbread Man enjoyed riding and was able to cross the river safely without being eaten by the fox!

On Thursday, we celebrated the Lunar New Year and the Year of the Snake. The children then explored a range of activities including making some yummy Chinese noodles, making snake patterns in sand and making lots of snakes using a range of materials.

Reception

Our adventures in Reception this week...

We have had a magnificent week learning about the Chinese and Lunar New Year.

We started by exploring the story of 'The Great Race,' and found that this year was the Year of the Snake! We then had numerous adventures themed around this wonderful celebration which included making our own snakes using paints, pastels and cardboard tubes. There were also snakes and coins in our solving station which we had fun using to show one less and put into pairs.

It was very interesting to see the different symbols for numbers and we had fun writing and matching them in lots of different ways.

On Wednesday we did some traditional Chinese dancing and moved around our classroom like the lion and dragon dancers. We made some super music with the instruments to go along with our dancing.

Later in the week we re-enacted the great race! It was so much fun taking on the role of the different animals – luckily, we all got to the other side of the river.

To finish off our magical week we discovered the wishing tree and its importance to the Chinese New Year. We joined in with this by designing our own oranges sharing our wishes and then attaching them to our class wishing tree! We hope they come true!

The week ended perfectly as we all went home with our red wallets full of chocolate coins!





Year 1

Year One have had a lovely week. In English, they have finished writing their instructions on how to make an instrument. The children were able to write instructions on how to make a maraca, drum, rain stick or guitar. I am so impressed with how the children have applied their use of imperative verbs, full stops and capital letters. In maths, the children have been comparing and ordering numbers to 20. Also, in art this week the children created their own sculpture, using different folding techniques and patterns. The children had a special visitor on Thursday as part of their hook lesson for our new English unit, it was a pirate. He told us all about his ship and the important jobs that pirates must do. We also enjoyed being able to celebrate the Lunar New Year at Forest School and learning all about the Year of the Snake.

Year 2

It's been a fantastic week in Year 2! In Maths, the children have been exploring money, and they've really enjoyed putting their skills to the test. In English, they've completed their brochures about Burton, and the finished pieces are amazing.

In Science, we've been studying the life cycle of a butterfly, which has captured the children's curiosity and imagination. Our history lessons have focused on significant historical figures, such as Rosa Parks, and the children have been inspired by how she made a difference in the world.

To celebrate the Chinese Lunar New Year, we ended the week with a fun food-tasting session. The children had a great time trying egg fried rice and various snacks, learning about the culture.

Year 3

This week has been a busy and exciting one for our Year 3 children as they have been engaged in a range of hands-on learning experiences across the curriculum! In English, they have been working hard on their explanatory texts about *How Magnets Help Us*. They have spent time planning, drafting, and editing their work, ensuring they include clear explanations and technical vocabulary. In maths, the focus has been on measuring lengths in millimetres, centimetres, and metres. The children have enjoyed practical activities using different rulers and measuring tools to compare and record lengths accurately. Geography lessons have been all about exploring bridges, particularly those in and around Burton. As part of their learning, they even had the opportunity to go on a field trip to Shobnall Marina, where they closely observed and compared different types of bridges, discussing their structures and purposes. In Science, the children have continued their fascinating work on magnets, investigating how they attract and repel different materials through hands-on experiments. It has been a fantastic week of discovery and learning, and we look forward to seeing what next week brings!

Year 4

Year 4 have had another productive week this week! In maths, the children have been identifying what perimeter is and have been using a variety of different methods to identify how to calculate the perimeter of a shape. In English, the children have been identifying the features of a persuasive text, and the children are going to be writing their own persuasive texts next week to convince people to go to a country of their choosing! Furthermore, we have started our art unit for this term and the children have been identifying how colours impact different styles of artwork. Finally, the children are continuing to do an amazing job of learning their times tables. Although we are still months away from the multiplication check, I am so proud and impressed with how hard the children are working on this! Well done, Year 4!

Year 5

Year 5 have had another fantastic week of learning! In Maths, the children were thrilled to complete their third and final unit on fractions—a significant part of the Year 5 curriculum. It has been wonderful to see their progress, and they have now moved on to decimals, where they have already shown great success.



In English, the children have been busy drafting and editing their persuasive leaflets. They took great joy in finding creative ways to describe the accommodation, food, and activities, working hard to make the facilities sound as enticing as possible!

Meanwhile, in History, Year 5 have begun an exciting new unit on local history. They sequenced key historical events along a timeline and asked insightful questions about their hometown. Some of the most fascinating topics included the monastery on Andressey, an island in the Trent, as well as *The Last Heretic*, the story of Edward Wightman – a Burton-upon-Trent resident who was the last person to be burned at the stake for heresy!



Year 6

The children have had a fantastic week at Laches Wood!

They have been caving, BMX biking, climbing up the high ropes and abseiling. They have also enjoyed a search and rescue mission, along with some bushcraft.

The children left the centre for a day and went to explore the geographical landscape of Carding Mill Valley. After a 5km walk, they still weren't finished and enjoyed a campfire experience back at Laches Wood.

I would like to thank the staff, Miss Lord, Mr Bishop and Mrs Johnston for their

tireless efforts in making the trip such a great one for the children and for looking after them so well!

Enjoy a very restful weekend, Year 6!

Diary Dates 2024-2025

Event	Date/Time
School Closes for Half-Term	Friday 14 th February 2025
INSET Day	Monday 24 th February 2025
School Reopens for Pupils	Tuesday 25 th February 2025
Young Voices 2025	Thursday 27 th February 2025
School Closes for Easter	Friday 11 th April 2025, 2.00pm
School Reopens for Pupils	Monday 28 th April 2025
County Council Elections – School Closed	Thursday 1 st May 2025
May Day Bank Holiday – School Closed	Monday 5 th May 2025
Key Stage 2 SATs Week	Monday 12 th May 2025 to Friday 16 th May 2025
School Closes for Half-Term	Friday 23 rd May 2025
School Reopens for Pupils	Monday 2 nd June 2025
Reception Class Assembly	Thursday 5 th June 2025, 9.00am
Year 1 Class Assembly	Thursday 19 th June 2025, 9.00am
Year 4 Class Assembly	Thursday 26 th June 2025, 9.00am
Year 5 Class Assembly	Thursday 3 rd July 2025, 9.00am
JTMAT INSET Day	Friday 4 th July 2025
School Closes for Summer	Friday 18 th July 2025, 2.00pm
INSET Day	Monday 21 st July 2025

Spring Term Diary Dates

Event	Date/Time
Shobnall Stars – After School Club <u>ONLY</u> Closed for Staff Training	Monday 3 rd February 2025
Mental Health Support Team (MHST) Introduction to Worry Parent Workshop	Tuesday 4 th February 2025, 3.30pm
NSPCC Number Day	Friday 7 th February 2025
PFA Valentine Disco	Friday 7 th February 2025: - KS1, 3.45pm – 5.00pm - KS2, 5.15pm – 6.30pm
Parents' Evening	Monday 10 th February 2025, 4.00pm – 7.00pm
Safer Internet Day	Tuesday 11 th February 2025
Parents' Evening	Wednesday 12 th February 2025, 4.00pm – 7.00pm
School Closes for Half-Term	Friday 14 th February 2025
INSET Day	Monday 24 th February 2025
School Reopens for Pupils	Tuesday 25 th February 2025
Young Voices 2025	Thursday 27 th February 2025
World Book Day	Thursday 6 th March 2025
Comic Relief	Friday 21 st March 2025
Year 5 Hampton Court Palace	Thursday 27 th March 2025
Eid al-Fitr	Sunday 30 th March 2025/Monday 31 st March 2025
Mother's Day Lunches – Reception	Tuesday 1 st April 2025
Mother's Day Lunches – Year 1	Wednesday 2 nd April 2025
Key Stage 2 SATs Meeting for Parents	Wednesday 2 nd April 2025, 3.30pm, Year 6 Classroom
Mother's Day Lunches – Year 2	Thursday 3 rd April 2025
Mother's Day Lunches – Year 3	Friday 4 th April 2025
PFA Easter Bingo	Friday 4 th April 2025, 5.00pm
Mother's Day Lunches – Year 4	Monday 7 th April 2025
Mother's Day Lunches – Year 5	Tuesday 8 th April 2025
Mother's Day Lunches – Year 6	Wednesday 9 th April 2025
School Closes for Easter	Friday 11 th April 2025, 2.00pm

Train to Teach

in Local Schools

Primary (3-7) · Primary (5-11) · Secondary (11-16)



The John Taylor SCITT

jtscitt.co.uk

Funding for Selected Routes

Full or Part-Time Routes

Gain School Experience



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College