



St Nicholas Church School

School Newsletter

23rd February 2024 Term 4 Newsletter 1

Dear Parents and Carers,

It has been a rather wet start to term 4 and we thank you for your understanding when we had to close the bridge earlier this week due to flooding. Luckily the wet weather has not dampened our spirits, and the children have come back to school eager and ready to learn this term.

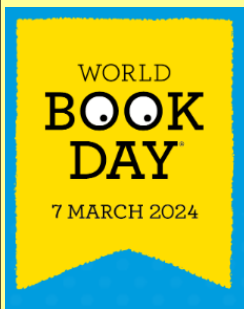
On Thursday, Year 3 parents' and carers' enjoyed the family event and were busy creating paintings inspired by Antarctica, which was the geography topic last term. There were some wonderful creations and Ms Hinchliff and team will be displaying these in school.

Today, Year 6 children enjoyed a Visit to the Life Skills Centre in Bristol. This is always a favourite trip with Year 6 as children get to learn about how to keep themselves safe in the community and at home. They also learn how to respond in an emergency and who to call. The children, as always, were excellently behaved and had fabulous time.

Please take a look at the diary dates for upcoming events. We hope you have a fantastic weekend.

Best wishes

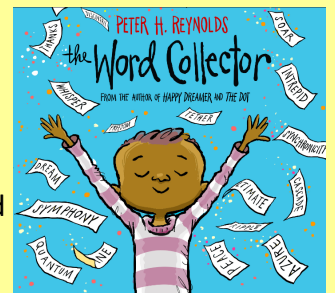
Mrs Biss and Mr Low



World Book Day

As a school, we will be celebrating World Book Day on **Thursday 7th March.**

We don't want parents and carers to feel any pressure to spend money on World Book Day outfits so we propose the following:



Book Character: If you have already bought or have a costume, your child can come in dressed as their favourite character.

Word: Be inspired by the story **The Word Collector by Peter Reynolds** and come in dressed as a word for everyone to try and guess. Dress up as anything from 'sparkle' to 'adventurous'.

Favourite Book: if your child does not enjoy dressing up, then maybe just bring in their favourite book.

We will be completing activities in school and look forward to seeing children in their costumes or with their favourite books to share.


★ Our Award Winners ★				
	Star	Maths Magician	Reading/Oracy	Wizard Writer
Avon	Chloe B	Amelia	Jasmine B	Bronwen K
Mells	Maisy P	Harvie-Jack S	Romen S	Amelia-Rose P
Yeo	Amelia F	Max	Mya D	Kyran T
Midford	Caydn M	Korey B	Brooke DG	Lexi DW

House Points	
Ludlow	63
Foxcote	62
Tynning	51
Huish	62

Time to Talk

Cam	How many characters can you remember from The Enormous Turnip story?
Somer	How many fairytales can you name?
Dart	What are the stages of the human life cycle?
Avon	What benefits do earthworms give to soil?
Mells	Why did the Anglo-Saxons come to Britain?
Yeo	What is renewable energy?
Hartlake	What was your favourite activity on the Life Skills trip?
Wellow	What did you enjoy about the Midford performance?
Midford	What have you learnt about forces?

Attendance

Cam	95.4%
Somer	91.9%
Dart	96.8%
Avon	97.3%
Mells	98.4%
Yeo	97.8%
Hartlake	92.2%
Midford	76.3%
Wellow 	100%
Overall attendance is: 95.3%	



Bath Rugby is extending an offer to our community, particularly families and children, to enjoy live rugby at The Recreation Ground this March.

We are excited to offer junior tickets for just £5, adult tickets from £5, as well as a discounted family package.

The first match, a highly anticipated encounter against West Country rivals Gloucester, will take place on 9th March at 2.30pm.

The following week, on St Patrick's weekend, Bath Rugby will face Irish and European giants Leinster Rugby on Friday 15th March at 7:15pm.

Tickets can be purchased at:

<http://bit.ly/3I6sIL7>

If you have any queries please let us know.

We look forward to welcoming members of your school community to The Rec!

Diary Dates

Wednesday 28th February

2.30p: Y2 Parent Event

Thursday 29th February

5.00pm: KS1 & KS2 PTFA Disco

Tuesday 5th March

Y5: Visit To Hinkley Point

Thursday 7th March

World Book Day

12.30pm: Y6 Family Lunch

Friday 8th March

9.15am: Mothers' & Carers' Service

Tuesday 12th March

4pm Parents' and Carers' Evening (Not Y6)

Wednesday 13th March

4pm: Y6 Parents' and Carers' Evening

Thursday 14th March

Y2: Visit To Radstock Museum

4pm Parents' and Carers' Evening

Friday 15th March

Comic Relief

Tuesday 19th March

12pm: Reception Family Lunch

Y2 & Y6 Dance



leap year
DISCO



WITH



Rocky

THURSDAY 29TH FEB
YR/KS1 5 - 5.45PM
KS2 6 - 7PM

**DRINKS
INCLUDED**

**TICKETS
£3.00**

**TUCK SHOP
INCLUDED**

TICKETS ON PARENTPAY!



@friendsofstnics



stnicsradstock.ptfa@gmail.com



PTFA
FRIENDS OF ST NIC'S
Registered charity no. 1187788

21st February 2024

Dear Parents/Carers

Friends of St Nic's PTFA will be holding a Leap Year Disco on Thursday 29th February. It will be divided into KS1 and KS2.

Wellow, Reception, Year 1 and Year 2 will be at 5pm until 5:45pm, and Midford and Years 3, 4, 5 and 6 will be 6pm until 7pm. You will be able to drop your children off at the disco, and collect at the end of their slot.

The cost of entry is £3.00 per child, with tickets available on Parent Pay. This price will also include a tuck shop ticket, which will buy your child two items (we will have Haribo, Freddos and crisps available). We will have a list of names on the night, so you will not need an actual ticket.

We will also be selling our foam glow sticks on the door for £1 each, perfect for waving along with the music, but soft enough that they can't get hurt.

We have been lucky enough to tempt Rocky out of retirement to run our disco for us, so the children are in for a fabulous time!

Kind regards

Amy Pritchard

Chair

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

Georgia 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

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LIBRARY EVENTS & ACTIVITIES

w/c
26 Feb

Bath Central Library

Storytime

Tuesday 10.30 - 11.00am 27 Feb

Baby Bounce and Rhyme

Wednesday 10.30 - 11.00am 28 Feb

Knit Two, Share One - knitting & Crochet group for any age/ability

Thursday 10.00 - 12.00pm 29 Feb

Norland Nannies Community Sewing Bee - For any age/ability, drop in

Friday 10.00 - 2.00pm 1 Feb

Board Game Saturdays

Saturday 12.30 - 4.00pm 2 Feb

Sensory Space, for families with children and young adults with sensory needs

Mon - Sat, Book a Session via Eventbrite

Lego Lab, Family Fun Drop In

Mon - Sat During opening hours

Art in the Library:

Picturing Bath: Original prints and sketches by Sally and Ed Harker

Mon - Sat During opening hours 5 Feb - 1 March

For any ticketed events, the link will be online via the blog.
Visit bathneslibraries.wordpress.com

Bath & North East
Somerset Council

Improving People's Lives

2023-2024 SCHOOL TERM AND HOLIDAY DATES

Including INSET DAYS

TERM 1	
Start:	Tuesday 5th September
Finish:	Friday 20th October
TERM 2	
Start:	Monday 30th October
Finish:	Friday 15th December
TERM 3	
Start:	Wednesday 3rd January
Finish:	Friday 9th February
TERM 4	
Start:	Monday 19th February
Finish:	Thursday 28th March
TERM 5	
Start:	Monday 15th April
Finish:	Friday 24th May
TERM 6	
Start:	Monday 3rd June
Finish:	Tuesday 23rd July
INSET DAYS	
Friday 1st September 2023	
Monday 4th September 2023	
Tuesday 2nd January 2024	
Monday 29th January 2024	
Friday 12th July 2024	