

Newsletter Issue 11



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21st February 2024



Headteacher News

It has been a wonderful start to Term 4 at Sissinghurst with great learning seen in our classes. We are always pleased to share the wonderful learning the children are doing. Our leaders are regularly checking learning in classrooms and we tweet each week a sample of the activity from each class. Do make sure you have a look. We are very proud of the learning that goes on and the progress being made is wonderful to see and commented on by many visitors.

In the last week of term we had visits from a teacher from a local school, two headteachers and our local authority school improvement adviser. All were so impressed by the learning and progress across the school and it is always a pleasure to share what is going on in school with visitors.

Thankyou so much for completing surveys last term. We have evaluated the surveys and you will be sent the full reviews with feedback regarding all the comments made via Studybugs. The pure % results can be found on our website <https://www.sissinghurst.kent.sch.uk/page/?title=Statutory+Information&pid=21> We are very grateful to the 44 responses to our parent survey. We take all feedback seriously and from these and the responses from staff and pupils in their surveys, are working on areas that did not score so well whilst continuing to develop the stronger areas too.

World Book Day – Thursday 7th March

This year we have decided to host a vocabulary parade for World Book day. We will celebrate by dressing up as the definition of a word. Please do join us in the fun. You have received a letter already from the librarians and Mrs Desai but if you have not already, have a little search of 'Vocabulary parade' and see what inspiration you come across. We cannot wait to learn so many new words!

School improvements

Just to keep you informed the holidays are an incredibly busy time for Mr Humberstone. We are very grateful to him for his hard work to keep the school looking so good and cared for. So much goes on when we are not in school to allow for improvements, decoration, etc. This holiday a number of classrooms have had new furniture and displays and we have had a big tidy of our PE equipment and EY and Y1 areas outside particularly.

Admissions

We are delighted that many families have applied for a reception place at Sissinghurst as their first choice this year. The total choices were almost 70 and show the popularity of our school.

Have a great weekend

Sarah Holman



[Click the link to see Dates for Diaries](#)

Clubs for Term 4

<https://www.sissinghurst.kent.sch.uk/page/?title=Extended+Services+and+Clubs&pid=14>

World Thinking Day – 22nd February 2024

Girlguiding Kent Weald county covers areas of Kent which includes the towns of Maidstone, Malling, Tonbridge and Tunbridge Wells. We currently have nearly 3000 young members supported by adult volunteers.

World Thinking Day is a celebration of ten million girls worldwide that has taken place on every 22 February since 1926. It remains a day for all Guides and Girl Scouts to think of each other and celebrate their sisters all around the world.

There has been a tradition of inviting children who are members of Girlguiding and Scouts to wear their uniform to school on 22nd February. Alternatively, members may wear their promise badge.

We invite all members of Brownies, Rainbows, Cubs, Beavers and Squirrels to wear their uniform this year on World Thinking Day to join in the celebration.

Parents Evening - 5th and 6th March

Just a reminder that the next in person Parents Evenings are Tuesday, 5th and Wednesday, 6th March from 3.30-5.30pm.

Appointments can be booked via SchoolCloud, link below: <https://sissinghurst.schoolcloud.co.uk/>

The school governors will be present on both evenings to welcome parents

FOSS - Bag 2 School - Clothes Recycling

We hope you were able to have a good clear out during the half term and raise money for the school at the same time! Just a reminder that collection day is 8th of March. All donations must be handed in by 9am. We have a limited storage in school so please try to just bring the donation on the day. Thanks! FOSS.

BAG 2 SCHOOL
FREE FUNDRAISING FOR SCHOOLS
In partnership with your school or organisation

Sissinghurst C E Primary School



Bag 2 School is a company that specialises in the reuse and recycling of good quality second-hand clothing and we have arranged to make a collection from your school. All the bags will be weighed and you will be paid for the total weight collected. Remember, the more you collect the greater the benefit to your school.



PLEASE USE YOUR OWN BAGS (THERE IS NO LIMIT).



When the clothes have been removed from the bag the plastic will be packed and sent for recycling.

We are collecting good quality items for RE-USE:
Men's, ladies' & children's clothing, paired shoes, handbags, belts & accessories.
(No uniforms, workwear, pillows, duvets or pieces of fabric please)

The more we weigh the more we pay!
Extra bags are welcome - there's no limit

Please return your Bag2School on:

Friday 8 March 2024 by 9:00am

01609 780 222 www.bag2school.com helpdesk@bag2school.com

National Online Safety

Learning the art of emotional control. Young ones can sometimes find it difficult to manage their feelings – this week's [#WakeUpWednesday](#) guide has expert advice on how trusted adults can help children learn to self-regulate

At The National College, our [#WakeUpWednesday](#) guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit [nationalonline.com](#).

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. For adults, this can go to either the child for discussing difficulties with this person – ideally through play and games – or a trusted adult to ground and reassure them. It's important to ensure 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 emotionally and where your approach to their needs, you're less likely to have an impact. In particular, young ones and children with SEND can struggle to self-regulate and control and parents to help them. The best way to 'regulate' or 'meet children halfway' is to be 'regulator' or self-regulator. It could be done by using 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 – or are on a school or home routine that doesn't meet their basic needs – are more likely to struggle to self-regulate. Before you attempt strategies with a child, make sure they have eating, secure and comfortable in themselves.
- 4. REMAIN PATIENT**

If a child is struggling with their emotions, it can often become difficult to help them. Remember that when given a choice of options, an adult's frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage those problematic feelings.
- 5. BE A DYSREGULATION DETECTIVE**

While some children can tell you why they become dysregulated, many others can't. The clues are often contained in signs by observing the child and talking to them. Firstly, when the child becomes dysregulated, note down details like time taken, what they're doing and what they're doing. This helps you to identify any patterns or triggers that may be causing them to react. An unmet need or need or sensory need may be the trigger. Once you identify some triggers, we can help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**

There are some wonderful books that can help promote self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content and ask questions about what feelings the characters feel, why they feel that way and what strategies helped them. It can also be useful to refer back to requests 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). Instead, sensory input can be used to help them use resources to calm themselves. It could be using fidgets, or using a weighted blanket. 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 their own strategies. Always offer them a choice. They could be to choose when they're feeling stressed, for example, or they could choose when they're feeling happy. Nothing to express how they feel. This may lead to the child to get used to, to 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 share your own emotions and self-regulation strategies. While you're obviously meant to avoid sharing anything too personal with children, they should see the adult experiencing and handling their own feelings. Tell them how you're feeling, then show them how to respond in a healthy manner.
- 10. FORMULATE A PLAN**

As much as we try to prevent children from having an emotional plan for when it goes wrong, it's important to have a plan for when it does happen. Start by starting with the child (if appropriate) and their family. The best approach for an individual child or child is a unique one. It's hugely important to know to recognise what might help and what could worsen the situation.

Meet Our Expert
Georgia Durrant is an author, former teacher, Special Educational Needs Coordinator, and a mental health professional. She has worked in the field of mental health and wellbeing for over 10 years.

#WakeUpWednesday
The National College

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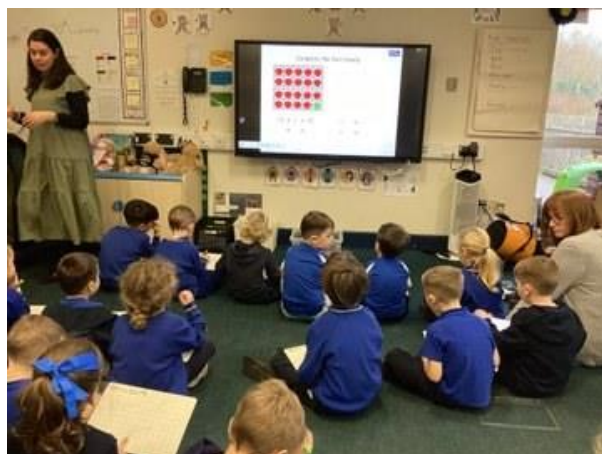
Twitter/X

Do follow us on Twitter/ X to keep up to date on all the exciting activities/lessons the children are taking part in. Here are a couple of our tweets over the last couple of weeks.

Do you think Pickles is enjoying the story?! [#readingdog](#) [#service](#)



Finding related number facts in Giraffes class





Tunbridge Wells Children's Centre

Our **NEW TIMETABLE** starting on the 19 February is in our SWAY.

NEW IN SECTION 5.1 - Pregnancy, Your Baby, Breastfeeding...

- **Kent Baby Matters** - FREE regular sessions run by Kent Sling and Cloth Nappy Library including **Sling workshops and Antenatal classes** throughout February and March - take a look at the flyers in Section 5.1 for more details and class dates.

NEW IN SECTION 5.2 - Baby and Child Development

- **Speech and Language UK – Resource Library** for families, take a look at their link in *Section 5.2*
- **World Book Day** is three weeks away - collect a 'World Book Day 2024' **£1 token** from any of our Children Centres. In *Section 5.2* there is lots of information available and a link showing you lots of **activities for families** to enjoy together, along with **free audiobooks**.

NEW IN SECTION 5.6 - Your Health and Wellbeing

- The '**Kent Wildlife Trust**' are offering a **FREE 4-week wellbeing programme** in nature, **for parents who are expecting a child** or have a child under 2 years old - for dates and information take a look in *Section 5.6*.
- The '**BeYou Project**' - supporting LGBTQ+ young people across Kent and Medway - take a look in *Section 5.6* to find out more.

NEW IN SECTION 6 - SEND SUPPORT

- '**Contact**' - the charity for Families with Disabled children, take a look at an article from their Newsletter on '**Free Childcare Hours for Two-Year-Olds**' - more information and details on how to apply in *Section 6*.
- **Autism Central** where you can find a range of wellbeing resources for parents and carers and details of upcoming events.

Tunbridge Wells District Children's Centres
FOR BOOKINGS AND FURTHER INFORMATION:
03000 418059
Tunbridgewellscc@kent.gov.uk

SPRING TIMETABLE
19th February - 28th March 2024

COURSES
BOOKING REQUIRED

- Baby Massage**
4 week course
We are unable to accept older siblings on this course.
- Baby Yoga**
5 week course
Two courses, one for babies 6-16 weeks and one for babies 16-26 weeks and one for babies 26 weeks and over. We are unable to accept older siblings on this course.

VIRTUAL/FACE-TO-FACE WORKSHOPS

- Chatter Time
- Family Toolbox
- Introducing Solids
- Kent Adult Education

OUR WEEKLY SESSIONS
NO BOOKING REQUIRED

- Stay & Play with Messy**
Open to all babies and pre-school children
- Baby Time**
Suitable for babies/pre-walkers
- Bumps to Babes**
Suitable for all young parents up to aged 21
- SEND Playtime**
Open to all families who have children with additional needs

Other activities in our Centres

- WKS HEALTH VISITING SERVICES**
Child Health Clinics
Breastfeeding Support
- Twins Group
- Grandparents and Family Carers Support Group

To register:
Like us on Facebook:
Tunbridge Wells District Children's Centre

Kent County Council
kent.gov.uk

[Tunbridge Wells District Children's Centres](#)

FEBRUARY

[Go to this Sway](#)

Family Courses - Kent Adult Education

<https://www.kentadulthoodeducation.co.uk/course-areas/family-courses/>

Measles: what parents and carers need to know

You may have seen measles in the news recently. This is because there has been a rise in the number of measles cases in England, particularly in London and the West Midlands.

Measles is highly infectious and can make people seriously unwell. One-in-five children with the disease are hospitalised and on rare occasions, measles can be fatal.

Kent health leaders are urging parents and carers to make sure their children are up-to-date with their MMR vaccinations. Two doses of MMR provide life-long protection.

Parent and carers of children in Years 8 and 11 will be automatically contacted by the School-aged Immunisation Service to catch up on missed MMR doses if they are already scheduled a vaccine. Parents should look out for a letter from the Kent Community Health NHS Foundation Trust's School (KCHFT) School-aged Immunisation Service and give consent.

If your child isn't in Years 8 and 11 you should check your child's red book to see what vaccinations they have had or ask your GP practice. You can make an appointment with your GP practice to catch up on any missed doses, or call the School-aged Immunisation Service to arrange a vaccination. Their contact details are 0300 123 5205 or kchft.cyp-immunisationteam@nhs.net.

The early symptoms of measles include a high fever; sore, red, watery eyes; coughing; a runny nose; aching; and feeling generally unwell. Find out more about the symptoms of measles on the [NHS website](#)

If you have symptoms of measles stay at home and phone your GP practice or NHS 111. This will help prevent spread of the disease.



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