

St. Joseph's Catholic Primary School



NEWSLETTER: 23rd February 2024

Dear Families

Welcome back. We hope you had a restful and enjoyable half term break.

KS2 Swimming Gala

Huge congratulations, to our Year 4 and Year 6 pupils who competed in the Derwentside swimming gala before half term. There were brilliant performances in individual and team races and St Joseph's finished in first place overall. This means that they are now through to the district swimming gala on 1st March. Good luck, to all those competing in the next round.

Y1 Phonics Workshop for parents/carers

A reminder that there will be a Phonics workshop for Year 1 parents on Monday 26th February at either 8:50 am or 3:00 pm. The workshop will last for approximately 20 minutes.

Careers Week

This year, National Careers Week takes place between 4th and 8th March. The week is a one-week celebration of the variety of jobs that people in our community do. The aim is to help children develop an awareness and excitement about their possible future pathways.

If you feel you could spare some time during the week beginning 4th March, please complete the form below to let us know. We would love to hear about what you do, and you might be able to inspire others to follow in your line of work too!

https://forms.office.com/e/E5jj8XME0Z

Parent/Teacher Meetings

A reminder that Parent/Teacher meetings will take place on Monday 4th March between 1:15 pm and 5:30 pm. If you have not already booked an appointment, this can be done via our ARBOR app.

World Book Day

To celebrate World Book Day, on Thursday 7th March, children can come to school dressed as their favourite character, or non-uniform. The school council would like to run a book stall to raise funds to purchase new books for school. Donation of good quality books for the book stall would be gratefully received and can be sent into school on Monday 26th February. Children can bring 50p to school on Thursday 7th & Friday 8th March to purchase books. We look forward to a wonderful day of reading related activities.

P.E. Days

Please find below a list of the days that the children will be participating in PE sessions. On PE days, children should come to school in their PE uniform. This also applies when swimming. PE uniform consists of:

T shirt in their team colour, black shorts, black jogging bottoms (no logos), trainers and school jumper/cardigan.

Class	P.E. Day			
Rec	Wednesday			
Y1	Thursday & Friday			
Y2	Monday & Friday			
Y3	Tuesday & Thursday			
Y4	Monday			
	Thursday (swimming)			
Y5	Monday & Friday			
Y6	Monday & Wednesday			

After School Clubs

After school clubs will begin week commencing 26th February and run until Thursday 28th March. If you have not booked your child into a club, and they would like to attend, please contact the school office and we will confirm if a place is available.

Star of the Week

The following children have received a Star of the Week certificate this week:



Nursery	Freddy	For making good choices and trying hard to follow the Nursery rules		
Reception	Hugo	For super sound recognition and blending to read words in his reading book		
Year 1	Harriet	For making good choices which help her be a good friend and work hard		
Year 2	Felicity	For working so hard in her PE dance routine.		
Year 3	Rio	For being a good, kind friend and always looking out for his peers.		
Year 4	Ollie	For some excellent work in maths this week, dividing 2 and 3 digit numbers		
Year 5	Noah	For excellent work in DT and computing		
Year 6	Adam	For some excellent writing about South American mythical creatures		

House Points

Children can earn house points from all staff during the week.

Congratulations to St Oswald's who earned the most house points this week.

Times Table Rock Star

This week's 'Rockstar of the Week' is Louie! Well done, for your amazing multiplication and fantastic studio speed! Children can see all our TTRS winners on our 'Times Table Rockstars' display board in school.

The winners of this week's KS2 tournament are **Year 3**! This is their first victory this term and puts them level at the top of the table with Year 6, Year 5 and Year 4.

St Joseph's have climbed up to 8^{th} on the TTRS leaderboard for schools in our area. Well done, everyone!

Attendance

This week's attendance is 94.3%

Our target is 97%

Nursery	Reception	Year1	Year2	Year 3	Year 4	Year 5	Year 6
89.3%	95.2%	92.3%	95.2%	97.1%	95.1%	95.5%	94.5%

Online Safety

At The Hational College, our WalesUp/Wednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate

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 (SRND) may find it particularly challenging to self-regulate, nurturing these invested it tills can be hundry beneficial. Here are too too the for supervising children with their reference until on.

1. DESIGNATE A TRUSTED ADULT

t'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 hidles that propriets.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and follow your approach to their needs, you're less likely to have ar impact, in particular, younger ones and children with \$500 can struggle to self-regulate and instead rally on others to help them. We call this 'co-regulation's Rother to not forming strategies for self-regulation, it could be better to start co-regulation, it could be better to start co-regulation with a treater duil first.

3. FACTOR IN THEIR THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their boaic heads must be met first. Children who are hungry, thed, cold and so on — as well as those who have experienced adverse children and the same to be self-inspirately. Before you develop strate to cell inspirately. Before you develop strate to secure and comfactable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stoy 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'

write some chaldren can set you why they become dy-regulated, many others can't. You could investigate potentials triggers by observing the child and talking to their family. When the child becomes dy-regulated, note down details like the dy-regulated, note down details like the things, which they re doing and who they re with — the trigger may be someone they give with — the trigger may be someone they give an extra could be a someone they are some they are continued to the country of the countr

Meet Our Expert

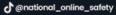
Georgina Durrant is an author, former teacher, Special Educationa Needs Coordinator and the founder of the award refinning SEN Resources Blog where she shares activities, advice and



WakeUp

The National College





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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 fet 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 embland regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overlaad (a noisy classroom, for example), Positive sensory input can help calm them down. Use resources such as welfated blankets and fibre-optic lights, of course, what works for one child milight not work for another, as of important to offer a choice of resources to different within they reader.

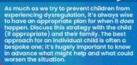
8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children by out these strategies alone. Always after 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 leef. This may take time for the child to get used to, so be patient. Encourage them to share any height 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 wn emotions and self-regulation trotegles. While you'll obviously want to wold sharing anything too personal with hildren, they should still see us speriencing and handling our own feeling all them how you are feeling, then show

10. FORMULATE A













Parenting Together

NEW 2.5 hour friendly and informal workshop

Helping parents and/or friends and family who help bring up your child to:

- Think about how you deal with disagreements in relationships
- Manage family stress and improve communication
- Enjoy parenting together

To find out more or to book your place call/text/whatsapp 07917 474 856 or email EPEC@durham.gov.uk

Workshop dates

Monday 4 March, 6-8.30pm Wednesday 6 March, 9.30-12noon Monday 18 March, 6-8.30pm Tuesday 19 March 12-2.30pm

Venue TBC





Monday 12 th February – Friday 16 th February - Half Term							
Friday 23 rd February	Whole School	Anti-Bullying Day					
Monday 26 th February	Year 1	Phonics Parents' Workshop Session 8.50am 3.00pm Repeated session					
Wednesday 28 th – Thursday 29 th February – change of date 26 th & 27 th March	Pupils with SEN	More information to follow					
Friday 1st March	Y5 & Y2	Centre for Life					
Monday 4 th March	Whole School	Parent/Teacher Meetings 1.15pm – 5.30pm Booking via ARBOR					
Week beginning 4 th March	Whole School	National Careers Week					
Monday 11 th -Friday 15 th March	Whole School	British Science Week					
Monday 11 th – Tuesday 19 th March	Reception – Year 6	Wilderness Workshop. More information to follow					
Monday 18 th - Friday 22 nd March	Whole school	Assessment Week					
Tuesday 19th March	Whole School	St Joseph's Feast day 9.30am Mass - all welcome					
Thursday 21 st March	Whole School	World Maths Day					
Friday 22 nd March	Years 1 & 2	Palm Sunday Liturgy 9:15am - all welcome 2:30pm School only					
Monday 25 th March	Years 3 & 4	Maundy Thursday Liturgy 9:15am - all welcome 2:30pm School only					
Tuesday 26 th March Year 5		Good Friday Liturgy 9:15am - all welcome 2:30pm School only					
Wednesday 27 th March	Year 6	Easter Sunday Liturgy 9:15am - all welcome 2:30pm School only					
Thursday 28 th March	Whole School	Egg Decorating in School More information to follow (pm)					
School closes on Friday 29th March and re-opens on Monday 15th April							

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