

Charing CE Primary School

Weekly Newsletter

Friday 23rd February 2024

Telephone: 01233 712277







Email: office@charing.kent.sch.uk

Website: www.charingschool.org.uk

Facebook: <https://www.facebook.com/CharingPrimary/>



Attendance

 Rabbits	 Squirrels	 Otters	 Woodpeckers	 Badgers	 Owls
97%	95%	96%	95%	85%	86%
Whole School – 93%		Year to date – 93%		Target – 96%	

Dear Parents and Carers,

Welcome to term 4!

I always enjoy this term as I feel we see change on the horizon: the days get longer; the weather (normally) starts to turn warmer and new life starts to emerge. Unfortunately, the weather towards the end of this week has not been so positive but hopefully better weather awaits us next week. I did notice on Wednesday a few children not wearing coats, despite the rain; please ensure children come to school wearing the appropriate clothing for the day ahead.

I loved going backwards and forwards from the church on Wednesday, seeing every class participate in our first Prayer Day. It was a rousing success and the children (and adults) gained so much from it. There were many truly spiritual moments and it was great to take a step back and appreciate all the success and wonderful people we have at this school. We have great children, great staff and I really feel our new school vision and values, which have been formally adopted this year, are being lived out by both. A big thank you to Rev Sandra for organising the prayer day and to all the adults from the church who volunteered to support the event. We can't wait until the next one.

Our attendance this week has not been as strong as it was in the last week of last term. I must once again remind you of the importance of children coming to school, they get so much out of being here, far more than just their formal education. I was so disappointed to hear that some children who were too poorly to be at school were well enough to play on their X Box. In my opinion, if children are well enough to do that, they are well enough to be in school.

Compassion

Friendship

Forgiveness

Resilience

Hope

Please take the time to check the dates on our calendar at the back for all the up-and-coming events at school. Teachers will be in contact with you very soon to give you the date of their class event this term. Also please don't forget our second family Bingo takes place next Friday (1st March) to raise money for the PTFA. The last event was a rousing success and everyone enjoyed it. I am sure this time it will be just as good.

I wish you all a wonderful weekend and look forward to yet another fantastic term ahead.

Kind regards,

TJ Bird
Thomas Bird
Head teacher

Please take a moment and complete the below survey by scanning the QR Code



The Education People's Early Years and Childcare Service is conducting a survey on behalf of Kent County Council, of parents/carers and expectant parents to determine interest in the childcare entitlements that are being introduced this year and their arrangements for wraparound care of any primary school aged children. The survey will also gather the views of parents/carers using or wanting to use more childcare in Kent.

This combined information will help them assess where there are gaps in provision.





INTERNET SAFETY

This week's poster about is **10 Top tips on supporting children with SELF-REGULATION** at the end of the newsletter. Please continue to monitor your child's online behaviour and access. If you need help with a specific app we have not highlighted yet, please talk to Mrs Hammond.



ATTENDANCE



If your child is poorly and unable to come to school, please ensure that you inform the office via telephone or leave a message on our answer phone. Can we please request that all attendance related emails are sent to the following:

Ms. Nimrah Rehman
attendance@charing.kent.sch.uk

DROP OFF

Can we please remind parents that school gates shut at **8:55am**. If you arrive late, please drop off your child/ children at the school office.

For safeguarding reasons we do not allow parents/carers to drop off their children to their classes.



Wraparound Care: Both Breakfast and Afterschool club bookings are placed under this tab and payments need to be made when you book your session for your child. This is done to avoid any payments not made.

Parent Consent: Please select the options given to update your child's consent.

If payments have been made otherwise and in advance before booking the sessions, please call or email the office to book your child's space. **Please be reminded to clear out any outstanding balances from TERM 2 under individual accounts of your children.**

Compassion

Friendship

Forgiveness

Resilience

Hope

REMINDER

MEDICATION SAFETY

We understand that at times children are unwell and need to stay at home to recover, however please remember that we can administer *prescribed medication*, so if your child is feeling better but needs medicine, this can be brought to the office and managed as necessary. The office would be able to assist is this.



HEALTHY LUNCHES



We promote healthy eating at Charing CE Primary School and would appreciate parents adhering to the healthy eating guidelines as below:

Sweets: Please do not pack sweets or chocolate bars.

Drinks: children under 5 receive free milk with their snacks and water is available for everyone whenever they want to drink. Please do not send in fizzy drinks with your child's packed lunch.

Nut Free: Please be reminded that we are a nut-free school. We have children in school who have potential life-threatening nut- allergies which can be triggered by direct or indirect contact with nuts in the environment. To keep our children safe, we request that parents please find a nut-free alternative. This also includes NUTELLA or any CHOCOLATE spread.

Thank you for your co-operation.

SCHOOL DINNERS

Dinner Money cost £2.43:

Please be reminded school meals are to be paid for in advance. Our caterers will not allow a debt to build and as of next term, any unpaid accounts will result in your child not receiving a meal and you will need to provide a packed lunch.



Compassion

Friendship

Forgiveness

Resilience

Hope

COLLECTIVE CELEBRATION

Dre

Szymon

Amelia

Omar

Millie S

Joey

Luchiana

Tilly

Miley

Loki

Saxby

Cherry

Billie- Rae

Rachel

Aoibhean

Havana

Orion



Compassion

Friendship

Forgiveness

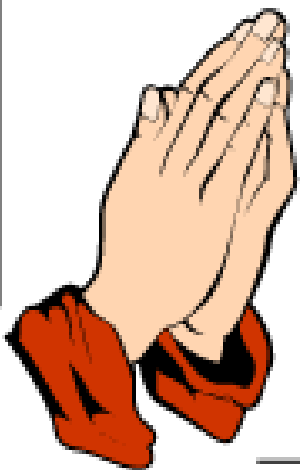
Resilience

Hope

This Week in Worship

Our theme for Worship this term is: Jesus caring for our World. This week we have been thinking about Lent, which lasts for 40 days. We noticed that the cloth on our altar in the Hall, (which is where we have our Worship) has changed from green to purple. This colour signifies that we are in the church's season of Lent.

We began by finding out how many of us had eaten pancakes the week before, on Shrove Tuesday, the day before the beginning of Lent. We remembered the reason for this, which is to use up certain foods, before fasting during Lent. Ash Wednesday is the name given to the first day of Lent, when Christians remember Jesus spending time in the Wilderness, fasting, and spending time praying to God, before he began his ministry on Earth. During this time he was tempted by the Devil, 3 times, but never gave in to temptation. Christians often use this time of Lent to think about their lives and how they can avoid temptation and try to do more to help others and enrich the lives of those around them. This week, we were thinking about various positive things we could 'take up' during the rest of Lent to make small differences that will help us and others. We looked at Genesis 1:1-3 with a focus on light and energy. Then God said, "Let there be light!" And there was light. We considered, in relation to light, giving thanks to God, and how our actions can make the world a better place. We noticed light around us: we thought about sunlight, a lightbulb, a candle and wondered about the difference that light makes to our lives. We thought about small changes we could make: turn lights off and chargers for mobile devices to save energy – the little things add up. We could share Jesus' light with the world: I wonder how we could do that.



Dear Father God,

Thank you for the light and energy
we use every day.

May all countries act swiftly to
reduce energy use and help climate
change.

Help us to make small changes where
we can.

Help us to shine the light of Jesus
wherever we are today and this week.

Amen.

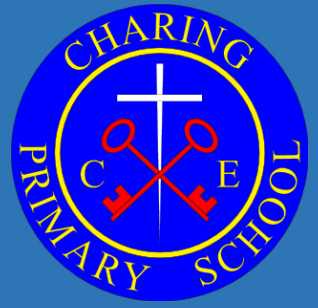
Compassion

Friendship

Forgiveness

Resilience

Hope



Dates or your Diary

Date	Event
TERM 4	
27 th February	Rabbits Parents Maths workshop 2:40pm
28 th February	Squirrels Parents Maths workshop 2:40pm
29 th February	Otters Parents Math workshop 2:40pm
6 th March	Dance Workshop
7 th March	World Book Day
13 th March	OPAL PLAY Parents information meeting (YR-6)- School Hall 2:40pm
4 th March	Y4 Parent information evening - Woodpeckers and Badgers 2:40pm
21 st March	Badgers Parent event 2:30 – 3:00
27 th March	Parents Evening 3:30pm – 8:00pm
27 th March	Owls Parents event 2:30 – 3:00
21 st May	Ducklings and Rabbits Sports Day 9.30-10.30 Owls' Sports Day 2pm-3pm
22 nd May	Squirrels and Otters Sports Day 9.15-10.30
22 nd May	Woodpeckers and Badgers Sports Day 1.45-3:00pm

Compassion

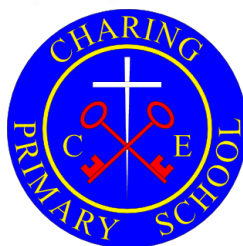
Friendship

Forgiveness

Resilience

Hope

WORLD
BOOK
DAY



West End in Schools



West End in Schools are returning to Charing this year to help us celebrate World Book Day on the **6th of March 2024!**

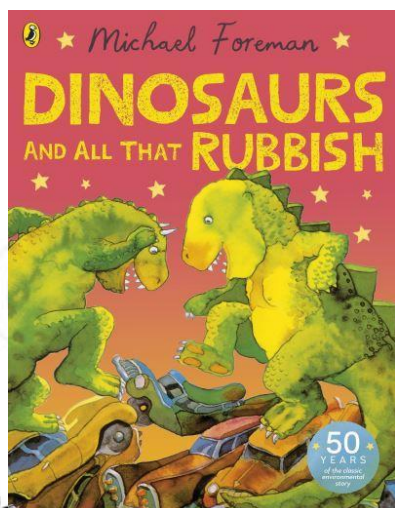


Last year the dance workshops were a great success!

The PTFA are kindly funding part of this payment. Please keep a look out on MCAS for the small contribution needed to attend the workshop.

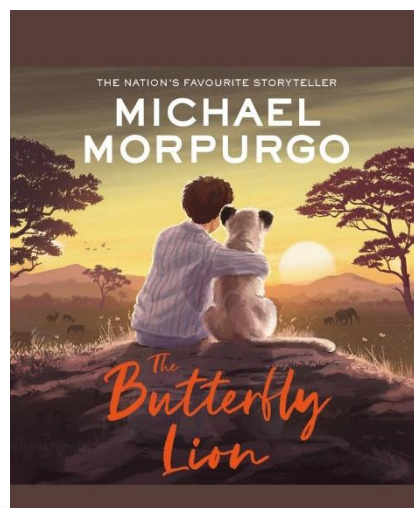
This year Ducklings, Rabbits, Squirrels and Otters will be performing

'Dinosaurs and All That Rubbish'.



Woodpeckers, Badgers and Owls will be using

'The Butterfly Lion' by Michael Morpurgo.





DON'T FORGET THAT
MARCH 7TH IS

WORLD BOOK DAY



World Book Day 2024 will celebrate that child are more likely to enjoy ready when their choices are championed and we make reading fun.

Read Your Way calls on everyone to let go of pressure and expectations, giving children a choice- and a chance- to enjoy reading.

COOL!

**SAVE
THE
DATE!**

Plus...

This year we will be celebrating with a "Get comfy and read.." day. Instead of dressing up and to avoid the extra cost of costumes, please come to school in your comfiest clothes and bring a favourite book. This can be the book you are currently reading or an old favourite.

If you want to celebrate at home too there are lots of ideas and links on the website below.

<https://www.worldbookday.com/>

Compassion

Friendship

Forgiveness

Resilience

Hope

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

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.



The National College