

# Mawnan CE VA Primary School Newsletter



*Using our God-given gifts to let our light shine*



**Our core Christian Values: *Compassion, Hope, Peace, Perseverance, Respect, Trust***

Friday 1<sup>st</sup> March 2024

## Parent Teacher Meetings

We eagerly look forward to welcoming you into school for the parent-teacher meetings. These meetings provide a valuable opportunity for you to engage with your child's teacher, discuss their progress, and gain insight into their educational journey.

To ensure a smooth and efficient process, we kindly request that you enter and exit the school through the main reception. Please arrive promptly for your scheduled meeting to ensure that we can accommodate everyone's needs effectively. Our dedicated staff members are eager to share valuable feedback and answer any queries or concerns you may have regarding your child's education.

## Rugby League

The Penryn Partnership rugby league started this week and you will be delighted to know that our talented team performed brilliantly.

Their exceptional performance has brought immense pride to our school community. In their first encounter, our talented team faced off against Mylor, emerging victorious with a remarkable score of 7 – 0.

Their determination and teamwork were truly commendable. The second match saw them compete against Flushing, where they showcased their skills once again, triumphing with a score of 4 – 1. This is a great start to the league!

## St Piran's Day

I am thrilled to announce that Tuesday 5th March marks St Piran's Day, a day of great significance for Cornwall and its people. St Piran, the patron saint of Cornwall, holds a special place in our hearts. To commemorate this occasion, we have arranged for Dart Class to represent our school at the Falmouth St Piran's Day celebrations. The class will be showcasing their musical talents by playing the traditional tune of Trelawny on the mesmerizing Cornish bells. I have had the privilege of hearing them practice, and let me assure you, they sound absolutely incredible! It is a delight to witness our students embracing and celebrating the rich culture that surrounds us.

## Cornish Music Concert

On Friday 8th March, we will have the pleasure of hosting Cornish folk singer Will Keating. This talented musician will be joining us for a singing workshop, which every class will have the opportunity to participate in. It promises to be a wonderful day filled with music and creativity. To culminate this special occasion, we will be holding a concert of Cornish songs at 2:30pm. I would like to extend a warm invitation to all parents and guardians and ask you to share this invitation with grandparents, as they are sure to know the songs and would thoroughly enjoy a sing-song with us!

## Guitar

A lovely parent of an ex pupil has a couple of Junior Guitars that are no longer being used. If anyone has a child taking guitar lessons and in need of a guitar please let the school office know.

## World Book Day – Thursday 7<sup>th</sup> March

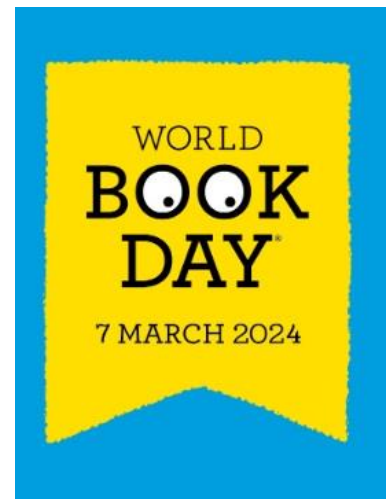
I would like to take this opportunity to remind you about an upcoming event that is very dear to our hearts - World Book Day!

This year, we will be celebrating World Book Day on **Thursday, 7<sup>th</sup> March**. However, at Mawnan School, every day is World Book Day! We firmly believe in putting high-quality books at the heart of our curriculum to ensure that our children develop a true love for reading from an early age. After all, reading is the key to successful learning!

We would like to express our sincere gratitude to all of you for supporting your child with reading at home. Your efforts truly make a difference in their educational journey.

To make World Book Day even more special, Miss Prosser our English Leader has some fun activities planned. **On Thursday, 7<sup>th</sup> March**, we would love it if the children came to school dressed up as their favourite character from a book. We kindly request that you keep the costumes simple and try your very best to reuse and recycle items from around the house instead of buying anything new.

Once again, thank you for your continuous support. We are grateful to have such dedicated parents and carers who share our passion for education and literacy. Together, we can nurture a love for reading that will last a lifetime.



## Mother's Day Breakfast

You should have received an email this week regarding our annual Mother's Day Breakfast. This special event is a wonderful opportunity for us to come together as a school community and celebrate the incredible mothers and mother figures in our students' lives. We warmly invite you to join us on Friday 8<sup>th</sup> March from 7:45am in the school hall. It promises to be a delightful morning filled with love, laughter, and delicious food (thanks to Jacky).



## School Disco

On Friday 15<sup>th</sup> March the PTA are hosting a Mawnan School Disco with a professional DJ, candyfloss and sweets, This is always a very fun and popular event.

Key Stage 1: 15:30 – 16:30.

Key Stage 2: 16:45 – 18:15.

Google Forms were sent out this afternoon. Please complete one form per child.

**neon!**

MAWNAN PTA

**SCHOOL DISCO**

MARCH  
15TH 2024

**Professional DJ!**

**KS1: 15.30-16.30**

**KS2: 16.45-18.15**

**Candy floss & sweets**

Suggested donation/child  
**£6**  
All incl.

# 10 Top Tips on Supporting Children with Self-Regulation

As infants, we all rely completely on adults to help us resolve situations that are causing us to become upset or stressed. This is known as co-regulation. The next phase, once autonomy has begun to develop, is called self-regulation: this is when children start to become capable of exercising more control over their impulses and behaviour, and managing their own emotions.

This vital developmental milestone, however, isn't reached spontaneously. Learning to self-regulate requires sensitive guidance from trusted adults – simply talking with children about their thoughts and feelings, for instance, can ease the route to self-regulation. This #WakeUpWednesday guide has some expert tips for supporting children to reach this goal.

# 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.



#WakeUpWednesday

The National College

## After School Clubs

Day	Club	Year Group	Time	Cost
Mondays	Embrace Dance	1 & 2	3:15 – 4:15pm	None
Mondays	Netball - Gill	Y5 & 6	3:15 – 4:15pm	None
Tuesdays	Football - Christian	5 & 6	3:15 – 4:15pm	None
Tuesdays	Girls Maths Club (invite only) Mrs Davies	3 & 4	3:30 – 4:15pm	None
Tuesdays	Boys Maths Club (invite only) Mr Barnes	3 & 4	3:30 – 4:15pm	None
Wednesdays	Gardening Club – Zinnia	2	3:15 – 4:15pm	None
Thursdays	Drama Club – Mrs Chrucher <b>(20 Max)</b>	1 & 2	3:15 – 4:15pm	None
Thursdays	Cooking Club – Miss Law and Jacky <b>(10 Max)</b>	3,4 &5	3:15 – 4:15pm	£10
Thursdays	Running Club – Mrs Timmins and Mrs Watson <b>(20 Max)</b>	3,4 &5	3:15 – 4:15pm	None
Thursdays	Embrace Cheer	4 & 5	3:15 – 4:15pm	None

### Collection

Collection is from the main gates at 4:15pm.

Year 2 Gardening club collection is 4:15pm from the School Garden.



## Dates to Remember 2024

<b><u>2024 Dates</u></b>	<b><u>Event</u></b>
Mon 4 <sup>th</sup> - Fri 8 <sup>th</sup> March	Parent Teacher Meetings (a google form to sign has been sent out to parents nearer the time)
Thurs 7 <sup>th</sup> March	World Book Day
11 <sup>th</sup> – 22 <sup>nd</sup> March	Year 3 and Year 4 Swimming lessons (a google form has been sent out to parents for children attending)
29 <sup>th</sup> March – 12 <sup>th</sup> April	Easter Holidays
19 <sup>th</sup> April – 24 <sup>th</sup> May	Friday CST Sailing lessons – Term 1 (6 Sessions)
Thurs 25 <sup>th</sup> April	TEMPEST: School Class Photos
Mon 6 <sup>th</sup> May	Bank Holiday Monday
27 <sup>th</sup> – 31 <sup>st</sup> May	May Half Term
7 <sup>th</sup> June – 5 <sup>th</sup> July	Friday CST Sailing lessons – Term 2 (5 Sessions)
Sun 16 <sup>th</sup> June	National Garden Scheme Open Garden
19 <sup>th</sup> – 21 <sup>st</sup> June	Year 4 & 5 BF Adventure School Camp
26 <sup>th</sup> – 28 <sup>th</sup> June	Year 6 Porthpean School Camp
Fri 5 <sup>th</sup> July	Sports Day
Fri 12 <sup>th</sup> July	Sports Day (reserve date)
22 <sup>nd</sup> – 24 <sup>th</sup> July	School Closure Days
Thurs 25 <sup>th</sup> July	School Summer Holiday

All dates and events can be found on our School website Calendar:

<https://www.mawnanschool.com/web/calendar/430674>

# Mawnan School Uniform

Thank you for supporting our uniform policy and sending your children into school in the correct uniform.

To ensure clarity, I would like to provide a gentle reminder of our uniform guidelines:

- Tights should be either grey or navy, and on PE days, white sports socks may be worn but not over tights on non-PE days.
- If your child has pierced ears, for safety reasons, we kindly request that they do not wear dangly or hooped earrings to school. Studs are the safest option, as they reduce the risk of earrings getting caught or pulled.
- Please remember that school shoes are to be worn on uniform days, while trainers are to be worn on PE days.

<b>Uniform</b>
Grey knee-length pinafore, skirt, trousers or shorts
Pale blue polo shirt
Navy blue sweatshirt or cardigan with school logo (from Castle Sports)
Grey or white socks (non-branded) or navy or grey tights
Black School shoes (no high boots or open toed sandals)
Navy blue and white gingham dress for summer wear
<b>PE Uniform - to be worn on PE days</b>
Top: White P.E. shirt with school logo (from Castle Sports) with Mawnan zipped sports top (from Castle Sports)
Bottom: Navy blue shorts (from Castle Sports), Navy blue Skort (from Castle Sports) or Mawnan tracksuit trousers (from Castle Sports)
Footwear: Black, blue or white trainers

If you find yourself in need of financial assistance with regards to purchasing the correct uniform, please do not hesitate to speak to Miss Pridmore. We are here to support you and want to ensure that every child has equal access to school uniform.



GREENPEACE · EVERYDAY PLASTIC

**THE BIG  
PLASTIC  
COUNT**  
**11-17 MARCH**

**IT'S BACK!**

## Join Plastic Free Falmouth in taking part in the BIG plastic count from 11th-17th March!

For one week, from 11-17 March, thousands of people from across the UK will be coming together to count their plastic waste. The investigation will reveal how much plastic we are throwing away, and find out what really happens to it afterwards. The results will be used to convince UK ministers to lead the way at the Global Plastics treaty talks, that could finally phase out plastic pollution for good.

Signing up is easy.. just use this link.. <https://act.gp/3TPmbM1>

Anyone can get involved, so let's get Counting! Don't forget to submit your results by the 31 March, and get your Plastic Footprint.