

# Nevill Road Junior News

## March 1st 2024



Dear Families,  
I can't believe we are in March already! Hopefully this will mean that the days are lighter and the weather will start to improve. This week we welcomed 130 Year 6 teachers into our school to take part in KS2 SATs moderation training. I am a moderator for the Local Authority and will be working with schools across Stockport to support their judgements later on in the year. We have also held a showcase session for the Maths Hub. Twenty schools from across the North West attended and watched Mrs Jordan deliver a fantastic maths lesson. Well done 5JW you were a credit to the school.

I hope you have a relaxing weekend.  
Kind regards  
Mrs Cliff



### OUR CURRICULUM

Well done to all the Year 6's who have been attending the booster sessions run by Mr Baguley, Miss Campbell, Mrs Cliff and Mrs Jordan. Their positive attitudes to learning are exceptional!  
Year 3 have enjoyed using the glockenspiels and body percussion in our Music lesson today.



This week, Year 4 have been creating soundscapes to soundtrack the short film 'Escape.' <https://video.link/w/vl6552391ab5bd4>  
Year 5 have been busy investigating properties of materials in Science.

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## Football



Congratulations to our football teams for this week's matches...

Girls 9 - 1 Hazel Grove

Boys 2 - 5 Hazel Grove

Girls 3 - 4 Vernon Park

Boys 1 - 8 Vernon Park

We are incredibly proud of our children's respect, honesty, team work, passion, determination and self belief!

Year 4 & 5 have shown amazing teamwork in the Football Tournament at Stockport Academy this Thursday. They were an absolute joy to watch.

## KEEPING OUR CHILDREN SAFE

At the National College, our wellbeing strategy guides engagement and empowers 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, tips and tips please visit [nationalcollege.org.uk](https://www.nationalcollege.org.uk)

### 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**  
As well as their children, your kids and know that there is someone they can always go to for help if they need it. Schedule regular times for the child to engage in meaningful activities with you. It could be through play, reading, or talking about their day. Try to be consistent in your availability to support them when they need it, rather than being their 'emergency' support.
- 2. MEET CHILDREN HALFWAY**  
When you know where a child is developmentally, you can adjust your approach to their needs. You're less likely to have an argument or discipline a child who is still learning to regulate their emotions. Instead, you can help them learn to regulate their emotions by meeting them halfway. For example, if a child is having a tantrum, you can offer them a choice of two options to help them regulate their emotions.
- 3. FACTOR IN THEIR BASIC NEEDS**  
Remember that for a child to develop emotional regulation skills, they need to be happy, healthy, and safe. Children who are hungry, tired, cold, or in pain are more likely to have difficulty with self-regulation. Make sure you are meeting their basic needs before trying to teach them self-regulation skills.
- 4. REMAIN PATIENT**  
If a child is struggling with their self-regulation, it can often be difficult to help them. Remember that self-regulation is a skill that takes time to learn. Be patient and supportive. Avoid punishing or angering a child who is struggling with self-regulation. Instead, try to help them learn to regulate their emotions by meeting them halfway.
- 5. BE 'A DYSREGULATION DETECTIVE'**  
While some children can tell you why they are having a meltdown, many children cannot. This is because they are not yet able to identify their own emotions. Try to help them learn to identify their own emotions by being a 'dysregulation detective'. When you see a child having a meltdown, ask them what they are feeling and when they are well, try to help them learn to identify their own emotions. This will help them learn to regulate their emotions.
- 6. USE SUITABLE LITERATURE**  
There are some wonderful books that can help you teach self-regulation to children. Children's books about self-regulation can help you teach your child to regulate their emotions. Look for books that show children how to regulate their emotions. Some examples include 'The Colour Monster' by Anna D'Amico and 'The Colour Monster' by Anna D'Amico.
- 7. TRY SENSORY RESOURCES**  
All children have sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload. Sensory input can help calm them down. Use sensory resources to help them regulate their emotions. For example, you can use sensory bins, weighted blankets, or fidget toys.
- 8. NURTURE INDEPENDENCE**  
If you feel it's appropriate, let children try and solve problems on their own. Encourage them to think of solutions they could try to solve when they're feeling stressed. For example, if they could write down their worries or draw something that makes them feel better, it could help them to regulate their emotions. It's important to offer a range of resources to support their self-regulation.
- 9. MODEL GENUINE FEELINGS**  
Children learn a lot from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. When you're naturally angry or sad, let children see how you regulate your emotions. They should see you use self-regulation strategies to help you feel better. This will help them learn to regulate their emotions.
- 10. FORMULATE A PLAN**  
All children are able to generate their own ideas. Although it can be difficult to help them, it's always better to have a plan in place. For example, if a child is having a meltdown, you can help them regulate their emotions by using a plan. This plan should include strategies for helping them regulate their emotions. For example, you can use sensory resources, weighted blankets, or fidget toys.

Meet Our Expert  
The National College  
Wake Up Wednesday  
@nationalonline\_safety

If you would like to find out more about our curriculum and activities in school, follow us on twitter @NRJuniors



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# Diary Dates

**Thursday 7th March - World Book Day** (children are welcome to dress up as their favourite book character if they would like to)

**Monday 11th March** - Y6 visit to Stockport air raid shelters 6B 1/2 6H

**Wednesday 13th March** - Y6 visit to Stockport air raid shelters 6C 1/2 6H

**Thursday 14th March** - SEND support meetings

**Friday 15th March - Comic Relief Day** (children are welcome to wear red)

**Monday 18th March** - Y2 parent meeting / tour of the Junior school 9.00am

**Tuesday 19th March** - Y2 parent meeting / tour of the Junior school 9.00am

**Tuesday 19th - Friday 22nd March** - SEND support meetings

**Tuesday 26th March** - Year 3, 4 and 5 Parent Meetings, 4 - 6pm

**Wednesday 27th March** - Year 3, 4 and 5 Parent Meetings, 4 - 7pm

**Thursday 28th March - END OF TERM (Make the Rules Day)**

**Monday 15th April - TERM STARTS**

**Thursday 18th April - SEND Coffee Morning - 9.00am**

**Thursday 2nd May - INSET DAY**

**Monday 13th - Thursday 16th May - Year 6 SATS**

**Friday 17th May - Year 6 Celebration Day (fish and chips / ice cream!)**

**WB 20th May - Year 6 Bikeability**

**Wednesday 22nd May - Friends of NR Disco (times tbc)**

**Friday 24th May - End of Half Term**

*Please note there may be further dates added in red to the diary as more events are confirmed.*

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