

Boorley Park News and Updates

26th April 2024



Boorley Park School

Year 2 Trip to the SeaCity Museum

'On Wednesday, Year 2 went on a school trip to visit SeaCity to learn all about the Titanic for their History topic. We were lucky to have a guided tour of the museum, where we learnt some real life stories about the people who sailed on the Titanic and even saw some artefacts which would have been on it! Also, we attended a workshop where we completed some activities and experiments exploring the lifeboats, how the Titanic sank and what smells there might have been on there. We had a wonderful time and learnt some interesting facts that will help us with our History lessons'



Our Assembly Theme This Week

In this week's assembly we celebrated Earth Day. This year's theme was 'Planet vs Plastic' and so we used the information in the book 'What a Waste' to understand the impact of single use plastic on the world around us. Sadly, we discovered that only 9% of plastic is recycled which is something that we felt strongly about changing! Together, we thought carefully about how we could reduce our plastic usage and waste. The children thought about composting their food waste, using paper or beeswax packaging for their food and using reusable water bottles. It was fantastic to see children across the school being thoughtful about the Earth and innovative with their ideas to make it a better place!



In our celebration assembly this afternoon, our Learner's of the Week were celebrated and the children shared the piece of work they were really proud of with the school. At the end of each half term, we will look forward to celebrating the children who have earned their core value certificates in a special Core Values assembly.

Dates for Your Diaries—2023-2024

Whole School

Summer Term 2024

- Monday 15th April—First Day of Summer 1 Half Term
- Friday 19th April—PTA Bag 2 School Day (Non Uniform Day)
- Monday 6th May—Bank Holiday (School Closed to Pupils)
- Friday 17th May—Pyjamarama (come to school in your pyjamas)
- Friday 24th May—Last Day of Summer 2 Half Term
- Monday 27th—Friday 31st May—Half Term
- Monday 3rd June—First Day of Summer 2 Half Term
- Monday 24th June—INSET Day - School closed for pupils
- Tuesday 23rd July —Last Day of Term
- Thursday 24th July—Monday 2nd September - Summer Holidays
- Tuesday 3rd September—First Day of Autumn Term 1



Year R

- Tuesday 7th May—2:45pm—Planting Workshop with parents
- Friday 21st June—9am-12pm-Mill Cottage Farm Experience in school - more details to follow

Year 1

- Thursday 6th June—Trip to Portchester Castle - more details to follow
- Statutory Year 1 Phonics Screening - Parent Information Session on Tuesday 7th May at 9am – 9.30am.
- Statutory Year 1 Phonics Screening - Parent Information Session on Thursday 9th May at 2.45pm – 3.15pm.
- Tuesday 24th June —Royal Festival and Dress Up Day (inc parent event at 2:45pm) - **change of date**
- **Rabbit Class** Monday 15th July—9:15am—Celebration Assembly for Parents
- **Otter Class** Tuesday 16th July—9:15am—Celebration Assembly for Parents

Upcoming Events and Reminders

Year 2

- Thursday 16th May—Titanic Dress-up Day
- **Hedgehog Class**—Thursday 23rd May—2:45pm—Art Gallery for parents
- **Fox Class**—Friday 24th May—2:45pm—Art Gallery for parents
- Thursday 6th June—Habitat Hunt in school (for children only)
- **Hedgehog Class** Wednesday 17th July—9:15am—Celebration Assembly for Parents
- **Fox Class** Thursday 18th July—9:15am—Celebration Assembly for Parents

Year 3

- **Deer Class** Tuesday 21st May—2:30pm—Magnets Workshop with parents
- **Mouse Class** Wednesday 22nd May—2:30pm—Magnets Workshop with parents
- Friday 14th June—2:30pm—Family Picnic

Year 4

- Monday 20th May– 2:45pm—Parent Event (TBC)
- W.c. 3rd June—Statutory Year 4 Multiplication Tables Check (more details and parent information event to follow)
- Tuesday 9th July– 2:45pm—Parent Event (TBC)

Open Conversations at Home

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 nationalcollege.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. 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.



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Boorley Park Term Dates 2024/25



September 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
35							1
36	2	3	4	5	6	7	8
37	9	10	11	12	13	14	15
38	16	17	18	19	20	21	22
39	23	24	25	26	27	28	29
	30						

October 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
39		1	2	3	4	5	6
40	7	8	9	10	11	12	13
41	14	15	16	17	18	19	20
42	21	22	23	24	25	26	27
43	28	29	30	31			
44							

November 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
44					1	2	3
45	4	5	6	7	8	9	10
46	11	12	13	14	15	16	17
47	18	19	20	21	22	23	24
48	25	26	27	28	29	30	

December 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
48							1
49	2	3	4	5	6	7	8
50	9	10	11	12	13	14	15
51	16	17	18	19	20	21	22
52	23	24	25	26	27	28	29
	30	31					

January 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
1			1	2	3	4	5
2	6	7	8	9	10	11	12
3	13	14	15	16	17	18	19
4	20	21	22	23	24	25	26
5	27	28	29	30	31		

February 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
5						1	2
6	3	4	5	6	7	8	9
7	10	11	12	13	14	15	16
8	17	18	19	20	21	22	23
9	24	25	26	27	28		

March 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9						1	2
10	3	4	5	6	7	8	9
11	10	11	12	13	14	15	16
12	17	18	19	20	21	22	23
13	24	25	26	27	28	29	30
	31						

April 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
14		1	2	3	4	5	6
15	7	8	9	10	11	12	13
16	14	15	16	17	18	19	20
17	21	22	23	24	25	26	27
18	28	29	30				

May 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
18				1	2	3	4
19	5	6	7	8	9	10	11
20	12	13	14	15	16	17	18
21	19	20	21	22	23	24	25
22	26	27	28	29	30	31	

June 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
22							1
23	2	3	4	5	6	7	8
24	9	10	11	12	13	14	15
25	16	17	18	19	20	21	22
26	23	24	25	26	27	28	29
	30						

July 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
27		1	2	3	4	5	6
28	7	8	9	10	11	12	13
29	14	15	16	17	18	19	20
30	21	22	23	24	25	26	27
31	28	29	30	31			

August 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
31					1	2	3
32	4	5	6	7	8	9	10
33	11	12	13	14	15	16	17
34	18	19	20	21	22	23	24
35	25	26	27	28	29	30	31

Bank Holiday
 School Holiday

INSET Day (school closed to children)