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The Heffington Post
26th February 2024



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VERY MOMENT MATTERS!



**FRIDAY IS
MY FAVORITE
FABULOUS
DAY!**

FABULOUS FRIDAYS WIN AGAIN AS THE FAVOURITE DAY OF THE WEEK! Regardless of the weather, our Skylarks took to the waterproofs and headed down to the grow zone to do a bit of digging and planting, whilst a few remaining Skylarks stayed in the kitchen with Mrs Lightfoot to create the most amazingly flavoured soda bread. Much to the delight of the staff, Mrs Lightfoot also made sure we didn't miss out with a selection of deliciously flavoured soda bread to keep the grown up troops happy! Thank you, Mrs L!



AND IN WAGTAILS.....there was a buzz of activity with the children making healthy sandwiches—learning how to **spread, peel, chop** in preparation for **designing and making** their healthy sandwich, with a little free lance designer flourish to decorate at the end. Of course they were allowed to enjoy eating the fruits of their labour with their friends. What a Fabulously busy Friday!





ANOTHER BRILLIANT PERFORMANCE! Last week, our Youth Speaks Team travelled to Penzance to compete in the Area Junior Finals against 6 other schools. The competition was very strong with only two schools going through to the next round to be held in Tavistock next month. Although our team did not go on to the next stage, they received praise for their performance and should be rightly proud! Another huge success for our Perran-ar-Worthal pupils. A huge well done to all three for getting to this stage. We would like to say a big thank you to Mark Teasdale for his incredible support and guidance leading up to the event.

WELL DONE TO OUR CAKE SELLING ROBINS! Another successful bake sale took place last week with our Robins, their parents and FOPS team at the helm. A massive £172.55 was raised! Thank you all for your yummy donations, which disappeared at a rapid rate at the end of a busy week. A lot of fun was clearly had with a united front of happy little Robins. Well done and thank you to all involved.



Netball 7 a-side Peninsula Finals Wednesday 21st February 2024 & Girl's Football Peninsula Finals Friday 23rd February 2024.



Perran-ar-Worthal netball team qualified for the Peninsula 7-a-side netball final.

They versed teams from Truro Prep, King Charles, ~~Treloweth~~, St Day, Archbishop Benson and Trevithick. It was a privilege to watch the girls compete. They won 4 out of the six matches and came in at third place. Their determination and focus was fantastic to watch.

Well done to all of you!



~~Perran-ar-Worthal's~~ girl's football team played at the Peninsula final at Penryn last Friday. Their performance as a team and as supportive friends was amazing. As the matches progressed their confidence and skills grew.

An enormous shout-out to each one of these 12 girls – some who played even though they were feeling unwell and to those who stepped in last minute. It was an incredibly tense final match with both teams versing each other. They all demonstrated amazing ~~sportsmanship~~ and resilience throughout. Perran-ar-Worthal could not be prouder of you all.



CHALLENGE—DETERMINATION—RESILIENCE—RESULT!

Last week, as part of our Healthy Me JIGSAW unit, Swifts had a visit from Mrs Nicholls (Eliza's mum) who came to speak about setting goals. She spoke about the incredible races she runs, which are 100 miles plus! It was really interesting to hear about all the preparation that goes in to them and about the ways she overcomes challenges along the way. Below is the map showing The Arc Challenge—not for the faint hearted!



SO WHAT IS JIGSAW? Purpose of Study

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their well-being, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support. High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also enable schools to promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.

WANT TO KNOW MORE? Then click on the jigsaw picture below to take you to our curriculum overview.



TEAM POINT CERTIFICATE WINNERS 22nd February 2024

BRONZE CERTIFICATE – 50 TEAM POINTS

Year 1: Ariana

Year 6: Arthur



SILVER CERTIFICATE – 100 TEAM POINTS

Year 1: Jack, Tilly and Jovie

Year 2: Micky

Year 3: Maria

Year 4: Caspar

Year 5: Lily, Archie and Jamie

Year 6: Willow G

GOLD CERTIFICATE – 150 TEAM POINTS

Reception: Rafe and Ivy

Year 3: Teddy, Niamh and Eva

Year 6: Isla and Eliza

MEDAL – 200 TEAM POINTS

Year 3: Genevieve

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



Diary Dates



N.B. PLEASE ENSURE YOU HAVE BOOKED A PROGRESS REVIEW MEETING SLOT WITH YOUR CHILD'S TEACHER.

WB 26th February: Progress Review Meetings

Tuesday, 5th March: St Piran's Day

Wednesday, 6th March: Songfest at Truro Cathedral (Yr6)

Thursday, 7th March: World Book Day (Come dressed as your favourite book character)

WB 11th March: Cornwall Music Festival for those taking part

Tuesday, 26th March: Yr3, 4 and 5 Spring Play and KS2 Spring Concert at the Village Hall (more information about arrangements to be confirmed closer to the date).

WB 25th March: Autism Acceptance Week

Thursday, 28th March: Last day of term

Friday 29th March to Sunday, 14th April: EASTER BREAK

Please note that there may be further dates added as the year progresses. If any dates need changing due to unforeseen circumstances, then we will give you as much notice as possible. We will keep you informed of any changes and additions on our weekly newsletter and via dojo.

POP UP SHOP OPEN
IN PREPARATION FOR
WORLD BOOK DAY (7TH MARCH)

Please come and support FOPS's
FANCY DRESS
LIBRARY

Hire any outfit from our growing collection
for a small donation of your choice



AFTER SCHOOL IN YR 6 CLASSROOM



MONDAY 26TH FEB



MONDAY 4TH MARCH

We'll also be taking
donations - so please
do drop in any
unwanted
fancy dress.
Thank you!



DONATE
RE-USE
RAISE
FUNDS!

WORLD BOOK DAY FUNDRAISER



THE READING RETREAT

FOPS is raising funds for a Reading Retreat in the reception area of the school to be filled with **books that offer support through life's ups and downs.**

HOW YOU CAN HELP

1. **Suggest or donate a book** that would be good to have in the Reading Retreat - WhatsApp Rhiannon Pipkin (07710956734).
2. If you feel able to, we would love **donations to help purchase the books** - any amount is gratefully received.
3. **Buy a book.** **The Falmouth Bookseller** shop is kindly hosting our wish list and offering a discount on school purchases. You could also write a message inside the book. Leave it at the shop, and we'll collect.

THE WISH LIST

We've compiled a wish list of books which can be viewed on the link below, but we will purchase through The Falmouth Bookseller.

https://www.amazon.co.uk/hz/wishlist/ls/2OVECY75RH5UL?ref_=wl_share

SCAN ME TO DONATE



Tidy Up Day



Come and join in our volunteer session to litter pick and tidy up verges and paths in and around the village in time for spring!

Meet at Perranarworthal Village Hall

Saturday 23rd March | 10am-12 | TR3 7NJ

All tools and refreshments provided

All Ages welcome

Please dress in robust footwear and clothing suitable for gardening and the weather!

Contact: Lea Thomas Community Partnership Officer

Email: Lea.thomas@cormacltd.co.uk

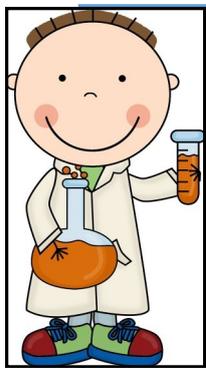
Mobile: 07563252740

alternatively contact: Ashley Bridges

cllr.abridges@perranarworthalpc.org.uk



CORMAC



JUST TO NOTE: Although it is National Science Week next week, with so many exciting things happening over the next few weeks, we have decided to move our science week to the summer term. We also hope the weather will allow us to take more of our activities outdoors. We will send out the date once confirmed.



Cornwall Childrens Clothes Bank

One-off Event

**No booking needed
Everyone welcome**

- Thursday 7 March
- 9:30 - 11:30
- All Saints Church,
Hightown,
Truro, TR1 3LD



Don't forget to bring a bag!

Perranwell Parish Council Meeting

When: Wednesday, 3rd April at 7pm

Where: The Village Hall

Who can attend: Anyone that lives or has an interest in supporting the development of the Parish for all

What to expect: Tea and cake/biscuits kindly provided by the Women's Institute (WI)