



Thank you to our wonderful local churches who support the children and staff at St John's. On Tuesday, Terry from APEC led our worship and brought a gift for each Year 6 child: a book to support their transition into secondary school. And our World Changers group love spending an hour with Ann and the team from St Christopher's to think about how they can show discipleship in their lives. There is always an exciting craft activity as well as singing and prayer. We marked World Asthma Day on Thursday with a special assembly to teach children about what asthma is and how to help someone if they show signs of an asthma attack. Thank you for supporting our first Pop-Up Café after school on Friday and huge thanks to our Parent Association team for organising and running this event. All our PA events raise funds for St John's and we are currently planning to enhance outdoor playtimes using the money raised. We will be sharing more information about this in the coming weeks. We will be holding our PA Summer Fair on Saturday 29th June from 1.00pm – 4.00pm – please save the date.

Congratulations to our Presentation, Writing and Star of the Week award winners this week!



Congratulations to Giorgio, Norah, Joash, Liam, Emma, Oliver, Hannah, Alfie, Benji, Arthur, Emmy, Hashim, Edith, Evelyn, Ben, Bethany, Ella, Faith, Olivia, Kabiell, Martha, Joey, Mielahier, Heidi, Tamar and Alaia. We are very proud of you!

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**The Diocese of Coventry
Multi Academy Trust**
Together, pursuing life in all its fullness



Dates for your diaries

Monday 6 th May	May Day Bank Holiday – school closed
Tuesday 7 th May	
Wednesday 8 th May	
Thursday 9 th May	
Friday 10 th May	9.00: Celebration Worship – please join us to celebrate together
Monday 13 th May	Year 6 SATs
Tuesday 14 th May	Year 6 SATs
Wednesday 15 th May	Year 6 SATs
Thursday 16 th May	Year 6 SATs
	9.00: Celebration Worship – please join us to celebrate together
	Pyjamarama Day
Friday 17 th May	2.00 – 3.00: Planning meeting for Summer Fair – all welcome
Monday 20 th May	
Tuesday 21 st May	Aspirations Day
Wednesday 22 nd May	5.00pm: RSE meeting Year 5 and 6 parents and carers
Thursday 23 rd May	Am: Year 6 rounders competition at Bablake playing fields
	9.00: Celebration Worship – please join us to celebrate together
	10.00 – 11.00: Parent & Carer Forum focusing on Equity, Diversity and Inclusion – all family members welcome
Friday 24 th May	
May Half Term Holiday begins	
Monday 3 rd June	INSET Day – school closed to all year groups
	Swimming Pool on site for two weeks
Tuesday 4 th June	Year 6 Viney Hill trip
Wednesday 5 th June	Year 6 Viney Hill trip
Thursday 6 th June	Year 6 Viney Hill trip
	Year 6 Viney Hill trip
	9.00: Celebration Worship – please join us to celebrate together
Friday 7 th June	2.00 – 2.45: Parent & carer workshop – Pathological Demand Avoidance
Sunday 9 th June: Children's Mile	
Sunday 9 th June – Sunday 7 th July: Go Parks Active Schools Challenge	



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 Durant 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

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