



St Paul's News



"ALWAYS STRIVING TO BE BETTER"

FEBRUARY 2024



CONTENTS

Term 4 greeting - p1

Attendance - p2

Radio St Paul's - p3 - p4

Library- p5

Year 5- Space- p6

Reading - p7

Maths - p8

Art - p9

Sports at St Paul's -p10

Well-being - p11

Keeping safe online- p12

Behaviour - p13

Makaton Training - p14

St Matthew's Church -

p15

Key dates - p16

Term 4 greetings

It has been a particularly wet return to school after the half term break! We are hopeful it won't be too long before it warms up a bit and we see some sunshine. We are building up to Easter at St Paul's and are looking forward to our service at St Matthew's.

Attendance

Attendance Matters



Every Day Counts....

"ALWAYS STRIVING TO BE BETTER"

5 classes had their attendance at or above 95% this month.

Overall school attendance is **93.9%** which is **below** the national average of **94.3%** to date. Please remember that in the event of your child being absent from school, it is your responsibility to let the front office know the reason for this through ringing in using Option 1 or leaving a message via Arbor.

A big well done to 1CD , 2LG, 4JM, 4AB, and 6CW who have all had attendance above 95% this term.

Attendance this term

RLB	92.7%	2JB	93.5%	4AB	95.2%
RBCKC	95%	2LG	95.1%	5SW	93%
RKS	89.8%	3LW	91.3%	5ER	93.6%
1CD	96.7%	3AY	94.5%	5EL	91.8%
1HI	93.4%	3JS	92.8%	6CW	95.9%
1RMLB	94.5%	4VLTS	94.3%	6KG	92.5%
2HONH	92.6%	4JM	95.1%	6GH	93.4%

**1CD with
96.7%**

Radio St Paul's

Tuesday 6th February to Thursday 8th February

It was nerve wrecking but I was grateful to have the chance to do it.
Isla



Year 2

It was really exciting. I was nervous because everyone was watching and listening to me.
Suhayla



I was so nervous as it was my first time, but it was fantastic!
Maxwell

Radio St Paul's

Reception- Retelling of the Gingerbread Man



Year 6 - House Captains



Tony Davis our Chair of Governors kindly organised and DJ'd our three day radio event. - All recordings can be found on <https://www.mixcloud.com/stpaulsradio/>

Library

Library opening



On Wednesday 28th February our new library was officially opened by Mark Talbot -DCAT CEO with Tony Davis- our Chair of Governors accompanied by the Librarians.

We are so excited to have a new library and look forward to helping children find the right book to read.

Librarians



Year 5- Space

This term in Year 5, we have been learning about Space. In DT we have been planning and designing a food bar that could be taken to space. To give us inspiration, we had the opportunity to taste freeze-dried foods that astronauts would eat in space.

Year 5

"I loved the freeze-dried strawberries!" - Josephine

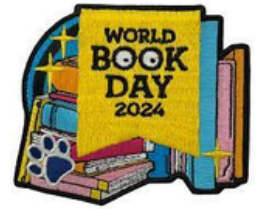
"The freeze-dried banana is my favourite, it tastes like real bananas." Bettie-Mae

"I can't believe how wrinkly the apple is" Leo





Reading



Usborne Sponsored Read

Thank you to Year 3 for organising a sponsored read and to all the families who participated. We have purchased £1700 of new books. The Reading Champions helped to sort the books and delivered a set of new non-fiction books to each classroom for their Reading Areas. The books we bought were chosen after listening to pupil voice regarding types of books they would like to have to 'Read for Pleasure'. The books have been very popular, already!



World Book Day

It is World Book Day on Thursday 7th March. Children can come to school dressed up as a book character on this day. Please remember to send your child to school with a picture book to share with a child from a different class. Thank you to all the children who have sent in wonderful cardboard book characters - we have been delighted with the entries.



Reading for Pleasure Parent Survey

We would like to check parental views about Reading and Reading for Pleasure.

We would be grateful if you could complete this short questionnaire to share your opinion about Reading for Pleasure.

[Thank you](#)

Please click here for the link which appears on the link which appears above_

Blue Peter Book Badge
During World Book Day, we will be encouraging our pupils to apply for a Blue Peter Reading Badge. A Blue Peter Badge allows free entry for your child to many attractions until they are 16. Please return the form with your signature to your child's class teacher so we can send the application off for you.





Maths



BATTLE OF THE BANDS



This March, join in with the Battle of the Bands for your year group. The winning class across each year group (Years 3-6) will win themselves a reward.

Each day of battles runs from 7am to 7pm.

Answer as many questions as possible.

Play in any game type.

The winning class will have the highest number of correct answers per pupil.

The results will be announced in Golden Galleon assembly on Friday 8th March.

Friday 1st March - Year 3 Battle of the Bands

Monday 4th March - Year 4 Battle of the Bands

Tuesday 5th March - Year 5 Battle of the Bands

Wednesday 6th March - Year 6 Battle of the Bands

LET THE MATHS BATTLES BEGIN!

Art Club Gallery



HERON (YEAR 4)



ETTA (YEAR 4)



JESSICA (YEAR 5)



GRACE (YEAR 4)

Sports at St Paul's Football



On Friday 26th January, we took our football team to play against two other schools at St Leonards Academy. It was the first chance for Musa to play for the team. Our first game was tight against Christ Church. We defended well and eventually managed to get a penalty, which Archie converted. Our second game was against Churchwood where we started strongly and at the final whistle we had scored 3 and conceded none. This was impressive as we didn't have a goalkeeper with us. All the team played so well together, looking out for each other, and showed great perseverance. They were a credit to the Academy. Well done all!



Well-being



'We learnt how to keep our minds healthy,' Aleen Y2



We were delighted to welcome Fantastic Fred to our school. All the pupils in KS1 and KS2 experienced an interactive live show by the Fantastic Fred Team. They learnt four key ways they can support their mental health. F - food, R - rest, E - exercise, D - limit time on devices. The children were very enthusiastic and full of praise for the actors who presented the show. Children of all ages were able to tell us how they can ensure they have positive mental health.



If you have any concerns regarding your child's mental health or wellbeing, contact your child's classteacher or Miss Watson (Assistant Heateacher) lwatson@stpaulsceacademy.org

St Paul's Church of England Academy


'Understanding Anxiety & Worry'

What it is and how to support your child

Free 2-hour session with 'Me & My Mind' for any parent or carer interested in knowing more about supporting their child's emotional well-being. The session will include understanding anxiety and worry and practical things to help support our child at home.

Wednesday 13th March
9-11am
St Paul's C.E. Academy

For more information speak to the School Office or Miss L Watson

 A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team

KEEPING SAFE ONLINE

6th February Safer Internet Day 2024

The children took part in assemblies and lessons in focussing on Online Safety.

Safer Internet Day is the UK's biggest celebration of online safety. Each term we cover an online issue or theme that speaks to the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day will be focusing on change online, this includes covering:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline.

Each year group had a different focus which led to lively discussion. Some children also took part in a Pupil Voice around online safety; the results of which showed that children felt empowered in their knowledge and safe being online at school.

The theme this year was:

- Inspiring change
- Making a difference
- Managing influence
- Navigating change online

Please follow the link below to access the website – there is lots of useful information on there.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024>

We continue to work hard to educate the children on the online world and also to make sure that access here at St. Paul's is safe and safeguarding measures are effective.

If you have any questions or require any further information please don't hesitate to get in touch with the Safeguarding Team.

Behaviour

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.



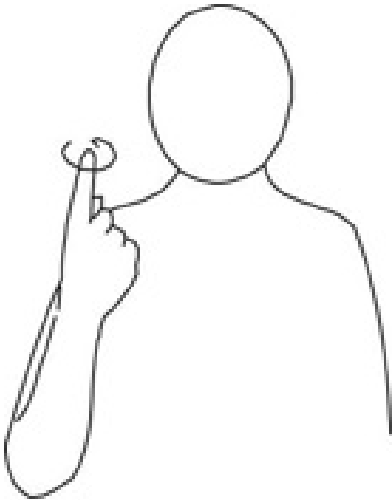
#WakeUpWednesday

The National College

Makaton

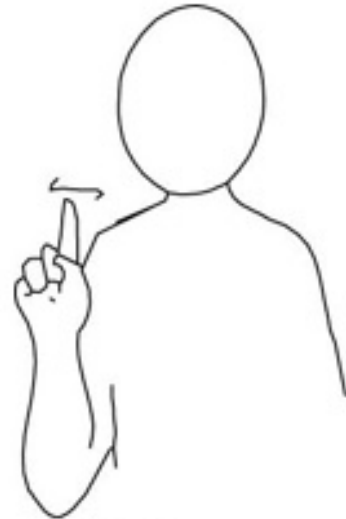
Mrs McCullough has launched our makaton 100 project at St Paul's! The children will be taught a sign a week over the next 100 weeks. This week's sign was "Good Morning". Make sure to ask your child about our sign of the week :)

Week 5



Who

Week 6



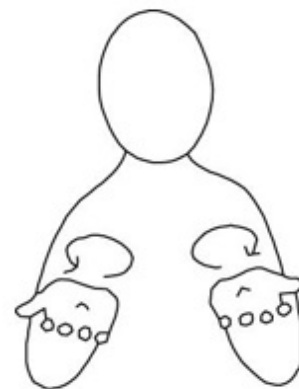
What

Week 7



When

Week 8



Where

ST MATTHEW'S CHURCH

St. Leonards-on-Sea, East Sussex



TOGETHER at St Matthews

A new monthly service for children under 12 and their families

The service will last approx. 45 minutes and will include activities such as craft, songs, sketches, videos and puppets as well as a bible story finding out about Jesus.

No need to book, please just turn up.



Spring 2024

4pm on Sunday

10 March

at St Matthew's Church Centre, London Road, TN37 6PD

Smarties

SMARTIES is a fun group for pre-school children & their parents/carers. It meets on Wednesday mornings from 10am to 11:30am during school term time in the St Matthew's Church Centre.

Each week there are arts & crafts, play equipment, toys, bible stories, songs and a snack time for the children. The cost is £1 per child.

We place a high priority on discipleship groups in the life of the church. It's great to be part of a larger church family, but the support that so many people need in their day-to-day lives is often found in smaller numbers.

Our midweek discipleship groups meet at different times during the week for fellowship, bible study and prayer. For more information, please contact us on office@stmatts.co.uk



Key Dates Term 4

10am Thursday 21st March - Key Stage 2 Easter Service at St Matthew's Church

Thursday 28th March -End of Term 5

Monday 15th April- Start of Term 5

Week beginning Monday 13th May- Key Stage 2 tests

St Paul's CE Academy,
Hornty Road,
St Leonards-on-Sea, East Sussex,
TN37 6RT

Tel: 01424 424530

office@stpaulsceaacademy.org

We'd love to hear some feedback from you as well as any new ideas for things we could include in our St Paul's News. Please send any comments to office@stpaulsceaacademy.org