

The Shuttle

22/03/24

DIARY DATES

22/03/24

Break up for
Easter

08/04/24

INSET DAY

09/04/24

BACK TO
SCHOOL

06/05/24

Bank holiday

24/05/24

Break up for half
term

HAPPY EASTER! HAVE A GREAT BREAK!

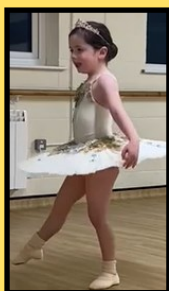


The Bake-Off this week was amazing! Your creations were exceptional and tasty as was the money raised from the Bake sale! We raised £217! Thank you all for your support!



We've been lucky enough to be given 50 baby trees by 'I DIG TREES'. The School Council have been really busy planting them around school - you may have noticed some of the grass alongside the playground. It will be great watching them grow so please help us by keeping your little ones away from them before and after school.

OUR INCREDIBLE TALENT SHOW WINNERS!



OPHELIA



AUSTIN



ALESSA, HATTIE AND MATILDA



JAKE



CLARA-JAYNE



ERIN

It's been such a lovely week in school! Lots of fun and lots to celebrate! We have enjoyed celebrating all the wonderful talents your children have. We feel that it is so important to focus on the non-academic world and love to find out about all the things your children get up to out of school.

Friday's cheesy yet wise Words of Wisdom

Hate no one,
no matter how much they've wronged you. Live humbly, no matter how wealthy you become. Think positively, no matter how hard life is. Give much, even if you've been given little. Forgive all, especially yourself. and never stop praying for the best for everyone.



Build your own



Easter adventures



Find the first letter of your surname

A: Skim stones on a lake
B: Play in the playground
C: Plan a picnic
D: Climb a huge hill
E: Enjoy some cake
F: Read a map
G: Go in search of bugs
H: Feed the ducks
I: Spot your favourite flowers

J: Hug a tree
K: Make a grass trumpet
L: Earn an Easter egg
M: Go barefoot
N: Build a den
O: Tea for two
P: Take the dog for a walk
Q: Play pooh sticks
R: Ride your bikes

S: Treat yourself in the shop
T: Spot red squirrels
U: Complete an Easter trail
V: Go bird spotting
W: Scoff a scone
X: Jump in puddles
Y: Make a daisy chain
Z: Roll down a hill

Now your birth month

January: House
February: Beach
March: Garden
April: Parkland

May: Woodland
June: Cottage
July: Moated Manor
August: Lighthouse

September: Hillfort
October: Countryside
November: Castle
December: Abbey



nationaltrust.org.uk/easter

JUST A COUPLE OF USEFUL THINGS WHICH MAY COME IN HANDY FOR YOU...

THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming, Using Mean Words
 Hitting, Kicking, Biting, Throwing, Punching
 Blaming, Deflecting Responsibility, Defensive
 Demanding, Controlling
 "Oppositional", "Defiant", "Noncompliant"
 Moving Towards What Feels Threatening
 Irritable, Angry, Furious, Offended, Aggressive

FLIGHT

Wanting to Escape, Running Away
 Unfocused, Hard to Pay Attention
 Fidgeting, Restlessness, Hyperactive
 Preoccupied, Busy with Everything But the Thing
 Procrastinating, Avoidant, Ignores the Situation
 Moving Away From What Feels Threatening
 Anxious, Panicked, Scared, Worried, Overwhelmed

FREEZE

Shutting Down, Mind Goes Blank
 Urge to Hide, Isolates Self
 Verbally Unresponsive, Says, "I don't know" a lot
 Difficulty with Completing Tasks
 Zoned Out, Daydreaming
 Unable to Move, Feeling Stuck
 Depressed, Numb, Bored/Apathetic, Helpless

WHAT AN ANGRY CHILD NEEDS TO HEAR:

"I CAN SEE THIS IS HARD FOR YOU."

- Tells the child they have your attention
- Acknowledges the child expressing their feelings

"I CARE ABOUT HOW YOU FEEL."

- Tells the child that you are present
- Acknowledges the child's feelings
- Demonstrates compassion
- Opportunity for deeper connection

"IT IS OK TO FEEL ANGRY."

- Tells the child that all feelings are ok
- Acknowledges the child's feelings
- Gives the child acceptance of feeling angry

"EVEN WHEN YOU FEEL YOUR WORST, I LOVE YOU."

- Tells the child that you will love them, no matter how they feel or behave
- Creates a safe environment
- Deepens connection and builds trust
- Demonstrates unconditional love

"I AM HERE FOR YOU."

- Tells the child that all feelings are ok
- Demonstrates compassion
- Deepens connection and builds trust

"I WILL STAY WITH YOU."

- Tells the child that you are present
- Creates a safe environment
- Deepens connection and builds trust
- Demonstrates resilience and patience