

The Shuttle

22/05/2026

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WEEK SIX COMPLETE!

Summer term 1 complete! Only one more half term to go! It's been a busy half term, but coming up is the busiest of them all! Get ready for a half term full of fun! We all hope that you have a happy and relaxing half term break! See you back at school on Monday 1st June!



Friday's Cheesy yet WISE WORDS OF WISDOM

Thank you to the wonderful P.T.F.A for arranging the Spike Bonzo shows for us! The children, and adults, loved it and it helped to raise much needed funds for the school!



SPORTS DAY!

On Friday 12th June it is our annual Sports Afternoon, including our extremely popular family picnic on the field! More information will be sent to you straight after half term, but please get the date in your diary now! AS ALWAYS, THIS EVENT DOES DEPEND ON THE WEATHER, SO KEEP YOUR FINGERS CROSSED FOR SUNSHINE!

DIARY DATES

01/06/26

BACK TO SCHOOL

12/06/26

Sports Day events
and picnic on the field
(more info to follow)

A POLITE AND FRIENDLY REMINDER!
PLEASE ENSURE THAT IF YOUR CHILD'S HAIR IS LONG ENOUGH, IT SHOULD BE TIED UP - THIS HELPS TO KEEP CREEPY CRAWLIES AT BAY!
PLEASE ALSO ENSURE ALL UNIFORM AND PERSONAL ITEMS SUCH AS COATS, BAGS AND BOTTLES HAVE YOUR CHILDREN'S NAMES ON.
MANY THANKS!

GROW TOGETHER: LEARN TOGETHER: FEEL LOVED

PRAISING CHILDREN IN A WAY THAT HELPS THEM GROW

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WHY PRAISE MATTERS

Children learn best when adults notice their effort, behaviour, and progress. The right kind of praise helps children build confidence, keep trying, and manage challenges.

WHAT WORKS BEST

- 1 BE SPECIFIC**
Say exactly what the child did well
 - "You put your toys away without being asked"
 - "You listened carefully and followed instructions"
- 2 FOCUS ON EFFORT, NOT JUST RESULTS**
Help children value trying and learning
 - "You worked really hard on that"
 - "You did not give up"
- 3 NOTICE PROGRESS**
Even small steps matter
 - "You are improving"
 - "That is real progress"
- 4 LINK PRAISE TO BEHAVIOUR**
Help children understand what to repeat
 - "You were kind when you shared your toy"
 - "You used calm words when you were upset"

WHAT TO AVOID

- Too much general praise
 - "Good job"
 - "Well done"
- Praising fixed traits
 - "You are so smart"
 - "You are the best"

TRY THIS INSTEAD

Instead of: "Good job"
Say: "You finished your homework without giving up"

Instead of: "You are clever"
Say: "You figured that out by thinking carefully"

A SIMPLE TIP Praise effort + name the behaviour = stronger learning
Example: "You kept practising your reading - you stayed focused"

REMEMBER Children need to feel seen, not judged.
Notice what is going well - children are more likely to do it again.

If you want this as a free PDF, like the post & comment "CHILD" and we will message it to you.

WHAT IS EMOTIONAL REGULATION IN CHILDREN?

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EMOTIONAL REGULATION MEANS:

A child's ability to notice, understand, and manage their feelings in a way that is safe and appropriate. It does not mean children should stop feeling emotions. It means they learn what to do with those feelings.

WHY IS EMOTIONAL REGULATION IMPORTANT?

Emotional regulation helps children to:

- Calm themselves when upset
- Feel safe in their bodies
- Cope with frustration and disappointment
- Build healthy relationships
- Learn and concentrate
- Ask for help instead of acting out

Children who struggle to regulate emotions are not misbehaving. They are having difficulty coping.

WHAT DOES EMOTIONAL DYSREGULATION LOOK LIKE?

A child may:

- Have big meltdowns
- Cry or shout easily
- Hit, bite, or throw things
- Struggle to calm down once upset
- Freeze or shut down
- Run away or hide

This means the child's nervous system is overwhelmed.

IMPORTANT TO KNOW

Children are not born knowing how to regulate emotions. This skill develops over time. Young children borrow regulation from adults. They need calm adults to help them feel calm.

WHAT HELPS CHILDREN LEARN EMOTIONAL REGULATION?

Safe adults Calm responses
Naming feelings Repetition and time

Emotional regulation develops slowly. Children need many experiences of support.

WHAT EMOTIONAL REGULATION IS NOT

- It is not controlling behaviour
- It is not forcing calm
- It is not punishment
- It is not telling children to "calm down"

Children cannot calm down until their body feels safe.

REMEMBER

Behaviour is communication. Big feelings mean a child needs help, not blame. Connection comes before correction.

Here's a little selection of useful information for you!

SELF-CARE ISN'T SELFISH

YOU CAN'T POUR FROM AN EMPTY CUP

Taking care of yourself helps you show up better for your life and the people you care about. Self-care is not a luxury - it's a necessity. Here's how to make it a daily habit.

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SOCIAL CARE

Surround yourself with people who uplift and support you. Connection is a big part of healing and joy.

MENTAL CARE

Give your mind a break. Take time to rest, journal, read, or do things that make you feel calm and happy.

EMOTIONAL CARE

It is okay to feel your emotions. Allow yourself to feel and let go of what you can't control.

Small choices every day create a healthier, happier you.

REST & RENEWAL

Rest is productive. Give yourself permission to slow down, take breaks, and do nothing sometimes.

PHYSICAL CARE

Move your body, eat foods that nourish you, sleep enough, and stay hydrated. Your body carries you through life.

BOUNDARY CARE

Protect your time, energy and peace. Learn to say no to things that drain you or don't serve you.

REMEMBER: You matter. Your well-being matters. When you take care of yourself, you build the strength to handle life's ups and downs. Be kind to yourself - you deserve it.

WHY CALM ADULTS MATTER

Children learn how to cope by watching the adults around them. When emotions run high, children look to adults to guide them back to safety. Calm adults help children settle when they cannot do it on their own.

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WHEN ADULTS STAY CALM

- The situation feels safer
- The child's body can slow down
- Feelings become less intense
- Behaviour is easier to manage

Calm does not mean silent or passive. It means steady and controlled.

WHEN ADULTS ARE OVERWHELMED

- Children often feel it too
- Children may become louder, more distressed, or shut down

This is not because they are being difficult It is because they are reacting to stress

CALM ADULTS HELP CHILDREN LEARN THAT

- Strong feelings can be handled
- Problems do not need panic
- Support is available during hard moments
- Safety comes before consequences

This helps children build emotional strength over time.

WHAT CALM LOOKS LIKE IN PRACTICE

- A steady voice
- Slower movements
- Clear and simple words
- Pausing before responding
- Taking a breath before acting

WHY THIS MATTERS LONG TERM

Children who experience calm adults are more likely to:

- Feel secure
- Trust guidance
- Learn self-control
- Recover more quickly after stress

CALM ADULTS HELP CHILDREN FIND THEIR CALM.