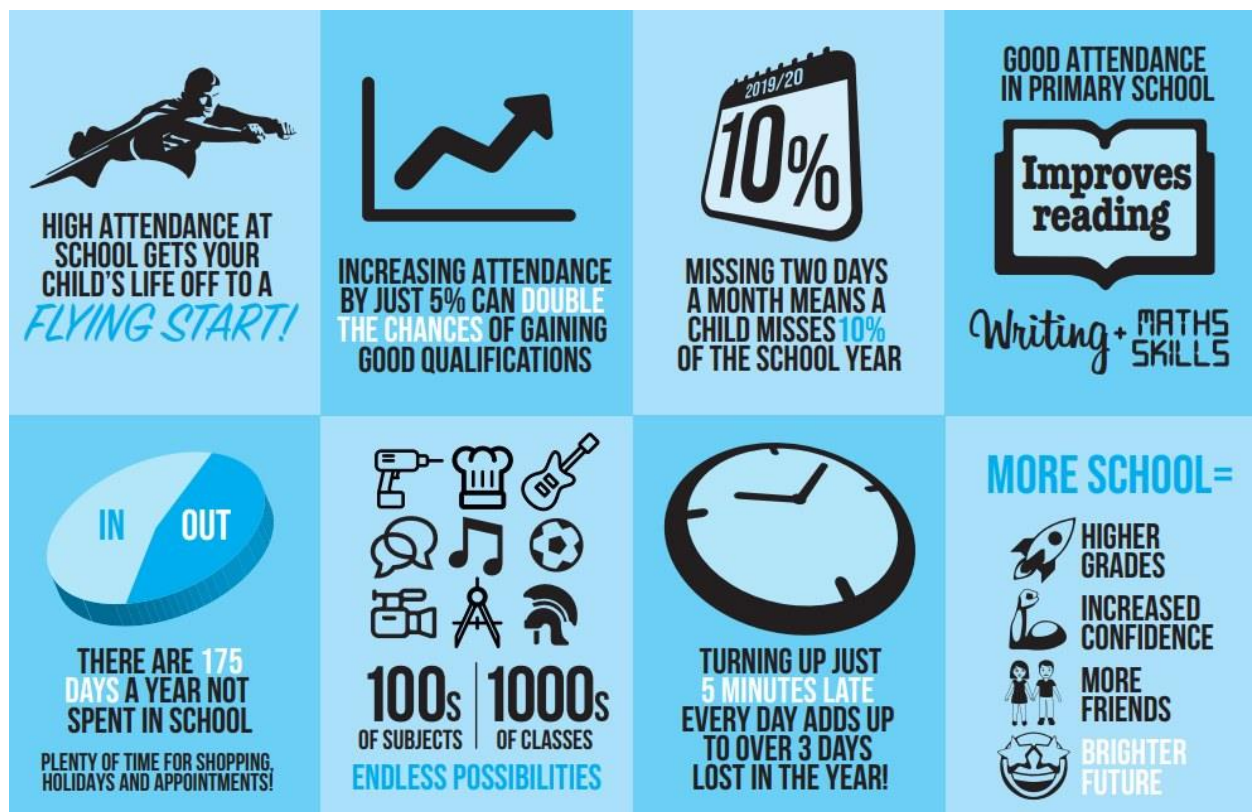




## Newsletter for 28th February 2025

Every lesson counts - your child must attend school every single day for the best chance of success!





**"THIS MORNING, HE  
WAS WORRIED ABOUT  
SCHOOL... BUT LOOK  
AT HIM NOW!"**

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**



**HM Government**

Head to the Education Hub to find out more.





## Top Attendance for the Week

**1<sup>st</sup> Place – Gold & Teal 100%**

**2<sup>nd</sup> Place – Indigo 99.1%**

**3<sup>rd</sup> Place – Crimson 99.0%**

Courage

Resilience

Gratitude

Respect

Aspiration

Kindness



## Headteacher's Message



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*Dear Families,*

*It was lovely to welcome all of the children back into school this week, and they've made a great start to the new half term!*

*This week, Rocksteady lessons started, Aston Villa ran a workshop in Year 4, Year 6 participated in an Anti-Bullying workshop and our new Sensory room, funded by Titan, is well underway.*

*Many thanks to Mrs Brindley and her husband for creating the wonderful sensory space during the half term break; you can visit our Instagram page soon to see 'before and after' photos <https://www.instagram.com/manorparkprimaryacademy/> as well as other news from across the school.*

*Next week, we welcome more teacher trainees into school from University of Birmingham, helping to build great teachers for the future with the support of your children. Year 4 will also be visiting a Villa match on Tuesday, so many thanks to the parents who have been able to volunteer to support that.*

*World Book Day is on Thursday 6th March so don't forget to dress up! We are looking forward to a fun day of celebrating reading and many thanks to Mrs Howarth for organising the day.*

*Our online calendar is regularly updated, so please visit our website page <https://www.manorparkacademy.co.uk/school-calendar/month/> to see what is coming up in the future and for important dates for your diary.*

*Children must not bring personal items or sweets into school as they can become very upset if personal items are lost or damaged and the school promotes healthy eating. All children can have a free bagel portion when they enter school in the morning and KS1 have a free piece of fruit every day at morning playtime as well. KS2 children may bring a healthy snack such as a piece of fruit for playtime, but no sweets or crisps please. Members of the staff team will need to confiscate any personal items or unhealthy snacks if your child brings them into school.*

*Have a lovely weekend,*

*Christine Chapman*

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## IMPORTANT SAFETY NOTICE



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*As a community, we have a collective responsibility to keep our children safe. Do not park on the yellow zig zag lines and please park somewhere that is safe when dropping off or collecting your child from school.*

*Parking inconsiderately can put people in danger and you also risk being fined by the council or local police. Under the Highway Code, it is illegal to park on school zig zag yellow lines.*

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**If you need someone else to collect your child...**



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*We know that sometimes you may need someone else to collect your child at the end of the school day. **Please make sure that:***

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- The person collecting your child is older than 16 (if they are your child's sibling) and over 18 (if they are not a sibling)*
  - You inform the school before 2.30pm if someone new is collecting your child. Though we know other parents collect children for each other, you must let us know that you have given your permission*
- 

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*Thank you for helping us to keep your child safe,*

*Becky Lewis*

*Deputy Headteacher*

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## Star of the Week



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*Congratulations to our Stars of the Week - this week's focus is 'Courage'*

*Nursery Ayoub*

*Indigo Muazah*

*Copper Gabriella*

*Gold Aleeza*

*Aqua Eliza*

*Turquoise Khalid*



*Cerise Inaaya*

*Crimson Lambo*

*Bronze Aarifah*

*Ochre Zaiyaan*

*Ruby Zuhara*

*Topaz Hassan*

*Teal Avram*

*Emerald Giulia*

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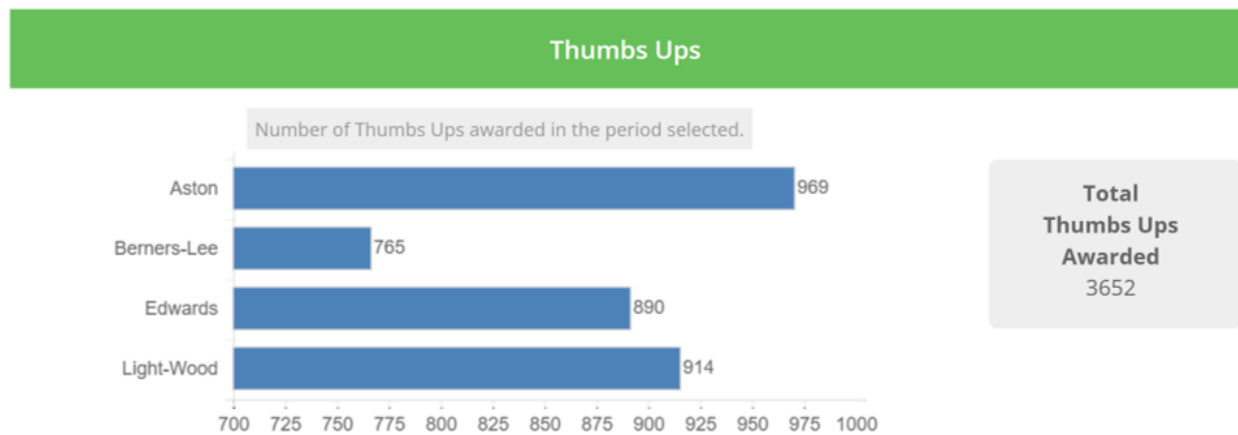
— AND —  
THE WINNERS  
***are...***

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House Points are now collected using Marvellous Me. **You can see you child's individual house points by clicking on the 'thumbs up' button.** However many 'thumbs up' they've had, this is the number of house points they have received in school!

This week's winner overall is Aston - they have won more than any other house so far this year!

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## Safeguarding and Wellbeing Update - Self Regulation



# 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.



The National College



## Careers and Skills Fair at Villa Park

 **Foundation**

# CAREERS & SKILLS FAIR

Get connected with employers who are recruiting. Get career advice and guidance. Get enrolled on skills training programmes and courses.  
Target Audience: Residents of Aston and surrounding areas



Date: Wednesday 5th March 2025  
Time: 10am - 3pm  
Location: The Lower Grounds, Villa Park, B6 6HE

**GAME CHANGERS** *Levy*  **Birmingham City Council**

 **West Midlands Combined Authority**  **Funded by UK Government**

## Dates for your Diary





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***World Book Day - Thursday 6th March***

***Year 3 Trip to the Museum - Wednesday 12th March***

***Health for Life Cookathon - Monday 17th March***

***Red Nose Day - Friday 21st March***

***Teacher Training Day School Closed to children - Monday 31st March***

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## **School Term Dates for Next Year - 2024/25**

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*Please see the calendar below showing all of the school term dates, bank holidays and teacher training days for the next academic year.*

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## Manor Park Calendar 2024/25

August 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
31				1	2	3 4
32	5	6	7	8	9	10 11
33	12	13	14	15	16	17 18
34	19	20	21	22	23	24 25
35	26	27	28	29	30	31

September 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
35						1
36	2	3	4	5	6	7 8
37	9	10	11	12	13	14 15
38	16	17	18	19	20	21 22
39	23	24	25	26	27	28 29
40	30					

October 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
40		1	2	3	4	5 6
41	7	8	9	10	11	12 13
42	14	15	16	17	18	19 20
43	21	22	23	24	25	26 27
44	28	29	30	31		

November 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
44					1	2 3
45	4	5	6	7	8	9 10
46	11	12	13	14	15	16 17
47	18	19	20	21	22	23 24
48	25	26	27	28	29	30

December 2024						
Wk	Mo	Tu	We	Th	Fr	Sa Su
48						1
49	2	3	4	5	6	7 8
50	9	10	11	12	13	14 15
51	16	17	18	19	20	21 22
52	23	24	25	26	27	28 29
1	30	31				

January 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
1			1	2	3	4 5
2	6	7	8	9	10	11 12
3	13	14	15	16	17	18 19
4	20	21	22	23	24	25 26
5	27	28	29	30	31	

February 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
5						1 2
6	3	4	5	6	7	8 9
7	10	11	12	13	14	15 16
8	17	18	19	20	21	22 23
9	24	25	26	27	28	

March 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
9						1 2
10	3	4	5	6	7	8 9
11	10	11	12	13	14	15 16
12	17	18	19	20	21	22 23
13	24	25	26	27	28	29 30
14	31					

April 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
14		1	2	3	4	5 6
15	7	8	9	10	11	12 13
16	14	15	16	17	18	19 20
17	21	22	23	24	25	26 27
18	28	29	30			

May 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
18				1	2	3 4
19	5	6	7	8	9	10 11
20	12	13	14	15	16	17 18
21	19	20	21	22	23	24 25
22	26	27	28	29	30	31

June 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
22						1
23	2	3	4	5	6	7 8
24	9	10	11	12	13	14 15
25	16	17	18	19	20	21 22
26	23	24	25	26	27	28 29
27	30					

July 2025						
Wk	Mo	Tu	We	Th	Fr	Sa Su
27		1	2	3	4	5 6
28	7	8	9	10	11	12 13
29	14	15	16	17	18	19 20
30	21	22	23	24	25	26 27
31	28	29	30	31		

### Bank holidays 2024/25

26 August '24	August Bank Holiday	26 December '24	Boxing Day	18 April '25	Good Friday	5 May '25	Early May Bank Holiday
25 December '24	Christmas Day	1 January '25	New Year's Day	21 April '25	Easter Monday	26 May '25	Spring Bank Holiday

### Teacher Training Days

2 September 2024	3 September 2024	29 November 2024	31 March 2025	21 July 2025
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## Apply for free school meals



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[Apply for free school meals - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

*Dear Parents and Carers,*

*Did you know that by registering your child for free school meals, you're not only ensuring they get a nutritious, hot meal every day but also supporting our school's funding? Every child who is registered for free school meals generates extra funding for the school, which we can invest directly back into your child's education and wellbeing. This funding helps us provide more resources, better learning environments, and additional support for our pupils. While all children in Reception, Year 1, and Year 2 (as well as those under the Mayor's Meals scheme in London) automatically receive free school meals, we only receive extra funding if you officially register your child. Please read the attached letter for information on how to apply.*

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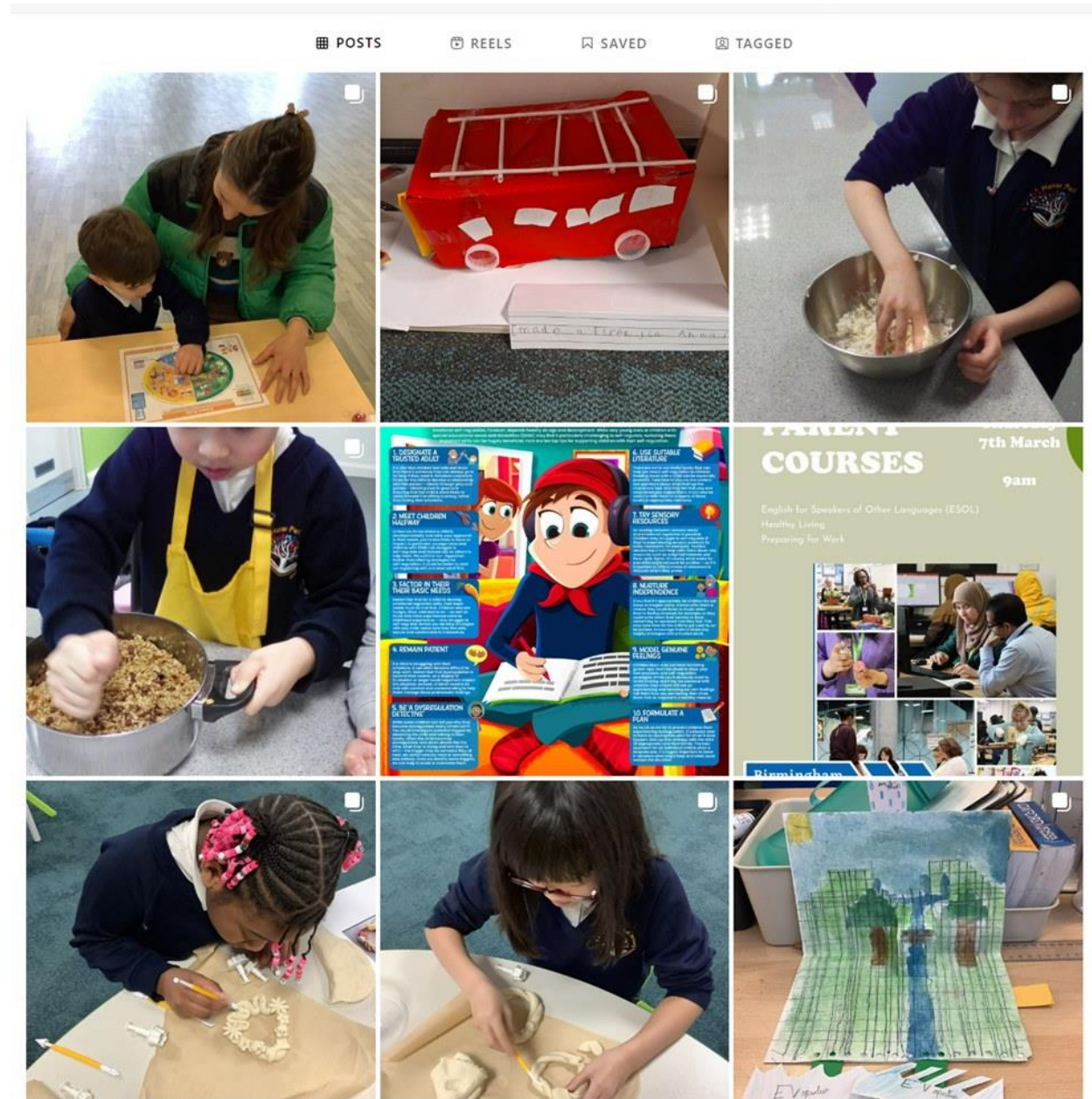
**We are a Nut Free School!**





*Give us a follow on Instagram!*

<https://www.instagram.com/manorparkprimaryacademy/>



If you need to report your child's absence...



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*Please call 0121 327 1023 to report your child's absence by 9.30am*

*If you need support with your child's attendance, please contact Jo Green via email at [enquiry@manorparkacademy.org](mailto:enquiry@manorparkacademy.org) or call the school office.*

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**At Manor Park Primary  
Academy everyone  
has the right to feel safe.**

**At Manor Park Primary  
Academy everyone  
has the right to learn.**



**We are your Designated Safeguarding Leads.  
We can help you.**



Ms Christine Chapman  
**Headteacher**  
DSL



Mrs Saima Mahmood  
**Teacher**  
DSL



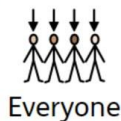
Miss Becky Lewis  
**Deputy  
Headteacher**  
DSL



Mrs Natalie Brindley  
**SENDCo**  
DSL



Miss Jo Green  
**Lead DSL**



Everyone



has

a



right

to



feel safe.



Please



talk to



us.

