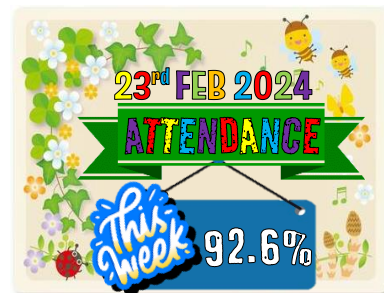


**Welcome
BACK!**

A reminder that TOMORROW we host the 'One for All' SEN group, see Page 3 for details. Next week at Ash Green sees the start of our testing week for all children in Years 1 to 6 (see below). Reverend Robb will host an assembly at the Upper Site on Thursday morning and we will end the week with Celebration and Good Book assemblies on Friday



ASH GREEN VALUES

As it is a new half term, can we remind you of our school rules and values?

ATTENDANCE MATTERS - Be on Time!
SHOW RESPECT - Everyone is Equal
HELP THOSE WHO NEED IT - Be Kind and Helpful
GOOD CONDUCT AROUND SCHOOL - Walk and Talk Sensibly
REMEMBER YOUR MANNERS - They Cost Nothing!
ENGAGE IN LEARNING - Try Your Best!
EVERYBODY IS DIFFERENT - We Celebrate That!
NEVER GIVE UP - Resilience is Key

TESTING, TESTING 1,2,3

Next week our children from Y1 to Y6 will take English and Maths tests each morning. The children are familiar with these tests and they are to help Teacher Assessment and inform them of subsequent lesson planning.



ONLINE SAFETY
IT STARTS WITH
YOU!

The National College of Online Safety provide a guide each week on internet safety, mental health and wellbeing and climate change.

These guides are meant to empower and equip parents with the confidence to practice skills to have informed conversations with their children about online safety.

Please read the guides every week on our Notices page below or visit nationalcollege.com



WORLD BOOK DAY

On Friday 8th March, Children are invited to dress up as their favourite book character or just in non-uniform. We will join together in the morning for a special World Book Day assembly.

St. Patrick's Day Menu

To celebrate St. Patrick's Day we have a special menu on Friday 15 March.

Beef Stew



Boiled Ham



Both served with Colcannon (Mashed Potato mixed with cabbage) and Soda Bread.



There will be the usual choices of Jacket Potatoes and sandwiches.

If your child is normally on sandwiches but would like a school lunch on that day then please pay £1.60 via the Gateway App.

Thank you.

SCHOOL TRIPS



Date	Class	Destination
13 Mar	2K	Yorkshire Wildlife Park
15 Mar	2N	Yorkshire Wildlife Park
19 Mar	3A	York Chocolate Story

SCHOOL CLUBS

Clubs start again next week (week commencing 26 February). Children should have signed up to one of the clubs below.

KS1 CLUBS	UPPER SITE	LOWER SITE
MONDAY	Phonics games	Phonics games
TUESDAY	Choir	Choir
WEDNESDAY	Go Noodle (Dance)	Go Noodle (Dance)
KS2 CLUBS	UPPER SITE	LOWER SITE
MONDAY	Just Dance	Silent Football
TUESDAY	Choir	Choir
WEDNESDAY	Walking Club	Walking Club
THURSDAY	No clubs due to Y5 Swimming	
FRIDAY	Netball	Just Dance

EASTER	CLOSE – FRIDAY 22 MARCH	RE-OPEN – MONDAY 8 APRIL
MAY DAY – MONDAY 6 MAY		
		MONDAY 3 JUNE – TRAINING DAY
HALF TERM	CLOSE – FRIDAY 24 MAY	RE-OPEN TUESDAY 4 JUNE
MID-SUMMER	CLOSE – FRIDAY 19 JULY	

NOTICES

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 HALF-WAY

Unless you know where a child is developmentally and take 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 bigger you can identify the triggers, the better you can help them. Once you 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 and 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 take 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 Resource Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

@nationalonline_safety

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@nationalonline_safety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024



Do you know what to do if you are worried about a child?

Have you ever felt uneasy about something a child has said or done?

Is your gut instinct telling you something doesn't feel right?

IF SO, PASS THIS INFORMATION TO A DSL (Designated Safeguarding Lead)

Your information could be the missing part of the jigsaw. This child may want/need YOUR help!

Your information could help change a child's life... Ignoring your concerns could be detrimental to a child.

Your DSL team (wearing a red lanyard) at Ash Green Community Primary School are:



Mungo Sheppard
Senior DSL



Hugh Monaghan
Operational DSL



Laura Thompson
Deputy DSL



Kate Cotton
Deputy DSL



Kelly Coady
Deputy DSL



Julia King
Deputy DSL



Jodie Wardman
Deputy DSL



Anna Crowther
Deputy DSL

ONE FOR ALL SEN GROUP

At Ash Green School (Upper Site school hall) Clough Lane, Mixenden,
Hx2 8SN
To book your place please call 01422 243941

COME AND JOIN US!

OUR 2024 DATES AND TIMES

FEBRUARY 24TH SATURDAY 10-11.30AM
MARCH 16TH SATURDAY 10-11.30AM
APRIL 13TH SATURDAY 10-11.30AM
MAY 11TH SATURDAY 10-11.30AM
JUNE 8TH SATURDAY 10-11.30AM
JULY 6TH SATURDAY 10-11.30AM
AUGUST 3RD SATURDAY 10-11.30
SEPT 7TH SATURDAY 10-11.30AM
OCTOBER 5TH SATURDAY 10-11.30AM
NOVEMBER 2ND SATURDAY 10-11.30AM
DECEMBER CHRISTMAS PARTY! DATE TO BE
CONFIRMED!

WHY ATTEND OUR GROUP?

- Do you have a child or teenager with additional needs? If so, come and join us for a **FREE, fun, fully inclusive** FAMILY morning of activities, a light snack, ask questions, and share your knowledge. All staff are Early Years qualified.
- This group is for 0-18 year olds with additional needs and their families.
- Request support and advice
- Meet other local families
- Learn about services in your area

North Halifax
Partnership
A better future for all generations

Ash Green
Children's Centre
A Sure Start Children's Centre

WWW.SURESTARTCHILDRENSCENTRESNHP.ORG.UK



FREE EASTER TRAILS

Roils Head Moor
Tuesday 26th March
10am to 2pm

Shroggs Park
Saturday 30th March
11am

Booking required!

Email
Tracey.Chambers@nhpltd.org.uk
or on 07912 891 207

North Halifax Partnership
A better future for all generations

ACTIVE CALDERDALE



Beginners introduction to Tai Chi & Qigong

Starting 13th February

Every Tuesday

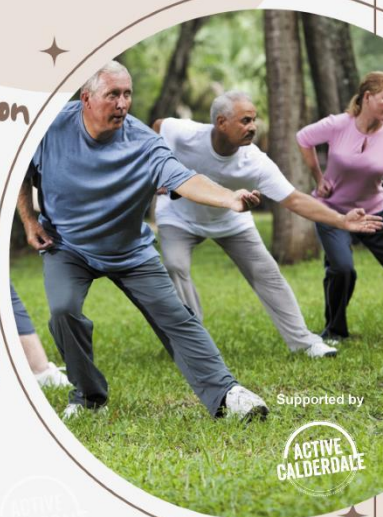
1:30 - 2:30 PM

£3 per session (first 3 are FREE)

T'ai Chi & Qigong is a gentle form of exercise, suitable for all ages and levels of skill and ability. Chairs are available for people who prefer to sit and there is no floor work involved.

The Addy,
Mixenden

For more information
contact Debs: 07734407969



Supported by

ACTIVE
CALDERDALE

Good FOOD

Good MOOD



COACH PAIGE



PROJECT
MIXENDEN GAME CHANGER

Keeping family nutrition on track can be super challenging. Our Programme will help you create a plan for nutritional health and wellness for your whole family one bite at a time. The session will include practical elements where families will cook meals together to encourage you to eat healthier and provide you with the knowledge and tools to lead a healthier lifestyle!

FREE for 4 weeks then £2 per family



STARTING ON MONDAY 13TH NOVEMBER



CONTACT DETAILS
positiveimpactsports@hotmail.com
Leah Greig 07399621444



MOVE IT,
SHAKE IT,
LIFT IT,



Coach Paige

Fun family workouts
for everyone!

Unique indoor and outdoor fitness sessions for whole families. Are you a parent who struggles to get enough time to exercise? These sessions have the solution! Guilt free exercise for parents integrated with fun for kids to help families get more active together. Each session will not be the same we will incorporate different fitness sessions based on the community decision. Example one week it could be boxing the next a fitness circuit etc.

Ash Green Primary Lower

6:30-7:30pm
Every Thursday

BOOK NOW

LIMITED PLACES

CONTACT DETAILS
positiveimpactsports@hotmail.com
Leah Greig 07399621444



PROJECT
MIXENDEN GAME CHANGER

What are we offering?

- variety of fun sessions chosen by you.
- Opportunity to improve your health and fitness
- Make new friends while burning calories

FREE FOR 4 WEEKS,
THEN £2 PER FAMILY
PER SESSION

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MIXENDEN

COMMUNITY FOOTBALL

INSPIRING THE NEXT GENERATION



Book Now
Leah Greig
07399621444

Location: Ash Green Primary upper
(MUGGA or Indoor)
Time: 11am till 12
Cost: £4
Age: 4-12 years
ALL ABILITIES WELCOME
(EVERY SATURDAY)

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TIDDLY KICKS SESSION

INSPIRING THE NEXT GENERATION

- FA Qualified Coach
- First Aid Trained
- Level 1 Safeguarding

MORNING CAMP
Ages: 4-7 years
Time: 9:30 till 10:30
Fee: £4

ASH GREEN PRIMARY - UPPER SITE
Clough Lane, Halifax, HX2 8SN
EVERY SATURDAY

BOOK NOW

LEAH GREIG - 07399621444

AGES 4-7 YEARS



FOLLOW US

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WWW.POSITIVEIMPACTSPORTS.CO.UK