



# St John Vianney Catholic Primary School

## NEWSLETTER

Friday 23rd February 2024



Dear Parents,

Welcome back to the school after the half term holiday.

Lent has begun with many of us receiving ashes last Wednesday. We are now beginning our 40 days of praying, fasting and sharing. The liturgical committee are busy focusing on ways of leading the school through our Lenten journey- this will be shared in another letter. As we share the year of prayer, I found this one which I thought applies to many of us:

**Lord**

**You said that it was not good for us to be alone. Yet we spend many hours alone at computer screens.**

**Help us not to get so wrapped up in technology that we become isolated from friends and family.**

**We are people who belong together because you are at the heart of all people. Lord, help us to live the reality of your love in people and not the virtual reality that leaves us lonely.**

**Amen**

This week we had a lovely First Holy Communion Meeting in Church with Fr Des focused upon reconciliation and the importance of the sacrament of Reconciliation. Many of us were moved by Fr Des' experiences particularly the love his parents always showed him. Thank you Fr Des for your time and insights into the sacraments.

I was honoured to accompany the children to the Catholic Swimming Gala this week. I was so proud of each and every one of them. We came 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in many of our heats. Unfortunately, we didn't win overall but we did extremely well for a one form entry school. Thank you Mr Chatland and Mrs Honey for preparing and supporting the children.

**26<sup>th</sup> February - Reading Workshop - 6.00 p.m.**

**27<sup>th</sup> February - Confirmation meeting in Church - no children please.**

**29<sup>th</sup> February - Book sale in school.**

**1<sup>st</sup> March - Drop everything and read- Wear PJs and bring a book to school.**

**7<sup>th</sup> March - Year 2 World Book Day Assembly.**

**8<sup>th</sup> March - Year 4 Assembly.**

**15<sup>th</sup> March - St Patrick's Day Celebrations - School Hall.**





## MARCH 1ST DROP EVERYTHING AND READ!

Dear Children,

On Friday March 1st you are invited to come to school in your pjs or comfy clothes. For the last hour of the day we will stop everything, get comfy and read. We will share our books, drink hot chocolate and talk about the books we love. Feel free to bring your favourite teddy and a book of your choice.



# School Clubs

Club	Day	Time	Cost Per Session
Choir - Key Stage 2	Monday	Lunch	Free
Dance - Key Stage 2	Monday	3.15 - 4.15 p.m.	£2.00
Lego Club	Monday	3.15 - 4.15 p.m.	£5.00
Creative Flair Music - Reception	Tuesday	12.30 - 1.00 p.m.	£3.50
Recorder Club	Tuesday	3.15 - 4.00 p.m.	Free
Boys Football Squad - Years 5 & 6	Tuesday	3.15 - 4.15 p.m.	Free
Computer Club	Tuesday	3.15 - 4.15 p.m.	£5.00
Mini Tennis - Years 3 & 4	Wednesday	7.45 - 8.30 a.m.	£2.75
Girls Football Squad - Years 5 & 6	Wednesday	3.15 - 4.15 p.m.	Free
Art Club	Wednesday	3.15 - 4.15 p.m.	£5.00
Dance - Years 1 & 2	Wednesday	3.15 - 4.00 p.m.	£2.00
Mini Tennis - Years 5 & 6	Thursday	7.45 - 8.30 a.m.	£2.75
Hockey - Year 5	Thursday	3.15 - 4.15 p.m.	Free
Creative Flair Dance - Years 3 & 4	Thursday	12.00 - 12.30 p.m.	£3.50
Creative Flair Dance - Years 1 & 2	Thursday	12.30 - 1.00 p.m.	£3.50
Netball Squad - Years 5 & 6	Thursday	3.15 - 4.15 p.m.	Free
Games Night	Thursday	3.15 - 4.15 p.m.	£5.00
Homework Club	Friday	3.15 - 4.15 p.m.	£5.00

**When dropping off or collecting from Owls Club, please phone the school telephone - 02476 464088 - and press option 3.**

**To keep your child safe when collecting, please make sure you stand at the school gate so the staff can clearly see you.**

**Please do not wait in cars.**

### **SJV Owls Club**

SJV Owls Club which provides before and after school care for the children of St John Vianney School. The charges for Owls Club are as follows:

Morning session - 7.30 to 8.30 a.m. - £5.00 (includes a light breakfast)

Afternoon session - 3.15 to 4.15 p.m. - £5.00 (includes a snack)

Late afternoon session - 3.15 to 5.30 p.m. - £7.50 (includes a snack)

If you are interested in your child attending Owls Club and would like more information please email [owls@sjv.coventry.sch.uk](mailto:owls@sjv.coventry.sch.uk) or phone the school office.



### **SJV Owls Activity Club**

Owls Club are now also offering after school sessions as follows:

Maximum number in the group 30. Activities are open to all children in school from Nursery to Year 6

Monday 3:15 - 4:15 p.m. - **Lego Club** – play with Lego and use Lego interactive with the school computers

Tuesday 3:15 - 4:15 p.m. - **Computer Club** - Bee-bots, computers and tablets

Wednesday 3:15 - 4:15 p.m. – **Art Club**

Thursday 3:15 - 4:15 p.m. - **Games night** - Bingo, cards, dominoes, board games

Friday 3.15 - 4:15 p.m. - **Homework club**- reading and support with homework

Sessions will be charged at £5.00 per session payable via Arbor.



### **Late Collection**

If you are more than 10 minutes late collecting your child at the end of the school day, they will be put into Owls Club and you will be invoiced for the session.

### **Free School Meals**

If you think that you may qualify for free school meals, even if your child is in KS1 or does not want to receive school meals, please take the time to apply as the school will receive additional funding if you qualify.

Please apply at: **Free School Meals – Coventry City Council**



# 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®



## Stars of the Week

Nursery	<i>The whole class</i>
Reception	<i>Aubree, Meara</i>
Year 1	<i>Mia, Francíszek</i>
Year 2	<i>Astrid, Oliver</i>
Year 3	<i>Evelyn, Oliver, Isla</i>
Year 4	<i>Bobby, Emily</i>
Year 5	<i>Keelan, Derry</i>
Year 6	<i>Aní Ruth, Cassie</i>



### Reminder:

We are a nut free school, please do not pack any nuts in your child's lunchbox.



### Reading Books

**Reading books to be brought into school everyday**



**School gates are open between 8.30 and 8.40 every morning.**

**Please ensure your child arrives in school before the gates are locked.  
We have an increasing number of children arriving late each morning.**

**Building Fund** Contributions to the school building fund are now due for the Spring Term (£10.00 per child or £15.00 per family) or for the whole school year (£30.00 per child or £45.00 per family).



*Dates may be subject to change – please check your emails regularly*



### **Monday, 26th February**

Choir - KS2 - Lunch

Dance - KS2 - 3.15 to 4.00 p.m.

Reading Workshop - 6.00 p.m.

### **Tuesday, 27th February**

Creative Flair Music - Reception Class - Lunch

Recorder Club - KS2 - 3.15 to 4.00 p.m.

Boys Football Squad training - Years 5 & 6 - 3.15-4.15 p.m

Year 6 Confirmation Meeting - 6.00-7.15 p.m. - Parents and Sponsors Only

### **Wednesday, 28th February**

Mini-Tennis - Year 3/4 - 7.45 to 8.30 a.m.

Guitar Tuition

Dance - Year 1/2 - 3.15 p.m. to 4.00 p.m.

Girls Football Squad Training - Years 5 & 6 - 3.15-4.15 p.m. - **NO SESSION**

Girls Football Match - away v St John's

Theatre Visit in School

### **Thursday, 29th February**

Mini-Tennis - Year 5 & 6 - 7.45 to 8.30 a.m.

Piano Tuition

Creative Flair Dance - Year 3 & 4 - 12.00 to 12.30 p.m.

Creative Flair Dance - Year 1 & 2 - 12.30 to 1.00 p.m.

Netball Squad - Years 5 & 6 - 3.15 to 4.15 p.m.

Book Fair in School

### **Friday, 1st March**

Drop Everything and Read - Wear PJs and bring a book to school

### **Future Dates**

Monday 4th March

Tuesday 5th March

Wednesday 6th March

Thursday 7th March

Thursday 7th March

Friday 8th March

Tuesday 12th March

Tuesday 12th March

Wednesday 13th March

Thursday 15th March

Friday 22nd March

- Parents Evening (Not Nursery)

- Parent Evening including Nursery

- Netball Match away v Corpus Christi

- Year 2 Assembly - World Book Day

- Boys Football Match away v St Mary & St Benedict

- Year 4 Assembly - Mothers' Day

- Girls Football Match - Home v John Gulson

- Year 3 First Holy Communion Meeting 6.00 p.m. - Parents Only

- Year 6 Confirmation Meeting in Church 6.00 p.m. - Parents and Sponsors only

- St. Patrick's Day Celebrations

- Easter Holidays Begin

Don't forget to follow us @sjohnvianney and you can also see our twitter feed on our website.

Please follow us on our Twitter account: SJV@sjohnvianney  
For Owls Club follow - @OwlsClubSJV



**Facebook** - SJV PTA have a

Facebook page. If you would like to have access and be added to the page, simply search 'Sjv pta' and submit your request, one of the current members will see your request and add you accordingly.

