



Newsletter

Highwood Primary School Issue no.68

February 2025

'Where Individuals Matter'

Dear Parents/Carers,

We wanted to provide you with an update in relation to our academisation process. As you know, Highwood is one of the 10 founding schools in the Orchard Learning Alliance (OLA). We are currently working under a Trust Partnership Agreement, that has allowed us to access all the challenge and support that the OLA provides, even though we are not yet officially an academy school.



The Phase 1 schools have now all officially joined the OLA - these are Waingels, Churchend, Hawkedon and South Lake. Highwood is one of the Phase 2 schools - this means that we are in the next group of schools that will join the OLA. Despite there being some challenges with the timelines outside of our control, we are currently on track to join on **1 April 2025**.

As part of the process, there has been an in-depth due diligence exercise, where the OLA has looked at every aspect of the school and completed a risk assessment. This has now been completed and no major concerns have been raised. There has also been a number of meetings with the Local Authority to check all the school site plans, so that the commercial transfer agreement can be put in place. This is where the ownership of the site and all its buildings will move from Local Authority and become the responsibility of the OLA.

Highwood staff have all been consulted as part of the TUPE process - this is where there is a change of employer for those working in an organisation. The consultation period has also now concluded with no issues being raised.

There are a number of actions still to complete with everything needing to be ready for signing on 1 March 2025. This will then allow time for the documents to be scrutinised before the official academisation date in April. At the time of writing this newsletter (and hopefully beyond) we are all still on track to meet all the deadlines and no further issues are foreseen, so fingers crossed!

This is a really exciting time for Highwood, as although there won't be a noticeable change from the outside, we will have the support from the OLA to make sure Highwood (and all the other OLA schools) continue to improve for the benefit of our children.

Thank you for your support.

Matt Hickey
Head Teacher

Wendy Sabaroche
Chair of Governors





Foundation 1 News

Mrs Atkinson

Mrs Alleyne, Mrs Vanka, Mrs Bailey, Mrs Cooper, Miss Teader and Mrs Poulton

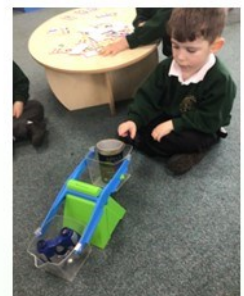
Welcome to our Foundation 1 News. We have had a very busy first half of the Spring Term in F1. We have begun exploring our new topic which is **'What changes?'** and have welcomed a new group of F1 children into the setting. We've been really impressed with how quickly they've settled and how helpful the older children have been.

We started this term learning about the different seasons of the year. The children were very good at telling us what would happen in Winter - Santa, making snowmen and having to wrap up warm. Making white chocolate snowballs was very popular.

When we moved on to Spring, the children made some beautiful Spring crafts. We made butterflies and snipped leaves and scrunched tissue blossom for Spring trees. We had great fun with all the rain too - lots of splashing in puddles! Recently we used our observation skills to find signs of Spring - we saw buds on the trees and saw daffodils emerging.



In Maths we've been learning about what heavy and light mean using our hands and also a bucket balance. Our number focus has been 1 and 2 and the children have become really good at subitizing 1 and 2. We've also talked about when a group of objects is "not 1" or "not 2" and then started exploring what "more" and "less" mean. The numbers may seem simple, but the concepts are not. F1 have continued to listen well and find these numbers in their play too.



During this half of term we also celebrated Chinese New Year. We dressed up in real Chinese costumes, made Chinese dragons and red lanterns with our Year Three Big friends too! The children have been SO busy. We've sung and danced to Chinese music and enjoyed lots of "lucky" red and gold messy play. We tasted some Chinese food together too.

In phonics this half term, we're following the Little Wandle program and learning about individual sounds. We've been practising blending (n-e-t makes net) and playing alliteration games with our names. We're still singing lots of rhymes, practising our listening skills and been clapping the syllables in our names and new words we've learnt about the different seasons. Why don't you challenge your child to clap "Winter" or "Autumn"?

We've linked our books to our Seasons too with "The Snowy Day", "Little Bear's Spring" and "Stickman".



Thank you to all the parents that have supported us during this half of term and we look forward to welcoming the children back after their break!

Remember to look on Seesaw for regular updates on our learning.

Follow us on X (formerly known as Twitter) @HighwoodPrimF1



Foundation 2 News

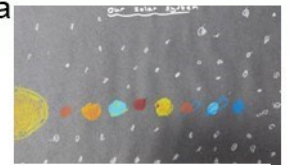
Mrs Parker and Miss Grainger

Miss Webb, Mrs Newham, Miss Finch, Mrs Vanka

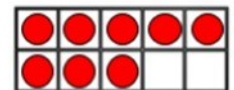
Happy New Year from all of team F2! Reception have dived in with spirit of curiosity and exploration reflecting on the question "How is the world filled with colour?" We have been on a captivating adventure as we have explored the vast wonders of space and the beauty of our planet.



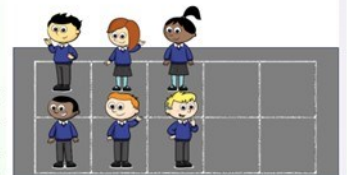
Imagine the excitement when we realised a rocket had crash landed in our outdoor area! Our little detectives eagerly set out hunting for clues and researched this cosmic event. Our budding engineers set about building rockets in our junk modelling area whilst others meticulously laid out a spread of alien friendly food. As we learnt more about space the children expressed their newfound knowledge through the creation of stunning planet art. Take a look at some of the things they have made!



How many can you see?



6 is an even number because we have made 3 pairs.

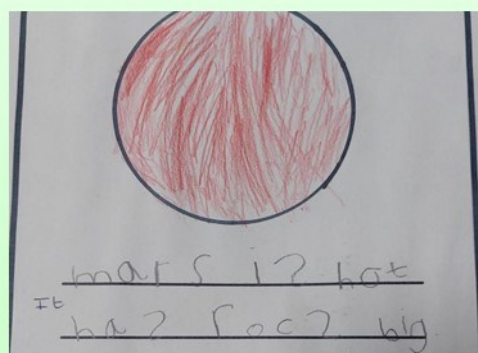
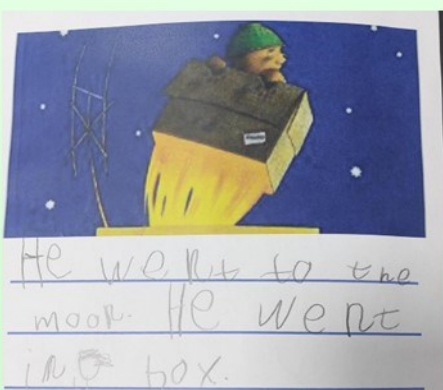


Thank you to all the parents that have supported us this term and we hope you have a lovely holiday.

In Maths we have been busy extending concepts of 5 all the way up to 10. Using 5 and then 10s frames the children have been counting and subitizing to check their representations. We have explored 1 more and 1 less, composition, making pairs and odd and even numbers. We have also spent a week exploring mass and capacity. The children are becoming increasingly confident in using mathematical language to explain their thinking.

We have been so proud of how the children are working hard to write simple sentences using their phonics. They are becoming increasingly independent in doing so and practising every day. Everyone is working hard at forming their letters neatly. They are also trying to remember to use finger spaces between words.

Take a look at some of our writing. Isn't it out of this world?



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@HighwoodPrimF2H



Year 1 News

Miss Bolger, Miss Ahmed, Mrs Garner
Mrs Wheeler, Mrs Swamiraj, Miss Mubashar and Miss Craker

Year 1 have had a really positive start to the New Year. The children have shown real curiosity in our topic and have loved finding out about toys from the past. The children loved the trip to Milestones Museum!

Will we play with the same toys when we are older?

Science

In Science, we have been learning about materials and exploring what things are made of. We have discussed what toys were made from in the past and what they are made from today. We have also learnt why toys are now made from different materials.



Computing

We have really enjoyed using the Beebots this term. We have learnt what all of the buttons do and how to program the commands into the Beebot.



History

Our topic has been enhanced by children bringing in older toys and photos that belonged to family members, as well as a trip to Milestones Museum where we explored the history of toys further. We got to play with a range of toys and games from the past.



Maths

This term, we have revisited place value, addition and subtraction by looking at our numbers to 20. We have thought about how numbers can be split into tens and ones and how we can use our number-bond knowledge to help us find the answer.

Music

In Music we have started learning to play the glockenspiel. We have practiced playing up to 3 notes in time with the music.



English

In English we have been really working hard on our handwriting to make sure we are forming our letters correctly.



We have been looking at Traditional Tales and



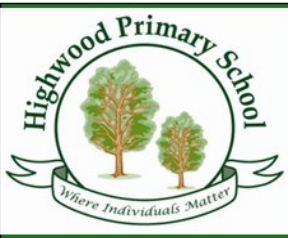
have started to plan our own versions of The 3 Little Pigs.

We wrote recounts of our trip to Milestones Museum and thought carefully about using time connectives.

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@HighwoodPrim1G



Year 2 News

Miss Anderson, Mr Gauld

Miss White, Mrs Moore, Mrs Aswal and Mrs Craker

The children have been very curious about our key question and they loved exploring the world to learn all about the different countries, continents and oceans. It seems we have some budding explorers who have been inspired by those who came before and are eager to find out as much about the world as possible.

Where in the world would we like to explore?

English

This term, our writing was inspired by the beloved book *Where the Wild Things Are*. Drawing from its imaginative world, we designed our very own "Wild Thing" characters. We have been writing detailed character descriptions using expanded noun phrases and exciting vocabulary. We even got to dress up and act like our wild thing!



WHERE THE WILD THINGS ARE



STORY AND PICTURES BY MAURICE SENDAK

Geography

Our atlas and map work has never been better! The children can confidently name, locate and discuss facts about the seven continents and five oceans already and we're only halfway through the topic!



Maths

We have been very busy this half term - we've learnt about money, multiplication and have begun to learn about division. The children have shown amazing perseverance and have revelled in more challenging tasks, pushing themselves and each other to learn even more.



Art

This term, our ceramic art unit has been great fun! Taking inspiration from the style of artist Clarice Cliff, year 2 have designed and crafted their own clay bowls and cups. We are eagerly looking forward to the next step: painting them! Stay tuned to see the colourful results of their hard work and creativity!



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Year 3 News

Mrs Welsh, Mrs Hartgrove and Miss Rumbold

Miss Mair, Mrs Mohammed and Mrs Strong

How has water shaped our World?

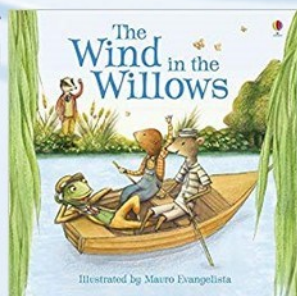
English

Year 3 have had an exciting start of term! For the first time, the children have written setting descriptions about the Wild Wood in *The Wind in the Willows* and generated AI pictures from this writing! They also have spent time imagining that they were Mr Mole and writing a diary entry about the day that they ventured into the Wild Wood - scary stuff!



Whole Class Reading

We read the classic text 'The Wind in the Willows' this term. The children demonstrated really good skill when making connections and links to other books they have read. The children were so engrossed in the story that this helped hugely in our writing in English. We look forward to reading the 'The River Singers', which is similar to 'The Wind in the Willows' in using animals as central characters.



Maths

The children have been working hard on multiplication and division. The children have been working hard to use different methods to multiply and divide 2-digits by a 1 digit number. We have also started learning about length and measurement!

| Tens | Ones |
|----------|------|
| 10 10 10 | 1 1 |
| 10 10 10 | 1 1 |
| 10 10 10 | 1 1 |
| 10 10 10 | 1 1 |
| 10 10 10 | 1 1 |

$$\begin{array}{r} 32 \times 5 \\ \begin{array}{r} 30 \quad 2 \\ \times 5 \quad \times 5 \\ \hline 150 \quad 10 \\ \hline 160 \end{array} \\ 32 \times 5 = 160 \end{array}$$

Topic

We started off our new key question gathering what we already knew about rivers! We have been learning about river and canals and comparing the two. We also have been learning about the history of Henley which is well known for the Regatta. In Science, we have been learning about Forces and Magnets.



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@HighwoodPrim3WH



Year 4 News

Mrs Partridge, Mr Williams

Mrs Nice, Miss Briggs and Mrs Hillier

What did the Romans Do For Us?

English

This term we have been focussing on the Roman gods. We began 2024 by writing playscripts about the myth of the gods: Romulus and Remus. We really enjoyed thinking about stage directions and speech and how they can be used to portray a character and their emotions. We have just started writing a humorous information text all about the Roman gods.

Maths

This term we started with learning the concepts behind multiplication and division. The children have explored these by using practical equipment, before moving onto using a variety of different written methods. In Multiplication, we successfully used the expanded column method to multiply a 3-digit number by a 1-digit number. In Division, the children used a combination of the part-whole method and number lines to explore division problems. They then moved on to the slightly trickier short-division method and showed such perseverance!

Geography and History

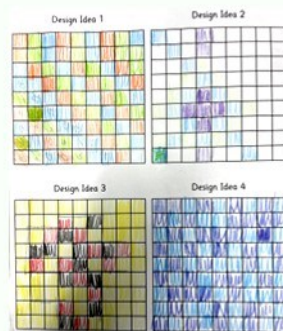


With our key question being all about the Romans, the children have been focusing a lot on Geography and History so far. We have explored what the Roman Empire was, where it was located, and the trade routes within the empire. The children have really enjoyed using their Geography skills to understand this significant moment in History.

Science

This term we have been learning about food chains and the human body. The children have been fascinated by the different types of teeth in their mouth, and really enjoyed learning about this as the first step in the digestion process. We are in the middle of an exciting experiment where we are investigating the impact of sugary drinks on our teeth!

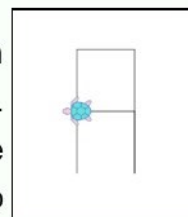
Art and DT



In Art and DT this term we have started to look at mosaics. We've appreciated Antoni Gaudi's work with mosaics and how this is linked to the Romans. We have also thought about Roman mosaics and how they inspire us!

Computing

The children have had a lot of fun learning about coding in Computing. We have been using the website turtleacademy.com/playground to



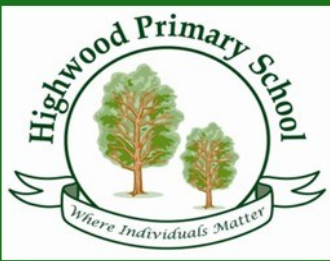
create short algorithms that send a screen turtle around an area. The children have used their teamwork and problem solving skills to write the alphabet with the screen turtle!

Have a lovely Half Term break

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@HighwoodPrim4W



Year 5 News

Mrs Downes, Mrs Hind,

Mrs Lakshmanan, Mrs Rodroju and Mrs Kamath

Is Invasion Ever Justified?

Welcome to the first spring edition of the Year 5 news! I am pleased to say that we've had lots of exciting opportunities and lots of new learning going on.

Please read on to find out more!

English

We began the term by writing a newspaper report about the Apollo 11 moon landing, then moved on to writing biographies. Having read about the trailblazing NASA Mathematician Katherine Johnson, we detailing her amazing accomplishments and practiced using cohesion

devices to link our paragraphs together and make our writing flow. We have



just begun to read the story of Beowulf, the Anglo Saxon hero who saved a town from the peril of a 'foul-fiend' named Grendel; we will go on to write a sequel to this exciting legend.

Maths

Our focus in maths has been multiplication, division. We have practised the column method by multiplying up to 4-digits by 2-digits, and short division to divide with remainders. We will return to fractions next term, as well as perimeter, area, statistics, decimals and percentages

Key Question Lessons

Our key question for this term is 'Is Invasion Ever Justified?', and we are basing our learning around The Vikings and The Anglo-Saxons. So far, we have considered which physical and human geography features might come into play when deciding on whether to invade a country, and then where people settled and governed their lands. 5D demonstrated this learning through drama in their class assembly. Next term we will learn about the Battle of Hastings and in Geography we will be looking at biomes around the world and specifically in the UK.

Big Friends

Year 5 had a wonderful experience with their Year 1 Friends this term as they all met up to share games Year 1 had learnt during their trip to Milestones Museum. It was great fun and lovely to see those rela-



tionships develop.

It has been a super start to the year. We look forward to continuing this work after half term

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@HighwoodPrim5H



Year 6 News

Mr Robinson, Miss Bicheno

Mrs Panahpoori, Mr Edwards, Mrs Rajpal and Ms Yu

This term we have really immersed ourselves in our topic question, '**How Does War Change People's Lives**' So far we have concentrated on the causes of WW2 and the effect the war had on families.



English

Our whole class reading book this half term has been, 'When the Sky Falls' by Phil Earle. The children have enjoyed getting to know Joseph (a troubled boy who has been evacuated to the city), and how he learns to understand his own feelings through his relationship with a gorilla (Adonis).

In writing, we have written a powerful description about The Blitz. We used lots of the figurative language (personification, similes etc) that we had learnt about in the Autumn Term.

Maths

This term we have been learning about ratio and algebra. The children have excelled at using their knowledge of fractions to help them understand ratio and have made good progress learning a new concept in algebra.

Topic

Over the last few weeks, our topic has focussed on history, geography and science.

History

History has been the main focus of our topic this term. We have learnt about evacuees and how they were different from refugees. We were amazed about rationing and what people actually ate in the war.

Perhaps our question should have been, '**How could people live in a world without pizza or McDonalds?**'.

Science

We have learnt about electricity and how to create and draw circuits. This has also led to investigations including experimenting with a different number of light bulbs and batteries.

Engineering.

This term we have been participating in an Engineering Project where the children have had to find a solution to a problem by designing an invention to solve it. We have had some incredible ideas including robots that help clean beaches and solar powered cars.

Homework

Many children have been inspired to create models of air-raid shelters linked to our topic. Here are some of the wonderful examples that the other children commented on:



We hope you all have a healthy half-term break.

The Year 6 Team

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@HighwoodPrim6R @HighwoodPrim6B



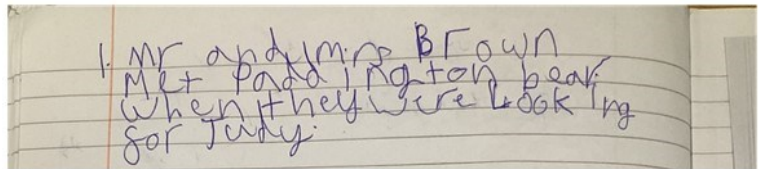
The Grove Speech and Language Resource News

Miss Barrett, Mrs Payne, Mrs Gale, Mrs Harris and Mrs Nielsen

Literacy: Paddington by Michael Bond

This term we have been publishing our happy world's, performed at coffee morning, explored colourful semantics writing in space and have finally entered the world of Paddington Bear!

The children have been working really hard on their sequencing, summarising skills and retelling of 'Paddington'. All of the children have managed to retell the main 6 parts, some with visuals and others without. We have also begun exploring poetry and the children have started to explore repetition, onomatopoeia and rhyme. Once learnt and confident, the children will be writing their own poems using these features. I can't wait to see what they produce.



Maths: Flash Back Four

This term I asked the children what maths work they wanted to show off. They all chose their Flash Back Fours which we do everyday. These include our daily learning, previous year learning, previous term learning and more! The children work really hard exploring and using resources every day to independently work out these questions.

Flashback 4 Spring - Week 4 - Day 5

Number and Place Value
What number is the arrow pointing at?
400

Addition and Subtraction
Calculate the missing number in the bar model.
784
746 38

Money
Find the total amount of money.
£5.36
£3 and 26p

Problem Solving
Suzie has £2 and 47p.
Adam has £3.
How much more money has Adam got than Suzie?
53p

Reasoning
I have £10. I don't have enough to buy a tennis racket, ball and water bottle.
Do you agree with Allison? Explain your answer.
£5.60 80p £3.50
£9 and 40p

No because she has £10 £5.60
247p 300p £3.50
so she can buy it and 93p
It costs £9 and 40p
29
247
- 247

053

7
784
- 38

746

£2.47p = £247
- 38

246

Week 15 Day 2 PS Sp B2

1 less than 1? 1

20 - 12 = 8

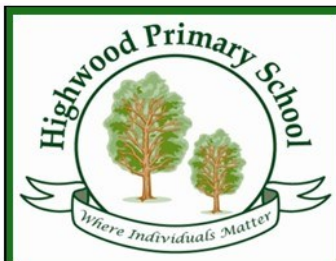
58106

What do you see?
How do you see it?

2 is a part and 0 is a part.
The whole is 2

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It has been a full on half a term since the New Year, we hope you all have a restful week off.



PE/Sports News

Mr Edwards

Welcome to the first "PE & Sports News Page" of 2025. I will continue to keep the children and parents informed about our recent achievements in sports tournaments, what we have been learning in PE, **PE Kit required**, lunch & after school clubs plus of course the future sports dates.

PE Lessons:

This half term the children have been learning skills required to play Handball, Tennis, Football/Rugby Fundamental Skills, Netball, Basketball, really honing our striking, control, target, hand eye coordination and strategy. Some classes have also had Gymnastics and for the first time, Yoga.

Over the last 6 weeks we have been developing our skills especially Key Stage 2, getting into full games by the end of the programme. We have seen some great work over all of the school years.

1G have also had their extra session taking part in Dance lessons with Miss Coleman working on routines that continue challenging even our "funkiest" dancers.

It has been 6R's turn in the pool this half term and the children have been working hard on their confidence with new strokes, self rescue and improving existing skills.



Tournaments & Competitions:

This half term has seen Highwood take part in the Wokingham School Games Tenpin Bowling. This has been our first experience of this event and the children had a fabulous time and received lovely medals.



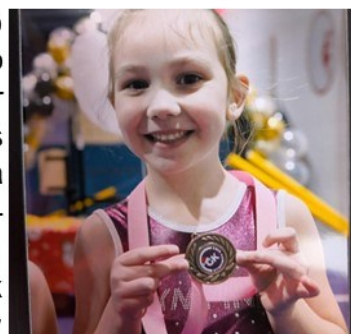
By the time this newsletter goes to print, we would have taken part in the year 5/6 Development Football Tournament and our 5/6 Girls football team would have played their 1st round Wokingham Schools Cup Match. I will report back with results in the next edition.

House Games

This half term has also seen a very competitive house Handball competition contested. At the moment the Eagles are currently heading the table going into the last round being played at lunchtime tomorrow. Please look out for results in the "Heads" Bulletin .

Sporting Gallery

Huge congratulations to Holly from year 2 who competed in her Floor and Vault Gymnastics competition picking up a 3rd place. Well done Holly, what an amazing achievement! We look forward to hearing how you get on in future competitions.



Next Half Term

PE Lessons:-Golf, Tennis, Gymnastics, Dance, Danish Longball, Striking & Invasion Skills.

After School Clubs:

This term we have:-

Tuesdays: KS1 Multisports, & Yr 3/4 Paddles, Bats & Racquets

Wednesdays: Yr 3/4 Football & %/6 Basketball

Thursdays: Yr 5/6 Gymnastics

PE Kit required:- Shorts, Highwood Green PE T-Shirt, Black Plain Tracksuit, trainers. (Gloves and beanie style hat recommended)

No Earrings!

Have a great half term break and I look forward to seeing you all again for another fun filled PE Spring term 2.

Mr Edwards

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Family Centre News



My role in school is to provide support, advice and information to the families within our school community. I can help you with any worries that you may have in relation to your child's education, behaviour and wellbeing. I am also here as someone to talk to if you need it. I can meet with you in school at a time to suit yourself. Or we could chat on the phone or have an online meeting. I am (almost) always on the Woodland Avenue gate at the start and end of the school day. Advice and support is confidential - although concerns relating to the safeguarding of children will always be dealt with in accordance with the school's Safeguarding and Child Protection Policy.

I may not have all the answers, but hopefully I can help you to work out how to find them! **Lucy Morris, Family Support Worker.**

It's been a busy start to 2025 in the family centre. We have held:

- **2 coffee mornings**, open to all parents and carers. If you haven't attended one yet please come along to say hi to other parents and take some time out for yourself from your busy lives.
- **1 SEN Support coffee morning** for parents and carers of children who have special educational needs, either diagnosed or on pathways or for parents who have early concerns. Parents who attended have shared how good it has been to begin to develop networks with other parents and have the opportunity to learn about what support is out there.
- **A well being art doodle session** where parents came together with Rachel, an Art Tutor from CREATE and took a blank canvas to a burst of creativity!
- **A supportive toilet training workshop** to support parents and carers with this journey, looking at ways to make this successful.
- **An eight week** programme run by the Mental Health Support Team to support parents and carers of autistic children cope with uncertainty. The group is half way through the programme and learning lots!
- **Healthy Sleep and Engage your Rage** workshops for year 4, run by FIRST, the Families Intervention Resources Support Team. They also run workshops for parents—keep an eye on the weekly bulletin for more info.
- **And lots of** individual meetings with parents and carers, brain storming and trouble shooting issues of concern for them and their children.

****Coming up****

Playful parenting workshop—the importance of play for under 5s with practical ideas and resources

Little Saplings - a Stay and Play group for children aged 3 and under who will join nursery in the next year

I am very interested in your suggestions of how we can best support our families and build beneficial parent engagement please email me at FSW@highwood.wokingham.sch.uk



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@FSWHighwood





SENCO

Dear Families,

Thank you for your communication and continued support with our school staff. By us working together, we can do our best to support our children both emotionally and educationally.

We are always keen to signpost school and external support available to our families, that will benefit our children. Please keep a look out in the head teacher's bulleting for future courses including sleep, behaviour and specific SEND courses. Below are some of our local send services families can access.

I hope you all have a happy and relaxing break.
Lindsay Padbury



Lindsay Padbury - Special Educational Needs Coordinator (SENCo) A special educational need/ and or disability (SEND) can cause barriers to a child's learning. My role in school is to identify the children's strengths and manage any extra needs they may have. I liaise with teachers and Learning Support Assistants (LSAs) to help support the pupil's needs and discuss appropriate actions that will help reduce any barriers to their learning. If you have any SEND concerns, please initially talk to your child's class teacher.

Here are some services you can access for additional SEND support.

February Half term Support and activities

[Holiday, Activities, and Food programme \(wokingham.gov.uk\)](https://www.wokingham.gov.uk)

[Places to Walk Archives - Berkshire Mummies](#)

[Home | Camp Mohawk](#) a multi-functional day centre for children with special needs and their families.

Supporting SEND

[Seven techniques for helping kids keep calm - CBeebies - BBC](#)

[Events | SEND Voices Wokingham](#)

Speech and Language support

[Home - Afasic](#)



[Words for Life | National Literacy Trust | Words for Life](#)

[Learning to talk 3 to 5 years - NHS \(www.nhs.uk\)](https://www.nhs.uk)

F1 SALT: [Communication and hearing | Children Young People and Families Online Resource](#)

Sensory Processing

[What is Sensory Processing? - YouTube](#)

[Sensory Processing: The Tactile \(touch\) System - YouTube](#)

[Sensory processing: Body awareness \(proprioception\) - YouTube](#)

[Sensory processing: movement and balance \(the vestibular system\)](#)

[Sensory Processing: Alertness Levels - YouTube](#)





SENCO

Local SEND Support

[Local Offer for 0 - 25 year olds with additional needs - Wokingham Borough Council](#)

[Homepage \(sendiasswokingham.org.uk\)](#) free, confidential, impartial advice, guidance and support

[Children with additional needs \(CAN\) network - Wokingham Borough Council](#)

[Home Page - PSC \(parentingspecialchildren.co.uk\)](#)

[Events | SEND Voices Wokingham](#)

Family and adult Support

[Wokingham Borough Council family support](#)

[Young Sibs](#) for siblings

[Talking Therapies](#) self-refer for support with emotional and mental health (17years and above)

[Samaritans are available 24/7](#) to listen, even if you just need someone to listen whilst you offload, they don't have to provide advice unless you ask for it.

[Parenting and mental health](#) – the Mental Health Foundation

Mental Health

[little-blue-book-of-sunshine.pdf \(berkshirehealthcare.nhs.uk\)](#)

Sleep Issues, Anxiety and Behaviour Support

FIRST [Wokingham Directory | Family Intervention Resources & Support Team](#)

(FIRST) - supporting families with sleep and behavioural issues

First Video: [Supporting children with disabilities - YouTube](#)



Autism and ADHD Support

[Autism+Facts+for+Kids.pdf](#)

[Talking to your child about autism - CBeebies - BBC](#)

[Waiting times for ADHD and Autism Assessments](#)

[Right to Choose - ADHD UK](#)

[Centre for Autism - University of Reading Centre for Autism](#)

ASSIST Team [Wokingham Directory | ASSIST Team \(Autism Spectrum Service for Information Support and Training\)](#)

Assist video [Supporting autistic children and their families - YouTube](#)

[Neurodiversity Hub - Resources for Students, Employers & More](#)

[Autism Berkshire Reading - Autism Berkshire](#)

[Neurodiversity News September 2023](#)

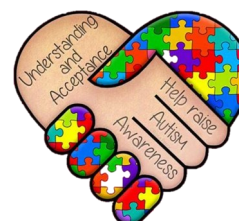


[\(newsweaver.com\)](#)

Fine Motor Skills

[Fine Motor Skills | Children Young People and Families Online Resource](#)

[\(berkshirehealthcare.nhs.uk\)](#)



WHAT IS CO-REGULATION?

A Guide to Nervous System Harmony

The Role of Co-regulation

Co-regulation is a supportive process where one person helps another manage their emotions, behavior, and physical responses through warm, connected interactions.

This shared experience helps individuals gradually develop self-regulation skills, **making it easier to handle life's challenges on their own.**



The Science of Co-regulation

The autonomic nervous system is key in regulating our emotional responses.

Co-regulation helps balance our *sympathetic* ("fight or flight") and *parasympathetic* ("rest and digest") systems.

This helps us achieve a state of safety and calm.



Why It Matters

Co-regulation fosters a sense of **safety**, especially for people with attachment challenges or trauma backgrounds.

It provides tools to help us understand and regulate our emotions, which supports overall **emotional resilience.**

A regulated client is **better able to engage** in therapeutic activities and learning, and participate in daily life tasks.



Barriers to Co-regulation

and How to Avoid Them



Provider Dysregulation

Use grounding techniques to stay calm when a client is highly dysregulated.



Sensory Overload

Simplify the environment or use soothing sensory tools to ease co-regulation.



Emotional Escalation

Respond to aggressive behavior with empathy and clear boundaries to encourage calm.

CO-REGULATION STRATEGIES

Tips for Providers, Parents and Caregivers



Modeling Regulation

Demonstrate calm behavior:

- Practice slow breathing.
- Maintain a steady tone of voice.
- Keep a relaxed posture.
- Sit with them.



Sensory Regulation Support

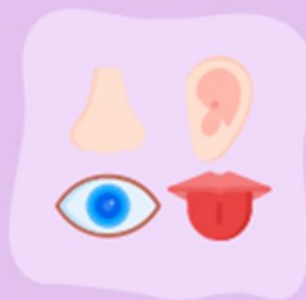
Provide sensory strategies to help them regulate.

- Teach them deep pressure exercises on hands, feet, and other joint areas.
- Engage in proprioceptive activities, like jumping or pushing.

Grounding and Breathing Exercises

Provide strategies they can practice on their own at home, school, etc.:

- Practice deep breathing techniques.
- Use grounding techniques that engage their senses:
"What can you see, hear, or feel right now?"



Creating a Co-regulating Environment



Consider these when creating a safe space:

- Reduce overwhelming stimuli and introduce calming sensory elements (soft lighting, calm music).
- Maintain clear routines and expectations to create a sense of safety.
- Designate a quiet space to go to with calming objects when feeling overwhelmed.
- Use listening therapies like the Safe and Sound Protocol to help regulate the nervous system.



Verbal and Non-verbal Communication

Pay attention to your body language.

- Use a calm, steady voice, and gentle eye contact to convey safety.
- Provide physical reassurance if appropriate, such as a gentle hand on the back or sitting close by.

Reminders



SCHOOL UNIFORM

School uniform can be purchased direct from our supplier Michael Hope at the following [link](#)

Please note there is a delivery charge of **£4.95** to home up until Easter.



SCHOOL DINNERS

Children in Reception, Years 1 & 2 are entitled to universal free school meals, funded by the government. If your child would like a school dinner please let the class teacher know and this will be booked for them.

Children in Nursery, Years 3 to 6 are required to pay for dinners. The price of a school dinner is to **£2.65 per day** . Payment should be made via Arbor in advance.

If you think your child may be eligible for benefits related free school meals please contact the school office for a form.



ABSENCE

Please contact the school office by **9.30am** if your child is absent stating the reason for the absence. This can be done via the Arbor Portal/APP or by phone on 0118 9265493.

If your child is going to be late and requires a hot dinner this must be booked by **9.30am**.

All requests for leave of absence must be made on the absence form available from the school office. Routine appointments should be made outside of school time.



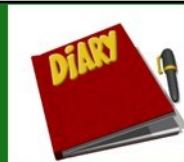
EARRINGS

Please note that our school policy is for earrings to be removed for PE, for the health and safety of the children.

It is recommended that ear piercing is only done in the first week of the summer holidays to allow the time for them to settle.

Please ensure that your child has practised taking them out as well.

Diary Dates



Please find a list of forthcoming dates.

| | |
|---|---|
| Friday 14 February | Inset Day - School closed for staff training |
| Monday 17 — Friday 21 February | Half Term |
| Monday 24 February | School starts for all children |
| Thursday 27 February | F2G — Parent Class Assembly — 2.30pm |
| Friday 28 February | Coffee Morning — All welcome — 8.45am-10am |
| Friday 28 February | Year 4W — Parent Class Assembly — 2.30pm |
| Thursday 6 March | World Book Day |
| Thursday 6 March | Year 2H — Parent Class Assembly — 2.30pm |
| Friday 7 March | Year 6R — Parent Class Assembly — 2.30pm |
| Friday 7 March | Reports out to parents |
| Thursday 13 March | Year 1BA — Parent Class Assembly — 2.30pm |
| Friday 14 March | SEN Support Coffee Morning — 8.45am-10am |
| Friday 14 March | Year 5H — Parent Class Assembly — 2.30pm |
| Thursday 20 March | Year 2A — Parent Class Assembly — 2.30pm |
| Friday 21 March | Red Nose Day |
| Friday 21 March | Year 4P — Parent Class Assembly — 2.30pm |
| Saturday 22 March | WASMA |
| Monday 24 March— Friday 4 April | Big Walk and Wheel |
| Wednesday 26 March | Year 3R— Parent Class Assembly — 2.30pm |
| Thursday 27 March | Year 1G — Parent Class Assembly — 2.30pm |
| Thursday 27 March | Year 1 Phonics Screener Parent Information Meeting — 3.30pm-4pm |
| Thursday 27 March | Year 6 SATs Parent Information Meeting — 3.30pm—4.30pm |
| Friday 28 March | Coffee Morning—All welcome — 8.45am—10am |
| Friday 28 March | Year 3IH — Parent Class Assembly — 2.30pm |
| Friday 4 April | Last day of spring term - school finishes 1:30pm |
| Monday 7 April — Monday 21 April | Easter Holidays |
| Tuesday 22 April | School starts for all children — Start of Summer Term |