

# Bawdsey CEVCP School Newsletter

*'We have got God's world in our hands'*

*If you have any queries or you need to contact us, please use the contact details below...*

Contact Email: [admin@bawdsey.suffolk.sch.uk](mailto:admin@bawdsey.suffolk.sch.uk) Telephone: 01394411365

4<sup>th</sup> March 2024

## Awards of the week

### Stars of the week-

**Willow class:** Jack H for a great first week at school.

**Chestnut class:** The whole class for their amazing setting description and noun identification.

**Oak class:** Theo and Rupert for their amazing fact files in Geography.

**Hazel class:** Rares for asking great questions and showing great enthusiasm in RE.

**Sports award winner:** Mia for achieving 102 at the bowling competition- only 9 children in the whole tournament got over 100. Jack D for his excellent tag rugby skills.

**Good Samaritan of the week:** Ava for comforting an upset friend.

A special mention to the bowling team Mia, Arthur, Shay, Barnaby, Mikey and Maxwell.

**If any children have a recent award, belt, medal or certificate given to them outside of school, please let us know so we can celebrate this in school too!**

## Mother's Day- Special person lunches

We are looking forward to welcoming people to the special lunches on Wednesday 6<sup>th</sup> and Thursday 7<sup>th</sup> this week. Please come for 11.50 on the day you have booked in, thank you.

## World Book Day

This Thursday 7<sup>th</sup> March is World book day. Please can the children come in dressed as a book character- remember there are lots of characters who dress up in normal clothes. Or they can come in wearing pyjamas or in school clothes with a prop which shows which book they were thinking of. Whatever they chose to wear can you please make sure it is appropriate for a day at school. If they have PE, please can they have PE shoes to come in with them too, thank you.

## An award for the School

We are proud to announce that we have been named as a Disability Confident Committed Employer. This also shows our commitment to our Equality Objectives for the school and that we are upholding one of our school vision statements in showing that Equality is important to us all at Bawdsey CEVCP School.

## Photography workshop

On Monday the children from year 3-6 had an amazing day learning about photography, taking photographs and making contact prints from the sun and found objects. A very big thank you to Sadie Windscheffel-Clarke and the Area Of Outstanding National Beauty and East Suffolk Council funding for this, the children loved it!

## Oak class sharing assembly and book sharing session

We hope the Parents and Carers of Oak class are able to join us on Friday 8<sup>th</sup> for the class' sharing assembly and book sharing session, which starts at 2.30 pm.

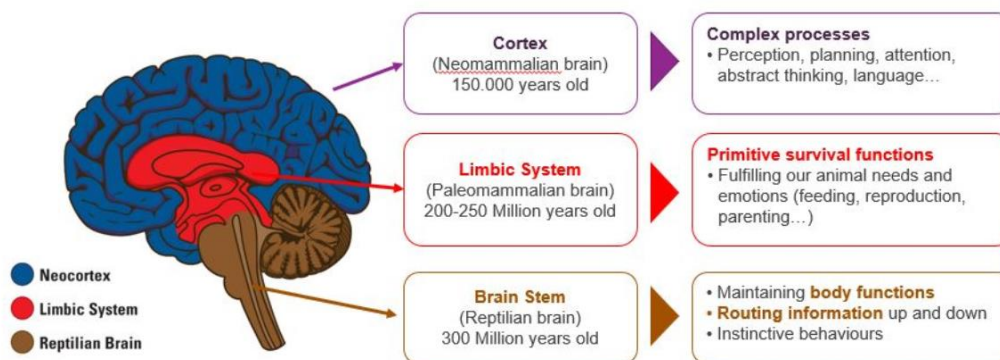
## SEND thought for the week from Mrs Darke

**SEND/Thrive thought for the week: Why don't children know why they made a behavioural choice?**

Why do children say, "I don't know!" so often, especially in relation to why they behaved a particular way?

- Those higher level thinking skills linked to understanding why they do things, and the capability to think before they act, don't emerge at the same age for all children. They can also fluctuate according to stress and hormone levels.
- For children who are neurodiverse, often their executive functioning (the analytical part of the brain) is slower to develop.
- Trauma, change, major life events and heightened emotions also affect the ability of children to access these skills, regardless of age or additional needs.
- After a meltdown or incident of great distress, the short-term memory is affected and children may genuinely not be able to remember what happened in the fifteen minutes before the emotions overwhelmed them. They may also be genuinely unable to access speech and processing parts of the brain, so they can't 'use their words'.

When they say, "I don't know," they may mean they can't cope with the question, they are worried they will get it wrong, they are ashamed and a hundred other things. It may also mean that they acted impulsively or from the limbic part of the brain (the part responsible for basic survival and sensory experience) and they can't explain why – there was no reasoning involved, they just acted.



We are not born with these analytical skills and the ability to think before reacting or to express emotional verbally improves with practice – which is why we love the Thrive approach.

#### **Ideas for things to do at home to support Executive Function:**

When you watch TV or read together: talk about situations where characters make poor choices or show heightened emotion. Link this to their own experiences and talk about motivation and the other choices that could have been made.

Play 'But' - Start a dialogue with a scenario. E.g. I was looking forward to going to Tag Rugby BUT.... (child thinks of a reason it went wrong)... so I..... BUT..... Take it in turns. This is a good one when you are in the car!

Practice pulling faces in a mirror or to each other. Link an emotion to the expression – try to introduce new words for simple things like happy, excited, sad, angry. Can they identify your emotions? Can they be your mirror?

#### **Useful additional reading:**

<https://www.boysalive.com/boys-alive-blog/why-adhd-kids-say-i-dont-know-so-often>

<https://developingchild.harvard.edu/resources/what-is-executive-function-and-how-does-it-relate-to-child-development/>

<https://theeducationhub.org.nz/games-and-activities-for-promoting-executive-function-in-lower-primary-school/>

As always, if you need support or would like to know more about Thrive, SEND or mental health, please do email Mrs Darke on [nancy.darke@bawdsey.suffolk.sch.uk](mailto:nancy.darke@bawdsey.suffolk.sch.uk)

#### Diary dates

New dates added or anything changed will be added in red:

Wednesday 6<sup>th</sup> and Thursday 7<sup>th</sup> March: Mother's Day (significant person) lunch in school.

Thursday 7<sup>th</sup> March, all day: World book day, dressing up as a book character, in pyjamas or bring in a character prop.

Friday 8<sup>th</sup> March, 2.30 pm: Oak class sharing assembly and book sharing session.

Friday 15<sup>th</sup> March, 2.30 pm: Chestnut class sharing assembly and book sharing session.

22<sup>nd</sup> April: KZ Holi dance celebration and display to parents and carers at the end of the day. (More information to follow.)

Thursday 28<sup>th</sup> March: Last day of Spring term.

18<sup>th</sup> June: James Campbell author visit and book sale after school.