

Bitterne Church of England Primary School

Weekly Newsletter

Love

Trust

Forgiveness

26 September 2025

Issue 3

Message from the Senior Leadership Team

This week started with the children delivering their School Council speeches to their classes. It was clear how much hard work had gone into them and they delivered them to their peers with such confidence. Whilst we can't guarantee that all their campaign promise can be met, such as more break times(!), it certainly gave the children a lot to contemplate as they decided who would be a good candidate to represent their classes for the next academic



year. Thursday saw the hall transformed into a polling station. Class by class, the children cast their vote. The results will be shared with the children in next Monday's Collective Worship once all votes have been counted and verified.



Wednesday morning saw us host our first SEND Coffee Morning of the academic year. It was lovely to see some parents come along and meet with members of our Inclusion team. The time was spent talking through the members of the Inclusion team and all the different roles and responsibilities they have before enjoying a cup of tea and biscuits as we chatted together and shared our experiences. The coffee mornings are a great opportunity for parents to meet with others and grown their support network.

Have a lovely weekend. Mrs Gear.

Christian Value: Thankfulness

Not long now until our Harvest Worship on 23rd October at Holy Saviour Church. The office team is gratefully receiving donations of non-perishable food items such as tins, cans, packets and bottles. These will be displayed in the school office before being collected by the Basics Food Bank. In Collective Worship, we are continuing our theme of *Thankfulness* and reflecting on the importance of *Counting our Blessings*. Rev. Palmer and the phase leaders are also helping us to explore the values of *Creativity* and *Grace* as we prepare to vote for our new school values. If you haven't had a chance to vote yet, here is the link for you to share your thoughts:

<https://forms.gle/R46e7tFgG5eu8vAc7>



What has been happening in Year 3 and 4?

We're so proud of how well Year 4 have settled into the new school year! They've made a brilliant start to their cross-curricular Romans topic, diving enthusiastically into history, art, and geography. In geography, they've been exploring the Mediterranean region and learning about the key features of this important part of the ancient world. In history, the children have enjoyed discovering the fascinating myth of the founding of Rome, and in art, they've impressed us with their careful sketches of the iconic Colosseum. It's been wonderful to see their curiosity and creativity in action!

Year 3 have made a fantastic start to life in Key Stage 2! They've been settling into new routines with enthusiasm and maturity, and we're so proud of how quickly adapted. The children are

already showing great excitement in their new English unit, where they got to meet the brave hero *Leo* and went on his thrilling quest through gloomy caves to save the Gorgon. Their imaginations were sparked by an amazing immersive experience, and we can't wait to see the incredible writing that follows. It's shaping up to be a very exciting term!

Best wishes Mrs. Wood (year 3/4 phase leader) .



Year R 2026 Admissions

We are excited to be opening admissions for **Year R 2026!** If you have a younger child starting school next year – or you know friends or family who might be interested – we'd love to welcome them to one of our Parent Tours this October and November. Please do share the invitation – we can't wait to meet new families and show them around our wonderful school!

You can book here in using this link:

<https://forms.gle/hVEvyWiJXn52FMV8>

IS YOUR CHILD STARTING SCHOOL IN 2026?

Bitterne Church of England Primary School Parent Tours

We look forward to welcoming you and your child to our school.

14th October 2025 9am-10.30am
6th November 2025 9am-10.30am
17th November 2025 1.30pm-3pm

PLEASE REGISTER TO ATTEND YOUR PREFERRED SESSION VIA THE GOOGLE LINK BELOW
<https://forms.gle/FXbNfVEU7mgj93nA6>

02380 499 494 <https://www.bitterneceprimary.net/>

School Policies

Last night the Governors met for their first Full Governing Body meeting of the year. It was wonderful to welcome four new Governors to our team. Part of the Governors role is to ratify our school policies. Over the next week, a number will be updated for you on our policies page on the school website including:

- Safeguarding and Child Protection
- Behaviour for Learning
- Uniform and Jewellery
- Homework
- Attendance
- Charging

Year R

It is fantastic to see the children settling so well into school. They are becoming more confident in the routines of the school and have certainly wowed us with some of their amazingly creative ideas in Continuous Provision. We have added some new dates to our diary for year R parents:

7 October – a workshop for year R parents all about our phonics scheme, how we teach phonics in school and how you can help your child at home. This will be held at 9am in the KS2 hall.



17 October – now that the children are all settled, we would like to invite you into class with them for half an hour before the end of the school day at 2:30pm. This will give your child an opportunity to show you around their new classrooms and for you to share in their learning.

More information will be posted on the year group ClassDojo page about the two events.

Dates for your Diary:

- **29 September:** Year 5 Bikeability
- **6-10 October:** Year 6 Residential Marchants Hill
- **7 October:** Year R Phonics and Early Reading Workshop for Parents, 9am – **NEW DATE**
- **13 October:** Individual School Photos
- **17 October:** Year R Open Afternoon from 2:30pm – **NEW DATE**
- **23 October:** Harvest Church Service, Holy Saviour Church, 2pm-3pm
- **23 October:** PTA School Disco, 4-7.30pm
- **11 November:** Parents Evening 3.15pm-6pm– **NEW DATE – cancelled from 14/10/25**
- **13 November:** Parents Evening 3.15pm-6pm– **NEW DATE- cancelled from 16/10/25**

Weekly Celebrations

This week's House Cup awarded to Brownlow with 2459 points.

Congratulations to these children who have been awarded Star of the Week: Reggie, Lyra, Oscar, Zoey, Effy, King, Honey, Wren, Orla, Elliot, Andre and Harry.

Tidy Year Group Award goes to: Ruby and Eden Class in Year 2.
This week's best attendance goes to Harlequin class with 98.3%!
Well done everyone!



Parents Prayer Meeting: Friday 3rd October

A group of parents meet regularly to pray for the staff and children of Bitterne Primary. We meet on the first Friday of the month at 8.45am in the Holy Saviour church centre and our next meeting is Friday 3rd October. For more information, please contact Emily on 07966304925 or just turn up.

Keeping Safe and Supporting Wellbeing

This week's safeguarding poster is focused on supporting children with self-regulation. We speak with the children about the Zones of Regulation to enable them to identify how they are feeling and then use a number of the strategies in the poster to help them.

Computer Xplorers: Change of Day

From next week Computer Xplorers will no longer run on Mondays.

The class will move to Wednesdays from the 1st October. You should have received notification directly from

Computer Xplorers if your child is registered with them. If you would like to sign your child up please the information below:

<https://computerxplorers.co.uk/southampton/>



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



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