

Chief Executive Officer: Mrs Alison Nettleship
Head of School: Mrs Kathryn Catherwood
Assistant Head of School: Mrs Chelsea O'Brien &
Assistant Head of School: Mrs Becca Gleed.



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Newsletter 23rd February 2024

The children have had a great first week back this week! Each class have started their new topics, and the children are excited to get stuck in with their learning over the next few weeks.

Year 5 started the Project 35 programme with Plymouth Argyle which involved a classroom-based session followed by a practical session in the hall. This is a 6-week programme and will happen on a Wednesday morning. They had a fantastic morning and are looking forward to continuing next week!

Next Friday, we look forward to welcoming Y6 parents into school at 2.30pm to share a book with your child in the class library. We have also been developing the range of books available for you to share as part of our Equality and Diversity Inclusion Mark.

Information was shared regarding World Book Day on Friday 8th March, where the children are invited to come in pyjamas and bring their favourite book. There will be lots of exciting activities planned on this day with the opportunity for classes to share their stories with each other.

I hope you have a lovely weekend!

Mrs Catherwood

Head of School.

Discovery MAT is keen to further our practice regarding Equality, Diversity and Inclusion (EDI). As part of this we are currently working towards

an EDI Quality Mark and would appreciate some parental engagement. If you would like to be part of this process please email our Trust Inclusion Lead

L.cooper-smith@discoverymat.co.uk.

House Points



Earlier this term we relaunched our House Points system with our first House Assembly. Children in Key Stage 2 have been appointed as House Captains for their team. Your child may have shared that they have been awarded house points this term. These are awarded for:

- Positive behaviour at playtime
- Being a positive role model
- Being kind and helping others
- 100% attendance each week
- 96% or higher attendance each month
- 96% of higher attendance each term

This term, our winning house is: 271 house points this term!

Well done, Tamar House.



The children will continue to earn house points next term and the winning house at the end of the term will have a house reward.

FAMILY SUPPORT ADVISOR

ZOE LAVERS

SUNBEAMS



Group for the Under 5s

Wednesdays 9.10am

In the School Library



Weston Mill Community Primary Academy



WEBSITE

[Weston Mill Community Primary Academy - Home](#)



CALENDAR

[Weston Mill Community Primary Academy - Calendar](#)



TERM DATES

[Weston Mill Community Primary Academy - Term Dates](#)

IMPORTANT POLICIES



[Weston Mill Community Primary Academy - Policies](#)



NEWSLETTER

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START OF THE SCHOOL DAY & ATTENDANCE

Our school gate leading to the playground will remain open until 9:10am every morning.

Please use this entrance only when bringing your child to school.

Reception entrance via the staff car park must not be used before this time. You will be asked to walk around, unless there has been an arrangement made with Mrs Catherwood or Mrs Powney.

In the unusual event of your child arriving extremely late for school, after 9:10am (gates closed), the reception entrance should be used **PLEASE SIGN YOUR CHILD IN, GIVE REASON FOR LATENESS AND ADD LUNCH CHOICE.**

Please be aware that crossing patrol is available for children arriving to school between 8:40 and 9.10am each morning. There will be no crossing patrol after 9.10am each morning.

Important reminder: the school register is taken at 08.55am!

BEING LATE AFFECTS YOUR CHILD'S ATTENDANCE

Children arriving after this time will be registered late, which has an enormous impact on attendance figures.

After 9.10am it is recorded as an **unauthorized** absence. By law we are required to register in this way. We must also report to the **Educational Welfare Officer** if your child has had over a certain amount of unauthorized absences

On average around 10% of our children are registered late everyday!

If your child is unwell please phone the school before **08.55am every day** that they are unwell. **Failure to do so will also result in an Unauthorized absence.**

Let's work on improving our attendance together!

If you need support with this, please let us know.

Please see our Attendance Policy

[Weston Mill Community Primary Academy - Policies](#)

WHY IS IT IMPORTANT FOR YOUR CHILD TO ARRIVE AT SCHOOL ON TIME?



There are many benefits your child will gain from arriving on time to school and class.

Did you know?

- ✚ The likelihood of success in learning is strongly linked to strong participation in school programs which is linked to arriving on time.
- ✚ It is very important for children to develop habits of arriving on time at an early age, beginning from the time they start school.

Some Gains for Your Child

Arriving On Time for School and Class:

- ✚ Makes sure that your child doesn't miss out on the important learning activities that happen early in the day when they are most alert.
- ✚ Early morning learning activity is often reading or writing your child can lose so many opportunities to learn these critical life skills.
- ✚ Helps your child to learn about routines and commitment.
- ✚ Gives your child time to greet their friends before class and this can reduce the possibility of disruptions in the classroom.
- ✚ Class disruption can make your child feel uncomfortable and can upset other children.
- ✚ Arriving on time every day makes children feel good about themselves

SCHOOL ATTENDANCE IS COOL!

HAVING PROBLEMS GETTING YOUR CHILD TO SCHOOL ON TIME?



Are these some reasons why your child does not get to school on time?

- ✚ Your child won't go to bed at night or get out of bed in the morning
- ✚ Your child can't find their clothes, books, homework, school bag....
- ✚ The school lunches are not ready
- ✚ Homework's not done
- ✚ Your child is slow to eat breakfast
- ✚ Your child is watching TV late at night or when they should be getting ready for school
- ✚ It's your child's or someone else's birthday
- ✚ There is a test or presentation at school today
- ✚ Your child is screaming or not letting go of you.

Things to Try

Here are some suggestions based on setting regular routines:

- ✚ Have a set time to go to bed
- ✚ Have a set time to be out of bed
- ✚ Have uniform and school bag ready the night before
- ✚ Make lunches the night before
- ✚ Have set time for starting and ending breakfast.
- ✚ Set a time each day for homework. Try straight after school with the TV off so your child can relax for the rest of the night and have a reward when finished.
- ✚ Turn the TV on for set times and only if appropriate.
- ✚ Be firm that children must go to school.
- ✚ Give your child lots of positive encouragement and acknowledge they are organized and get to school on time.
- ✚ Be firm; a birthday does not equal a holiday.
- ✚ On arrival look for some of your child's friends and encourage your child to go and play with their friends.
- ✚ Once settled leave quickly.

REGULAR ROUTINES ARE IMPORTANT

Why does attendance matter?

- You fall behind in work and lessons.
- You have lower motivation to be here at all.
- Your enjoyment of learning is less.
- You have less chance of achieving GCSEs.
- You're more likely to show poor behaviour
- You miss out on the social life of school and extra curricular opportunities and experiences.
- It effects your ability to have or keep friendships



LATE ARRIVAL AT SCHOOL

When your child arrives late at school, he/ she misses the teacher's instructions and the induction to the lesson. Your child may also feel embarrassed at having to enter the classroom late.



Minutes late per day during the school year	Equals days worth of teaching lost in a year
5 Minutes	3.4 Days
10 Minutes	6.9 Days
15 Minutes	10.3 Days
20 Minutes	13.8 Days
30 Minutes	20.7 Days

Frequent lateness can add up to a considerable amount of learning lost, and can seriously disadvantage your child.

Weekly attendance for 19th to-23rd February

The UK Government expectation is **96%**. We are striving for children to achieve this as there is a direct link between attendance and achievement .

This week, our whole school attendance is **89.8%**

This week's winners are : **DALEY Class** and
WHITLOCK Class

DALEY	96.5%
BOLT	95%
EVERSON	80.8%



WHITLOCK	96.5%
AINSLIE	82.1%
ADAMS	87.5%
BROWN	88.7%



Oak Villa Car Park

Please ensure any parents using the Oak Villa Car Park take care when driving and parking, and hold your child's hand, if appropriate, when walking through the car park. This is to ensure that all children remain safe whilst arriving and leaving school each day. We appreciate your continued support with this to support our school community.

WORLD
BOOK
DAY

SPONSORED BY
NATIONAL
BOOK
tokens

World Book Day 2024

Pyjama dress up

Bring a favourite book

***Back by popular
demand...DRESS THE DOOR
CHALLENGE!**

Who will be the winning
class this year?

Friday 8th March 2024



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 Damant 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

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ed's
SUPER FANTASTIC SCHOOL MEALS
January 2024 - March 2024

CATERed
WEEK 1
W/C - MONDAY: 1ST JAN, 22ND JAN, 19TH FEB, 11TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H V Cheese & tomato pizza with seasoned wedges Allergens: (wh), (so), (M/C), M/C (E)	CHOICE 1 - H Lasagne with garlic bread Allergens: (wh), (M), (M), M/C (Bar, E, VE)	CHOICE 1 - H All day breakfast Allergens: (wh), (M), (E)	CHOICE 1 - H Roast chicken, Yorkshire pudding, roast potatoes & gravy Allergens: (wh), (M), (E)	CHOICE 1 - H Coated pollock served with fresh chips Allergens: (wh), (E), M/C (Bar)
CHOICE 2 - H W V VE Vegan bolognaisse pasta bake Allergens: (wh), (so)	CHOICE 2 - V VE Vegan sausages served with mash Allergens: (so)	CHOICE 2 - H V VE Vegan all day breakfast Allergens: (wh)	CHOICE 2 - H W V VE Vegan mince and onion pie (sliced potato top) & gravy Allergens: (wh), (Bar), (so)	CHOICE 2 - H W V VE Cheese and tomato quiche Allergens: (wh), (M), (M), (E)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V VE Fruit Salad, fresh fruit or yoghurt Allergens: (M)	DESSERT - H V Fruity flapjack Allergens: (O), M/C (Bar, wh)	DESSERT - H V Creamy rice pudding Allergens: (M)	DESSERT - VE Fresh fruit platter, fresh fruit or yoghurt Allergens: (su), (M)	DESSERT - H W V VE Spiced pear cake with custard Allergens: (wh), (M), (E)
AVAILABLE EVERY DAY: FRESH SALAD BAR / HOMEMADE TOMATO SAUCE WITH PASTA / FRESH FRUIT AND YOGHURT				

Fresh fruit, local WESTCOUNTRY yoghurt and West Country milk available daily. Fresh drinking water is available throughout the lunch time period. All meals served with seasonal vegetables. Children able to have hot and cold drinks upon request. See menu for day.
H = HOME-MADE OR FRESH, M = READY-MADE PRODUCTS, VE = VEGETARIAN, V = VEGETARIAN, 2 = THE VEGETARIAN LINE.
Allergen Key: Gluten (Gl), Dairy (Dai), Wheat (Wht), Eggs (Eg), Soy (So), Sesame (Ses), Sulphites (Su), Serrano (Ser), Peanuts (Pe), Mustard (Mus), Molluscs (Mol), Milk (Mil), Nuts (Nu), Sugar (Su), Custardians (Cu), Celery (Cel), Fish (Fis), Lupin (Lu), M/C May Contain
Allergens and ingredient information correct at the time of menu production but subject to change due to stock availability. Please speak to your catering manager for the most up to date information.

CATERed
WEEK 2
W/C - MONDAY: 8TH JAN, 29TH JAN, 26TH FEB, 18TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H W Chicken & vegetable pasta bake served with garlic bread Allergens: (wh), (M), M/C (so)	CHOICE 1 - H Sausage & bean plait served with creamy mash Allergens: (wh), (E), (M)	CHOICE 1 - H Dig down cottage pie Allergens: M/C (wh, Bar)	CHOICE 1 - H Roast gammon with roast potatoes & gravy	CHOICE 1 Fish fingers served with fresh chips Allergens: (wh), (E)
CHOICE 2 - W V VE Quorn nuggets with savoury rice Allergens: (wh), (M)	CHOICE 2 - H W V VE Vegetable pasta bake Allergens: (wh), (M)	CHOICE 2 - H V VE Bean & rice burrito Allergens: (wh)	CHOICE 2 - H V VE Vegan shepherds pie Allergens: (so)	CHOICE 2 - H V Savoury cheesy muffin served with fresh chips Allergens: (wh), (M), (E), M/C (O, Bar)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V VE Fruit Salad, fresh fruit or yoghurt Allergens: (M)	DESSERT - H W V Fruity Cookie Allergens: (wh), (O), (E), M/C (Bar)	DESSERT - H V Fresh fruit platter, fresh fruit or yoghurt Allergens: (su), (M)	DESSERT - H W V Chocolate MALTED cake Allergens: (wh), (Bar), (M), (E)	DESSERT - H W V Toffee apple sponge with custard Allergens: (wh), (M), (E)
AVAILABLE EVERY DAY: FRESH SALAD BAR / HOMEMADE TOMATO SAUCE WITH PASTA / FRESH FRUIT AND YOGHURT				

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Allergens and ingredient information correct at the time of menu production but subject to change due to stock availability. Please speak to your catering manager for the most up to date information.

CATERed
WEEK 3
W/C - MONDAY: 15TH JAN, 5TH FEB, 4TH MARCH, 25TH MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOICE 1 - H Meatballs with spaghetti & tomato sauce Allergens: (wh)	CHOICE 1 Beefburger in a brioche roll with wedges Allergens: (wh), (M), (E), (su), M/C (So, Ses, Mls, R, Bar)	CHOICE 1 - H V Macaroni cheese with garlic bread Allergens: (wh), (M), M/C (so)	CHOICE 1 - H Roast chicken, Yorkshire pudding, roast potatoes & gravy Allergens: (wh), (M), (E)	CHOICE 1 - H Homemade fish croquettes served with fresh chips Allergens: (wh), (E), (E)
CHOICE 2 - V VE Quorn dippers with seasoned wedges & tomato dip Allergens: (wh)	CHOICE 2 - H V Courgette sausages, mash & gravy Allergens: (wh), (Bar), (M), (E)	CHOICE 2 - H W V VE Vegan sausage savoury rice Allergens: (so)	CHOICE 2 - H V VE Vegetable bubble and squeak	CHOICE 2 - H V Pizza wheels Allergens: (wh), (M), (M), M/C (E)
SELECTION OF JACKET POTATOES ARE AVAILABLE EACH DAY: BEANS / CHEESE / TUNA MAYONNAISE / COLESLAW				
DESSERT - V VE Fruit Salad, fresh fruit or yoghurt Allergens: (M)	DESSERT - H W V Chocolate brownie Allergens: (wh), (E)	DESSERT - H V Fresh fruit platter, fresh fruit or yoghurt Allergens: (su), (M)	DESSERT - H W V VE Banana bread Allergens: (wh)	DESSERT - H V Jam sponge & custard Allergens: (wh), (M), (Su), (E)
AVAILABLE EVERY DAY: FRESH SALAD BAR / HOMEMADE TOMATO SAUCE WITH PASTA / FRESH FRUIT AND YOGHURT				

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Allergens and ingredient information correct at the time of menu production but subject to change due to stock availability. Please speak to your catering manager for the most up to date information.

ED'S SPECIAL EVENTS



JANUARY VEGANUARY (ALL MONTH)

We will be focusing on the dishes on the menu that are vegetarian.



FEBRUARY CHINESE NEW YEAR (FRIDAY 9TH FEBRUARY)

Year of the dragon!



MARCH WORLD BOOK DAY (THURSDAY 7TH MARCH)

Dishes that celebrate the wonderful world of literature.



STAY UP TO DATE:



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At CATERed, we pride ourselves that the majority of the food we serve is cooked from scratch every day, making Ed's lunchtime menu truly awesome! Because we use fresh, local, seasonal and organic ingredients we're also supporting local growers, farmers and the regional economy whilst we keep an eye on our eco-footprint.

We use:-

- Locally caught and landed Pollock and Mackerel
- Free range eggs (including in our mayonnaise)
- Westcountry milk
- Westcountry yoghurts
- Organic herbs
- No fried food
- Fairtrade sugar
- Wholemeal flour
- Seasonal fresh vegetables and fruit (which may vary due to availability)

Please visit our pages at www.catered.org.uk

UFSM: All children in Reception, Year 1 and Year 2 are entitled to receive a **FREE** school meal every day regardless of household circumstances. This is called universal infant free school meals. So you can come in and have a great tasting meal every day and pay Ed nothing!

We encourage everyone to take up this free offer!

FSM: If you think you may be entitled to free school meals for your child under aged 7 and for older children, information about free school meals can be found by following the link to **Free** School Meals within the CATERed webpages or by calling the FSM team on 01752 307410. Eligibility for FSM also provides schools with additional income via the Pupil Premium.

We encourage everyone one who's eligible to take up this free offer!

If you are buying a meal, one of Ed's Super Fantastic two course meals including a drink currently costs £2.80.

For a full allergen breakdown please contact us at catering@catered.org.uk, let us know what school your child attends so we can talk through the menu offer currently at that school.

Mandatory Food Standards apply to all school lunches details can be found by following the link from our pages or by visiting <http://www.schoolfoodplan.com/actions/school-food-standards/>



LACA

FOOD Plymouth

WESSEXAM TASTER

ORGANIC FISHIES

ORANGE FOOD ALLIANCE

PLM Partnership Agreement with Plymouth City Council

SUGAR SNAKE

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CATERed
Plymouth City Council

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