

PORTHLEVEN SCHOOL

Friday 22nd May 2026

DAILY THINGS TO REMEMBER

We wish all our children and families a lovely half term break. Enjoy the rest, the sunshine (we hope), and the time together. We look forward to welcoming everyone back soon.

- Water Bottle
- Coat
- Reading book and diary
- Sun cream applied before school



PE Days

Reception - Monday

Year 1 - Thursday

Year 2 - Thursday

Year 3 - Wednesday

Year 4 - Friday

Year 5 - Friday

Year 6 - Wednesday



INSET Day

Friday 5th June
School closed.



RAINBOWFISH



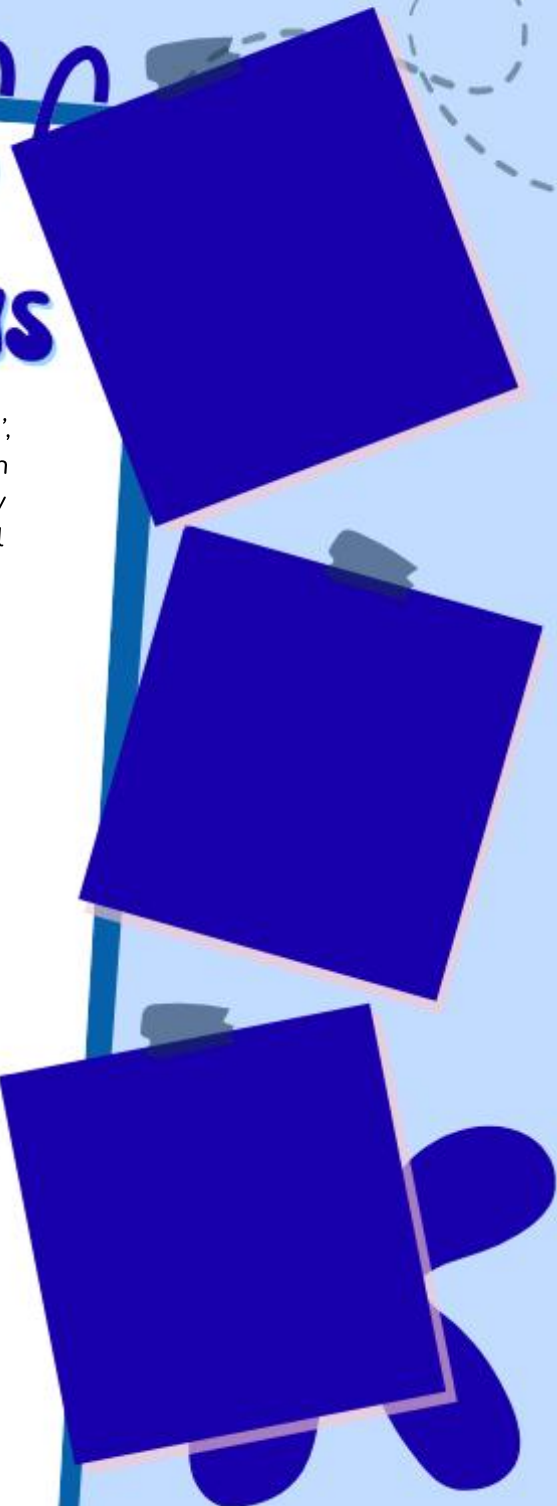
RAINBOWFISH NEWS

This week we came to the end of our exciting topic, 'Under the Sea', which the children have thoroughly enjoyed. They have been fascinated learning about sea urchins, crabs, sea anemones and many other creatures that live beneath the ocean. We also had a wonderful trip to the beach, where the children explored the sea life living along our local coastline. This inspired them to create clay sculptures of their favourite sea creatures they had learned about throughout the topic.

In maths, the children have been developing their understanding of addition and subtraction by practising adding and taking away using numbers within 10. They have enjoyed using practical resources, games and rhymes to help build their confidence.

On Wednesday, we celebrated National Bee Day with a range of fun and engaging activities. The children worked in teams to collect 'pollen' from flowers and return it to their hive, helping to develop their vocabulary and teamwork skills. They then made their own bees using lollipop sticks, pom-poms and pipe cleaners. During Welly Wednesday, the children flew their bees around collecting 'pollen' (mashed-up cheesy puffs), which helped them understand how bees carry pollen all over their bodies, not just on their legs. The children had great fun taking part in these activities.

Next half term, our topic will be 'Our Precious Planet'. The children will be learning about plants and animals, exploring how they grow and change. We are also looking forward to observing our class caterpillars and watching their amazing transformation into butterflies.



DOLPHINS



A⁺ DOLPHINS NEWS

As we come to the end of another busy and exciting period, a huge congratulations goes to Year 6 for absolutely smashing their SATs! Throughout the week, they showed resilience, maturity, and a fantastic attitude, tackling each day with confidence and giving their very best effort. We are incredibly proud of them — not just for their hard work during the tests, but for being truly awesome individuals who have supported one another every step of the way.

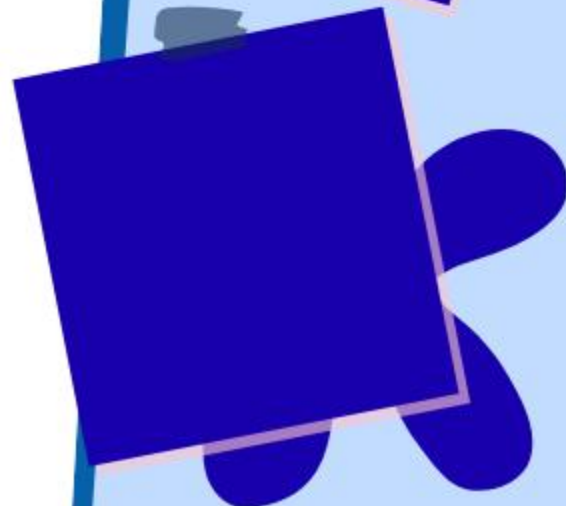
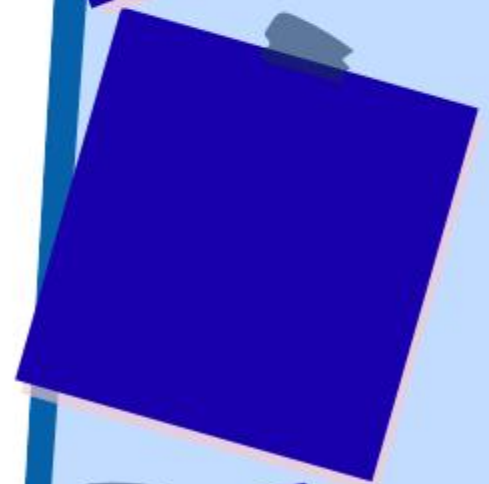
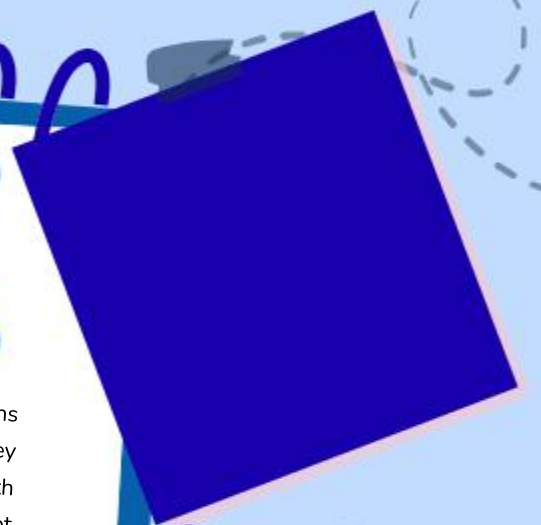
In our wider learning, the children have been creating informative PowerPoint presentations about National Trust locations, researching different sites and presenting interesting facts and information.

In Science, we have been learning about the human eye, exploring its different parts and discovering how they work and just how complex and remarkable the eye really is.

The class have also begun an entrepreneur project inspired by a Dragons' Den style approach. They have started developing ideas, thinking creatively about products, and considering what makes an idea successful. There has already been some excellent early thinking, and we look forward to sharing much more about this project next term.

In Music, the children have been using music technology to create and build their own hip-hop tracks. They have explored how different sounds and instruments can be layered together to create rhythm and atmosphere, while developing their understanding of composition and digital music production. It has been wonderful to hear the creativity and individuality within each track.

Finally, there is plenty of excitement building as the Year 6 play has officially begun! The script has now been written and lines have been distributed, meaning the fun can truly begin. We are excited to see the children bring the production to life over the coming weeks and watch their confidence and performances grow.



Porthleven Notices & Reminders

Running Club

Mrs Trounson's running club will be at lunch time on a Thursday each week. Children are welcome to wear their PE kit to school to take part each week.

Bags2School

We have a date for your diary for the next Bags2School collection, this will be on **Monday 15th June**.



They take quality items for RE-USE:

Men's, ladies' & children's clothing, paired shoes, handbags, belts & accessories.

Please see the full list here - <https://bag2school.com/what-we-collect>

The school will get 30 pence per kilo.

Donations of Old Uniform

We are currently looking for donations of school uniform to use as spare clothing for school. We are also in need of spare pants and socks.

If your child has borrowed any spare pants, socks, or uniform from school, please ensure these items are washed and returned as soon as possible.

Thank you for your continued support.

Arbor updates

Please remember to log into ParentPay to check that your child's information is correct and that you are happy with all consent choices.

If you need to make any changes to a consent, please contact the school office and we will be happy to help.

Porthleven Notices & Reminders

Warm Weather

With the warm weather, please ensure your child has sun cream applied before school each morning. A named bottle of sun cream can also be given to the class teacher so it can be reapplied at lunchtime if needed.



Please also ensure your child brings a water bottle to school each day

Cake Sale

We're excited to announce a Charity Cake Sale taking place on Friday, 22nd May at 3:15pm! Join us for an afternoon of delicious treats and community spirit - every slice sold will help raise funds for The Trust Charity of the Year: Penhaligon's Friends, supporting bereaved children and families across Cornwall.



Bring your spare change, your sweet tooth, and your generosity - together, we can make a difference one cake at a time!

Harbour Flag Design Competition – Calling All Creative Year 5 & 6 Pupils!

We're delighted to share that Porthleven Harbour & Dock / Mounts Bay Holidays have invited Porthleven School to take part in a fantastic community art project - designing a brand new set of flags for the harbour head.



A similar competition ran a couple of years ago and was a huge success, but the flags have since been weather worn and it's time for a fresh set of colourful creations. This year, the opportunity is once again open to Years 5 and 6.

Children are invited to create their own flag design on A4 paper, with their name and age on the back. Designs can be inspired by anything connected to Porthleven, including themes such as the harbour, fishing, surfing, the sea, or anything that celebrates our wonderful coastal community.

All entries should be handed in to Mrs Blight by Monday 1st June.

We're excited to see our pupils' creativity flying high over the harbour once again.

As a reminder to parents about attendance

If you book a holiday in term time which is 5 days or more, and is not approved as an exceptional circumstance, our policy - in line with DFE guidance, is to refer this to the local authority for a fine to be issued. Please also be aware that schools need to consider fining if a child has 10 unauthorised sessions in a rolling 10 week period. Please do contact the school if you have further questions.



OUR
SPORT'S
DAYS ARE

KS1 & EYFS THURS 11TH JUNE

KS2 FRI 12TH JUNE

REMEMBER YOUR

HAT

PE KIT

WATER BOTTLE



PORTHLEVEN HOUSE POINTS RUNNING TOTALS



WELL DONE TO THIS WEEKS WINNERS – Methleigh

ATTENDANCE THIS WEEK

Reception	88.8
Year 1	99.1
Year 2	91.6
Year 3	91.6
Year 4	99
Year 5	94.1
Year 6	95.2

This weeks winning class for attendance is
(Year 1)
Seahorses

This weeks whole school attendance is 94.2%

ST. IVES THEATRE



Disney THE LITTLE
MERMAID

25TH - 28TH MAY



EMOTIONAL COACHING WORKSHOP



For Parents, Carers & Grandparents

Workshop led by the School Educational Psychologist

Monday 8th June | 3:00PM - 4:00PM

HELP YOUR CHILD MANAGE THEIR EMOTIONS!



Identify Feelings



Empathize & Validate



Handle Upsets



Problem Solve

LEARN POSITIVE STRATEGIES TO SUPPORT YOUR CHILD



Empathic Listening



Labeling Emotions



Guiding Solutions

CHILDCARE PROVIDED!

Kids will be looked after while you attend the session



SIGN UP TODAY!



Weekly Menus

Please order on ParentPay

WEEK 1						
W/C: 04/05/2026, 15/06/2026, 06/07/2026, 07/09/2026, 28/09/2026, 19/10/2026						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges	Beef Bolognese with Wholewheat Pasta	Roast Chicken with Roast Potatoes and Gravy	Homemade Sausage Roll with Mashed Potatoes and Gravy	Battered Pollock with Chips
	OPTION 2	BBQ Vegetable Wrap with Wholegrain Rice	Vegetarian Bolognese with Wholewheat Pasta	Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy	Macaroni Cheese	Quorn Dippers with Chips
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI DISHES	OPTION 4	Ham Wrap	Tuna Wrap	Ham Wrap	Tuna Wrap	Ham Wrap
	OPTION 5	Cheese Sandwich	Ham Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT	Vanilla Slice with Lemon Wedges	Oat Cookie	Strawberry Shortcake Mousse	Strawberry Jelly with Fruit Slices	Chocolate Ice Cream	
BAKED POTATOES SERVED DAILY <small>With a choice of toppings</small>			AVAILABLE DAILY <small>Fresh fruit, salad, yoghurt and water</small>			

WEEK 2						
W/C: 25/04/2026, 11/05/2026, 01/06/2026, 22/06/2026, 13/07/2026, 14/09/2026, 05/10/2026						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges	Beef Burger with Potato Wedges	Roast Gammon with Roast Potatoes and Gravy	Tandoori Chicken with Wholegrain Rice and Chota Naan Bread	Fish Fingers with Chips
	OPTION 2	Tex Mex Vegetable Fajita with Wholegrain Rice	Beany Vegetable Burger with Potato Wedges	Roast BBQ Quorn with Roast Potatoes and Gravy	Macaroni Cheese	Spanish Omelette with Chips
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
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	OPTION 5	Cheese Sandwich	Ham Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT	Chocolate Cookie - with Fruit Slices	Sticky Oat Slice	Caramel Mousse	Chocolate Brownie	Strawberry Ice Cream	
BAKED POTATOES SERVED DAILY <small>With a choice of toppings</small>			AVAILABLE DAILY <small>Fresh fruit, salad, yoghurt and water</small>			

WEEK 3						
W/C: 27/04/2026, 18/05/2026, 08/06/2026, 29/06/2026, 20/07/2026, 31/08/2026, 21/09/2026, 19/10/2026						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with BBQ Potato Wedges	Beef Meatballs in Tomato Sauce with Wholewheat Pasta	Roast Chicken with Roast Potatoes and Gravy	All Day Breakfast with Potato Wedges	Southern Fried Chicken with Chips
	OPTION 2	Veggie Meat Feast Pizza with BBQ Potato Wedges	Cheesy Bean Burrito with Wholegrain Rice	Cheese and Tomato Quiche with Potato Wedges	Vegetable Lasagne with Garlic Bread	Veggie Fingers with Chips
	OPTION 3	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta	Tomato Pasta Fresh, homemade Tomato Sauce with Penne Pasta
HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD						
DELI DISHES	OPTION 4	Ham Wrap	Tuna Wrap	Ham Wrap	Tuna Wrap	Ham Wrap
	OPTION 5	Cheese Sandwich	Ham Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
DELI DISHES ARE SERVED WITH MIXED SALAD						
DESSERT	Custard Shortbread with Lemon Wedges	Chocolate Fudge Cake	Strawberry Jelly with Fruit Slices	Lemon Drizzle Cake	Vanilla Ice Cream	
BAKED POTATOES SERVED DAILY <small>With a choice of toppings</small>			AVAILABLE DAILY <small>Fresh fruit, salad, yoghurt and water</small>			

Cornish Coast

Thursday 4th June

Tuna & Sweetcorn



B

0.8 kg CO₂e per portion - the equivalent of charging your phone 400 times

Pasta Bake

Loaded Potato Skins



A

0.15 kg CO₂e per portion - the equivalent of charging your phone 75 times

Summer Picnic

Thursday 25th June

Hidden Vegetable



A

0.36 kg CO₂e per portion - the equivalent of charging your phone 180 times

Sausage Roll

Vegetable & Bean Sausage Roll



A

0.09 kg CO₂e per portion - the equivalent of charging your phone 45 times

Summer Pasta Party

Thursday 16th July

Chicken & Summer Vegetable



A

0.44 kg CO₂e per portion - the equivalent of charging your phone 220 times

Pasta

Roasted Vegetable & Pasta Bake



A

0.24 kg CO₂e per portion - the equivalent of charging your phone 120 times

Diary Dates

Date	Event
Friday 22nd May	Cake Sale for Penhaligon's Friends after school
Tuesday 2nd June	Year 4 trip
Thursday 4th June	Year 1 Wild Tribe
Friday 5th June	INSET Day
Monday 8th June	Year 3/4 football League
Monday 8th June	Year 6 camp meeting 3pm
Tuesday 9th June	Cross Country Fun Run - All year Groups - Mullion
Wednesday 10th June	Year 3 camp meeting 3pm
Thursday 11th June	KS1 & EYFS Sports Day PM
Friday 12th June	KS2 Sports day all day
Monday 15th June	Bags2School Collection
Thursday 18th June	Year 6 Wild Tribe
Wednesday 17th - 19th June	Year 4 School Camp
Wednesday 24th June	Class Photos
Thursday 25th June	Year 4 Wild Tribe
Thursday 25th - 26th June	Year 3 School Camp
Monday 29th June	Year 1 trip
Tuesday 30th June	Year 6 evening performance
Tuesday 30th June	KS2 Sports Day reserve day
Thursday 2nd July	Year 3 Wild Tribe
Friday 3rd July	KS1 & EYFS Reserve Sports day
Monday 13th - 17th July	Year 6 School Camp
Wednesday 22nd July	Last day of Term
Thursday 23rd July	INSET Day

Norman Nicholls Football Tournament – Parent Volunteers

Needed

We would like to invite any interested parents to help form teams for the Norman Nicholls Football Tournament, taking place on Saturday 27th June 2026 at St Keverne Playing Field.

This annual event, organised by the St Keverne Playing Field Committee, raises funds for the playing field and brings together local schools for a fun day of football.

The tournament is open to Primary School Under 11s and will begin at 11:00am, with teams asked to arrive by 10:30am for registration. Matches will be 6 a side, and teams may be boys, girls, or mixed, with substitutes allowed. Entry is free, and the format will follow a league system, with the number of matches depending on the number of teams entered. Schools may enter multiple teams.

Please note that all children must be accompanied by a responsible adult, who will be responsible for their supervision throughout the day.

If you are interested in putting together a team - whether a class team or a mixed group across the school - please let Mrs Blight in the school office know. If you already have a team organised, please provide the names of the children and any subs.

We hope to see a strong Porthleven School presence at what promises to be an enjoyable community event.



**SATURDAY 27TH JUNE 2026
FROM 10:30 AT ST KEVERNE PLAYING FIELD**

NORMAN NICHOLLS FOOTBALL TOURNAMENT

BBQ

CAKES

RAFFLE

REFRESHMENTS

HEAT TIMES KICK OFF

PRIMARY SCHOOL UNDER 11 (6 A SIDE) 11:00

UNDER 16'S (5 A SIDE) 3PM

ADULTS (5 A SIDE) 4:30PM

**ENTRY IS FREE FOR PRIMARY SCHOOLS
UNDER 16 AND ADULTS £10 A TEAM**

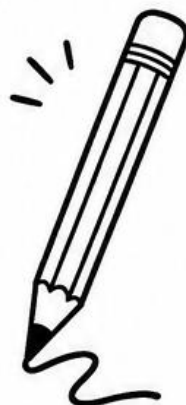
**MATCHES RUN ON A LEAGUE SYSTEM - ALL WELCOME TO COME AND SUPPORT
FOR MORE INFORMATION PLEASE VISIT OUR FACEBOOK EVENT PAGE**



DESIGN OUR PASTY BOX COMPETITION

We're excited to invite children across Cornwall to take part in our "Design Our Pasty Box" Competition!

We are asking children in the schools we work with to help design our brand-new Pasty Box packaging for next year. The winning design will be shared with families across Cornwall and could be seen by hundreds of people throughout the year.



GET CREATIVE
AND HELP DESIGN
OUR NEW
PASTY BOX!

WHAT SHOULD CHILDREN DO?

Create an imaginative design for a Pasty Box! They might include:



PASTIES



VEGETABLES



CORNWALL
THEMES



FAVOURITE
MEALS

Children can draw their design on paper.

HOW TO ENTER

Please take a photo of your child's design and send it to us via social media @ThePastyBox on Facebook or email it to adam@thepastybox.com

PLEASE INCLUDE:

- Child's name
- School
- Just an image of the picture, no people in it please

PRIZE



The winner will receive 10 pasties from Ann's Pasties, which can be collected from any of their locations or delivered frozen to your home.



DEADLINE



WEDNESDAY
3RD JUNE 2026



WE CAN'T WAIT TO SEE ALL THE FANTASTIC CREATIVITY FROM YOUR CHILDREN - THANK YOU FOR YOUR SUPPORT!

Best wishes, *Adam, Ferg & Lewis*
CO-DIRECTORS, THE PASTY BOX



MHST Wild Wellbeing

MHST, in collaboration with the National Trust, would like you to join us on a FREE Wild Wellbeing session in Cornwall during May half term.

This is for parents and children aged 5-12 in Cornwall to help understand and support emotional and mental wellbeing.

Please book EACH child on to a session

Each session will last approx. 2 hours

Locations and dates

27 May 2026 - Tehidy Woods

28 May 2026 - Lanhydrock in
collaboration with the National Trust

**All sessions will begin at
10am. Please wear weather
appropriate clothing!**

To request a place,
please complete the
online form
[https://forms.cloud.mi
crosoft/e/f1Vd5Y29rL](https://forms.cloud.microsoft/e/f1Vd5Y29rL)



Scan to sign up



Please be aware that spaces are limited and assigned on a first-come, first-served basis. If you cannot attend after being allocated a place, inform us so we can give your spot to someone else.

**Follow us on Facebook for updates and upcoming events:
[Cornwall Mental Health Support Team \(MHST\)](#)**



THE
WRITERS'
BLOCK

Trevow
Helston

STORY LAB

23 - 30 MAY | HELSTON

For Children & Young People

The Story Lab

Sat 23 & Sun 24 May | Trevow Chapel

Free

Become a Story Inventor! Encounter colourful characters, enchanting worlds and costumes galore and have fun creating your very own characters and stories at The Writers' Block pop-up.

Bobo's Giant Seedling Trail

Sat 23 May | Helston Town Centre

Free

A free family trail is the perfect excuse to explore Helston's shops and streets with your family before heading to Coronation Park to collect your prize!

What[are your]3words – Zine Making Workshop With Karen Howse

Fri 29 May | The Basement, Helston

Free | 10+

Have fun cutting and sticking, typing on an old-fashioned typewriter, using letter stamps, and exploring drawing and collage to make your own one-page zine.

Curious Objects, Curious Stories

Wed 27 May | Museum of Cornish Life

£5 | 5+

A relaxed, family-friendly creative writing & craft workshop inspired by fascinating objects from the collections at the Museum of Cornish Life with Olivia Lowry

Little Story Seekers

Wed 27 May | Helston Library

Free | 0-5

Little Story Seekers is a story, song, movement and craft session for very young children and their grown-ups, created by The Writers' Block.

Manga Workshop With Keith Sparrow

Thu 28 May | The Basement, Helston

Free | 10+

Join manga artist and writer Keith Sparrow for a fun and creative manga drawing workshop for those aged 10+. Young artists will learn how to design their own exciting manga characters with step-by-step guidance, using pencil and colour.

Story Quest Day

Sat 30 May | Coronation Park

Free - no booking required.

Solve the riddles to find hidden objects, create pocket stories, invent your own wild and wacky character and be entertained by the fabulous Story Republic!



TO BOOK:
WWW.TREVOWHELSTON.CO.UK



Get ready for an action packed day



Multi Sport Activity Camp



Exciting Activities for Age 6-12 years

0830 to 1730 daily

Tuesday 26nd to Friday 29th May

£36 per child

Activities :

- Bubble football
- Outdoor games
- Archery
- Swimming
- Street surfing



May Half Term



0830 to 1730



Truro School



More Information : www.sirbendinsliesportscentre.com



LITTLE SEEDS MUSIC PRESENTS:

CINDERELLA Icecream SELLER

A DELICIOUS NEW
MUSICAL FOR FAMILIES
AND ICE CREAM LOVERS



BOOK NOW

13:00, Saturday 30 May

Tickets: £10 (including an ice cream or sorbet)

Suitable for ages 5+

falmouth.ac.uk/arts-centre

The AMATA Arts Centre, Penryn Campus

FALMOUTH
UNIVERSITY

 **AMATA**

Play in a Day

Tempest

With a Twist

M
MINACK
THEATRE

Free for 7-11 year olds

Saturday 20th June

9.30am start. Performance at 4pm

Work with professional directors, choreographers, a musical director and makers to brave stormy seas, survive a shipwreck, and discover a little magic along the way - all in one amazing day on the Minack stage.

For more information and to book visit minack.com, or

call the box office 01736 810181





THE LADDER



THE LADDER, KALABASH AND THE WRITERS' BLOCK PRESENT

THE
WRITERS'
BLOCK

PETER PAN

A HANDMADE THEATRE CAMP



JULY 27TH - 31ST

VISIT WWW.THELADDERREDRUTH.COM TO LEARN MORE

JOIN US THIS SUMMER FOR A HANDMADE THEATRE
PRODUCTION OF PETER PAN! CRAFT! MAKE! ACT!
EXPLORE NEVERLAND! FOR AGES 8-12

£150 PER CHILD, BOOKING DEADLINE 30TH JUNE



Wasson Wednesday

Underwater Wonders

Wednesday 27th May
10am - 3.30pm

Site entry **FREE**

Pond Creatures Trail **FREE**

Pond Dipping **FREE**

Dragonfly Craft **£4.00**

Pop up café serving drinks, snacks and cakes.

Visit our beautiful wildlife pond and meet some of the creatures that live in it. Take part in our trail and make a beautiful dragonfly to take home.

KEHELLAND TRUST
KEHELLAND
CAMBORNE
TR140DD



U18's must be accompanied by an adult

PHONE : 01209 613153

WEBSITE: WWW.KEHELLAND TRUST.ORG .UK

CORNWALL

allstarz

**MUSICAL
IN A WEEK**

2026

Disney's
**BEAUTY
AND THE
BEAST**

© Disney



Monday 27th to Friday 31st July

**Ages 9 to 18 years
9am to 5pm each day**

Performances: Friday 31st July @ 4pm & 6:30pm

To book, contact tolley.angell@yahoo.co.uk

CORNWALL



Disney
Aladdin © Disney



Monday 27th to Friday 31st July

**Ages 5 to 8 years
9am to 1:30pm each day**

Performance: Friday 31st July @ 1:30pm

To book, contact tolley.angell@yahoo.co.uk

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.

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.



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.

COMMUNICATION AT PORTHLEVEN SCHOOL



BY PHONE

Ring 01326 562249 between 8.15am & 3.30pm to speak to Mrs Blight out side these hours please leave a message.



BY EMAIL

Email porthlevensecretary@croftymat.org anytime or your class email. Queries will be responded to between 8.30 and 4pm.



ARBOR

Photo consent and communication from school will be from Arbor please download the app (pls contact the office for support setting up).

OUR NEWSLETTER

Up coming dates for your diaries are shared on the newsletter along with some classroom news.

OUR WEBSITE

Our website contains useful information about our school.