

# Monday Memo



Monday 17th November

Autumn Term

Issue #10

## Christmas Events

- ★ Thursday 4th December 6:00pm - 7:00pm Key Stage 2 Advent Service ★  
'Star of wonder, star of night' - Together we celebrate the joy of Christmas

All children in Year 3, Year 4, Year 5 and Year 6 to attend, wearing school uniform

Tickets bookable on School Money for 2 persons per family



- ★ Monday 8<sup>th</sup> December 2:00-3:00pm and Tuesday 9<sup>th</sup> December 6:00pm - 7:00pm Key Stage 1 Nativity ★

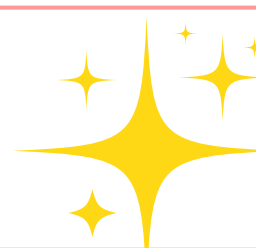
Tickets bookable on School Money for 2 persons per family per performance



- ★ Thursday 11th December 2:30pm Reception Christmas Carol Concert ★

A physical ticket will be sent home 'Admits 4 persons' per family

## Diary Dates

|  | Wednesday 19 <sup>th</sup> November<br>FOSPS Movie Night                                | Friday 21 <sup>st</sup> November 09:05am<br>Year 3 Reading Breakfast                  |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Thursday 27 <sup>th</sup> November<br>09:05am<br>Year 4 Class Worship               | Sunday 30 <sup>th</sup> November 11:00am<br>Toy & Carol Service at St. Paul's<br>Church |  |



# Diary Dates

|                                                                                                                                           |                                                                                                                                               |                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Thursday 4 <sup>th</sup> December 6:00pm - 7:00pm<br><br>Key Stage 2 Advent Service<br><br>(Available to book via School Money w/e 21/11) | Friday 5 <sup>th</sup> December<br><br>Year 5 Reading Breakfast                                                                               | Monday 8 <sup>th</sup> December 2:00-3:00pm<br><br>Key Stage 1 Nativity<br>(Available to book via School Money w/e 28/11) |
| Tuesday 9 <sup>th</sup> December 6:00pm - 7:00pm<br><br>Key Stage 1 Nativity<br>(Available to book via School Money w/e 28/11)            | Thursday 11 <sup>th</sup> December 2:30pm<br><br>Reception Christmas Carol Concert<br><br>Ticket to be sent home to Admit 4 persons w/e 28/11 | Friday 12 <sup>th</sup> December<br><br>Christmas Jumper Day                                                              |
| Friday 12 <sup>th</sup> December<br><br>Christmas Dinner Day (Available to book via School Money as you would normally book a dinner)     | Tuesday 16 <sup>th</sup> December<br><br>FOSPS Key Stage 2 Disco                                                                              | Wednesday 17 <sup>th</sup> December<br><br>FOSPS Key Stage 1 Disco                                                        |
| Wednesday 17 <sup>th</sup> December<br><br>School Reports Emailed Out                                                                     | Thursday 18 <sup>th</sup> December<br><br>Year 5 Class Trip                                                                                   | Friday 19 <sup>th</sup> December<br><br>Christmas Service at St. Paul's Church 1:30-2:00pm                                |
| Friday 19 <sup>th</sup> December 2:00pm<br><br>Finish for half term<br>Collect from St. Paul's Church                                     | Monday 5 <sup>th</sup> January 2026<br><br>Re-open for Spring Term                                                                            |                                                                                                                           |



## Worship Values

Our worship value this half term is Compassion

In our Celebration Assembly, we will celebrate 1 pupil from each class who has shown the term's value. 🏆

This term we will celebrate our 'Compassion Champion'



### Attendance w/b 07/11

Reception: 100%

Year 1: 92%

Year 2: 97%

Year 3: 98%

Year 4: 98%

Year 5: 98%

Year 6: 95%

Whole School Overall: 97%

Target: 97%

### House Points w/b 07/11

Bowland: 178

Parlick: 181

Pendle: 179



Longridge: 226



## St. Pauls' Parish News & Events

Tuesdays 09:00am—11:30am

Warm Space (coffee and bacon butties)

supported by members of our

Children's Chaplain from

10:00-10:30am



[www.stpaulsprimaryschoolfarington.co.uk](http://www.stpaulsprimaryschoolfarington.co.uk)



[www.instagram.com/faringtonmossstpauls/](https://www.instagram.com/faringtonmossstpauls/)



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# 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

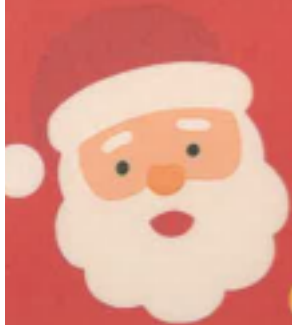
Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday®

The National College®

# CHRISTMAS MARKET



SATURDAY 22ND NOV  
1.30-4PM

CARR MANOR NURSERY  
ST PATRICK'S PLACE  
WALTON LE DALE, PR5 4HN

## SANTA

LOTS OF STALLS FOR YOUR  
CHRISTMAS GIFTS

RAFFLE

TOMBOLA

ACTIVITIES FOR  
THE CHILDREN  
FOOD AND DRINK



HOPE TO SEE YOU ALL THERE



[www.stpaulsprimaryschoolfarington.co.uk](http://www.stpaulsprimaryschoolfarington.co.uk)



[www.instagram.com/faringtonmosstpauls/](https://www.instagram.com/faringtonmosstpauls/)



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**SCHOOL  
ADMISSIONS  
PRIMARY**

# APPLY NOW!

at [lancashire.gov.uk/schools](https://lancashire.gov.uk/schools)

## School and Academy places September 2026

You must apply if your child has a 4th birthday between 1 September 2025 and 31 August 2026.

You must apply even if an older brother or sister is already at the school, or the school is linked to your child's nursery.

If you're a non-Lancashire resident apply through your own local authority.

Please read the admission criteria for your chosen schools on the website or get a copy from them.

### School transport



If travel cost is an important factor in your school preference, search 'school transport' at [lancashire.gov.uk](https://lancashire.gov.uk) or scan the QR code.



**CLOSING DATE**  
**15 January 2026**

[lancashire.gov.uk](https://lancashire.gov.uk)



**Lancashire**  
County Council



[www.stpaulsprimaryschoolfarington.co.uk](https://www.stpaulsprimaryschoolfarington.co.uk)



[www.instagram.com/faringtonmossstpauls/](https://www.instagram.com/faringtonmossstpauls/)



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ST PAUL'S CHURCH  
FARINGTON MOSS

# Toy & Carol Service

Sunday **30th** November, **11am**

- Please bring new unwrapped toys
- Support children less fortunate than you are

Thank you  
for your  
generosity



[www.stpaulsprimaryschoolfarington.co.uk](http://www.stpaulsprimaryschoolfarington.co.uk)



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