

# Newsletter

Together, we grow  
with God

19th September 2025

Issue #03

**'Grow in the grace and knowledge of our Lord and Saviour Jesus Christ' 2 Peter 3:18**

It has been a busy week with our extra-curricular clubs starting in school and Year 6 starting their Bikeability (once the storm passed). It is lovely to watch the children take part in different activities and learn new skills.

If you haven't already, please can you return the new Photo Consent form and the Acceptable Use form. Thank you to everyone that came to our 'Meet the Teacher' sessions. If you weren't able to attend, the information is all on Class Dojo.

It was wonderful to see so many families at the Anchored in Faith Fun Day last Saturday. Thank you to Reverend Emma and her team for organising a great event. Miss D

## Stars of the week!

Reception - Ava  
Year 1 - Freddie  
Year 2 - Henry B & Luca  
Year 3 - Jesse  
Year 4 - Monty  
Year 5 - Henry  
Year 6 - Minnie

## Parable of the Talent!

(Presentation)  
Reception - George  
Year 1 - Lydia  
Year 2 - Rosie  
Year 3 - Chloe  
Year 4 - Arabella  
Year 5 - Matilda  
Year 6 - Violet



## British Values

# DEMOCRACY

In Worship this week, we discussed the word 'democracy'. We watched a video based on an old folk-talk called 'The Farmer's Cart'. This story focuses on the value of democracy and explores how important it is for everyone to have a chance to have their voice heard. After watching the video, our Year 6 children were invited to speak to the school and explain why they think they should be considered for the role of House Captain. We then held a ballot for the children to vote for their House Captains for this academic year.



Our opinions are valued; in turn we must also value the opinions of others. We make decisions together.

## Attendance

### Weekly Attendance

SCHOOL MINIMUM TARGET: 96.4%

Reception: 100%  
Year 1: 100%  
Year 2: 96.4%  
Year 3: 100%  
Year 4: 95%  
Year 5: 97%  
Year 6: 95.9%

Well done to Reception, Year 1 and Year 3 for 100% attendance!

## Books News!

Matt Davies will be in school on Tuesday 23<sup>rd</sup> September to share his stories ('Inspector Earwig and The Garden Thief' and 'Beyond the Hive') with our Key Stage 1 children. Our children will be the FIRST to hear the story 'Beyond the Hive'. If any children would like to purchase the books, they may bring cash on the day or Matt will be around after school if anyone wants to pay by card. An individual copy of either book is £7.99, whilst a bundle of 1x 'Inspector Earwig' + 1x 'Beyond the Hive' will be £13.50 (15% off).

## Upcoming Events



23<sup>rd</sup> Sept  
KS1 Author Visit -  
Matt Davies

26th Sept  
European Day of  
Languages

29th Sept  
Macmillan Coffee Morning  
\*NEW DATE\*

5<sup>th</sup> October  
Year 3 Leading  
the Harvest Service  
at Church

22nd and 23<sup>rd</sup> October  
Parents' Evening

24<sup>th</sup> October  
School closes at 3:30pm  
Half term

3<sup>rd</sup> November  
School opens

## Safeguarding

### Top Tips on Supporting Children with Self-Regulation



As infants, we all rely completely on adults to help us resolve situations that are causing us to become upset or stressed. This is known as co-regulation. The next phase, once autonomy has begun to develop, is called self-regulation: this is when children start to become capable of exercising more control over their impulses and behaviour, and managing their own emotions.

This vital developmental milestone, however, isn't reached spontaneously. Learning to self-regulate requires sensitive guidance from trusted adults – simply talking with children about their thoughts and feelings, for instance, can ease the route to self-regulation. This #WakeUpWednesday guide has some expert tips for supporting children to reach this goal.

## Picture News

Schools in the UK will soon need to give more lessons on democracy, how voting works, and how the country is run. This is because the voting age for the general election is being lowered to 16. Many agree that young people need to be ready to make informed decisions. At first, these lessons will be for children aged 14 and over, but the plan is to begin teaching these issues from 11 years of age, so everyone has plenty of time to learn.



**Think together and talk**

- What could be difficult about speaking up? How can we overcome this? What is the difference between being loud and being heard? Is it important to listen to others before you speak? Why?
- What does it feel like when you are brave enough to speak up? What are some ways we can practise using our brave voices every day? How can you use your brave voice to help people who are not able to speak for themselves?

The Bible teaches us it is good to be brave and use our voice to speak out with kindness. It is important we do not give up when we have positive messages to share.

## Scholastic Book Fair

The Scholastic Book Fair is arriving in school next week! Please look out on Dojo for further details about when you can come to the fair!



## Bikeability

This week in Year Six, we had the opportunity to participate in a fabulous Bikeability course. The weather didn't dampen our spirits, as we were able to successfully ride around our local community. We are going to continue with the second part in October. The instructors were very impressed with how well the children listened, their excellent behaviour and the high standard of cycling proficiency.



head@lytham.lancs.sch.uk



01253 736900



Lytham C of E Primary School PTFA

£295.81 raised

38 supporters

## HOW IT WORKS

easyfundraising partners with over 8,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

### GET STARTED

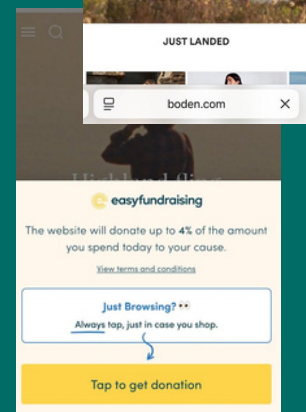
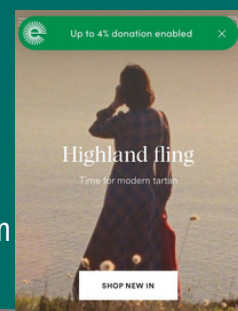
#### How to support Lytham C of E Primary School PTFA

- 1 **Sign up**  
Provide us with a few details to set up your profile with easyfundraising.
- 2 **Download our browser extension**  
Our Donation Reminder plug-in pops up automatically when you shop to let you know when a donation is available.
- 3 **Track your donations**  
You'll be able to see how much you've raised in your account and we'll send updates on when Lytham C of E Primary School PTFA gets paid.

## A quick & easy guide!

It couldn't be simpler, it really is hassle free donating!

1. Download the app
2. Every time you shop on a website, this banner appears to enable the donation
3. Just click it, and the retailer will do the rest for you!



**Any questions - we're happy to help at**

[ptfa@lytham.lancs.sch.uk](mailto:ptfa@lytham.lancs.sch.uk)

### Affordable Pre-Loved Uniforms – Supporting Every Family

The PTFA is proud to offer a range of pre-loved school uniform through our Uniformerly page, helping families save money while promoting sustainability.

#### What's Available:

Non-branded items – Free of charge

Jumpers & Cardigans – £5

Blazers – £10

Ties - £1.50

Book Bags - £2.00

Items with minor marks or damage are listed at half price, and everything is sent home with your child for convenience.

**How to Order:** Browse online and place orders easily. You can even set up alerts to be notified when new items are listed.

**Peace of Mind:** If you receive something you're not happy with, just get in touch—refunds are available, no fuss.

**Need Support?** If you're finding it difficult to purchase uniform, please speak to your child's teacher. Alternatively, you can email us at [ptfa@lytham.lancs.sch.uk](mailto:ptfa@lytham.lancs.sch.uk) and we'll work with the school to ensure support is provided discreetly.

**Want to Donate?** If you have uniform to donate, simply drop it into the collection bin in the school office. Every item helps another family and keeps good clothing out of landfill.

Let's work together to make sure every child has what they need to feel confident and comfortable at school.

COME TO THE

# BOOK FAIR

FILL YOUR SCHOOL WITH FREE BOOKS WHEN YOU BUY FROM THE BOOK FAIR\*

READING GIVES YOU SUPERPOWERS!



LAST YEAR, YOUR SUPPORT

HELPED TO DONATE OVER

£5.3M

BOOKS TO SCHOOLS

NATIONWIDE



Art © Day Pilkey

## Payment at our Book Fair

Please check with your school for the best way to pay for your books

- You may pay by card at the Fair via card reader machines if your school has one or by using the online payment link at [www.bookfairs.scholastic.co.uk/pay](http://www.bookfairs.scholastic.co.uk/pay) and simply selecting your school from the drop down menu.
- Pre-paid gift vouchers are available in £5, £10, £15, £20 and £25. Go to [www.bookfairs.scholastic.co.uk/gift-vouchers](http://www.bookfairs.scholastic.co.uk/gift-vouchers) to buy vouchers for your child before the Fair.
- If you can't attend the Fair in person, your child can order books via a Wish List – please ask your school for details.

## HELP EARN FREE BOOKS

Scholastic is one of the largest providers of free books to schools via our Reward scheme which helps to ensure that as many children as possible have access to books that support reading for pleasure. Every time you buy from the Book Fair, you help to make a difference by supporting literacy in your child's setting. Last year, with your help, we gave over £5.3M worth of free books to schools nationwide, which stocked school libraries and classrooms.



# 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

# SCHOOL ADMISSIONS PRIMARY

**NORTH**

**Do you have a child starting  
primary school in September 2026  
and living in Lancashire?**

**Closing date: 15 January 2026**

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

Apply for a school place now by scanning  
the QR code or visit [lancashire.gov.uk/schools](https://www.lancashire.gov.uk/schools)



If travel cost is an important factor in your school preference,  
please check the guidance on our website, or call **01524 581148**.

**HAVE  
YOUR SAY**

*Between 1 October and 31 January schools are consulting with  
you to make sure admission arrangements meet future needs.  
To find out more please visit [www.lancashire.gov.uk/schoolplaces](https://www.lancashire.gov.uk/schoolplaces)  
and click 'school admission policies'.*

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



# MATT DAVIES

Children's Author



“A great story with vibrant illustrations and great characters. My 3-year-old loves it, it's his new favourite bedtime story!”



“Love this book! My 2-year-old absolutely loves the story and the pictures.”

Order online at  
[mattdaviesauthor.com](http://mattdaviesauthor.com)



[matt.davies.author](http://matt.davies.author)