

NEWSLETTER



Strive † Aspire † Succeed

Spring Issue 07—27th February 2026

Welcome back to the start of the new half term, only quite a short one with 4 more weeks until the Easter holidays. We have returned 'full-steam ahead' with our Open Afternoon, Year 5 Quidditch Day, Year 6 trips to the Epsom Playhouse and Junior Citizen Event at Epsom Downs and exciting author visit today for Year 2.

DATES FOR YOUR DIARY



w/c Mon 2nd March— Book Week

Mon 2nd March—Year 4 Sayers Croft parent information meeting, 3.30pm, in Plum Class

Tues 3rd March—Parent Conversations, 3.40 -7.20pm, school halls

Thur 5th March—World Book Day in school

Thur 5th March—Parent Conversations, 3.40 -5.50pm, school halls

Fri 6th March—Spotlight on Learning Assembly—Juniper Class, 9am, Junior hall

Fri 6th March—Year 6 cake sale and jumble sale, 3.20pm, Junior Playground

Fri 6th March—Marchants Hill residential trip parent information meeting (current Year 5 parents), 3.40pm, large hall

Mon 9th-Fri 13th March—Marchants Hill residential trip, year 6

Mon 9th March—Year 4 Epsom & Ewell Schools tag rugby tournament, selected children, 1pm start, Glyn playing fields

Wed 11th March—Year 4 Spinnaker Day in school

Wed 11th March—SEND coffee morning, 9-9.30am, Happy Shack

Fri 13th March—Spotlight on Learning Assembly—Rabbit Class, 9am, Junior Hall

Fri 13th March—PTFA school disco for Early Years to Year 5, see poster on page 5 for timings

Future dateFri 20th March—Red Nose Day—non-uniform day, whole school

Alex Brychta author visit



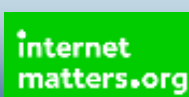
To launch our drawing unit in Year 2 we were delighted to have Alex Brychta in school today to demonstrate and talk to the children about his 40 year career illustrating the Oxford Reading Tree books with Biff, Chip, Kipper and Floppy!

Year 6 Cake and Jumble sale - Friday 6th March Year 6 will be holding a Cake and Jumble Sale next Friday 6th March at 3:20pm in the Junior Playground. We would be very grateful for donations of any good quality pre-loved toys, games, books and non- uniform children's clothing. All toys must contain the CE Mark. We cannot accept batteries or electronics please. **Please donate from 8:30am on Friday 6th March in the Junior Playground.**

All proceeds are in aid of Year 6 leavers' resources and activities. Please do come along and buy a cake/visit the jumble sale if you can! (poster on page 3).

SEND coffee morning - We are holding a SEND coffee morning on Wednesday 11th March. This will take place from 9-9.30am in the Happy Shack. If you would like to come along, it would be useful to have an idea of numbers by emailing: inclusionadmin@stmartinsepsom.school

Reminder to order your child's school lunches Please remember if you have not already done so to book your children's lunches on Aspens for next week, particularly as it is the beginning of March on Sunday. Lunch orders are showing as very low at the moment. Thank you.



Active Ambassador

This week's Active Ambassador is **Johnny** in Year 5 for demonstrating fantastic sportsmanship when taking part in the Year 5 Quidditch Day and being a conscientious teammate to the rest of his house. Well done Johnny!



Tag Rugby Tournament On Thursday, our Year 6 rugby team attended a tournament at Priest Hill against other Epsom and Ewell schools. They all played brilliantly, working together as a team and getting stronger each match. After an exhausting 8 games they only narrowly lost 2 matches, coming 2nd overall. Well done.

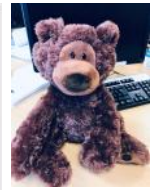


Attendance

**Attendance week before half term:
9th – 12th February 26**

Infant Attendance: 95% Highest class was **Otter** with **100%**. Well Done Otter Class, 'Atty Bear' spends a week in your classroom!

Junior attendance: 95.6% Highest class was **Pine** again with **100%**. Brilliant!



EVERYday
counts
attendance matters

Year 5 Quidditch Day



Year 5 enjoyed an exciting Muggle Quidditch Day in school on Wednesday. The children learnt how to play Quidditch, make a potion and design a banner to support their Hogwarts house. During the afternoon, the whole year group took part in a Quidditch tournament. It was a great day! **A huge thank you to the PTFA for buying the Quidditch equipment.**



YEAR 6 CAKE & JUMBLE SALE

FRIDAY 6 MARCH 3:20PM -JUNIOR PLAYGROUND

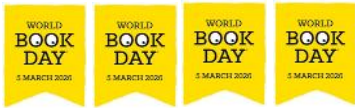


WE WOULD WELCOME DONATIONS OF ANY GOOD QUALITY PRE-LOVED TOYS, GAMES, BOOKS AND NON-UNIFORM CHILDREN'S CLOTHING - PLEASE DONATE FROM 8:30AM ON FRIDAY 6 MARCH IN THE JUNIOR PLAYGROUND. (All toys to contain CE mark, no batteries or electronics please)

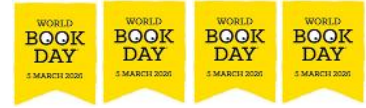


YEAR 6 PARENTS ONLY– WE WOULD WELCOME SHOP-BOUGHT CAKE DONATIONS - PLEASE DONATE FROM 8:30AM ON FRIDAY 6 MARCH. NO NUTS PLEASE

ALL SALE PROCEEDS TO YEAR 6 LEAVERS' RESOURCES AND ACTIVITIES



Book Week starting Monday 2nd March and World Book Day - Thursday 5th March



Book Week Reminders

On World Book Week (next week!) please remember to bring a book to swap. You can bring this directly to the table outside the library if you wish.

On World Book Day:

- Please remember to make a donation online or in cash on the day to the class teacher towards the World Book Week events – all funds raised go towards the activities and more books for the school (full details in last week’s newsletter).
- Please wear comfortable clothes/book related outfit/costume.
- A favourite book (clearly named) to share
- A cushion/blanket/teddy for comfy reading, sent in a named bag

Katie Kirby Event

As mentioned in previous Book Corners, Waterstones in Epsom have confirmed a date and time for the Katie Kirby event. I have been informed that the tickets cost £10 for the event and that you also get a copy of the book with the ticket. The book comes out the day before so the books will be a real Easter Treat for Lottie Brooks fans!



Please book tickets directly through [Waterstones.com/events](https://www.waterstones.com/events)

Huge thanks to Charlotte from Oak class and family, for a large donation of books to the library. Thanks also to Freya from Plum class and Saoirse from Plum class and family - for some wonderful fiction and non-fiction books.

P.S. Don't forget in World Book Week to DUMP the screen and PICK UP a book!





PTFA news

ptfaepsom@gmail.com

We are on Facebook and Instagram

Next PTFA meeting:
Friday 20th March at 8am
Venue: In school—Room 9

Final Zactiv Fundraising Reminder

Thank you so much to everyone who has already returned their Zactiv Sports Week sponsorship funds! Just to remind you that today, Friday 27-Feb, is the last day of the Zactiv programme fundraising and if you haven't yet done so, please can you return the funds that your child raised by the end of day today.

• Payment by Bank Transfer:

- Include Ref: <Your Childs Name>/Zactiv
- St Martins School (Epsom) PTFA, Account Number: 20279664, Sort Code: 23-05-80

Payment via Sumup: <https://stmartinsepsom-ptfa.sumupstore.com/product/zactiv-programme-donation>

The prizes for winners of the most sponsorship raised for Juniors and Infants are still up for grabs and will be presented at the Celebration Assembly on Thursday 5-March!

PTFA Spring Disco (Early Years to Year 5) Friday 13th March On Sale Now on our new PTA Events website www.pta-events.co.uk/stmartinsepsom-ptfa

Refer to the poster on this page for the times and venue for each year group disco being held on Fri 13-March.

We need your help to put on a great event for the kids and you can see on the Disco event page the volunteers we need and the times slots we still need to fill. Please sign up!

If you haven't yet seen the new site, it is our new one-stop-shop for all things PTFA events, volunteering, products and more! Just to note you will need to create your account the first time you log in, but don't let that put you off. Any problems as you start to use the new site, please just drop us an email on ptfaepsom@gmail.com.

Second-hand Uniform Sale—Online Form

As busy parents ourselves we understand that there is a lot going on at school and particularly in this short half term.

If you've missed the second hand uniform sale in the playground today, but really need some items, we are pleased to announce that we will be trialling a new online form next week to request second-hand uniform items. Stock depending, we will aim to send your requested items home via your child's class within a week.

Details of how to access the form will be provided via the community WhatsApp group on Monday 2nd March, so keep an eye out!

100 Club Lottery

This month's draw took place today. The winner is Charlie Bedford-Forde with a winning amount of £56.70. Congratulations! Interested in signing up? Find out more and buy your tickets here: <https://st-martins-epsom-ptfa-100-club.sumupstore.com>

SCHOOL DISCO!

FRIDAY 13 MARCH

PTFA

Infant Hall: Early Years: 4:00 - 4:45 Year 2: 5:00 - 5:45 Year 4: 6:00 - 6:45	Junior Hall: Year 1: 4:00 - 4:45 Year 3: 5:00 - 5:45 Year 5: 6:00 - 6:45	Ticket Price: £6 Scan the QR Code to buy tickets Ticket sales close Sunday 08 March
--	---	--

<https://www.pta-events.co.uk/stmartinsepsom-ptfa>
Plus... * Grill & Chill hot food * A Bar * A tuck shop for snacks *

Values Tie and Stars of the Week



Badger- Values Tie: Jesse. Superstar: Annie

Star of the week: Quinn has been a Thinking Thedrick in Badger Class this week, she has been working hard to write very neat sentences. Well done, Quinn!

Dormouse– Values Tie: Liam. Superstar: Miffy

Star of the week: Rosie has been a real Thinking Thedrick in Dormouse Class. She has carefully used the phonics sounds she has learned to help her write sentences independently. Well done Rosie, keep up the amazing work!

Fox - Values Tie: Olive. Superstar: Jackson

Star of the week: Well done **Kyziah** for your amazing attitude to learning this week, you have been a real Thinking Thedrick. I am so proud of how hard you have been working, and especially how you always try your best. Keep up the brilliant work!

Hedgehog- Values Tie: Esme. Superstar: Austin

Star of the week: Jemima was a real Thinking Thedrick in English and created her own journey story—remembering to include everything from our All the Time toolkit. Well done, Jemima!

Mole– Values Tie: Arthur. Superstar: Ray

Star of the week: Jocelyn has been working very hard at using her imagination to write a lovely journey story, sharing her ideas with the class. She always goes above and beyond to write as many creative sentences as she can. Keep it up Jocelyn!

Otter– Values: Ted. Superstar: Megumi

Star of the week: Evie A has been a real Thinking Thedrick this week, especially during Discovery Time where she had written and made her own short story. Not only this, she later read this creation to the class - what a Brave Branley!

Rabbit– Values Tie: Phoebe. Superstar: Bianka

Star of the week: Alyssa has been sharing great ideas during our first lesson in our new Science topic and has been a real Curious Cully!

Squirrel– Values Tie: Teddy. Superstar: Naz

Star of the week: Thea - for always joining in with enthusiasm, listening carefully, and producing neat work to a high standard.

Vole – Values Tie: Amelie. Superstar: Suviru

Star of the week: Archie for being a Thinking Thedrick during our science lesson this week classifying objects into living and non-living. Great work.

Holly– Values Tie: Jacob. Superstar: Asadullah

Star of the week: Zeki has settled very well into Holly Class. From his first day, he has shown a great attitude to his learning and has tried his best in all activities. He has followed classroom routines well, been kind and respectful to others, and shown enthusiasm in his work. Well done on a fantastic first week- keep up the excellent effort!

Juniper– Values Tie: Noah. Superstar: Isla-Rose

Star of the week: Alex put a lot of effort in to writing and editing a 'blurb' about his favourite book in preparation for Book Week. Well done Alex!

Willow– Values Tie: Alice. Superstar: Emery

Star of the week: Well done to **Esme** for being an absolute star learner this week. I am very proud of your amazing participation in all our lessons and for your interesting and thoughtful contributions to class discussions. Keep up the super learning Esme. You are a great role model for your peers.

Maple– Values Tie: Ava. Superstar: Jack

Star of the week: Harrison for showing fantastic passion and enthusiasm in every lesson and consistently demonstrating our school values. Well done, Harrison - keep it up!

Poplar– Values: X. Superstar: Henry

Star of the week: Noah for working incredibly hard this week and making great improvements in your writing. Your effort and determination are really shining through.

Plum– Values Tie: Liam. Superstar: Amelia

Star of the week: Jacob B for using fronted adverbials, expanded noun phrases and subordinating conjunctions to improve sentences this week in English. Well done Jacob!

Hazel- Values Tie: Jason. Superstar: Evie M

Star of the week: Finley for a great first week back after half term. You are putting in a great deal of effort in all areas of your work. You were great during our Quidditch day and were the only person to say thank you at the end of the day. Keep it up!

Hawthorn- Values Tie: Rebecca. Superstar: Mirabella

Star of the week: Well done **Harry** for the incredible effort you put into your astronaut art and potion making in class this week. Keep up the brilliant work!

Beech– Values Tie: Max S. Superstar: Joanna

Star of the week: Well done **Eli**, for demonstrating fantastic 'Keeper' skills during Quidditch Day and for saving many impressive goals.

Oak-Values Tie: Oliver. Superstar: Dhahwit

Star of the week: Henry for working so hard on his arithmetic. It's fantastic to see how much progress you have made!

Chestnut-Values Tie: Aaron. Superstar: Skylar

Star of the week: Sasha for a really great effort with her poetry writing, including powerful imagery.

Pine-Values Tie: Mitchell. Superstar: Oliver

Star of the week: Johanna for always being a conscientious learner and thinking of ways to extend her understanding - well done!

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

Georgia 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

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024