



Tiptree St Luke's Church of England VC Primary School

Church Road Tiptree Colchester Essex CO5 0SU

Phone: (01621) 815456

E mail: admin@stlukesschool.co.uk

Website: www.stlukesschool.co.uk

know, love, serve; God, Ourselves & Others

Data protection: Please notify the office if you change your details or change your mind about consent.

Friday 25th April 2025

Gardening Project

Mrs Howell and some of our year 5 and 6 children have taken over the flower beds and planted a variety of seeds. The children will be looking after these, and it is a nice calming activity if they are feeling worried. This also links to our current sow, grow, farm topic.



Library Donation

A huge thank you to Macie's mum who nominated our school to benefit from Potter's Resorts fund-raising venture which raised money to stock our library with new books. We were overwhelmed by the amount raised- £1,500!



Local Opportunities for the Children

Information on [church events](#) and [local clubs and activities which are available to our children](#) are published on the school website. This now includes information on Colchester United's summer program of events.

Homework

Thank you to all of the families who supported the holiday homework project ahead of the new topics being studied during this summer term. It was wonderful to see models, timelines, posters, research and pieces of art. We are looking forward to a busy term of learning!



Lost Property

Look out for the relocation of Lost Property over the next week or so! There will be a large lockable trunk outside of The Link (in the school car park) which will be unlocked for parents/carers at home time each day.



Special Achievement Award

Congratulations to the following children who have received a Special Achievement Award in this week's celebration worship: Isla D, Asa, Elsie, Harrison, Charlee, Leo, Riddhi, Emilie, Macie, Micheal, Elliott P, June, Esme, Zarco, Jessica K, Arlo, Hayden and Henry B.

School Council

The School Council started painting the outdoor benches this week in their chosen colour. Every week, weather dependent, they will be renovating this area.



Reminders & Dates for the Diary

Staff will aim to deal with any **emailed queries** in three working days however if you haven't received a response, please contact admin@stlukesschool.co.uk who will investigate the matter for you.

When reporting your child's absence, you must leave a message on the **absence phone line** (01621 815456 option 2). This is the first line of communication that is checked in the morning and if you email the office, staff will not see this until registers have been processed.

Second-hand uniform is available every Tuesday opposite the main reception area between 3pm-3.30pm

If your child is missing any items of clothing, parents are able to check the **lost property box** at the end of the school day via the main office.

School Dates:

The new academic year dates and INSET days for 2025/2026 are published on our website.

EYFS – Reception Conker	KSI – Years 1 & 2 Willow, Hazel and Chestnut	LKS2 – Year 3 & 4 Pear, Cherry and Mulberry	UKS2 – Years 5 & 6 Cedar and Sahabi
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		Event	Parents Invited / Additional
May	1 st May	Pear Class Model Write To The Top lesson- 2.15pm	Pear Class parent/carers welcome
	2 nd May	Year 1 Phonics Screening Parent Meeting- 8.45am in the hall	Year 1 parent/carers
May	2 nd May	Cherry Class Model Write To The Top lesson- 1.45pm	Cherry Class Parent/Carers welcome
	2 nd May	Mulberry Class Model Write To The Top lesson- 2.20pm	Mulberry Class Parent/Carers welcome
	5 th May	PTFA Late Riser Boot Sale	All welcome
	8 th May	VE Day Activities in school	
	12 th -15 th May	Year 6 Relaxed SATS breakfast 8.15-8.35am	
	23 rd May	Class photographs, year 6 photos and whole school photo	
June	6 th June	Sports Day	Parents/carers welcome
	10 th June	Year 1 Phonics Screening Check and Year 2 re-take Phonics Check	
	10 th June	Year 3 and 4 Roman Day	
	10 th June	Year 6 Crucial Crew trip 9am- 11am	
	11 th June	Marvellous Men's Gift Shop- PTFA Event (more information to follow)	
	11 th June	Year 1 Phonics Screening Check and Year 2 re-take Phonics Check	
	11 th June	Year 6 Community Challenge Team Building Day (more information to follow)	
	12 th June	Marvellous Men Gift Shop- PTFA Event	
	13 th June	Reserve Sports Day	Parent/carers welcome
18 th June	KS2 VR Day (more information to follow)		

	21 st June	PTFA Summer Fair (more information to follow)	All welcome
	23 rd June	Year 5 Camp Day and overnight Year 6 Camp Day (normal school hours)	
	24 th June	Year 1 and 2 Camp Day (normal school hours)	
	25 th June	Conker Class Camp Day (normal hours)	
	26 th June	Year 3 Camp Day (normal school hours) Year 4 Camp Day (Evening pick up)	
	26 th June	Year 6 Induction Day at Thurstable	
July	1 st July	Parents Evening (more information to follow)	Parents/Carers welcome
	2 nd July	Year 1 and 2 visit to Hyde Hall RHS Gardens	
	2 nd July	Year 5 and 6 Trunk Theatre Production (more information to follow)	
	3 rd July	Parents Evening (more information to follow)	Parent/carers welcome
	10 th July	Conker Class Pirate Trip to Danbury Country Park (more information to follow)	
	11 th July	Year 6 Production at the Headgate Theatre (more information to follow)	Year 6 Parent/Carers welcome
	14 th July	Meet the Teacher- KSI 3.30pm (crèche), LKS2 4pm, UKS2 4.30pm (more information to follow)	Parent/Carers welcome
	16 th July	Year 6 Leaver's Service in St. Luke's Church- 6pm	Year 6 parent/carers welcome
	17 th July	PTFA End of Term Party/Disco (more information to follow)	
	18 th July	Last day of the summer term	
	18 th July	Trophy Awards Ceremony- 9.15am INVITE ONLY	
Nov	1 st Nov	PTFA Fireworks Event (more information to follow)	All welcome
	24 th -28 th Nov	Year 6 Residential	
Dec	11 th Dec	Year 1-6 trip to the pantomime (more information to follow)	
	16 th Dec	Christmas Bell Ringing Assembly 9.30am	



Marvellous Me is an opportunity for us to share the great work and amazing attitude that the children show daily in school. Access codes can be collected at the school office. Links to download the app on iOS or Android can be found here: <https://marvellousme.com/parents/>

Learning Characteristics

Taking Risk

Being Inquisitive

Making Links

Co-operation

Resilience

Reflecting

Christian Values

Thankfulness

Responsibility

Compassion

Faith

Forgiveness

Hope

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.

Jiko Ryu Karate Club

Jiko Ryu Karate club are taking on beginners from the beginning of June 2025. This takes place on Wednesdays from 6-7pm, age 6yrs and above. Please contact Tracey Martin on the following email if you are interested.

jikoryu@btinternet.com