



Newsletter

Friday 7th June 2024

Dates for your diary

All week	Year 1 Phonics Screening
Friday 14th June	Year 4 Open Morning
Thursday 20th June	KS1 / KS2 Sports Day
Friday 21st June	EYFS Sports Day



Attendance



1st Place - Class 5 - 95.2%

2nd Place - Class 6 - 93.33%



3rd Place - FS2 - 92.17%



Please continue to promote good attendance.

We are trying to ensure all children are in and ready to learn before we close the gates at 9:00am.



Whole School Attendance 90.43%

Just a Reminder

Clubs start next week, texts have been sent to those who have been allocated a place.

Forest School

Year 6: Tuesday 11th June

Year 5: Thursday 13th June

Please make sure children wear appropriate clothing.



HEAD LICE

Please could we ask all Parents/Carers to check their children's hair thoroughly and treat as necessary.

Please ensure children with shoulder length hair **MUST** have it tied up as per school policy.



Year 6 London

As the end of the year draws nearer, we would like to remind parents that the final date for payment of the London 2024 trip is due by:

Friday 28th June





This Weeks House Points



**Purple
Amethysts
Points**

370

**Red
Rubies
Points**

439

**Green
Emeralds
Points**

338

**Blue
Sapphires
Points**

379

**Yellow
Diamonds
Points**

303



Merit Points



20 merits: Mathis A

200 merits: Emily-Rose B,
Eva-Grace L, Finley A, Zico S,
Letty D, Ella-Rose J, Alayna P

500 merits: Jackson Mc,
Iris W

600 merit: Eli C, Millie S,
Esmae J, Lilly-Rose T

700 merits: Lilly Mc

800 merits: Danny T

900 merits: Harvey W

1000 merits: Noah H

1100 merits: Daniel B,
Shayne G

'I have improved my independent learning'



Y6. Joe A



Y5. Theo-James P



Y4. Lebbon R



Y3. Ezra S



Y2. John S



Y1. Poppy-Lou P



FS2. Finley A





Thursday 6th June

D-Day with Michael Morpurgo

On the 80th anniversary of D-day, Year 5 and 6 joined a CrowdCast from author Michael Morpurgo to talk about his book 'Finding Alfie', a story about the author's search for answers about a young soldier named Alfie. We also had the opportunity to listen to the illustrator Michael Foreman as well as find out about what services The Royal British Legion provide.

Quotes from Year 5 pupils:

"Really happy to see him. I've been reading his books since I was able to read"

"It was good to see a real author, not just their picture at the back of a book. It made the book come alive"



Safeguarding spotlight on:

At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

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

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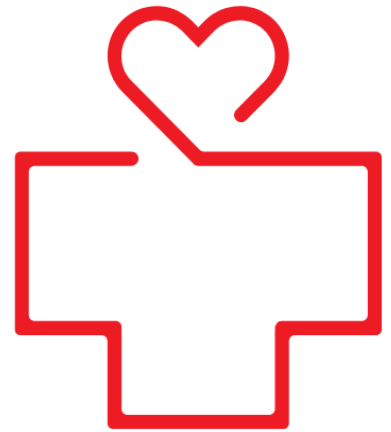
@nationalonlinesafety

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MINI MEDICS

Age
6+



Join us on our 'Mini Medics' course. The course is for children aged 6+ and will be £23 per child. It will run from 1.30 until 6.30 and includes learning about:

- Stranger Danger
- Buddy Buddy System
- First Aid

Once complete children will receive a certificate.



Email: susanhudson@racpd.org.uk
Mob: 07426 466341
www.racpd.org.uk



ONLINE SESSIONS For Parents/ Carers **UNDERSTANDING YOUR CHILD'S NEEDS**

For parents/carers of neurodiverse children
(with a diagnosis or awaiting assessment)

**Presented by
NYC Children and
Families Service:
Early Help**



**NORTH
YORKSHIRE
COUNCIL**

WEDNESDAY 1ST MAY, 18:00 – 19:00

**Supporting you to support your child through
shutdown, meltdown and crisis**

[Click here to join the session](#)

WEDNESDAY 5TH JUNE, 18:00 – 19:00

**Supporting you and your child with their
emotional and sensory regulation**

[Click here to join the session](#)

WEDNESDAY 3RD JULY, 18:00 – 19:00

Supporting you and your child with sleep

[Click here to join the session](#)

For more information contact

candfhubhambleton@northyorks.gov.uk or
candfhubrichmond@northyorks.gov.uk



**DAISY
CHAIN**
Autism & Neurodiversity



**Autism
Central**
For parents and carers



Autism Central and Home-Start Drop-In

Do you have an autistic child (with or without diagnosis) and need support?

Autism Central and Home-Start coffee mornings are an opportunity for families and carers of autistic people to connect with each other and get advice and support from Autism Central and Home-Start staff.

This group is suitable for you if you have a family member who is diagnosed/going through the diagnostic process/has been identified as having a need relating to autism, ADHD, sensory processing difficulties, anxiety and social communication differences.

Autism Central offers high-quality and easily accessible support, education and training alongside a dedicated website.

Tuesday 16th April 10am-12pm

Tuesday 14th May 10am-12pm

Tuesday 18th June 10am-12pm

Tuesday 9th July 10am-12pm

**Coverdale Suite, IPS Innovate, Colburn Business Park, Chartermark
Way, Catterick Garrison,
DL9 4QJ**

Tuesday 4th June 2024

Dear parent/carers,

SUBJECT: Year 6 Transition Welcome Letter



Hello - My name is Mrs Jane Hailwood and I am the Transition Manager and one of the Senior Teachers at Risedale School. I oversee the transition process for our new pupils and I'm very much looking forward to welcoming your child to Risedale, to join the Risedale Family. We know how exciting and nerve-wracking the transition process can be for pupils and their families and so I'd like to reassure you that Risedale School will support them every step of the way.

I am writing to invite you and your child to our Welcome Evening in June and to provide more information about 'Transition Time' in July when your child will spend three days with us here at Risedale.

Year 6 Welcome Evening: (Wednesday 19th June 4:30pm to 6pm)

All parents/carers and pupils are invited to our Year 6 Welcome Evening to learn more about the Risedale Family, try on school uniform and meet the team.



The evening will run from 4:30pm to 6pm, however, you can arrive at any time from 4pm onwards to try on uniform with our provider, Schoolshop. Please note that purchasing on the night will not be possible, as this opportunity is solely for sizing purposes. All uniform purchases must be made online at [Schoolshop](#).

IMPORTANT: To guarantee delivery for September 2024, please order all school uniforms online before Monday 29th July 2024.

We ask that all parents/carers and pupils assemble in the main school hall at 4:30pm for a welcome presentation from myself and other members of staff. Following that parents/carers and pupils will divide into groups to spend time with the Year 7 form tutors. Refreshments will be available and there will be an opportunity to visit the uniform provider later in the evening if you haven't already done so earlier.

If you cannot attend the evening please don't worry - you can visit our website for all the information and guidance you need on the Risedale School [Uniform](#) and then make your purchases from [Schoolshop](#).



Transition Time: (Monday 1st July to Wednesday 3rd July)

Before joining as a Year 7 pupil in September your child will take part in 'Transition Time' here at Risedale for **3 days** starting on **Monday 1st July** and finishing on **Wednesday 3rd July (Sports Day)**.

What pupils can expect during their Transition Time:

- Each morning, pupils will be greeted at the main school entrance by their new form tutors/members of the Risedale Transition Team.
- A welcome assembly will take place on Monday.
- Pupils will have time with their new form tutor.
- There will be lots of lesson time and chances to experience new and exciting subject areas.
- There will be opportunities to meet key members of staff and talk to current Risedale pupils from all year groups.

Times and Travel:

- Your child should arrive at Risedale each morning at **8.25am** for an 8.30am start. Our school day finishes at **3pm**.
- Parents/carers are welcome to drop off and pick up their child each day, however, we kindly request that you refrain from using our school car park to park your vehicle during this time. Unfortunately, we do not have the capacity, and all parking spaces are reserved for our school staff. Instead, we suggest parking at Shute Road, and your child can safely walk through the snicket to Risedale.
- Pupils who live in Catterick Village can use the 562R school bus service provided by Hodgsons Coaches Ltd (Tel: 01833 630730).

Bus to school	
Marne Barracks	07:55
Catterick Village, The Angel	08:00
A6136 / Mowbray Road	08:03
Catterick Racecourse Bus Stop	08:05
Industrial Park Bus Stop, Catterick Road	08:07
Risedale School	08:25

Bus going home	
Risedale School (Arrives)	14:50
Risedale School (Departs)	15:05
Industrial Park Bus Stop, Catterick Road	15:13
Catterick Racecourse Bus Stop	15:15
A6136 / Mowbray Road	15:17
Catterick Village, The Angel	15:18
Marne Barracks	15:19



Break/Lunch and Food:

At Risedale we have one 20-minute morning break and a 50-minute lunch break. **All** pupils attending Risedale Transition Time will be provided with a **FREE** lunch from our fantastic school canteen where they will have a choice of both hot and cold food options. If your child would like to buy any additional drinks or cakes they can bring some cash. If pupils would prefer to bring their own packed lunch each day they are more than welcome to. On Wednesday, (Sports Day), all Year 6 pupils will be given the option of a free packed lunch.

Clothing and Equipment:

For the 3 days of Transition Time, we ask that your child wears their Primary School uniform. They will be required to bring a school bag and pencil case with adequate equipment for their lessons each day.

Please ensure that your child's school bag contains the following:

- Pencil case
 - Black, blue and red pens
 - Pencil and eraser
 - Ruler
- All pupils will be taking part in Sports Day on Wednesday and so must wear their Primary School PE kit.

Sports Day: Wednesday 3rd July

Risedale's annual Sports Day will take place on Wednesday 3rd July and all Y6 pupils are invited! This will be their third and final day of Transition Time and we think it will be a really exciting day for everyone involved. Our Sports Day is held at Catterick Athletics Stadium, Leyburn Road DL9 3QD (next to Catterick Garrison Golf Club), starting at 8:25am and finishing at 3pm. **No spectators, please.**

Cancellation Arrangements: In the event of bad weather or any unforeseen circumstances, our Sports Day will be cancelled, and Y6 pupils will have their third day of Transition Time in school. We understand the importance of giving parents and pupils advance notice of any changes and will make every effort to do so in a timely manner.

Travelling to Sports Day: Pupils who live in the Garrison will be expected to make their own way to the stadium, so please allow plenty of time if walking (up to 20 minutes extra). If your child is catching the school bus they will be picked up at their usual stop, taken directly to the stadium and returned just like a normal school day. There will be a one-way system in place at the stadium to drop off your child should you wish to give them a lift - enter by the upper gate and exit by the lower gate.



Food and Drink: Please provide your child with a drink and remind them to keep hydrated throughout the day. The Risedale catering staff will be at the stadium from approximately 10:30am to 1:30pm to distribute packed lunches to Year 6 pupils and they will be selling a selection of snacks and drinks.

Clothing: All Y6 competitors are expected to wear their Primary School PE kit. No vest tops or cropped tops allowed.

Sun Protection: If a warm and sunny day is forecast, please remember to provide your child with a high-factor sun cream/block that they can apply throughout the day. A hat and sunglasses may also be helpful.

The whole Risedale Family is really looking forward to meeting all our new Year 7 pupils and starting our Risedale journey together.

Other Information:

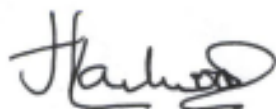
To find out more about Risedale School, please visit our website at www.risedale.org.uk. We recommend that all parents/carers and pupils become familiar with the website, but we want to highlight a few important pages to check before September:

- [Calendar and Term Dates](#)
- [Uniform](#)
- [SEND](#)

Pupil Admission Form:

As a reminder, if you haven't already done so, please complete the Pupil Admission form as soon as possible. This form helps us prepare for the upcoming school year and ensures a smooth transition for your child. You can access the form here: <https://forms.gle/x27KTuMzRTif4eSK7>

Yours sincerely,



Mrs J Hailwood - Transition Manager and Senior Teacher

Hailwood.J@risedale.org.uk