

THE WEEKLY BULLETIN

IMPORTANT INFORMATION FOR THE WEEK AHEAD

DATE: FRIDAY 17TH APRIL 2026



A very happy Friday to you all!

It's been a very busy start to the summer term and it was wonderful to see the children's smiling faces as they returned on Tuesday.

In Reception, they've welcomed some new arrivals in the form of the chicks. The children have watched them hatch from their eggs into the fluffy chicks that are now new members of the class. This is all part of their 'Growing and Changing' unit, and gives the children a fabulous way of seeing new life emerging.

For Years 1 and 2, they've also had an exciting start as they began their swimming lessons. This may seem daunting at first, but the skill of swimming is so valuable and that's why we start them so young. We hope they continue enjoying the lessons.

Next week, we'll be taking part in the Lumen Christi charity baton relay. This is something we participated in last year, so we're delighted to be sending 12 children and 4 members of staff for this amazing event. As a school, we'll be having an own clothes day to help raise money for The Brain Tumour Charity and Ovacome – the Ovarian Cancer Charity. Please send your donations in for these wonderful charities, every penny really does make a huge difference!

A message from your teachers

Class	Teachers	Message from your teachers
Nursery	Mrs Khan, Mrs Muhsen & Mrs Baxter	Nursery have had an exciting start to the new term and have thoroughly enjoyed going on Pirate hunts in literacy, baking in RE and lots of counting in Maths. They even got to see the chicks in Reception today, along with seeing how plants are affected by the different seasons. Their behaviour and enthusiasm has been amazing and we can't wait for another fun filled week with them next week!
Reception	Mrs Shaw, Miss Humphries & Mrs Kalsi	It has been a very exciting week in Reception! The children returned to school on Tuesday to find that we had 10 eggs in our classroom! 7 eggs have hatched so far. The children have really enjoyed watching the chicks hatch in front of their eyes. They can't wait to hold them in the coming days. Next Thursday we look forward to our school trip to Tamworth Castle. Please make sure that all forms are returned to school and money is paid ASAP. Please remember to read every night.
Year 1	Miss Mapother & Mrs Jones	Well done Year 1 on a great week back for the summer term! You have come back to school all ready to learn and you showed this so well in our RE lessons this week learning all about Easter and you threw yourself into swimming and we are so proud! Keep up the great work and remember to bring your swimming kits for next week and to keep doing your homework! Have a great weekend!
Year 2	Miss Elliot & Mrs Barnett	Year 2 have had a fantastic first week back and have settled in brilliantly. They've especially loved starting their swimming lessons and have shown great enthusiasm in the pool!
Year 3	Mr Galligan & Mrs Deocades	It was great to see the children back after what I hope was a lovely break for you and your family. They all look so much more grown up 😊. Please try and get your children to get back into routine with homework, as this will be regularly monitored. Have a good weekend!
Year 4	Mrs Mohan, Mrs Hickman & Miss Plant	We hope you had a lovely Easter break. This week in Maths we have finished our decimals unit and we'll be moving onto a new unit of money . A reminder that we have Forest School again next week. Please also remember to continue practising your times tables with the upcoming Multiplication Tables Test in just a few weeks time (June). Thank you!
Year 5	Mrs Hensman, Mrs Edgington & Mrs Finnegan	Well done Year 5! You have started the final term off well and have been particularly engaged in your English lessons, where your passion for children's rights are shining through. Don't forget to keep reading and make sure you practise your TTRS every night!
Year 6	Mr McNamara, Mr Clewer & Mr Lahert	Well done to everyone in Year 6 for coming back with a fantastic attitude towards their learning. With only a few weeks to go until our SAT, you've shown a real commitment to your learning. It's important to make sure you keep on top of your homework, as every bit of practise will help and the time to read will help you relax!

Important information for the week ahead

Monday 20 th April	Tuesday 21 st April	Wednesday 22 nd April	Thursday 23 rd April	Friday 24 th April
Years 1 and 2 Swimming Lessons all week				
Year 4 Tales Together 3.15 – 3.30pm All parents welcome in the hall	Year 3 Tales Together 3.15 – 3.30pm All parents welcome in the hall	Year 2 Trip to Mount Pleasant Farm	Reception Trip to Tamworth Castle	Celebration Assembly 8.45am in the hall
			Year 5 Stay and Pray 8.45am in the hall Year 2 Tales Together 3.15 – 3.30pm All parents welcome in the hall	Own Clothes Day for Charity Baton Relay charities The Brain Tumour Charity & Ovacom

Stars of the Week



In this first week back, the teachers were challenged to look for children who have made great improvement in their presentation or, who simply produce beautiful work day in, day out. They've looked closely at books and watched as children have been working, and have decided that the following children have shone brightly this week.

Well done to all our presentation stars of the week!

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Mason	Tiwi	Zak	Micah	Nahom	Elizabeth	Nathan	Emilia

Charity Baton Relay

On Friday 24th April, 12 children and 4 members of staff will take part in a Charity Baton Relay with 8 schools in the Lumen Christi MAC. This is an event we participated in last year, so we're very excited to be taking part again.



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At approx. 11.00am, we will welcome children from St Joseph's primary school who will then pass the baton onto our children. The children and staff will then run from our school to St Peter's Primary School in Bartley Green - a distance of just under 2miles. If you are around on Friday, please keep an eye out for the children and staff and give them a friendly beep to help them on their way!

We are very proud to be taking part in this day and will be having an own clothes day to help raise money for two amazing charities, that are very close to our hearts. We would encourage you to send your child in with a donation that you can afford, as any amount will make a huge difference to these worthwhile causes.

Catholic Life at St Rose



Dear Lord,

As we begin this Summer term, we give thanks for a new start.

Help our school to be a place of kindness and respect, where everyone feels safe and valued.

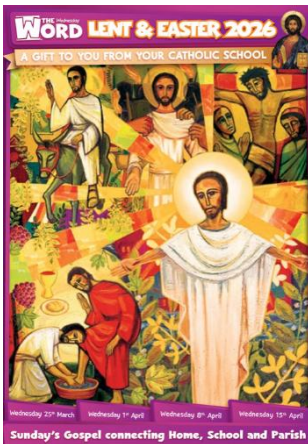
Guide us in our learning, our friendships, and our choices, so we grow together with confidence and care.

May this term be filled with joy, curiosity, and peace.

Amen.

Wednesday Word

The Wednesday Word continues to be the holiday version. A new version will be released next week!



Prayer focus for Summer

This half term, our prayer focus is Pope Francis' Five Finger prayer.

This is a beautiful way for the children to understand about praying for others before themselves.

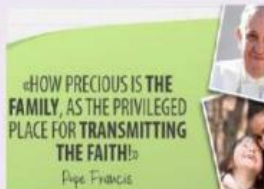


Our Lady & St Rose of Lima Parish Church News

Saturday Meetings for parents and children preparing for the sacraments

Our next meeting is on

17th April
10 am at St Peters



A date for your diary

Sunday
19th July

At St
Peters



Annual
Parish
BBQ



Parish Newsletter

[Click here for the full parish newsletter](#)



Sunday Mass Times

8.45am:
11.30am:

Mass at St Peters
Mass at St Rose

Summer After School Clubs



IMPORTANT INFORMATION REGARDING SPORTS AFTER SCHOOL CLUBS

Unfortunately, our sports after school clubs have been cancelled until further notice. This is not a decision we have taken lightly but, due to staffing issues, we are not able to run them at present.

As soon as this changes, we will advise anyone who had a place immediately. We apologise for any inconvenience this may cause.

Please note:

Year 6 Booster (Mondays), Lighthouse Group (Tuesdays) and Choir (Thursdays) are still running as planned.

Every day matters

For your child to make the progress they deserve, they need to be in school.

As a school, this is something we monitor closely and is a high priority for us each academic year. Whilst odd days off may not seem significant, they do impact your child's learning. **Unless your child is really poorly, please ensure they are in school and ready to learn.** This will give your child the best chance of achieving their full potential.

ATTENDANCE

Why is it so important?



Children are required by law to attend school 190 days per year. The government states that every child's attendance should be at least 95%.

HOW DO YOU MEASURE UP?

Attendance	Days	Weeks	Lessons
	Absent	Absent	Absent
95%	9 days	2 weeks	50 lessons
90%	19 days	4 weeks	100 lessons
85%	29 days	6 weeks	150 lessons
80%	38 days	8 weeks	200 lessons
75%	48 days	10 weeks	250 lessons
70%	57 days	11.5 weeks	290 lessons
65%	67 days	13.5 weeks	340 lessons

Punctuality

Being on time for school is crucial for your child!

If your child is late, this will affect their overall attendance and results in them missing some key tasks that will help them practise skills they have been taught in their lessons.

- Our school day starts at 8.30am.
- The registers are taken at 8.40am.
- Anyone arriving after 8.40am is classed as late.

If your child arrives after this time, they will already have missed some crucial work in the morning.

Please allow sufficient time to get to school so that your child can get the best start to their school day!



Don't be late like the White Rabbit - be on time each day!

Our school day

Gates open at 8.25am
School starts at 8.30am
Registers close at 8.40am

EYFS school day finishes at 3.20pm
All other children finish at 3.30pm
Friday - school finishes at 1.00pm

Important Information



Trips next week!

Year 2 and Reception go on their trips next week. Reminder letters have been sent home. Please remember to speak to the office about payment.



Clean lost property

All the lost property has been washed over the Easter holidays and will now be put into the main playground (weather permitting). If your child needs a jumper or cardigan, please come and help yourself. We would prefer our children to have them, than for them to be on a rail!

Have a wonderful weekend!

Mr Carroll and Mrs Hensman

Tales Together

We would like to invite you to come and join your children for story time at the end of the school day. Each of the classes have been allocated days where parents and carers can come and relax in the hall, before the school ends, with a good story.

Tales Together begins at 3.15pm in the hall. The timetable for the classes are below.

We'd love to see you there!



Year 5 Stay and Pray

The Year 5 stay and pray takes place on Thursday 23rd April at 8.45am.

Please try to spare some time to pray with the children. The hall will be open at 8.40am for you to join them.



Tales Together

Join us for Story Time in the School Hall!

Come and enjoy a story session with your child!

Twice per half-term, each class will share their end-of-day story in the hall, and parents and carers are invited to join us! ✨

EYFS
3:00pm



KS1 & KS2
3:15pm



Sessions will last 15 minutes

Come along, relax and enjoy a story with your child!

Check the timetable below for your class dates:

Tales Together Timetable

Class	Date	Time
Year 6	Tuesday 14 th April & Tuesday 5 th May	3:15 - 3:30pm
Year 5	Thursday 16 th April & Monday 11 th May	3:15 - 3:30pm
Year 4	Monday 20 th April & Tuesday 12 th May	3:15 - 3:30pm
Year 3	Tuesday 21 st April & Monday 18 th May	3:15 - 3:30pm
Year 2	Thursday 23 rd April & Thursday 14 th May	3:15 - 3:30pm
Year 1	Monday 27 th April & Tuesday 19 th May	3:15 - 3:30pm
Reception	Tuesday 28 th April & Thursday 21 st May	3:00 - 3:15pm
Nursery	Thursday 30 th April	3:00 - 3:15pm

We look forward to seeing you there!

Let's share the magic of reading! ✨

Reminders will be sent out via text and bulletin!

Keeping your child safe online

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



Summer Term Key Dates

April

Tuesday 14th April

- Children return to school at 8.30am

Wednesday 22nd April

- Year 2 Trip to Mount Pleasant Farm

Thursday 23rd April

- Reception Trip to Tamworth Castle
- Year 5 Stay and Pray

Thursday 30th April

- Year 4 Stay and Pray

Test Dates

- KS2 SATs: 11th - 14th May
- KS1 SATs: Throughout May
- Year 1 Phonics: w/c 8th June
- Year 4 Multiplication: w/c 1st June

Years 1 & 2 Swimming



Monday 13th - Friday 17th April AND
Monday 20th - Friday 24th April

May

Monday 4th May

- Bank Holiday - SCHOOL CLOSED

Thursday 7th May

- Election Day - SCHOOL CLOSED

Thursday 14th May

- Year 4 Trip to Botanical Gardens
- Year 3 Stay and Pray

Tuesday 19th May

- Year 3 Trip to Warwick Castle

Thursday 21st May

- Year 2 Stay and Pray

Friday 22nd May

- Children break up at 1pm

Summer Fair



Thursday 9th July
ADVANCE NOTICE

School will close at 3pm to allow all the staff to run stalls at the Summer Fair

June

Monday 1st June

- Children return to school at 8.30am

Tuesday 2nd June

- KS2 Sports Day (TBC)

Monday 8th - Wednesday 10th June

- Year 5 & 6 Residential to Alton Castle

Thursday 11th June

- Year 1 Stay and Pray

Thursday 18th June

- Nursery Trip to Ash End Farm
- Reception Stay and Pray

July

Wednesday 1st July

- Transition Day

Thursday 2nd July

- Nursery Stay and Pray

Monday 6th - Friday 10th July

- Healthy Living Week

Wednesday 8th July

- Charity Day

Thursday 9th July

- EYFS Sports Day 9.00 - 10.00am
- KS1 Sports Day 10.30 - 11.30am
- Summer Fair 3.00 - 4.30pm

Wednesday 15th July

- Year 6 Leaver's Mass (TBC)

Thursday 16th July

- Year 6 Leaver's Performance 2.00pm

Friday 17th July

- Children break up at 1pm