



# Newsletter

## Friday 13<sup>th</sup> February 2026

Dear Parents and Carers,

A huge **thank you** to everyone who attended our whole-school learning showcase this afternoon. It was truly lovely to see the classrooms filled with so many supportive faces. The children were incredibly proud to share their work with you, and your presence makes a world of difference in celebrating their hard work and progress.

We are thrilled to announce that **225 children achieved 100% attendance** this term! Certificates and special prizes have been sent home today. Well done!

Thank you to the PTA for hosting an own clothes day today. **We raised £343.**

You may have noticed some excitement brewing down by the car park—**our very own swimming pool is being installed!** We are incredibly excited to offer this opportunity. Starting the first week back after half-term, every child from **Year 3, Year 4 and Year 6** will have a weekly swimming lesson as part of their PE curriculum. These lessons will run from week one until Easter. *Year 5 will continue their lessons at the leisure centre.*

### What your child needs every week:

- **Swimwear**
- **A towel**
- **A swimming hat**

Please note that specific swimming days for each class will be sent out shortly. Please ensure your child has their kit ready for that first week back!

It's time to start thinking about costumes! To celebrate **World Book Day on Thursday 5<sup>th</sup> March**, children are invited to come to school dressed as their favourite book character. The staff are already busy preparing their outfits (yes, there will be prizes!), and we can't wait to see the children's creativity.

- **Top Tip:** Many supermarkets currently have discounts on clothing and costumes, so it's a great time to grab a bargain and plan ahead!

We wish you all a wonderful, relaxing half-term break. We look forward to seeing everyone refreshed and ready to dive into the new term on **Monday 23rd February**.

SUPERSTART	
Year Group	What you need
Nursery	Dress up as favourite character from a Nursery rhyme
Reception	Dress up as favourite book character
1	Dress up as royalty
2	Dress up as Pirates
3	Dress in French fashion
4	Forest school clothes for Anglo Saxon workshop <b>(on Wednesday)</b>
5	Cardboard, Newspaper, plastic bottles
6	Dress up as an evacuee

\*Parent overviews with more detail will be emailed out.

Warm regards,

*Ms. Auja*

Head of School



# Dates for your diary

Monday 23 <sup>rd</sup> February 2026	Tuesday 24 <sup>th</sup> February 2026	Wednesday 25 <sup>th</sup> February 2026	Thursday 26 <sup>th</sup> February 2026	Friday 27 <sup>th</sup> February 2026
Nicole's Dance Club	Swimming will start for years 3 4 & 6 *Days to be confirmed  Lions Swimming  Girls Football Match	Pupil Parliament visit to Houses of Parliament	Boys Football Club	

## Attendance % & Number of Children Lates

### W/E 13th February

Ladybirds	77.9%	0
Butterflies	91.8%	3
Dragonflies	95.1%	4
Owls	93.6%	3
Squirrels	88.5%	4
Koalas	88.6%	5
Kookaburras	90.4%	2

Narwhals	98.0%	2
Penguins	96.7%	2
Dolphins	89.3%	4
Sharks	99.1%	7
Whales	96.3%	2
Giraffes	94.8%	2
Lions	90.9%	2
Zebras	95.0%	1
Eagles	98.5%	3
Falcons	93.7%	2
Hawks	95.7%	1

Challenge– Let's hit the 96% mark for all classes. Those classes who have had the biggest improvement will win a prize!



# Term dates & Lunch Menu

## Illuminateminds Trust - Term Dates 2025/26

September 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
36	1	2	3	4	5	6	7
37	8	9	10	11	12	13	14
38	15	16	17	18	19	20	21
39	22	23	24	25	26	27	28
40	29	30					

October 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
40			1	2	3	4	5
41	6	7	8	9	10	11	12
42	13	14	15	16	17	18	19
43	20	21	22	23	24	25	26
44	27	28	29	30	31		

November 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
44						1	2
45	3	4	5	6	7	8	9
46	10	11	12	13	14	15	16
47	17	18	19	20	21	22	23
48	24	25	26	27	28	29	30

December 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
49	1	2	3	4	5	6	7
50	8	9	10	11	12	13	14
51	15	16	17	18	*19	20	21
52	22	23	24	25	26	27	28
1	29	30	31				

January 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
1				1	2	3	4
2	5	6	7	8	9	10	11
3	12	13	14	15	16	17	18
4	19	20	21	22	23	24	25
5	26	27	28	29	30	31	

February 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
5							1
6	2	3	4	5	6	7	8
7	9	10	11	12	13	14	15
8	16	17	18	19	20	21	22
9	23	24	25	26	27	28	

March 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9							1
10	2	3	4	5	6	7	8
11	9	10	11	12	13	14	15
12	16	17	18	19	20	21	22
13	23	24	25	26	27	28	29
14	30	31					

April 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
14			1	2	3	4	5
15	6	7	8	9	10	11	12
16	13	14	15	16	17	18	19
17	20	21	22	23	24	25	26
18	27	28	29	30			

May 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
18					1	2	3
19	4	5	6	7	8	9	10
20	11	12	13	14	15	16	17
21	18	19	20	21	22	23	24
22	25	26	27	28	29	30	31

June 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
23	1	2	3	4	5	6	7
24	8	9	10	11	12	13	14
25	15	16	17	18	19	20	21
26	22	23	24	25	26	27	28
27	29	30					

July 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
27			1	2	3	4	5
28	6	7	8	9	10	11	12
29	13	14	15	16	*17	18	19
30	20	21	22	23	24	25	26
31	27	28	29	30	31		

August 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
31						1	2
32	3	4	5	6	7	8	9
33	10	11	12	13	14	15	16
34	17	18	19	20	21	22	23
35	24	25	26	27	28	29	30
36	31						

INSET DAYS

HOLIDAYS

\*School finishes at 1pm on 19/12/25 & 17/07/26



NOVEMBER TO MARCH 2026

NOURISH



### WEEK ONE

3 Nov  
24 Nov  
15 Dec  
19 Jan  
9 Feb  
9 March  
30 March

MONDAY
Chicken Pie 1 Pesto & Pea Pasta 1,7 V Jackets with a Choice of Toppings 7,8,9
Crushed Potato Cauliflower, Carrots
Strawberry Mousse 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

TUESDAY
Margherita Pizza 1,3,7 V Bean Biryani VG Jackets with a Choice of Toppings 7,8,9
Rainbow Pasta 1 Seasonal Vegetables
Toffee Apple Pudding 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

WEDNESDAY
Roast Gammon & Gravy Broccoli Tot 1,7 V Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes, Cabbage, Peas
Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

THURSDAY
Beef Bolognese Pasta Bake 1,7 Loaded Bean Chilli Wedges VG Jackets with a Choice of Toppings 7,8,9
Green Beans Grated Carrots
Parsnip Brownie 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

FRIDAY
Pork Sausages 1,6 Vegetable Sausage VG Jackets with a Choice of Toppings 7,8,9
Chips, Sweetcorn, Baked Beans Cucumber Sticks
Oaty Cookie 1,15 VG Yoghurt 3,7 Fruit Pots VG

### WEEK TWO

10 Nov  
1 Dec  
5 Jan  
26 Jan  
23 Feb  
16 March

MONDAY
Caribbean Brown Chicken Tomato Spaghetti 1 VG Jackets with a Choice of Toppings 7,8,9
Rice, Carrots, Peas
Chocolate Ice Cream 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

TUESDAY
Cheese & Broccoli Pasta Bake 1,7 V Buffalo Cauliflower Wings & Wedges VG Jackets with a Choice of Toppings 7,8,9
Seasonal Vegetables
Plum Pudding 1VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

WEDNESDAY
Roast Chicken & Gravy Ratatouille Puff 1,3 VG Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes Broccoli, Carrots
Crispy Cake 1,3,7,16 Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

## Chinese New Year Menu

FRIDAY
Salmon Bites 1,8 Margherita Pizza 1,3,7 V Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Coleslaw 9
Marble Cookie 1 VG Yoghurt 3,7 Fruit Pots VG

### WEEK THREE

17 Nov  
8 Dec  
12 Jan  
2 Feb  
2 March  
23 March

MONDAY
Macaroni Cheese 1,7 V Sweet Potato & Chick Pea Curry VG Jackets with a Choice of Toppings 7,8,9
Rice, Green Beans, Mixed Salad
Peach Crumble 1 VG & Custard 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

TUESDAY
Chicken Noodles 1 BBQ Vegetable Burrito 1 VG Jackets with a Choice of Toppings 7,8,9
Sweetcorn, Peppers
Chocolate Rice Pudding 7 Mr Nourish Biscuit 1 VG Fruit Pots VG

WEDNESDAY
Roast Pork & Gravy Vegan Sausage Roll 1 VG Jackets with a Choice of Toppings 7,8,9
Rustic Roast Potatoes, Green Beans, Carrots
Fruit Jelly VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

THURSDAY
Beef Cottage Pie Herby Tomato Pasta 1 VG Jackets with a Choice of Toppings 7,8,9
Seasonal Vegetables
Beetroot Cake 1 VG Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit Pots VG

FRIDAY
Fish Fingers 1,8 Cheese, Carrot & Tomato Swirl 1,7 V Jackets with a Choice of Toppings 7,8,9
Chips, Peas, Baked Beans, Grated Carrot
Caramel Flapjack 1,7,15 V Yoghurt 3,7, Fruit Pots VG

Primary 3

1 Wheat 2 Gluten 3 Crustaceans 4 Soybean 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat 16 Gluten 16 Barley 17 Gluten VG Vegan V Vegetarian

AVAILABLE DAILY

Selection of Salads 9, Homemade Bread 1,3. Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.



# Information

## 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 all meet, an unmet sensory need or something else entirely. Once you identify some triggers, you can help to avoid or minimise 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

A overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they are experiencing sensory overload (a noisy classroom, for example). Positive resources such as weighted blankets and fidget spinners, for example, which would for one child might not work for another – so it's important to offer a choice of resource 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 choose to music when they're feeling stressed, for example, or they could write about their emotions 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. When you're obviously upset to avoid showing anything too personal with children, they should still see an experienced and honest way of dealing with 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

Deborah Oulton is an SENCO, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resource Blog, where she provides advice, information and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday  
The National College

Attached is #WakeUpWednesday practical guide which offers a collection of useful tips for helping children learn to manage their emotions

## Sign of the Week



Brave



Flat hand moves slightly forward to GOOD hand

Breakfast Club and Afterschool Club bookings  
These clubs **must** be prebooked 24 hours **in advance** via the Arbor parent app.  
**We cannot accept on the day bookings via phone or email**

## NOURISH CHINESE NEW YEAR

Sweet and Sour Chicken  
Chinese Steamed Bean & Vegetable Dumpling 1,3,16 VG

Lo mein Noodles 1,3 or Rice  
Oriental Stir Fried Vegetables

Chinese Butter Cookie 1 VG  
Melo Melo  
Fruit Pots

26th FEBRUARY

If you would like to speak to a member of the leadership team please contact:  
[fairfordadmin@illuminateminde.org](mailto:fairfordadmin@illuminateminde.org)

