

# Fairford Academy Barnehurst Newsletter

## DATES

### COMING UP :

- **Half Term Week** Mon 25<sup>th</sup> – Fri 29<sup>th</sup> May
- Mon 1<sup>st</sup> June to Wed 3<sup>rd</sup> June – Y6 Residential Trip to PGL
- Thurs 11<sup>th</sup> June – PTA Meeting *26/27 Planning*
- Wed 17<sup>th</sup> June – Rock Steady Concert
- Thurs 18<sup>th</sup> June – New Reception intake – Stay & Play session with Parents
- Thurs 25<sup>th</sup> June – Paralympic Games Festival
- Fri 26<sup>th</sup> June – Sports Day – EYFS (AM) & KS1 (PM)
- Mon 29<sup>th</sup> June – Sports Day – KS2 (YR3&YR4 AM / YR5&YR6 PM)
- Thurs 2nd July – PTA Inflatables Event 3-5:30
- Fri 10<sup>th</sup> July – YR6 Leavers Disco 4-5:30
- Thurs 16<sup>th</sup> July – YR6 Leavers Assembly 1:15pm & 2:30pm
- Fri 17<sup>th</sup> July – Own Clothes Day
- Fri 17<sup>th</sup> July – School closes at 1pm



Dear Parents and Carers,

Thank you to everyone who attended this afternoon's Learning Showcase. It was wonderful to see so many of you joining us to celebrate your children's hard work, achievements and successes this term. We have also raised £197 for own clothes day today, well done everyone.

Today, we met with Bexley Women's Aid and were delighted to present a donation of £338 from the PTA, along with all of the tins collected during Wednesday's National Numeracy Day event. A huge thank you goes to the PTA, Mrs Laver, Mrs Mahoney and Mr Lilley for organising and supporting this wonderful effort. We greatly appreciate the generosity and kindness shown by our school community.

This week marked our final swimming session of the term on site at Fairford. Next term, PE lessons with staff will resume and we will also begin preparing for Sports Day, which is always an exciting time for the children.

Yesterday, Year 5 took part in a fantastic Tudor workshop, where they had the opportunity to handle artefacts and take part in drama activities. It was a memorable and engaging experience that really brought their learning to life.

As soon as we return after half term, Year 6 will be heading off to PGL, which is sure to be an exciting adventure and a wonderful opportunity for new experiences and memories.

Class teachers will be sending out parent overviews and details of super starts on the first day back.

As we head into the half-term break, we hope you all enjoy the beautiful weather and have the chance to relax and spend time together.

Finally, we would like to wish Miss Maldon all the best as she begins maternity leave.

Warm regards,  
Ms Aujla



| Class       | Attendance | Lates |
|-------------|------------|-------|
| Ladybirds   | 92.3%      | 4     |
| Dragonflies | 96.2%      | 8     |
| Butterflies | 90.5%      | 4     |
| Owls        | 95.4%      | 4     |
| Squirrels   | 86.5%      | 9     |
| Kookaburras | 93.3%      | 4     |
| Koalas      | 89.7%      | 3     |



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



| Class    | Attendance | Lates |
|----------|------------|-------|
| Penguins | 91.4%      | 0     |
| Narwhals | 96.7%      | 6     |
| Sharks   | 93.8%      | 6     |
| Dolphins | 94.6%      | 2     |
| Whales   | 96.0%      | 2     |
| Giraffes | 93.9%      | 2     |
| Lions    | 94.3%      | 3     |
| Zebras   | 93.5%      | 3     |
| Hawks    | 98.6%      | 1     |
| Falcons  | 96.8%      | 3     |
| Eagles   | 88.9%      | 3     |



## Weekly Calendar

| Mon 1st<br>June 2026 | Tues 2nd<br>June 2026 | Wed 3rd<br>June 2026 | Thurs 4th<br>June 2026            | Fri 5th<br>June 2026 |
|----------------------|-----------------------|----------------------|-----------------------------------|----------------------|
| YR6 PGL Trip         | YR6 PGL Trip          | YR6 PGL Trip         |                                   |                      |
|                      | Giraffe's<br>Swimming |                      |                                   |                      |
| Dance Club           |                       | Drama Club           | <b>Girls</b><br>Football Training |                      |

# Celebration Corner



## Well Done to Katie YR6

This week, Katie gave a fantastic performance in a theatre production of Lord of the Flies. She showed great confidence and commitment on stage, bringing her character to life with energy and enthusiasm. It was wonderful to hear about all the hard work she put in, her talent really shone through in such a powerful and challenging production. We are incredibly proud of everything Katie has achieved.

**Bexley Women's Aid**  
Safe homes. Secure relationships.



## Numeracy Day

100's of tin's  
Donated

## FAB PTA'S Challenge 26

A massive shout out to the 14 students that took part in the Challenge 26. As we did not have many participants the PTA have decided to donate all of the money to Bexley Womens Aid. Thank you to everyone who took part and contributed to such a worthwhile cause.

£338

## Illuminateminds Trust - Term Dates 2025/26

| September 2025 |    |    |    |    |    |    |    | October 2025 |    |    |    |    |    |    |    | November 2025 |    |    |    |    |    |    |    | December 2025 |    |    |    |    |     |    |    |   |
|----------------|----|----|----|----|----|----|----|--------------|----|----|----|----|----|----|----|---------------|----|----|----|----|----|----|----|---------------|----|----|----|----|-----|----|----|---|
| Wk             | Mo | Tu | We | Th | Fr | Sa | Su | Wk           | Mo | Tu | We | Th | Fr | Sa | Su | Wk            | Mo | Tu | We | Th | Fr | Sa | Su | Wk            | Mo | Tu | We | Th | Fr  | Sa | Su |   |
| 36             |    | 1  | 2  | 3  | 4  | 5  | 6  | 7            | 40 |    |    | 1  | 2  | 3  | 4  | 5             | 44 |    |    |    |    |    | 1  | 2             | 49 | 1  | 2  | 3  | 4   | 5  | 6  | 7 |
| 37             | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 41           | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 45            | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 50            | 8  | 9  | 10 | 11 | 12  | 13 | 14 |   |
| 38             | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 42           | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 46            | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 51            | 15 | 16 | 17 | 18 | *19 | 20 | 21 |   |
| 39             | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 43           | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 47            | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 52            | 22 | 23 | 24 | 25 | 26  | 27 | 28 |   |
| 40             | 29 | 30 |    |    |    |    |    | 44           | 27 | 28 | 29 | 30 | 31 |    |    | 48            | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 1             | 29 | 30 | 31 |    |     |    |    |   |
|                |    |    |    |    |    |    |    |              |    |    |    |    |    |    |    |               |    |    |    |    |    |    |    |               |    |    |    |    |     |    |    |   |

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

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

INSET DAYS

HOLIDAYS

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



↓ **NEXT YEAR'S TERM DATES BELOW** ↓

## Illuminateminds Trust – Term Dates 2026/27

| September 2026 |    |    |    |    |    |    |    | October 2026 |    |    |    |    |    |    |    | November 2026 |    |    |    |    |    |    |    | December 2026 |    |    |    |     |    |    |    |
|----------------|----|----|----|----|----|----|----|--------------|----|----|----|----|----|----|----|---------------|----|----|----|----|----|----|----|---------------|----|----|----|-----|----|----|----|
| Wk             | Mo | Tu | We | Th | Fr | Sa | Su | Wk           | Mo | Tu | We | Th | Fr | Sa | Su | Wk            | Mo | Tu | We | Th | Fr | Sa | Su | Wk            | Mo | Tu | We | Th  | Fr | Sa | Su |
| 36             |    | 1  | 2  | 3  | 4  | 5  | 6  | 40           |    |    |    | 1  | 2  | 3  | 4  | 44            |    |    |    |    |    |    | 1  | 49            |    | 1  | 2  | 3   | 4  | 5  | 6  |
| 37             | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 41           | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 45            | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 50            | 7  | 8  | 9  | 10  | 11 | 12 | 13 |
| 38             | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 42           | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 46            | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 51            | 14 | 15 | 16 | *17 | 18 | 19 | 20 |
| 39             | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 43           | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 47            | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 52            | 21 | 22 | 23 | 24  | 25 | 26 | 27 |
| 40             | 28 | 29 | 30 |    |    |    |    | 44           | 26 | 27 | 28 | 29 | 30 | 31 |    | 48            | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 53            | 28 | 29 | 30 | 31  |    |    |    |
|                |    |    |    |    |    |    |    |              |    |    |    |    |    |    |    | 49            | 30 |    |    |    |    |    |    |               |    |    |    |     |    |    |    |

| January 2027 |    |    |    |    |    |    |    | February 2027 |    |    |    |    |    |    |    | March 2027 |    |    |    |    |    |    |    | April 2027 |    |    |    |    |    |    |    |
|--------------|----|----|----|----|----|----|----|---------------|----|----|----|----|----|----|----|------------|----|----|----|----|----|----|----|------------|----|----|----|----|----|----|----|
| Wk           | Mo | Tu | We | Th | Fr | Sa | Su | Wk            | Mo | Tu | We | Th | Fr | Sa | Su | Wk         | Mo | Tu | We | Th | Fr | Sa | Su | Wk         | Mo | Tu | We | Th | Fr | Sa | Su |
| 53           |    |    |    |    | 1  | 2  | 3  | 5             | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 9          | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 13         |    |    |    | 1  | 2  | 3  | 4  |
| 1            | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 6             | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 10         | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 14         | 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 2            | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 7             | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 11         | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 15         | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 3            | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 8             | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 12         | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 16         | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 4            | 25 | 26 | 27 | 28 | 29 | 30 | 31 |               |    |    |    |    |    |    |    | 13         | 29 | 30 | 31 |    |    |    |    | 17         | 26 | 27 | 28 | 29 | 30 |    |    |
|              |    |    |    |    |    |    |    |               |    |    |    |    |    |    |    |            |    |    |    |    |    |    |    |            |    |    |    |    |    |    |    |

| May 2027 |    |    |    |    |    |    |    | June 2027 |    |    |    |    |    |    |    | July 2027 |    |     |    |    |    |    |    | August 2027 |    |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|----|-----------|----|----|----|----|----|----|----|-----------|----|-----|----|----|----|----|----|-------------|----|----|----|----|----|----|----|
| Wk       | Mo | Tu | We | Th | Fr | Sa | Su | Wk        | Mo | Tu | We | Th | Fr | Sa | Su | Wk        | Mo | Tu  | We | Th | Fr | Sa | Su | Wk          | Mo | Tu | We | Th | Fr | Sa | Su |
| 17       |    |    |    |    |    | 1  | 2  | 22        |    | 1  | 2  | 3  | 4  | 5  | 6  | 26        |    |     |    | 1  | 2  | 3  | 4  | 30          |    |    |    |    |    |    | 1  |
| 18       | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 23        | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 27        | 5  | 6   | 7  | 8  | 9  | 10 | 11 | 31          | 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 19       | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 24        | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 28        | 12 | 13  | 14 | 15 | 16 | 17 | 18 | 32          | 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 20       | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 25        | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 29        | 19 | *20 | 21 | 22 | 23 | 24 | 25 | 33          | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 21       | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 26        | 28 | 29 | 30 |    |    |    |    | 30        | 26 | 27  | 28 | 29 | 30 | 31 |    | 34          | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 22       | 31 |    |    |    |    |    |    |           |    |    |    |    |    |    |    |           |    |     |    |    |    |    |    | 35          | 30 | 31 |    |    |    |    |    |

INSET DAYS

HOLIDAYS

\*School finishes at 1.00pm on 17/12/26 & 20/07/27





## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK ONE

13 April  
4 May  
1 June  
22 June  
13 July  
31 August  
21 September  
12 October

Beef Bolognese Pasta 1  
Cheese & Pesto Swirl 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Baked Wedges  
Seasonal Vegetables

Ice Cream 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Macaroni Cheese 1,7 V  
Chick Pea & Spinach Biryani VG  
Jackets with a Choice of Toppings 7,8,9

Carrots  
Mixed Peppers

Toffee Tart 1,7 & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Roast Gammon & Gravy  
Meatfree Meatballs & Gravy 6 VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes  
Cabbage  
Swede

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Chicken Korma  
Herby Tomato Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rice  
Green Beans  
Carrots

Chocolate Orange Cake 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8  
Wrap Stack 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Chips  
Sweetcorn & Peas  
Coleslaw 9

Lemon Drizzle Biscuit 1,6 VG  
Yoghurt 3,7  
Fruit Pots VG

### WEEK TWO

20 April  
11 May  
8 June  
29 June  
20 July  
7 September  
28 September  
19 October

Cheesy Cauliflower Pasta 1,7 V  
Vegetable Burger in a Bun 1,5,6 VG  
Jackets with a Choice of Toppings 7,8,9

Baked Wedges,  
Carrots,  
Peas

Honey Cake 1 & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Minced Beef Curry  
Pesto & Pea Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rice  
Seasonal Vegetables

Summer Trifle 1,7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Roast Chicken & Gravy  
Samosa Puff 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes  
Broccoli  
Carrots

Cornflake Cookie 1,7,16  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Chicken Fajita 1  
Tomato Spaghetti 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rice  
Tomato Salsa  
Green Beans

Carrot & Orange Cake 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Salmon Fish Cake 1,8  
Margherita Pizza 1,3,7 V  
Jackets with a Choice of Toppings 7,8,9

Chips,  
Peas,  
Grated Carrot

Oaty Biscuit 1,15 VG  
Yoghurt 3,7  
Fruit Pots VG

### WEEK THREE

27 April  
18 May  
15 June  
6 July  
14 September  
5 October

Mild Chilli Beef  
Tomato & Herb Penne Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rice  
Peas  
Mixed Peppers

Jam Roly Poly 1,6 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Chicken Pie 1  
Vegetable Stir Fried Noodles 1 VG  
Jackets with a Choice of Toppings 7,8,9

Crushed Potatoes  
Seasonal Vegetables

Ice Cream 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

**BRUNCH**  
Pork Sausage & Bacon 1,3,6  
Or Vegetable Sausage 1 VG  
Jackets with a Choice of Toppings 7,8,9

Brunch Hash Potatoes  
Baked Beans  
Mushrooms & Tomatoes

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Margherita Pizza 1,3,7 V  
Loaded Cajun Bean Wedges VG  
Jackets with a Choice of Toppings 7,8,9

Rainbow Rice  
Sweetcorn  
Coleslaw 9

Sultana Cake 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8  
Cheese & Bean Parcel 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Chips,  
Peas, Baked Beans  
Cucumber Sticks

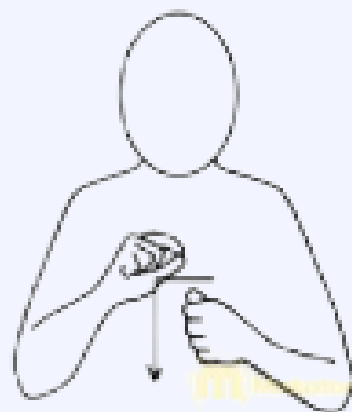
Caramel Cookie 1,7 V  
Yoghurt 3,7,  
Fruit Pots VG

1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 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 Gluten 16 Barley Gluten VG Vegan V Vegetarian

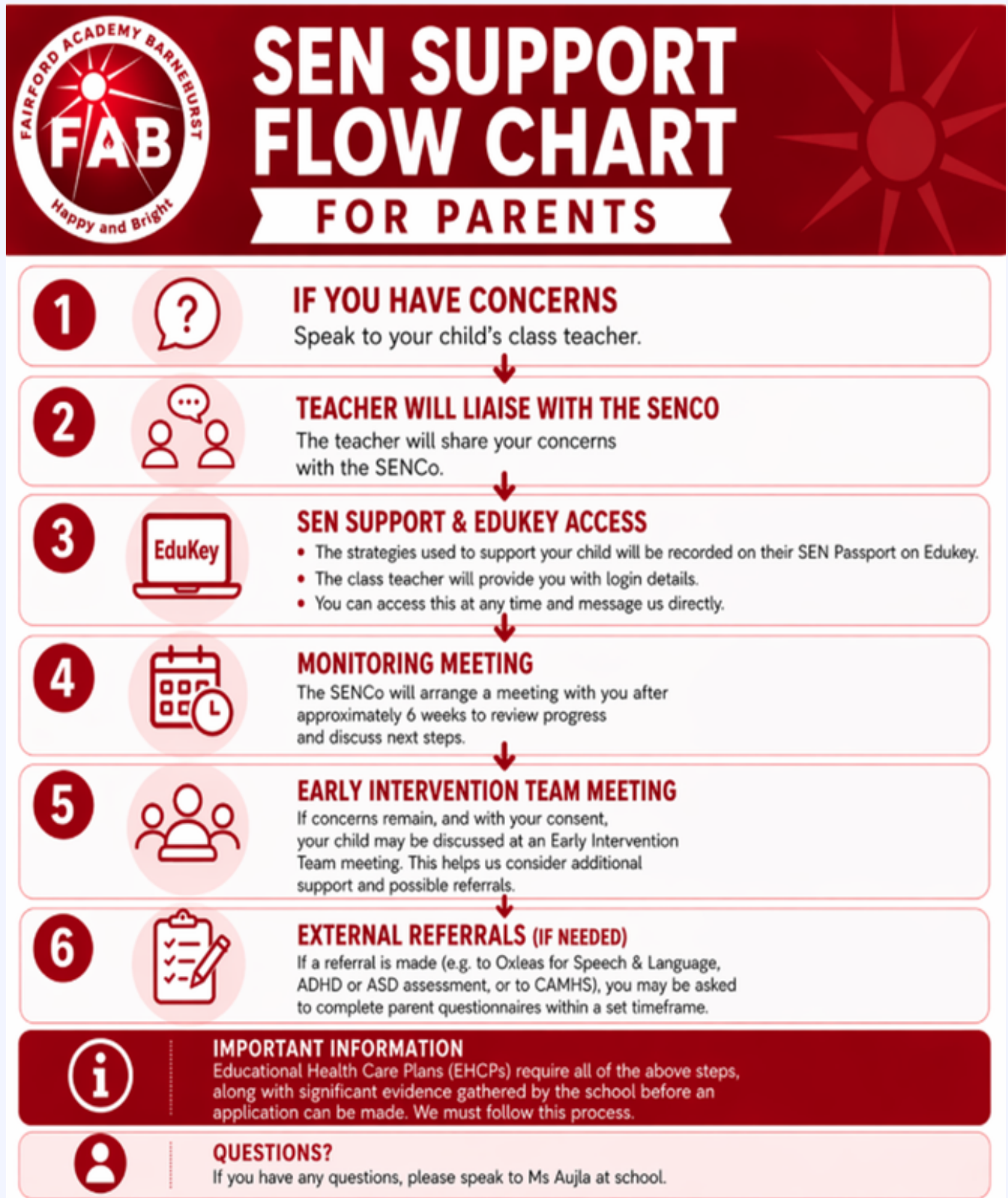
Selection of Salade 9. Homemade Bread 1,3. Some of our schools may use pre prepared potatoes or vegetables

# Sign of the Week

## Maths



# SEN Flow Chart



# Information

See this weeks Wake up Wednesday's guide offering a collection of useful tips for helping children learn to manage their emotions.

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. Successful self-regulation, however, depends heavily on age and development, with very young and children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, making 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 is vital that children feel safe and know that there is someone they can turn to for help if they need it. It is vital that parents, carers, teachers, and other adults who are involved in the child's life, all agree to support the child's self-regulation.
- 2. MEET CHILDREN HALFWAY**  
When you are in a situation where you are not sure how to respond to a child's behaviour, try to meet them halfway. This means that you are not trying to control the child's behaviour, but rather, you are trying to understand it and respond to it in a way that is helpful to them.
- 3. FACTOR IN THEIR BASIC NEEDS**  
Remember that for a child to be able to self-regulate, they need to have their basic needs met. This includes things like food, drink, sleep, and a safe and secure environment.
- 4. REMAIN PATIENT**  
It is vital to remember that self-regulation is a skill that takes time to develop. Children may not be able to self-regulate immediately, and it is important to be patient and supportive as they learn.
- 5. BE A DYSREGULATION DETECTIVE**  
When a child is dysregulated, it is important to try to understand what is causing it. This could be something as simple as being hungry or tired, or it could be something more complex, like a learning difficulty or a mental health issue.
- 6. USE SUITABLE LITERATURE**  
There are some wonderful books that can help children to understand and manage their emotions. These include books like 'The Colour Monster' and 'The Colour of My Emotions'.
- 7. TRY SENSORY RESOURCES**  
Sensory resources can be a great way to help children to self-regulate. These include things like weighted blankets, fidget toys, and sensory bins.
- 8. NURTURE INDEPENDENCE**  
It is important to encourage children to be independent and to try to solve problems on their own. This can help them to develop their self-regulation skills.
- 9. MODEL GENUINE FEELINGS**  
Children learn by example, so it is important to model genuine feelings and to show them how to manage those feelings. This can be done by talking about your own feelings and how you are trying to manage them.
- 10. FORMULATE A PLAN**  
It is important to have a plan in place for what to do if a child is dysregulated. This plan should be developed with the child and should be something that they can understand and follow.

Meet Our Expert: Dr. Sarah Smith, Educational Psychologist, The National College.

#WakeUpWednesday The National College

Twitter: @nationalcollege Facebook: /NationalCollege Instagram: @nationalcollege YouTube: /NationalCollege

## Is your child registered for SCHOOL MILK?

Child UNDER 5

Child OVER 5



Every child under the age of five is entitled to free school milk. Simply register your child online.

Every child over the age of five is entitled to milk at a subsidised cost of around £20 per term. Register your child and pay online.

Children in receipt of benefits-based free school meals are eligible for free school milk. Speak to the school for further information.

Free milk for under 5s is funded by the Department of Health and milk for over 5s is subsidised by DEFRA.

## REGISTER YOUR CHILD TODAY

Register online  
[www.coolmilk.com](http://www.coolmilk.com)



Need help?  
Send us a message  
at [www.coolmilk.com/contact](http://www.coolmilk.com/contact)  
or give us a call on 0800 321 3248



[www.bexley.gov.uk](http://www.bexley.gov.uk)

### Emotional Based School Avoidance (EBSA) Parent / Carer Support Group



Date and Time: 25<sup>th</sup> June 2026, 12 - 1.30 PM

Location: Bexleyheath Central Library – Dickens Room (DA6 7HL)

Bexley Educational Psychologists are providing parents / carers the space to share their experiences, hear from others and gain support as part of a network for those supporting children and young people who are experiencing anxiety-related difficulties around attending school (including Emotional Based School Avoidance)

If you are interested in attending the group meeting, please sign up by emailing:

[parentebasupport@bexley.gov.uk](mailto:parentebasupport@bexley.gov.uk)

# Information

When dropping off and collecting your children from school, please be mindful of our neighbours. We have received concerns from local residents asking that driveways are not blocked or used for parking at any time. In addition, please do not park in restricted areas, including the zig-zag lines outside the school, permit holder spaces, or in car parks within the surrounding closes.

Your cooperation in respecting local residents, road safety regulations, and access for all is greatly appreciated.

Thank you in advance for your support



**If you would like to speak to a member of the school leadership team please email:**

Fairfordadmin@illuminate minds.org

**HAPPY AND BRIGHT**