

Monday 9th December 2024

Our half term Core Value is **Community**



Last week, the school had a visit from Rev Nick who led an assembly telling us all about the tradition of Christingle. It is a service carried out by Christians during Advent where the congregation present a Christingle.

Each Christingle is made of an orange to represent the world, 4 cocktail sticks to represent each season and sweets on each stick that represent the fruits of the earth. Each orange has a red ribbon wrapped around it to signify the blood of Jesus and God's never-ending love for us. A candle is placed in the top to represent Jesus, the light.

The whole school each made a Christingle. Acorn class had help from years 3 and 4.

On Friday, a huge thank you to the PFA for the Christmas Fair and what a treat to have a visit from Father Christmas!

Have a good week! Mr Caswell



Upcoming Dates

Every Wednesday - Toddler Group at West Chinnock
2.00pm-3.00pm (last one before Christmas)

Monday 16th December - Deadline for Snow Globe Comp

Tuesday 17th December - Christmas Church Service and Nativity(6.00pm-7.00pm)

Friday 20th December - Awards Assembly (9.00am)

Friday 20th December - PFA Children/Staff Lunch

Friday 20th December - 2.00pm Finish

Wraparound Care

Early Bird Club every day from 8.25am

Afterschool clubs until 4.15pm

Monday: Netball (Years R-6)

Tuesday: Dance (Years R-2)

Multi-Sports (Years 2-6)

Thursday: Board games & activities (Years R-6)

www.nortonandwestchinnockschoools.co.uk

enquiries@nshwc.bwmat.org

01935 350232



This week, with Christmas fast approaching, I thought we would re-visit how we can support our children's emotions and behaviours. The children will have been learning and discussing how to regulate emotions through PSHE lessons. For anyone at this time of year, it is normal to be experiencing a wealth of emotions. It is good to remember to take time to stop and talk, 'to check in'.

Emotions and Behaviour:

How to help children to express how they are feeling

'Behaviour is a child's way of communicating that something is wrong, but they don't always know how to express it.'

Parent & Teaching Assistant

Behaviour came up as the most important issue that parents wanted support with particularly around bedtimes, mealtimes and changes in routine. If a child is showing difficult behaviour it's usually because they are experiencing strong emotions or feelings about something. Feelings are normal it's what we do with them that matters!



When children get upset about something, the way they behave can quickly escalate depending on how the adults around them respond. So this can be an ideal opportunity for parents to help them think about what they are feeling. By giving children the chance to talk about emotions such as anger, fear and anxiety means they are less likely to project them through challenging behaviour. If children are regularly given the chance to explore emotions they are more likely to learn how to calm themselves in the future.

There are fun ways to explore emotions like:

- Making or drawing faces with different emotions and naming them
- Watching and talking about films that explore emotions like Disney's [Inside Out](#)
- When your child gets upset try to help them name what they are feeling. If they struggle with this, you could name it for them; 'I think you are feeling angry about...!' Try this with smaller emotions first.
- Try using these Emotion Coaching steps to help you work through an emotional moment with your child. (see bulletin 15/11/24)

enquires@nshwc.bwmat.org

Ellie Jaggard, SENDCo and SMHL (Senior Mental Health Lead)