

**Monday 18th November 2024**



**This week:**

- Odd socks day
- Súper Chefs
- Open evening
- FONS Film Night
- An update from Willow Class & Netball success
- Wellbeing and SEND support

Our half term Core Value is  
**Community**

Today we mark Odd Socks Day to symbolise that we are all different and that all children should be themselves, accepting of one another and celebrate difference.

Last week, we enjoyed the 'Súper Chefs' performance and learning together day. Children were immersed in Spanish, song and cooking in a production which also explored gender stereotypes in the kitchen (photos on the next page).

This week, we are holding an Open Evening for Prospective Parents on Tuesday (please see attached poster and spread the word). On Friday, it's the FONS film night.

This term Willow Class have been enjoying learning about some important events. We looked at Diwali, the festival of light, and YR created their own colourful rangoli patterns. To mark Remembrance Day we worked together to print some beautiful Poppy pictures. Inspired by the fantastic production of Súper Chef we created fruit and vegetable self portraits and Year 1 wrote their own set of simple instructions on how to make Guacamole! On Children in Need day we learned how to draw Pudsey bear and teamed up to play a Pudsey phonics game.

Finally, congratulations to our netballers who finished in 2nd place in last week's tournament!



Have a good week! Mr Caswell

**Upcoming Dates**

**Every Wednesday** - Toddler Group at West Chinnock  
2.00pm-3.00pm

**Monday 18th November** - Year 5 and 6 Football  
(Bucklers Mead)

**Monday 18th November** - wear odd socks to school for  
Odd Socks Day

**Tuesday 19th November** - Open Evening (6.00pm-  
6.30pm)

**Friday 22nd November**-FONS Film night

**Monday 25th November**– Snow globe/Xmas in a jar  
Competition launch

**Wednesday 27th November**– Coffee and Catch up at  
Chiselborough Village Hall, 9.00am-10.00am

**Friday 29th November**– Snow globe/ Xmas in a jar Com-  
petition launch

**Wraparound Care**

Every day from 7.45am with breakfast  
option until 8.30am.

*5.00pm pickup available Mon - Wed*

**Afterschool clubs until 4.05pm**

**Monday:** Archery or gardening

**Tuesday:** Tri Golf

**Wednesday:** Gymnastics

**Thursday:**

Choir (Years 1-6)

Board games and activities (Years R-2)

[www.nortonandwestchinnockschoools.co.uk](http://www.nortonandwestchinnockschoools.co.uk)  
[enquiries@nshwc.bwmat.org](mailto:enquiries@nshwc.bwmat.org) / 01935 350232







## Well-Being and SEND parent support



This week I am signposting from the 'Somerset WellBeing Framework'. As you know, we introduced our new relational behaviour policy this term and the 'zones of regulation'. 'Emotion Coaching' is at the heart of the new whole school approach so here is some parent/carer information which will give you a greater understanding of how and why we have adopted this approach at school and how you can support at home.

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

### **What is emotion coaching?**

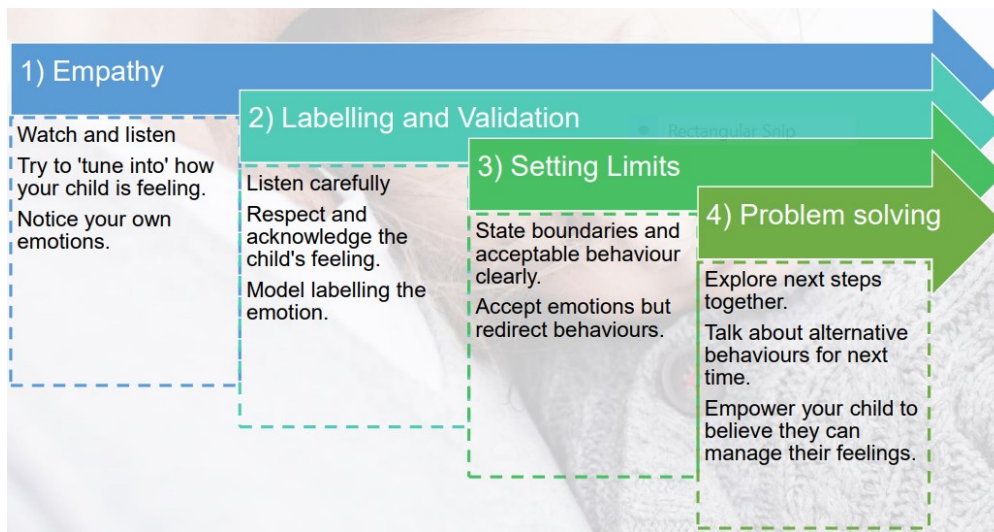
Emotion coaching is a helpful way for parents and carers to support their child's emotional well-being. It involves paying attention to signs of a range of emotions, like when your child has a behavioural outburst or shows it through their body language. Instead of ignoring or downplaying these emotions, emotion coaching encourages you to understand and acknowledge them. By doing this, you can help your child navigate their emotions in a positive way, rather than just focusing on consequences for their behaviour.

### **What are the benefits of emotion coaching?**

- Supports parent/carer-child relationships by promoting open communication and understanding.
- Helps children develop emotional intelligence and awareness.
- Teaches children how to identify and manage their emotions in a healthy way.
- Encourages empathy and compassion in both parents/carers and children.
- Provides a supportive and nurturing environment for emotional expression.
- Fosters resilience and coping skills in children.
- Promotes positive behaviour.
- Strengthens problem-solving skills and decision-making abilities.
- Supports overall emotional well-being and mental health for both parents and children.



### What are the key stages of the emotion coaching approach?



### Example questions and scripts



There's no single way to have an emotion coaching conversation; it will be specific to your child's needs in the moment. However, some of the scripts and reflection points in this table might give you some ideas and prompts for each stage of the process.



<p><b>Stage 1: Empathy</b></p> <ul style="list-style-type: none"> <li>- Have you noticed any changes in your child's behaviour, communication, body language etc. What might these be telling you?</li> <li>- What am I feeling? How is that shown in my face/body language/voice?</li> <li>- How can I show my child that I have noticed them and their feelings?</li> </ul>	<p><b>Stage 2: Labelling and Validation</b></p> <p>I noticed that you've moved under the table. I'm wondering if the noise of the other people was too loud for you and you felt a bit overwhelmed?</p> <p>I can see that you felt sad when you didn't get to press the button. I sometimes feel sad when I can't do the things I want to. That's a normal way to feel.</p> <p>I can see that you're frowning and kicking the sofa. I'm thinking that it made you angry when you had to put the iPad away. Have I got that right?</p>
<p><b>Stage 3: Setting Limits</b></p> <p>I can't let you climb on the bookshelf. I need to keep you safe.</p> <p>You can either sit on the chair here or go for a run around outside. Which one would you like to do?</p> <p>This isn't a safe place to be lying on the floor. Let's go inside where it is safer and we can have a talk.</p> <p>It's ok to feel angry but it's not ok to hit people.</p>	<p><b>Stage 4: Problem Solving</b></p> <p>What could we do next time you are feeling angry?</p> <p>What do you think you will do next time you are feeling like this?</p> <p>How can I help you when you are feeling frustrated?</p> <p>It seemed like it helped you to have some space when you were feeling overwhelmed. Maybe next time you feel like this you could tell me you need to go outside.</p>

#### Emotion Coaching Questions and Scripts