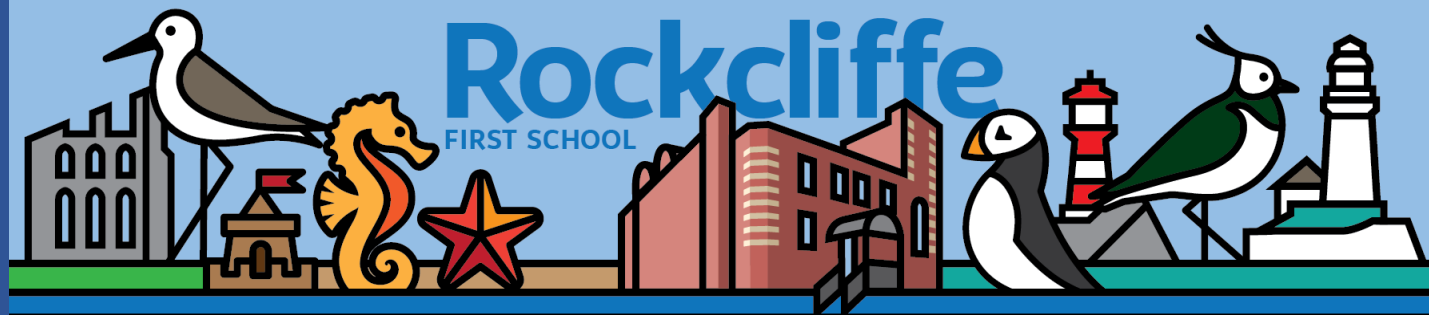




Newsletter 6 – Autumn 2026

Dear Rockcliffe Families,

It has been feeling very autumnal on the coast this week but we've still had lots of opportunities to be outside to enhance our learning.

Beach School is Back!

Following Starfish's beach session last week, this week Sandpipers were exploring Cullercoats bay. They had a host of activities including launching rockets to complement their Space learning. They also put their scientific observational skills to good use with a Scavenger hunt. We were also really impressed with their poetry following our work last week.



Black History Month



Next week we will be taking part in Black History Month workshops through the week. Reception to Year 4 will be working with the Big Foot Theatre company to raise the understanding of the importance of this to our children.



On Friday, we will be supporting the Show Racism the Red Card initiative by inviting all children to wear red to school on Friday if they would like to.

Lunchtime Experience



This year we are continuing our work on improving our outside space and yard. Linked to this we are looking at what activities and equipment we have available at lunchtimes to enhance children's play. We have already introduced Sam and Scott leading active sporting activities in the cage. And we now have our brilliant new play structure which the children are enjoying. Over the rest of the year we will be asking for donations of certain objects and items from home that we can use or repurpose. Our first request is for good quality dressing up clothes / outfits. Ideally, we'd like these to be for children from Year 1 to Year 4. Please send them into school and we will start collating our wardrobe.

Headteacher: Tom Jones

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Nursery Discovery

There has been a lot of excitement and wonder in Nursery this week as the children have been harvesting the beans from the plants at the main school entrance. Inside the pods were an amazing selection of purple and pink beans! Ask the children about what they know about them! Reception may have even found some too...



School Photos



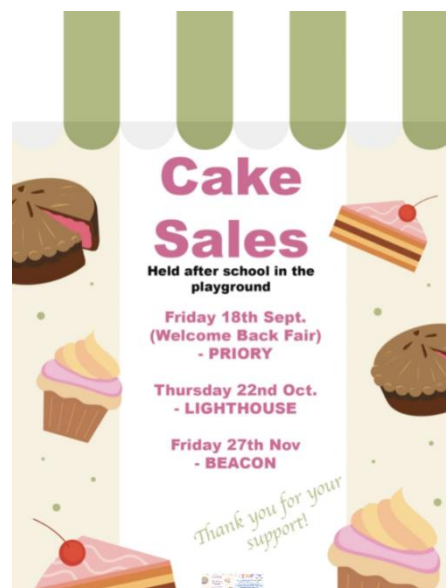
On Monday (12th October), it is school photo day. For families who would like siblings not at Rockcliffe in a picture, you are welcome to come to have these taken before school from 8.20am. Please come to the Key Stage 2 door (up the ramp by the bike racks) and a member of staff will meet you. Please can you stay with your children until the start of the school day. Reception would usually have PE that day, if you would like your child to be in normal uniform, please send them to school in that. Nursery group B will have their photos on Wednesday 14th October.

Parent Consultations

Next Wednesday is our first parent consultation evening of the year. We will send out information next week but please come to the Main entrance and appointments will be in classrooms. Books will be available beforehand for you to look at so please arrive a few minutes before your appointment time.

I look forward to seeing you then,

Tom Jones





Dates for Your Diary

October	
Mon 12 th	Tempest Photography - Individual & Family Photos
Wed 14 th	Lapwings Beach School AM Parent Consultations 1
Fri 16 th	Wear Red for Show Racism the Red Card
Tue 20 th	Parent Consultations 2
Wed 21 st	Puffins Beach School AM (Rescheduled from Monday 19 th)
Thu 22 nd	Lighthouse Cake Sale after school End of Term
November	
Mon 2 nd	Start of Term Nursery Beach School
Tue 10 th	Lighthouse Beach School AM
Wed 11 th	Beacon Beach School AM
Mon 16 th	Priory Beach School PM
Fri 13 th	Children In Need Day Flu Immunisations for Rec to Y4
Fri 20 th	Nursery Beach School
Fri 27 th	Beacon Cake Sale after school
December	
Mon 7 th	9.30am KS1 Christmas Performance for Y1 Parents
Tue 8 th	9.30am KS1 Christmas Performance for Y2 Parents
Wed 9 th	9.30am KS2 Christmas Performance for Y3 Parents
Thu 10 th	9.30am KS2 Christmas Performance for Y4 Parents
Fri 11 th	10.30am Nursery B Performance
Mon 14 th	9.30am Reception Performance 10.30am Nursery A Performance
Fri 18 th	End of Term
Training Days 2026-27	
Term Dates are on our website here: Rockcliffe First School - Term Dates	
Our Teacher Training Days are:	
• Friday 23rd October 2026 • Monday 4th January 2027 • Thursday 6th May 2027 (Polling Day) • Monday 7th June 2027	
Facebook - Please follow our Facebook page – visit our school website and click the Facebook link at the bottom of the Home Page.	

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.



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