

Head Teacher:
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24 January 2025

Dear Parent/Carer

We are now fully into the swing of the term and the children are working really hard in class. It is lovely to go into classes and see them so focused on their learning.

One of the key focuses this term has been on Zones of Regulation. This helps the children understand how they are feeling and what they can do to change this. Below is an example of one class's ideas of what they will do if they are in a particular zone. It is really helping the children understand the vocabulary around emotions and long term we hope will help them be able to use suitable strategies when needed. The Zones framework teaches the children to recognise which zone they are in, understand why they are there, and provides strategies to help move to a more optimal zone for the situation.

The BLUE zone	The YELLOW zone	The GREEN zone	The RED zone
How might you feel?	How might you feel?	How might you feel?	How might you feel?
sad tired bored moving slowly	nervous confused silly not ready to learn	happy okay focussed ready to learn	angry frustrated scared out of control
What might you do? <ul style="list-style-type: none">Sit by a friendTell someoneAsk to sit in a quiet roomWorry monsterRead quietlyJust DanceExercise	What might you do? <ul style="list-style-type: none">Squeeze hands togetherTake deep breathsFinger massageWiggle your toesCount to 20Visualise a calm placeAsk for helpJust dance 'Cha Cha slide'.	What might you do? <ul style="list-style-type: none">Learn quietlyGet the work doneSmileAsk questionsBe calmListen to classical music while working	What might you do? <ul style="list-style-type: none">Deep breathing – fingers/Hot chocolateCounting to 10Go to a quiet space and calm downPuttyFiddle toyMove seatsTalk to an adult

It would be really good for you to talk to your child about this and even to use this framework at home. If anyone would like a blank one to add to themselves, just ask.

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The postponed session **on Child Exploitation and County Lines by Escapeline** will now take place on **Monday 3rd February** at 3.30pm in Harrier class. It is for parents of any age child, and I will be running a creche for children so you can attend. Please let the office know if you wish to attend. **Due to this Kite class 'Parents to share learning' will move to Wednesday 5th February.**

Parents to Share Learning:

Tuesday 4th February – Harrier and Cygnet Class

Wednesday 5th February – Kite and Kingfisher Class

Hair

Please can all children with shoulder length or longer hair have it tied back each day. Hair ties are to be muted colours, preferably blue or black and understated, no large bows etc. Bands and bows often become a distraction rather than a useful item.

Parking

Please can parents park in the bays located in the main part of the car park and leave space for shop customers. Also for the safety of the children please reverse your car into the space so you can drive out ensuring you can see if there are any children around.

FIRST AID TRAINING

The PTFA have organised a First Aid Training course, with spaces open to parents, carers & friends of the school.

Thursday 13th & Thursday 20th March 2025

From 6.00pm - 8.00pm

Long Sutton Primary School

£35.00pp

Training will be given by JaLee First Aid Training Ltd.

Below are a few courses that some of you may find useful.

Tuning in to Kids – Tuning in to Kids teaches adults how to use an emotion coaching way of interacting with children. The program supports those in a parenting role to develop an emotional connection with the child that helps the child learn about emotions to foster their ability to understand and regulate emotions.

This will be run by Victoria Gould, our PFSA. This will be held at Hush Academy 9.30 – 11.30 on the dates below. If you wish to attend let me or the office know.

Thursday 27th February, Thursday 6th March, Thursday 13th March, Thursday 20th March, Thursday 27th March, Thursday 3rd April.

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Child Exploitation - FREE Session for Parents

Parents and carers can access this free session to:

- Learn about different types of exploitation
- Understand the signs that a child may be at risk or being groomed
- Discover how offenders groom and exploit children, both on and offline
- Know how to keep your child safe and what to do if you have concerns

This session will take place online on Thursday 30th January (20:00 - 21:00) and will be run by Andri Nicolaou (Prevention Officer - Police Child Exploitation Team).

We look forward to seeing you there!



FREE bite-size workshops to help separated parents successfully coparent

These are free, online sessions which aim to help give parents practical tools they can use to help themselves, and their children cope better with their separation/divorce. There are 3 bite-size workshops focused on different topics, you are welcome to come to all 3 – there are 2 of each so you can both attend.

Date & time	Topic	Link
Wednesday 15 January 9:30 AM-10:30 AM your	A separated parents' guide to successful coparenting communications	https://www.eventbrite.co.uk/e/1073000546519?aff=oddtcreator
Wednesday 15 January 2 PM-3 PM	Managing handovers and transitions for separated parents	https://www.eventbrite.co.uk/e/1073028389799?aff=oddtcreator

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Tuesday 21 January 2 PM-3 PM	Helping your children navigate separation and divorce	https://www.eventbrite.co.uk/e/1073078549829?aff=oddtcreator
Thursday 23 January 9:30 AM- 10:30 AM	Managing handovers and transitions for separated parents	https://www.eventbrite.co.uk/e/1073084758399?aff=oddtcreator
Wednesday 29 January 7 PM-8 PM	A separated parents' guide to successful coparenting communications	https://www.eventbrite.co.uk/e/1073016704849?aff=oddtcreator
Tuesday 4 February 7 p.m.-8 PM	Helping your children navigate separation and divorce	https://www.eventbrite.co.uk/e/1073104998939?aff=oddtcreator

Updated area with information and support for separated parents:

There has been an update to the online web support for separated parents: [Somerset children & young people : Health & Wellbeing : Support For Separated Parents](#)

Mental Health Support Team

Calling all Parents & Carers!

The MHST (Mental Health Support Team) are offering a series of FREE helpful webinars over Spring 2025.

- Supporting your neurodivergent child
- Supporting exam and test wellbeing
- Helping your child to thrive: Boosting self-esteem & resilience
- Understanding and supporting anxiety and low mood
- Supporting your child's big feelings

Find out more & register here: <https://bit.ly/mhstwebinarsspring2025>

SEN Workshops

Also attached to the Newsletter is information about the WISE Workshop booklet which shows all the workshops running this year. If any parents would like to book onto any there is a page that explains how in the booklet. I have also included the link to their

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website. These include workshops around Dyslexia, Autism, Sensory issues, Social Stories, Emotional Based School Avoidance, sleep etc. They are very good sessions; I recommend booking in on them.

WISE Up Workshops

Admissions Policy 2026/27 Consultation

This year we are consulting on our 2026/27 admission arrangements. We would like to add in a criteria about attending Toy Box. To view and comment on the arrangements please click here <https://somesetcouncil.citizenspace.com/childrens-services/2026-arrangements> or visit the school website.

The consultation will end on 20 January 2025 and the final determined arrangements will be published on the school website by 15 March 2025.

Attendance – Unauthorised Term-Time Leave

All children have a legal right to suitable, full-time education. There is no entitlement for children to have time off from school during term-time for the purposes of a holiday, recreational or protest activity.

The School Attendance (Pupil Registration) (England) Regulations 2024 set out the statutory requirements for schools:

- all references to family holidays and extended leave have been removed, including the removal of the H code for approved leave,
- headteachers may not grant any leave of absence during term time unless there are "exceptional circumstances",
- headteachers do not have any discretion to authorise up to ten days of absence each academic year.

We expect all pupils to attend regularly. As such, any requests for term-time leave will be considered but only approved if the reasons and circumstances for that leave are exceptional and unavoidable.

[See policy for more details.](#)

Is my child too ill for school?

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. Further guidance can be found here - [NHS 'Is my child too ill for school?' guidance](#)

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Article 28 The right to education

Children and young people said:


- School is a place where we access support and other services. It's a place which supports our physical, emotional and mental health.
- Health services and schools should work together to help us with school attendance.

We are looking at improving the ways healthcare, education and other services for children and young people work together to better meet their needs:


- We would like to hear your views on healthcare related school absence and how our services could be improved
- If you would like to help, please scan the QR codes opposite for links to anonymously complete our surveys!

Please share your views on health-related school absence...

Scan for parent or carer questionnaire:




Scan for young person's questionnaire:



RCPCH & Us
The voice of children, young people and families

Find out more...
For useful links and tips on participation on children's rights go to www.rcpch.ac.uk/rightsmatter



Nut free school (inc. Toy Box)

We have multiple children in school at present with a nut allergy. Please do not give your child food/snacks to bring into school containing any type of nut or nut product, e.g. Nutella and Peanut Butter. Thank you for your support.

Dates for the diary

Y5/6 Swimming at Huish
 Kite Visit – Museum of Somerset
 Escapeline Session
 Cygnet & Harrier – Parents to share work
 Kite and Kingfisher – Parents to share work
 Inset Day
 Half Term
 Back to school

Wednesdays Spring Term
 Wednesday 29th January
 Monday 03rd February at 3.30pm
 Tuesday 04th February at 3.15pm
 Wednesday 05th February at 3.15pm
 Friday 14th February
 Week commencing 17th February
 Monday 24th February

If you have concerns about your children's well being or mental health please contact me (Lizzie Reynolds) as the schools Senior Mental Health Lead.

Safeguarding (Protecting children from harm/keeping them safe)

In school we have a duty to ensure that all children are safe and protect from harm or abuse. If we have concerns about a child's wellbeing it is our duty to look into this, talk to the family, and if need be, report it to Somerset Direct.

If you have any concerns about your child, or another, please come and speak to me. Safeguarding is everyone's business and cannot be ignored. Somerset Direct (0300 123 2224) or the NSPCC are useful points of contact, should you wish to share or discuss any Safeguarding concerns you have.

Here are some useful websites recommended by our DSL (Designated Safeguarding Lead – Lizzie Reynolds).

SOMERSETDIRECT

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Best wishes
Mrs Lizzie Reynolds

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