



Aim High; Be Resilient; Take Care of Each Other

Dear Parents,

The children have settled in well after the half-term break and have brought the sunshine back with them! Please remember to send in a water bottle and sun hat. Please apply sun screen in the morning and this can also be sent into school if children need to top this up. Please note, children will need to apply this themselves.



This week Year 1 children are having their Phonic Screening Check and Year 4 children are taking their Multiplication check. All results of these statutory assessments and SATs results for Y2 and Y6 will be shared in the end of year report which will be sent home in the last week of term.

On Monday, Year 1 & 2 enjoyed a Federation Multiskills trip to Holsworthy College



Y 5/6 London Trip Meeting for Parents, Wednesday 21st June at Halwill School, 5:00 pm

It is not long to go now and you should have received the update letter and kit list. Thank you for returning the SOE3 forms. There will be an information meeting for Federation parents and children at **Halwill School** on the date above.

Class Teachers September 2023 and Staff News

The following was sent to parents last week. Here is a copy for your information:

As you know, Mrs Cawsey is the Federation SENDCo and currently teaches Class 1 at Ashwater. She has done a superb job in establishing the Pre -School, Reception and Year 1 and 2 class. Our recent Ofsted and thriving intake are a testament to the strength of the provision that has been built.

However, the SEND needs in the Federation are increasing and moving forward it will be important for Mrs Cawsey to have more dedicated SEND time. We do not want this to impact on the Ashwater Class 1 and therefore, we have taken the decision to advertise for a full-time teacher to take over the reins. From September, Mrs Cawsey will be teaching part time at Halwill and the rest of the time will be focussed on SEND and mentoring the new Ashwater teacher. When not in class, she will still be present at Ashwater to support children, staff and parents.

Miss Frayn will continue to teach Class 2. She is an experienced teacher in the Federation and is now well established in Ashwater and knows all the families and children well.

Once the new teacher has been appointed, I will update you and we will arrange for them to meet you and the children.



Open Evening, Summer Concert & Y6 Leavers, Tuesday 18th July

From 3:45 – 4.45 pm, there will be an opportunity to see some of your child's work in their classroom, say good-bye to their current teacher and hello to their new.

At 4.45 pm there will be a Summer Concert. All children will be involved in some way and those having music lessons with Mr Rogozinsky or Mrs Hayes will have a chance to play. Class 2 children who have learnt recorder this year will also be performing. Year 6 children will also be presenting their leavers' memories.

Please note there will not be a separate Leavers' Assembly.

Mini Football Festival, Friday 14th July, 4:15 at Halwill Primary School

The Carey Federation are hosting a Mini Football Festival. There will be 6 to 8 schools involved, including our two in the Federation. Each school will have two 6 a side teams of mixed gender; one Y3/4 team and one Y5/6. Substitutes will also be needed. Mr Scott Hayler and his colleague from LDJ Coaching are running the festival for us. Mr Hayler will speak to children this week so if your child is interested in taking part, they should please speak to him. He will then select the teams and a letter will be sent home. Parents are welcome to come and support.



PTFA Fundraising for Outdoor Play Equipment

I am delighted to tell you that the target of raising £10,000 has been reached! Congratulations and thank you to the PTFA and all those who donated towards this. We had a number of grants that the PTFA worked hard to acquire. We will of course be thanking all who have provided grants.

The school will put a further £2000 towards the project and the equipment will be installed over the summer.

Year 6 Transition to Holsworthy

To confirm, Ashwater Y6 children ARE invited to the additional date for small schools on Thursday 22nd June, this is optional.

In addition, they will also attend Tuesday 27th June and Wednesday 28th June. You do not need to inform us that your child is attending, however, if they don't attend for any reason you must tell us about this.

Apologies for any confusion about this.

Wild Tribe

This half-term, Class 1 will have Wild Tribe on Friday mornings. On Wild Tribe days, please can children bring in waterproofs to wear over school clothes and wellington boots. If they don't have waterproofs then some other long clothing to cover arms and legs (not jeans) should be sent in. Children may eat marshmallows and hot chocolate in some sessions. If you would like a list of ingredients or your child is not allowed these or has dietary requirements, please contact the office.

Clubs

Please see our website for information about clubs:

<https://www.thecarey federation.co.uk/ashwater-primary-school/about-us/before-after-school-clubs/>

Swimming

Year Groups	Dates
Y 5/6	25/05, 08/06, 15/06, 22/06,
Y R/1/2	29/06, 06/07, 13/07, 20/07

Summer Dates

Please see the end of the newsletter for the summer events.

A special thank you to Robert Binns who has cut the grass opposite the school, therefore making it safe to exit the car park.

Safeguarding at Ashwater

The Safeguarding Team

Designated Safeguarding Lead:

Mrs R Alford

Attendance Officer:

Miss S Revers

Safeguarding Governor:

Mrs A Clark

Deputy Designated Safeguarding Lead:

Mrs R Cawsey

Miss H Frayn

Struggling with Children's Behaviour At Home?

Here is an excellent blog that might help:

How To Be The Gentle Leader Your Child Needs



A frustrated, exhausted mom wants to treat her 3-year-old more gently and less punitively. Ironically, the way to do that may be to become a stronger leader.

Janet,

On a day when I felt like I have failed as a parent, I found your blog. I have read and read and read — article and entry after entry after article — on gentle parenting, and I just don't know if it is going to work. I have a three year old daughter who on most days is difficult, to say the least. She screams, yells, hits, constantly interrupts, tantrums, tells us 'no', throws toys, refuses to listen..... There are shining moments when she is well behaved, listens and is wonderful, but it seems like they are few and far between. I get frustrated. Very frustrated.

We also have an 8mo old son who demands my attention, and my daughter hates it. She is always saying that I HAVE to take care of her first then him. She loves her little brother until I need to give him attention. We have done time out, toy taking, early bed time, spanking.... Everything that is "normal" to me having come from an authoritarian home . . . but it doesn't work. Nothing works. The only thing that it does is make everyone involved feel like poo.

My house is chaos. My beautiful girl is not only miserable, but acts like she is scared of us because she hates punishment... our son senses the tension and it causes issues with him. And I feel like a failure as a parent. I know you are probably swamped with e-mails, but I hope that you get a chance to read this and possibly help enlighten an exhausted momma, because I just don't know what to do anymore.

Sincerely,
Kelly

Hi Kelly,

I'm sorry for all you are going through, that you are doubting yourself and getting discouraged. It's admittedly challenging for me to dive in and understand a family's dynamics from the information in an email. So when I read I look for clues, and then I try to figure out why those things stand out. In your letter it was this: *"she is always saying that I HAVE to take care of her first then him."* That statement, along with her being "miserable" and the fact that she "screams, yells, hits, and so on," indicates to me that the balance of power between you and your daughter might not be as healthy as it could be. She seems to be under the impression that she can exert control in areas that aren't hers to lead. She sounds unsettled and uncomfortable, and your responses, interventions, and disciplinary measures seem to be unsettling her even more, rather than easing her mind, addressing her need to test her power, and helping her to feel [safe, nested, more comfortable](#) and free.

So, how can we help?

Be a gentle leader

Children need to know without a doubt that their parents are their leaders. This may seem obvious, but it's easy to get a little confused in this area, especially with a strong, bright and verbal child ([I've been there](#)). Sometimes a reticence to set clear boundaries stems from being raised in an overly strict home. Perhaps there is a fear of being too authoritarian and repeating patterns of response that our parents modelled — responses that felt unloving, disconnecting or even abusive. Or, sometimes the parent is simply inexperienced at establishing healthy boundaries.

But when we don't make it clear that we are the loving leaders of the house by setting reasonable, consistent limits and taking control, our child has no choice but to feel *out of control*.

Believe it or not, your daughter isn't comfortable being in the position of saying, "you HAVE to take care of me first" (which is very different from saying, "I want you to take care of me first!") She doesn't want the power that implies. It makes her feel unsafe and uneasy to be 3 years old and making those kinds of statements, but this isn't something she's consciously aware of, so it's difficult for us to see, too.

This out of control feeling leads to more out of control behavior, hence the screams, yells, hits, etc., which then make *parents* feel out of control. Rather than leading confidently, we might react out of anger, frustration and desperation. We might resort to trying to regain control through punishments like spankings and disciplinary tactics like time-out that result in even more rebellion and disconnectedness. This makes us feel like failures.

Family life is easier and less chaotic for everyone when we are all clear about our roles. So, how do we do that?

1) **Set limits calmly, firmly, gently, early**

By setting limits early, I mean making situations as clear as possible for your daughter before she even begins to act out. This clarity helps parents, too, because those well-defined boundaries keep us feeling on top of the situation and prevent us from reaching our wit's end — getting frustrated and angry and resorting to punishments. Here's an example:

You say to your daughter, "I'm getting ready to feed the baby and put him to bed. I'll be busy with him for the next half hour. If you need something, I can get it now."

Then after getting her what she needs (a book from the shelf, a snack, whatever), give her a choice. "You can sit in the room with us very quietly or go to your room and play." You might even ask, "What will you do in your room while I'm busy?"

Let's say she chooses staying with you quietly, but doesn't end up being able to manage it and she's whiny. "I know it's hard to wait while I'm busy with the baby, but I need your help. I want you to go to your room and play or look at books until we're finished. Then I'll have time to be with you."

Then let's say she tries to hit you. You hold her hand. "I won't let you hurt me. I see you're upset. You can go to your room and hit your pillows, but I won't let you hit me."

As strong as your daughter sounds, I imagine she has (and will continue to have) intense negative reactions when you set limits. Don't be uncomfortable with that. View the yelling, screaming and crying as healthy and positive releases for her. It's hard being a toddler and *really* hard also being a big sister and having to share your parents with someone small, adorable and needy. Acknowledge her feelings whenever possible. "I know it's hard for you when I'm busy with the baby. It's so hard and upsetting to have to wait, but I know you can do it."

Try to relax — or, at least, *seem* relaxed — and maintain composure even if she's exploding. Eventually, when she knows you mean what you say and she's unable to rattle you, she'll settle into a routine of occupying herself when you are busy with the baby.

I went through something similar with my intense and assertive eldest daughter after my second baby was born. She was 4 years old and would complain, cry, scream and howl when I needed time to feed her sister and put her to bed, which used to take me a whole hour. It was a scene for several days. Finally, she discovered on her own that she could spend that time playing in her room with her dollhouse, and that became her self-chosen routine while I was focusing on her sister. I've no doubt that a lot of wild things happened in that dollhouse!

2) **Acknowledge her point-of-view, but don't argue it.**

When your daughter expresses her disagreement with the situation, especially if her statement begins with "you have to", acknowledge it calmly, look beyond it to what she's feeling when there's time, but don't argue ('no, I *don't* have to'), negotiate or otherwise give it power. Your short answer might be something along the lines of a sincere, "Thank you for your opinion, but here's the plan..." A longer response might delve deeper into acknowledging her feelings, which with a new sibling can include anger and [grief](#) over the loss of the one-on-one relationship with the parent. Still, make it clear that you hear her feelings, but that you are making the plan. She needs empathy, but not the kind of "poor baby" sympathy that makes us go soft on behavior limits. In fact, for a child in transition, consistent, firm boundaries are even more vital.

3) **Ask her to help.**

Help fulfill her healthy needs for autonomy, competence and participation by asking for her assistance with the baby (and anything else) whenever possible.

4) **Give reassurance, one-on-one attention and gratitude.**

Assure her that her needs will always be met, even though it won't always be in her perfect time. And don't forget to provide [periods of undivided attention](#) that she can look forward to regularly. Most importantly, don't forget to thank her for the "*shining moments when she is well behaved, listens and is wonderful.*"

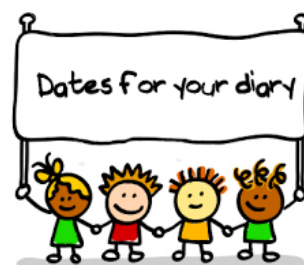
Hopefully these suggestions will help your daughter understand that her opinions and feelings are always welcome and understood, but family decisions (like whose needs are being met when), will always be made by you, no matter how much she objects. This should help ease her mind (and at least some of the chaos you're dealing with!).

Please keep me posted!

Warmly,

Janet

Dates for your diary:



June

15th	Swimming Years 5 & 6
21st	Y5/6 London Trip meeting for parents Halwill Primary—5pm
22nd	Swimming Years 5 & 6
22nd	HCC year 6 transition day for smaller schools
27th & 28th	HCC year 6 transition days
29th	Swimming Years R, 1 & 2

July

4th to 6th	Year 5/6 London Trip
6th	Swimming Years R, 1 & 2
12th	Ashwater Sports Day 1.30pm
13th	Swimming Years R, 1 & 2
14th	Mini Football Festival—Halwill Primary School—4.15pm
18th	Ashwater Open Evening and Year 6 Leavers Assembly— 3.30-4.30pm
20th	Swimming Years R, 1 & 2
21st	Last day of term

September

4th	Non Pupil day
5th	Term starts

October

17th	YR and Y6 Flu Immunisations
20th	Last day of term
23rd—27th	Half term
30th	Non Pupil day

Term dates: <https://www.thecareyfederation.co.uk/halwill-primary-school/parents/term-dates/>

ADVANCED DEVELOPMENT CENTRE GIRLS OPEN TRIALS



SCAN ME

U10 | U11 | U12

Thursday 10th August
Launceston College 3G
PL15 9HH



ARGYLE
COMMUNITY
TRUST