



World Book Day



I'm thrilled to share that our school will be celebrating World Book Day on **Friday, March 8th!**

This year, we're making a change to ensure inclusivity for all our pupils. Instead of asking pupils to come dressed as their favourite book characters, we're inviting them to wear their own clothes. We understand the challenges many families face with rising living costs, and we want every pupil to feel included and comfortable participating in this celebration.

Our focus for World Book Day is on promoting the joy and pleasure of reading. To kickstart this, we're excited to announce the launch of our new school library! After being without one for several years, it's fantastic to have this resource available to our students. Every pupil will have the opportunity to visit the school library and borrow a book of their choice. We believe that fostering a love of reading early on can have a profound impact on a child's education and development.

Looking ahead, we have ambitious plans to establish lending libraries at Penn Road and Claremont Gate. These lending libraries will provide not only students but also their families with the opportunity to borrow books and further enrich their reading experiences outside of school.

Additionally, I want to highlight that there will be no request for money during World Book Day celebrations, as we'll be focusing on participating in Comic Relief next month. We're committed to creating an environment where all our pupils can thrive, and we believe that events like World Book Day play a vital role in achieving that goal.

Let's come together as a school community to celebrate the wonder of books and the joy of reading!

Mrs Kathy Jefferson
Primary Head Teacher



Information: fraud awareness

Stop! Think Fraud.

Fraud is the most common crime in the UK, accounting for almost 40% of all crime in England and Wales. Across just one year, 1 in 17 people in England and Wales were victims of fraud.

Stay ahead of scams.

[CLICK HERE](#)

ASSEMBLY



This week we welcomed PCSO Becki Shinton into school. She spoke in assembly about the ways in which the police help us and how we can keep ourselves safe. She then visited Reception and Year 1 classes where children were able to try on some police uniform!



Diary

- Monday 4th March – Yr 4 Safety Workshops
- Wednesday 6th March Pre-Loved Sale – Primary Hall
- Friday 8th March – World Book Day (own clothes)

Sporting Fixtures

- Tuesday 27th February – Yr 5 & Yr 6 Swimming Gala
- Wednesday 28th February -U11 Rugby v Packwood (A)
- Thursday 29th February -Yr 5 Hockey v Tettenhall College (A)
- Thursday 29th February - Yr 4 Netball v Birchfield (H)

Housepoints

Balmoral	1830
Sandringham	1505
Buckingham	1605
Windsor	1590

Dance Festival

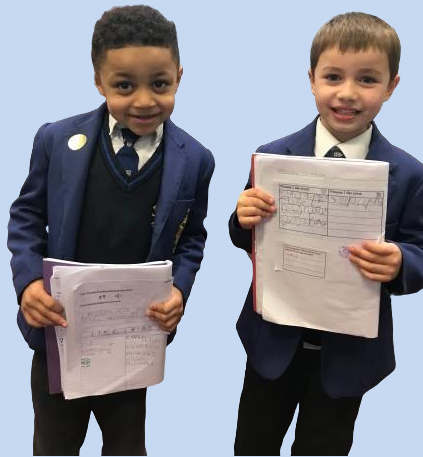
Before half term, we hosted the Primary School City Dance Festival at the Royal. The performances from all schools who attended were fantastic!!

Year 5 and Year 6 dance groups performed and took part in a dance workshop, led by our Year 10-13 dance leaders. The primary school groups also taught each other their dances. It was a very fun morning! Well done to all the dance groups who performed amazingly!

Videos to be sent shortly.

Thank you to our dancers, dance leaders, Year 13 tech support, Mercue and Mrs Simmonds and to all the parents for the costumes!





Elijah & Riley 1ER were awarded a sticker for their English & Cornerstones work. Mrs Jefferson was very proud on how hard they have been working. Well done.



We are thrilled to extend our warmest congratulations to Rohan 2HD for his spectacular victory in the recent tennis tournament! Rohan's exemplary skill, determination, and unwavering passion for the sport have propelled him to this well-deserved triumph.



Rome & Diya 3RC came to see Mrs Jefferson with their outstanding homework projects on rivers. They have truly outdone themselves. Congratulations



Xaviel, Simar & Jaya 3KH have produced some amazing English work based on their topic of Robin Hood. Mrs Jefferson was very impressed.



Donations Required

WC 25th February 2024

Tea, coffee, UHT milk, sugar, squash, juice (non-refrigerated).

Coffee Morning Wednesday 20th March 2024 10:00am-12:00pm



**CITY OF
WOLVERHAMPTON
COUNCIL**

COFFEE MORNING

*Everyone's
Welcome*

*Wednesday 20th March
10:00 - 12:00am*

Join us at Graiseley Family hub for our SEND Coffee morning. This is open to families of children/young people with any special educational need or disability and those who are currently undergoing assesment.

Get advice and support from other parents, SENCO's and various professionals.
Booking required via Eventbrite

**Graiseley Family Hub.
Pool Street,
Wolverhampton.
WV2 4NE.**



U11 Rugby Vs Old Hall School

This was a tremendous opening match for the U11 rugby side played on Wrekin School's superb pitches. With very little training the boys acquitted themselves exceptionally well. Both sides were very evenly matched. The Royal were a more physical and athletic side but conceded strategic advantage to a better drilled Old Hall side.

The whole team played with exceptional heart, displaying real determination. Royal were superb in defence, with stoic tackling throughout the game. Sukhraj captained superbly. Dexter's work rate around the field was brilliant. Tackles from Johnny, Sebastian and Jadon were simply breathtaking.

Result: Won

Score: 40-35

Scorers: Johnny (2), Sukhraj (2), Jadon (2), Sebastian (2)

Player of the Match: Dexter

Tackler of the Match: Sebastian



WEEK 2

26th Feb, 18th March

MENU

Eat the
Rainbow

Mains
HAPPY TUMS

Veggie
MEAT FREE

veg
EXTRA GOOD

Carbs
FUEL FOOD

Dessert
SOMETHING SWEET

Monday

Cowboy sausage
casserole
(G,Su)

Cowboy veggie
sausage casserole
(G,Ce)

Boston baked beans

Sweetcorn

Wholegrain steamed rice

Sultana and oat
cookie tray bake
(G,E)

Tuesday

Cottage pie with crunchy
sweet potato mash
(Su,So,Mk,Ce)

Veggie cottage pie
with crunchy sweet
potato mash
(Su,So,Mk,Ce)

Steamed broccoli

Roast swede

Lemon custard sponge
with custard
(G,Mk,E)

Wednesday

Roast chicken and gravy

Sage and onion
stuffing balls (G)

Hidden veggie
sausage rolls
(G,E)

Steamed cabbage

Roasted carrots
and parsnips

Roasted new potatoes

Coconut carrot slices -
reduced sugar
(G,E)

Thursday

Ham and pineapple
focaccia pizza
(G,Mk,E)

Margherita
focaccia pizza
(G,Mk,E)

Classic coleslaw
(Su,Mu,Mk,E)

Chef's Salad

Baked potato wedges

Blueberry and orange
tray bake pancake
(G,Mk,E)

Friday

Battered pollock, lemons
& tartare Sauce
(G,Su,F,E)
or
Fish finger hot dogs
(G,Se,F,E)

Spinach and mozzarella
cannelloni bake
(G,So,Mu,Mk,E,Ce)

Garden peas

Baked beans

Chips

Upside down banana
and caramel sponge
(G,Mk,E)

Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.

ALLERGENS

Ce = Celery

Cr = Crustacean

E = Eggs

F = Fish

G = Cereals
containing Gluten

L = Lupin

Mk = Milk

Mo = Molluscs

Mu = Mustard

N = Nuts

P = Peanuts

Se = Sesame Seeds

So = Soya

Su = Sulphur Dioxide

Green
JANUARY

18th - Hungry Caterpillar Day

Purple
FEBRUARY

9th - Chinese New Year

Red
MARCH

7th - World Book Day
15th - Red Nose Day

Orange
APRIL

23rd - St George's Day

WEEK 3 4th March		MENU		Eat the Rainbow	
Monday	Tuesday	Wednesday	Thursday	Friday	
Mains HAPPY TUMS	Mexican beef chilli con carne with crushed nachos and sour cream (Mk)	Creamy chicken korma curry (Mu,Mk)	Roast pork, gravy and apple sauce Sage and onion stuffing balls (G)	Battered pollock, lemons & tartare sauce (G,Su,F,E) or Fish fingers (G,F)	Green JANUARY 18th - Hungry Caterpillar Day
Veggie MEAT FREE	Mexican chilli con veggie (G) with crushed nachos and sour cream (Mk)	Potato and chick pea southern Indian curry (So,Mk)	Cheesy leek and carrot crumble (G)	Roasted vegetable and mozzarella pancake bake (G,Mk,E)	Purple FEBRUARY 9th - Chinese New Year
veg EXTRA GOOD	Sweetcorn and peppers Cauliflower	Roast carrots Green beans	Braised red cabbage (G) Leeks	Italian marinated coleslaw (Su) Chef's salad	Red MARCH 7th - World Book Day 15th - Red Nose Day
Carbs FUEL FOOD	Steamed rice	Bombay potatoes or Turmeric rice	Roasted potatoes	Accent garlic focaccia fingers (G,Mk)	Orange APRIL 23rd - St George's Day
Dessert SOMETHING SWEET	Oaty apple crumble with custard (G,Mk)	Anzac biscuit (G,Su)	Chocolate sponge with chocolate sauce (G,Mk,E)	Baked vanilla cheesecake with forest fruits (G,Mk,E)	Lemon drizzle cake (G,E)
Jacket Potatoes, salad bar, cold desserts and fresh fruit available daily.					
ALLERGENS Ce = Celery F = Fish L = Lupin Mu = Mustard Se = Sesame Seeds Cr = Crustacean G = Cereals containing Gluten Mk = Milk N = Nuts So = Soya E = Eggs Mo = Molluscs P = Peanuts Su = Sulphur Dioxide					

Last half term, a group of Year 4 students took part in the West Midlands Police Junior Police Community Support Officer programme. This experience gave them the opportunity to tackle community related issues, including road safety, bullying, online safety and anti-social behaviour.

Throughout the sessions, the students wore high visibility tabards and branded baseball caps in real police officer style! All children received a certificate on successful completion of the programme. Well done!



PRELOVED UNIFORM SALE

Primary school hall
Wednesday 6th March 3:30-5:00pm

Excellent quality,
pre-loved uniform
available through
the school shop.



Uniform, sports wear,
bags and accessories
available for all
ages and sizes.



3 items for £20

Additional discount on smaller sizes

Cash accepted or payment can be made via school gateway
Primary School: 01902 349 100 | preloved@theroyal.school

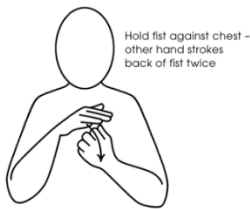
**CLEARANCE
SALE**

**CLEARANCE
SALE**

Makaton Sign of the Week



Pet



Pet

#WeTalkMakaton

Reminder!

As we continue to prioritise effective communication between home and school, we would like to remind you of our guidelines regarding parent emails.

We understand the importance of timely responses to your enquiries and concerns. Our commitment is to acknowledge all parent emails within 24 hours of receipt.

However, please note that while we strive to provide comprehensive responses promptly, there may be instances where a complete answer may take up to 48 hours.

This timeframe ensures that our teachers and staff can thoroughly address each query while balancing their responsibilities in the classroom.

Your patience and understanding are greatly appreciated as we work to maintain the quality of education and support for all our pupils.

Learning to deal with everyday difficulties. The ability to manage our feelings, thoughts and behaviours in effective ways – known as self-regulation – is gained gradually through childhood and into adolescence. It's acknowledged as a pivotal element in young people's development but can prove trickier for some children to master than others.

In our guide this week, you'll find expert suggestions on ways of supporting children as they build their ability to self-regulate. Demonstrating how you process your own emotions – and selecting appropriate literature and other resources – figure in our collection of practical tips on helping young ones on their journey towards self-regulation.

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.



#WakeUpWednesday

The National College

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EARLY
BOOKING
OFFER
NOW ON!

ULTIMATE ACTIVITY CAMPS

PAY BY
CHILDCARE
VOUCHERS

GET SET FOR ULTIMATE
HOLIDAY FUN!

FRESH AIR FUN

OFSTED REGISTERED

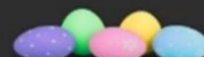
INSPIRING CHILDREN EVERYDAY

FLEGGSS-IBLE BOOKINGS



Outstanding holiday camps for 4 to 14 year olds from 8 am to 6 pm
throughout the school Easter & summer holidays at
THE ROYAL SCHOOL IN WOLVERHAMPTON

ULTIMATEACTIVITY.CO.UK



Attendance Week Commencing Monday 19th February 2024

Week Beginning 19th February 2024																			
4CC	RAR	2GB	4LD	RSD	3RC	8EP	2HD	4HE	3KM	5RK	8LS	1KN	6SH	RAG	5KG	1AC	1ER	2AT	3KH
100%	99%	99%	99%	98%	98%	98%	97%	97%	97%	97%	96%	96%	95%	95%	95%	94%	93%	93%	90%

89%