



Rush Common School Newsletter



Friday 23rd February 2024

Dream, Aspire, Succeed

Dear Parents/Carers

I hope everyone had a lovely half term holiday, with the weather on some days better than expected! This week the children have seemed like they haven't been away, and leapt straight back into their learning across the curriculum.

Congratulations must go to our Year 5 and 6 Girls Football Team, who won their locality football tournament on the Wednesday before half term. The team spirit, effort and talent shown by this group is exceptional and they are looking forward to the Oxfordshire Finals on Wednesday 28th February – we all wish them luck!

We currently offer Bikeability cycling training in Year 5, and before half term we took advantage of an opportunity to introduce this training to Year 4 children. Children brought their bicycles to school and thoroughly enjoyed the Level 1 training on the school playground. This should really help when they are out and about on their bikes and set them up for the more in-depth training in Year 5.

During the week before half term, we got involved in Children's Mental Health Week. There was an assembly for all children about how to maintain positive mental health and the week culminated in 'Inside Out' Day. Children came to school with an item of clothing inside out to remind us that how people appear on the outside may be different to how they are feeling on the inside. Thank you for supporting this day - we raised £165 to divide between the mental health charity 'Place2be' and ELSA resources for the school. Good mental health is vitally important for children and we hope the resources we sent out relating to 'My Voice Matters' have been useful for you all.

Before half term we were pleased to send out our half yearly updates to parents of SEN children. We hope these have provided some insight into how your child is progressing ahead of the parents evenings in March. We are always looking at ways to communicate effectively with all parents about their children's progress, and will update you with any changes.

We are very proud of the way children develop a love of reading at our school, and in February and March we seem to celebrate this most! Before half term we held our cosy Books at Bedtime event in the school hall, which was really well attended and enjoyed by all children including our Preschool. In the same week, FoRC held a Second Hand Book Sale, which made £260 for the school. We hope your children enjoy reading their new books. Coming up, we have the Book Fair during week beginning 4th March, World Book Day on Thursday 7th March, and then an inspirational author visit by Christopher Edge at the end of March. Thank you to Mrs Neal, our Reading Lead, and for your support with all these events.

As I have previously written, we received overwhelming support for our involvement in the Oxtrail project. Due to the size of our school, we were given a target of raising £1000 for Sobell House Hospice, to be able to participate. Our sponsored walk/run/skip raised a magnificent total of £4223! I have included some information from the Sobell House Hospice website below that shows the work they do – thank you for supporting such a worthy cause.

We offer specialist palliative care to those facing life threatening illness, death and bereavement in Oxfordshire. This encompasses physical, psychological, social and spiritual care and includes supporting their families and those close to them. We care for around 3,000 patients and their families every year.

One of FoRC's upcoming events is Emergency First Aid training for adults. Therefore, it is a timely reminder that we have a defibrillator on site located by the front office. This is Important information to know should it be required in an emergency.

Finally, may I wish everyone a belated Happy Chinese New Year, and hope that the Year of the Dragon is happy and healthy for you all.

Kind regards

Kristen Fawcett





The Book Fair will be open:

Monday 4th March 2024 – 3.00-3.30pm

Tuesday 5th March 2024 – 3.00-3.30pm

Wednesday 6th March 2024 – 8.00-8.30am

**Thursday 7th March 2024 – 8.00-8.30am
and 3.00-3.30pm**

**Friday 8th March 2024 - 8.00-8.30am and
3.00-3.30pm**

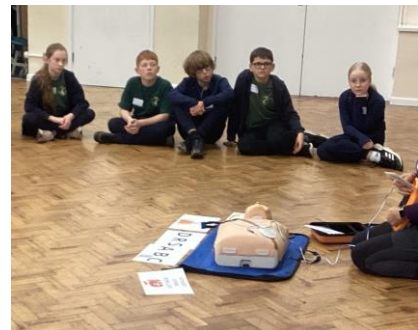
Books at Bedtime

On Tuesday 6th February 2024, it was lovely to welcome children from the Preschool, Reception and KS1 back to school for Books at Bedtime. Everyone looked very cosy in their pyjamas and enjoyed reading stories with their adults and teddies. Thank you to everyone who was able to attend this event and helped to encourage an enjoyment of reading.



Injury Minimisation Programme

On 29th and 31st January, Year 6 took part in the Injury Minimisation Programme for Schools. They learnt about how to keep themselves safe when out and about and what to do in the event of an emergency. The children learnt how to do CPR and where they may find an AED (automated external defibrillator). We are very lucky to have an AED in school and the children were shown where this is kept.



School Dinners

The cost of school dinners is **£2.60** per day. Payment for school dinners can be made via ParentMail. Meal choices must be made at least 3 days in advance.



Homework Champions

Rosie	3LG	Josh	5SC
Violet	3LG	Alfie	5SC
Theo	3LG	Emily	6JN
Stanley	3LG	Callum	6JN
Nathan	4CM		
Freya	4CM		

[Please see link below to current job vacancies in Rush Common School and Abingdon Learning Trust](#)

Vacancies - Rush Common School - Dream, Aspire, Succeed



Friends of Rush Common Second Hand Uniform Sale



Tuesday 12th March
2:30 - 3:30 PM
in the school hall

Prices start from £1

Come along and grab a bargain!

- V-neck Sweatshirts - Sweatshirt Cardigans - Ties - PE T-shirts
- Book Bags - PE Bags - Dresses - Trousers - Shorts - Skirts
- Joggers - Sweatshirts - Hoodies - PE Shorts - House T-shirts

Dates for your diary 2024

Year 1 Crocodiles of the World	Wednesday 28th February
Year 3 Ashmolean Museum Trip	Thursday 29th February
Book Fair	Week of the 4th March
World Book Day	Thursday 7th March
Year 5 Curriculum Assembly	Tuesday 12th March @ 9.00am
FoRC Second Hand Uniform Sale	Tuesday 12th March 2.30pm – 3.30pm
FoRC Reception Party	Wednesday 13th March 4.00pm – 5.15pm
FoRC School Disco	Friday 15th March Year 1 & 2 4.00pm – 5.15pm Year 3 & 4 5.30pm – 6.45pm Year 5 & 6 7.00pm – 8.15pm

Red Nose Day	Friday 15th March
Parents Evening	Tuesday 19th – Thursday 21st March
KS2 Author Visit – Christopher Edge	Wednesday 20th March
Year 3 Big Sing – Radley College	Monday 25th March
Year 2 Curriculum Assembly	Tuesday 26th March @ 9.00am
End of Term 2b	Thursday 28th March @ 1.30pm
Start of Term 3a	Monday 15th April
Year 5 Residential Kingswood	Wednesday 17th – Friday 19th April
Year 2 Cotswold Wildlife Park Trip	Tuesday 23rd April
May Bank Holiday (children not in school)	Monday 6th May
Year 6 SATs	Week of the 13th May
Year 1 Curriculum Assembly	Wednesday 22nd May @ 2.30pm
End of Term 3a	Friday 24th May
Inset Day (Children Not in School)	Monday 3rd June
Start of Term 3b	Tuesday 4th June
Class Photos	Thursday 6th June
Year 3 Curriculum Assembly	Tuesday 11th June @ 9.00am
Year 2 Abingdon Museum Trip	Tuesday 18th June 2JM Wednesday 19th June 2RS
Reception Curriculum Assembly	Wednesday 19th June @ 2.15pm
FoRC Summer Fete	Saturday 22nd June
Year 6 Residential Call of the Wild	Monday 24th – Friday 28th June
Year 6 Performance	Tuesday 16th July @ 6.00pm Wednesday 17th July @ 6.00pm
Year 6 Leavers Assembly	Tuesday 23rd July @ 9.00am
End of Term 3b	Tuesday 23rd July @1.30pm



ABIGAIL'S KITCHEN + FRIENDS OF RUSH COMMON
PRESENTS

MOTHER'S DAY CREAM TEA BOXES

ORDER BY THE 5th MARCH TO COLLECT AT
SCHOOL ON THE 8th MARCH

£20 PER BOX
(FORC RECEIVE 15% COMMISSION)

EACH MOTHER'S DAY TEA BOX INCLUDES:
A MILLIONAIRE FLAPJACK, A RASPBERRY & WHITE
CHOCOLATE BLONDIE, A TRIPLE CHOCOLATE BROWNIE,
A SMARTIES COOKIE, SCONES, CLOTTED CREAM,
JAM & ENGLISH BREAKFAST TEA

www.abigailskitchen.net/rushcommon

**BOOK
TODAY!**

Made with PosterMyWall.com



Calling all gardeners!



After last year's success we will be once again holding a plant sale in May!

We are on the lookout for plants to sell so if you're growing plants from seed, or splitting plants you already have could we please have a couple?!

Any fruit or veg plants, flowers or houseplants would be wonderful!

We will be collecting a few days before the sale (date TBC!) but if you have any questions or would like to tell us what you're growing please email us on...

rushcommon.forc@gmail.com

We would love to hear from you!



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 Dumont 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

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024

Local Community News

Please note items and events detailed below are for information purposes only. Rush Common School do not endorse or make recommendation



ibrick
CREATE, INSPIRE, INNOVATE!

house of fun

JOIN OUR
LEGO ADVENTURE!
EXPLORE THE WORLD
AROUND YOU WITH LEGO

FUN-FILLED AFTER SCHOOL STEM CLUBS USING IBRICK KITS WITH LEGO® BRICKS FOR YEARS 1-6

LED BY EXPERIENCED HOUSE OF FUN INSTRUCTORS

RUSH COMMON PRIMARY SCHOOL

THURSDAY AFTER SCHOOL FROM 22ND FEBRUARY - 21ST MARCH

AGE YEARS 1-6

BOOK NOW AT house-of-fun.co.uk

SCAN ME



Choristerships are available for boys aged 7-12, and we are currently holding open events for boys in Year 2.

AS A CHORISTER YOU WOULD...

- Meet new friends!
- Sing in regular concerts and services
- Receive free weekly singing, theory and instrumental lessons
- Receive excellent care and choral training from world-class music staff
- Have the opportunity to join international music tours
- Share supper each week with your fellow Choristers
- Earn some pocket-money!

FIND OUT MORE...

Come to a Sunday service

Join us at 10am, Sunday 25 February or 10 March in Radley College Chapel. There will be refreshments after the service, as well as an opportunity to chat to current parents.

'Be a chorister' evening

Join the Radley Choristers on the following dates:
Thursday 22 February, Thursday 29 February or Thursday 7 March.

Meet members of the chorister team, then join in with warm ups, singing games and part of a rehearsal before enjoying supper with the other boys.

For info or to register for an event scan QR or email musicadmin@radley.org.uk



COMMUNITY FOOD SERVICES IN ABINGDON



ABINGDON FOODBANK

 www.abingdon.foodbank.org.uk
 info@abingdon.foodbank.org.uk
 07562 247 443



ABINGDON COMMUNITY FRIDGE

When?
Monday 16.00-16.30
Thursday 13.00-14.00
Saturday 10.30-11.30

Where?
Hadland Road
Community Centre,
Hadland Road,
Abingdon OX14 3YH

We are not means-tested and not a food bank. IT'S FREE & EVERYONE IS WELCOME!

Contact us/ find out more:
Facebook: @abingdoncommunityfridge
Twitter: @Abingdonfridge
Instagram: @abingdoncommunityfridge



SOFEA COMMUNITY LARDER

Want to save money on your Food Bills?
Want to tackle Food Waste?
Join the Abingdon Community Larder

When & Where
Open Friday's 11:30am - 12:30pm
Trinity Centre, Conduit Road,
Abingdon OX14 1DB.

To find out more and join today go to
www.sofea.uk.com or email
communitylarder@sofea.uk.com



For more information on Food Services including opening time,
see map created by GoodFood Oxford

WWW.FOODMAP.GOODFOODOXFORD.ORG

The Community Food Service Network comprises of Trussell Trust and Independent Food Groups

COMMUNITY FOOD SERVICES WHICH ONE DO I NEED?

FOODBANK

Provide emergency food to residents in crisis. A short-term option for people facing food poverty.

FOOD LARDERS

Membership schemes open to anyone. Members purchase food at reduced prices.

COMMUNITY FRIDGES

Community food sharing projects focusing on reducing food waste.

WHO CAN ACCESS?

Anyone referred by a professional agency, such as; Citizens Advice, Health visitor, Local Authority, Job Centre etc can receive emergency food support through a referral process that they can access.

Anyone can become a larder member. Initial one off joining fee of £10.

Individual and Family memberships are available.

Anyone can access food from community fridges.

There are no referrals, joining fees or memberships needed.

WHO CAN ACCESS?

Each food voucher provides five days worth of nutritionally balanced food in each parcel.

Members receive a weekly amount of non-perishable food items plus fruit and veg.

Visitors can take their fair share of food depending on what stock has been donated.



YAMAHA MUSIC SCHOOL



You are warmly invited to our free music taster sessions on
Sunday 10 March at Matrix Arts Centre in Sutton Courtenay

Music courses for 2 to 7 year olds




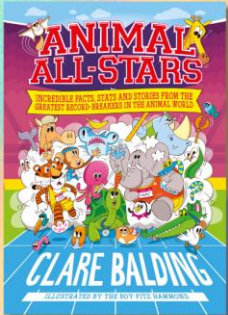
Booking essential – please contact us:
office@matrixartscentre.org.uk or 01235 847264

www.matrixartscentre.org.uk

Matrix Arts Centre is a registered charity
15 – 17 The Nursery, Sutton Courtenay, OX14 4UA

Meet author and broadcaster
Clare Balding

Tuesday 12th March, 4pm
Mostly Books, Abingdon
Tickets £10 (including book)
Booking essential!



mostlyBOOKS

Clare Balding is coming to Mostly Books!

Author and broadcaster Clare Balding will be doing an in-shop signing for her new book, *Animal All-Stars*, after school on Tuesday 12th March (starting at 4pm).

The book is a hilarious and fact-packed new non-fiction title, as contestants from across the animal kingdom take part in the ultimate animal sports day!

We're sorry that Clare isn't able to visit all of our local schools but we'd love you to share this event information with your children and their parents and carers so that they have a chance to meet her if they'd like.

Tickets cost £10 and include a copy of *Animal All-Stars*, which Clare will be able to sign.

Tickets can be purchased using this link: <https://bit.ly/clarebaldingmb>