



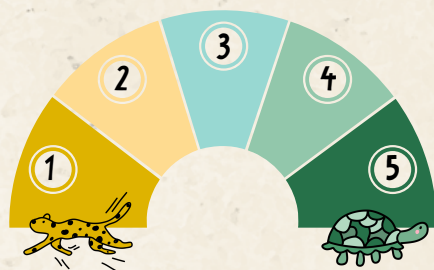
Mental Health and Wellbeing

In our last newsletter, we shared Regulation Mapping that you can do at home to support children in regulating their emotions. This time round, we are looking at emotion check-ins and the language we use at school so that this can be mirrored at home. When talking about emotions at home, it will be useful to use the same approach as we do at school. This keeps it simple and straightforward for our children! You can then link the check-in to the backpack you use at home. If you haven't signed up to tgmc-uk, sign up using the QR code!

We have different check-ins at school for children to show us what they notice in their body and what this means in terms of their emotions.

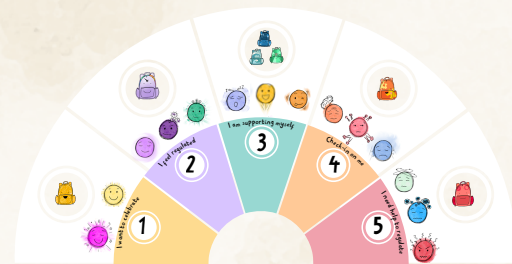


Scan to sign up!



In EYFS and Wonderland - the children are learning about Feelsville. This is an Emotional Literacy programme that teaches the 6 key emotions. So far, they have learnt about anger and worry. Proud is coming soon! They have a check that talks about their emotions being fast or slow or in between. When children are excited or frustrated for example, they might describe it as a fast like the cheetah. When they are tired or bored they might describe it as slow like the tortoise.

From Y1 - Y6 all children have a Regulation Dial. This is something they use before learning so that they are in tune with their body and brain, knowing what they need to succeed. This links to their Brain School learning and a new programme we are starting (read more below). Learning to notice what is happening in their bodies and knowing how to regulate emotions is a lifelong skill - just like learning to read!



All of our children have completed the Brain School Programme and have an understanding of how their brain works. We are now starting Mind HQ which teaches children all about Executive Functioning. This is about how children can regulate to learn and what tools we have to help us.

This will be part of fortnightly assemblies - starting on Monday 23rd March. The first focus is on safety and being ready to learn. Ask your child about what they have learnt - you could tell them to tap into their seahorse to remember!

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Back in February The Department for Education released a number of documents relating to the proposed SEND Reform. Whilst this is at consultation - meaning you can share your views - it is likely to stick with changes coming into effect this year. This will impact on all children whether they are on the SEND register or not. It is a whole system approach to inclusion. We will be talking about this at our coffee club.



Share your thoughts!



You do not have to answer every question and you can save and come back later.



Online safety

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The risk of algorithms

Online platforms like Youtube, Tik Tok etc. use algorithms which suggest new content based on what is popular or what users have previously interacted with. This means that suggested content can quickly lead children and young people to content that may not be age-appropriate. Children may also come across content accidentally, when doing something else online.

At Springfield, we are raising awareness of this with the children through Wake Up Wednesday online safety posters. The children in KS2 learn about these each week. We also share the posters on our social media so you have access to them as well and can speak to your children about how to stay safe when using these platforms.



Safeguarding

Safeguarding runs through everything we do here at Springfield from the moment we open the gates until they are closed.

As we move into Spring and the lighter nights are coming, children are more likely to be playing outside and getting fresh air. Make sure that your child has a good level of awareness when it comes to crossing the road safely and they know the 'Green Cross Code' (pictured below). During this time, it is important to highlight that as a school, we have been completing some learning around road safety and we are currently working with Lancashire County Council's Road Safety Officer (Danny Hoyle) and he'll be coming into do some workshops with the children after the Easter holidays.

SAFEGUARDING SPOTLIGHT!



Did you know?



Visitors and Workshops

Did you know that Springfield work with a number of organisations that come into school and work with the children and staff to make everyone more aware of the issues within our community. Recently, the Police came in to work with Year 4, 5 & 6 learners about the importance of keeping safe within our community. SafeNet will be coming in during the next term to work with Year 6 with transition work and the changes they'll be going through soon. We are constantly trying to find new and exciting ways to pass on vital life skills to our learners.

Parents can access free safeguarding advice through the NSPCC website.

<https://www.nspcc.org.uk/keeping-children-safe/>