

No: 19
26th June 2025

Dear Parents and Carers,

Thank you for your support and understanding this week with the decision made in regards to optional early pick up. We know that many of our pupils really do struggle in the heat whilst in a full classroom of 30 children. Unfortunately, our building, as with most schools, does not have air conditioning and many rooms have lots of glazing which is lovely; however not in the extreme heat we have experienced this week. Thank you again for your support and co-operation and thank you for reading all the communications we had to send out, with year groups out on trips, year 6 transition days and external clubs, there was a lot of admin!

I had a lovely day on Wednesday at Winchester Cathedral with our year 6 pupils for their Leavers Day and Service. As one of the coolest buildings in Hampshire it was a nice place to be. Year 6 represented the school brilliantly and had a lovely day with hundreds of other pupils from church schools across the diocese. It was lovely to see their contributions to the large installation hanging from the ceiling of the North Transept.

Throughout the year, schools across the Diocese have explored what it means to be displaced. A powerful symbol at the heart of this work is the Paddington and the backpack - representing all that a person might carry when forced to leave their home, often in fear, loss, and uncertainty, in search of safety.

This year's project - 'Bags of Hope' reflects both the literal bags carried and the abundant hope we seek to share. At the centre of this year's Leavers' Days was a striking and interactive installation featuring:

- Paddington Bear, a beloved literary refugee from Peru
- Backpacks and soft toys, generously gifted by over 100 Diocese of Winchester Church of England Schools
- Luggage labels, created by Year 6 pupils, containing prayers, poems, reflections, and messages of hope
- Some labels include QR codes linking to pupils' learning and stories explored during the project

Following the event, all backpacks and toys will be donated to charities and organisations supporting refugee children, continuing the message of care and generosity.



I enjoyed watching the Basingstoke Primary Schools Music concert at the Anvil this week. Our orchestra joined with orchestras and choirs from around the area to put on an amazing evening of music and dance! I am always blown away by the talent of the young people in our town. On Tuesday evening I chaperoned The Mayor of Basingstoke, Cllr Jacky Tustain. She was very impressed by the performance! On the second night I chaperoned The Bishop of Basingstoke, the Right Reverend **Kelly Betteridge** who was equally as impressed by the performance and the efforts and enthusiasm of the children and adults in the BPSM organising group. A HUGE thank you to Mrs Malone for chairing this group and thank you to all of our staff who helped with rehearsals and on performance nights.

Year 5 children headed to The Costello school on Wednesday for a visit to experience life at secondary school. This is usually a whole day visit, but the heat meant activities were condensed into a morning session. This annual visit for Year 5 pupils is a great experience for them at a time when families are starting to think about applications for Year 7.

End of year family picnic, joint with OB infant school – 17th July 12:45pm-2:00pm

We are pleased to share plans for an end of term family picnic to mark the end of the academic year! We have enjoyed several joint events this year and these activities and links are really important for our school community and relations.

On Friday 17th July you are invited to join your child/children for lunch at the junior school.

Details will be confirmed nearer the time, but infant parents will be asked to join their infant school child/children at school at 12:30pm in order to then walk over to the junior school with their class at 12:45pm.

Junior children will meet their family on the junior school field.

Any child who does not have a parent/relative in attendance will enjoy their picnic with their class.

At the end of the picnic, children will be able to leave with their parents/carers. For safeguarding reasons **pupils will only be able to leave after the picnic with their own family – children will not be allowed to leave with any friends.** There will be no exceptions to this for pupils at either school.

Mrs Lillywhite and Mrs Denning

Parish Council - Design a Front Cover Competition

The Parish Council launched its Design a Front Cover Competition at the village carnival last weekend.

The competition gives children the chance to design the front cover of the Old Basing & Lychpit Parish Newsletter, which is delivered to every household in the parish. The would love to receive as many creative entries as possible from local children.

The entry form and details of how to enter can be found at the bottom of this newsletter. Good luck!

Safeguarding – Self Regulation

As infants, we all rely completely on adults to help us resolve situations that are causing us to become upset or stressed. This is known as co-regulation. The next phase, once autonomy has begun to develop, is called self-regulation: this is when children start to become capable of exercising more control over their impulses and behaviour, and managing their own emotions.

This vital developmental milestone, however, isn't reached spontaneously. Learning to self-regulate requires sensitive guidance from trusted adults - simply talking with children about their thoughts and feelings, for instance, can ease the route to self-regulation. At the bottom of this newsletter you will find useful tips on supporting your child with self-regulation from The National College.

Summer Reading Challenge - 2026

Hampshire Libraries Summer Reading Challenge 2026 – Read to the Beat!

It would be great to see lots of our pupils signing up for this summer's Hampshire Libraries reading challenge. Sign up at your library or online from Saturday 11th July to Saturday 12th September.

This year the challenge theme is 'Read to the Beat!'

Do you know anyone with a child due to start Year R in September 2027?

Old Basing Infant School will be holding open mornings on:

Thursday 24th September

Wednesday 14th October

Friday 6th November

Monday 23rd November

Please call the infant school office on 012556 325704 to book in for one of these mornings.

For more information, please contact Old Basing Infant school: adminoffice@oldbasing.hants.sch.uk

Talk Point

Would you rather live by the beach or in the mountains?

Why have you chosen that option? Can you convince others to change their minds?

Attendance

As of today, the school's overall attendance is 97.4%.

Governors' Corner

It was a pleasure to accompany Year 6 as they visited Winchester Cathedral to join other church schools from around the diocese marking the end of their primary education. On an extremely hot day, it was also a relief to spend most of the time in the relative cool of the cathedral! As part of a tour of the cathedral, we were able to visit the art installation on the theme of 'Bags of Hope' that the schools had worked on during the last year, when they had thought about the plight of displaced people and a famous bear from darkest Peru. As an additional activity, we had a singing workshop at the nearby Pilgrims' School. I surprised myself by enjoying this and, of course, the St. Mary's children impressed with their ability to sing songs new to them. After our lunch break, the day concluded with the Leavers' Service, reflecting on the 'Bags of Hope' theme and how we all form part of the jigsaw of humanity. I hope the children found it an interesting day that they will add to their store of memories about their time at St. Mary's School.

Paul Skinner, Foundation Governor

F.O.O.B.S. News

The Summer Fair is almost here and preparations are well underway. Look out for our communication regarding volunteer slots, our Summer Fair simply wouldn't be possible without our lovely volunteers. Entry tickets are available to purchase for the Summer Fair until Friday 3rd July via the F.O.O.B.S.

Website www.foobs.weebly.com -£2 for adults (children are free and don't need a ticket).

Year 6 Leavers Service at St Mary's Church

Parents of year 6 pupils are welcome to join us at church On Monday 20th July at 2:00pm for their final church visit. The children will leave school around 1:45pm.

End of term church visits – Wednesday 22nd July

As Year 6 will have already had their own special service they will not be visiting the church on the last day of term. Parents are welcome to attend these short services.

09:15 Mitchell, Paulet, Dickens

10:00 White, Nelson, Austen

11:00 Brunel, Wellington, Conan Doyle

If you can help to walk the children to and from the church, please contact your class teacher. Any help will be appreciated. Classes will leave school approximately 15 minutes before the start of the service times above.

Coffee Mornings and Parental Support

Our half-termly coffee mornings are an opportunity for parents to get together, share ideas and challenges over a cup of coffee (and biscuits!) Join us for the last one of the year. Mrs Medlin (our SENCo) and Mrs Thompson (OBI SENCo) will be attending alongside the Primary Behaviour Service.

**Meet us 9am to 10.30am on:
8th July**



**Gemma Lillywhite
Headteacher**

Dates for your Diary

Dates for your Diary

29th June-1st July – Year 6 Enterprise week

30th June - Year 5 Church visit (parents welcome) 1:30pm

3rd July – Shuffle up morning

w/c 6th July – No after school clubs this week

5th July – F.O.O.B.S Summer Fair

8th July – Parent & Carer coffee morning 09:00-10:30

8th July – 2nd Shuffle up (pm)

w/c 13th July – No after school clubs this week

13th -16th July – Year 6 Show Week (evening performances 14th, 15th & 16th 6pm)

17th July – Family Picnic, joint with Old Basing Infants

20th July – Year 6 Leavers Service - St Mary's Church 2pm

21st July – Year 6 Leavers Party pm

22nd July – End of term Church Visits:

09:15 Mitchell, Paulet, Dickens

10:00 White, Nelson, Austen

11:00 Brunel, Wellington, Conan Doyle

22nd July – Last Day of term

Inset Days 2026/2027

Tuesday 1st September 2026

Monday 2nd November 2026

Friday 18th December 2026

Monday 22nd February 2027

Friday 28th May 2027

DESIGN A FRONT COVER

FOR THE PARISH NEWSLETTER



Calling all young artists!

We would love you to help create the front cover for our next parish newsletter. Get creative and draw something that reminds you of our parish community. It could be our church, people, celebrations, nature, music, groups, or anything else that makes our parish a special place.

Use your imagination, be colourful, and have fun! We can't wait to see all your wonderful ideas and artwork.

A large, empty square with a black border, intended for young artists to draw their artwork for the parish newsletter front cover.

HOW TO ENTER:

- ✍ CREATE YOUR PICTURE IN THE SQUARE ABOVE
- ✍ WRITE YOUR NAME AND AGE ON THE BACK.
- ✍ RETURN YOUR ORIGINAL ARTWORK TO THE PARISH OFFICE BY 31ST JULY 2026.

**SELECTED ARTWORK WILL BE FEATURED ON THE FRONT COVER OF THE PARISH NEWSLETTER.
GOOD LUCK, AND HAPPY DRAWING!**

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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