





# NEWSLETTER


Email: [www.stjamesceprimary.co.uk](http://www.stjamesceprimary.co.uk)


Twitter: @StJamesCEsth


*Learn, Laugh and Live with the Love of God*


 **Joyful Readers**


 **Opportunities to Build Upon Knowledge and Skills**

 **Understanding of British and Christian Values**

 **Resilience and Perseverance**

 **Nurture Curiosity**

 **Encourage Articulate Learners**

 **Your Wellbeing and Health**

2023-2024 Issue Number 30 Friday 17th May 2024

**OUR VALUE THIS  
HALF TERM IS:  
SERVICE**

A message from Mrs Young



Dear Parents and Carers,

This week has been all about our Year 6 pupils who have sat their SATS tests across the week.

They have approached the tests with maturity, commitment and determination and myself and the rest of the staff could not be prouder of them.

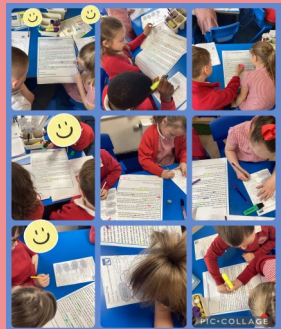
The tests this year were some of the most difficult I have seen in 18 years and so added admiration for their true resilience and perseverance ... one of our Journey Drivers no less!

As a treat, the children have been treated to Dominoes pizza and lots of chill time!! Huge thanks to Miss Barratt also for making the most amazing celebration cake with all of the children's initials proudly on display!



Wishing you a wonderful weekend,

Mrs Briers



# School Matters!



Attend Today, Achieve Tomorrow

Attendance	
Whole School	94%
Reception	93.7%
Year 1	91.8%
Year 2	99.7%
Year 3	90.9%
Year 4	91.1%
Year 5	93.3%
Year 6	96%



## Attendance Update

We need to try really hard each and every week to make sure every year group is beating our **97% target**—this will help us to succeed!

Our attendance this week is:

**94.1%**


**146**

  
**pupils**  
**with perfect attendance this week.**

**Can we beat this next week?**





## Summer Attendance Competition

At St James we place huge importance on regular school attendance—the research speaks for itself and proves that those with the highest levels of attendance achieve great things!

We therefore now invite you to take part in our Summer Attendance Challenge.

What do you need to do?



How can you win?

Those children that come to school every day, and most importantly on time, Monday-Friday each week will have their name put into a prize draw. 1 winner will be selected each week in Celebration Assembly.

What can you win?

A brand new game of their choice....perfect for Family or Friend's Games Nights.



Well done to all of those children who attended school everyday on time for the this week. Your names all went into the prize draw. We are pleased to announce that this week's winner was **Joshua Hodgkinson**

### Miss School Miss Out

If you're not coming to school, you will miss out on....





EVERY MINUTE COUNTS!

MINUTES LATE TO SCHOOL	IMPACT ON YOUR ATTENDANCE IN 1 YEAR
5 MINUTES PER DAY =	3.4 DAYS MISSED 98.4% ATTENDANCE
10 MINUTES PER DAY =	6.9 DAYS MISSED 97.6% ATTENDANCE
15 MINUTES PER DAY =	10.3 DAYS MISSED 94.6% ATTENDANCE
20 MINUTES PER DAY =	13.8 DAYS MISSED 92.9% ATTENDANCE
30 MINUTES PER DAY =	20.7 DAYS MISSED 89.2% ATTENDANCE

## When should my child return to school?



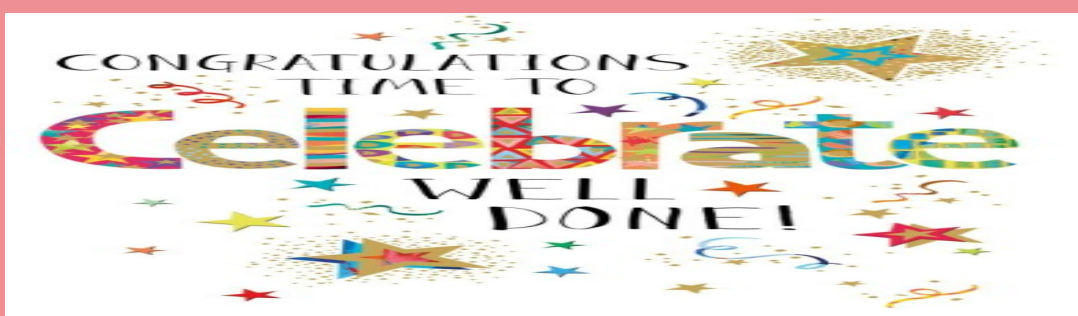
<b>Chicken Pox</b> When all spots have crusted over	<b>Conjunctivitis</b> None*	<b>Diarrhoea &amp; Vomiting</b> 48 hours from last episode	<b>Glandular Fever</b> None*	<b>Hand, foot &amp; mouth</b> None*	<b>Impetigo</b> When lesions are crusted & healed or 48 Hours after commencing antibiotics
<b>Measles or German Measles</b> 4 days from onset of rash	<b>Mumps</b> 5 days from onset of swelling	<b>Scabies</b> After first treatment	<b>Scarlet Fever</b> 24 hours after commencing antibiotics	<b>Slapped Cheek</b> None*	<b>Whooping Cough</b> 48 Hours after commencing antibiotics
	<b>Flu</b> Until recovered	<b>Head Lice</b> None*	<b>Threadworms</b> None*	<b>Tonsillitis</b> None*	



**Journey Driver Focus:**

**Nurturing Curiosity**

RECEPTION	Betty Rotherham
YEAR 1	Emily Gartside
YEAR 2	Jospeh Webb
YEAR 3	Khloe-Mae Lee
YEAR 4	Emmanuel Meza
YEAR 5	Jake Mason
YEAR 6	Wyatt Foster





THANK YOU  
FOR YOUR  
SUPPORT



Whole School events Summer 1

Date	Event
10/04/24	School opens 8.40am
15/04/24	World Art Day
16/04/24	School photographs. Class groups and Year 6 leavers
16/04/24	Confirmation class 3.20pm
17/04/24	Year 5 school trip - Jodrell Bank
23/04/24	Confirmation class 3.20pm
30/04/24	Confirmation class 3.20pm
06/05/24	Bank Holiday Monday - SCHOOL CLOSED
07/05/24	Confirmation class 3.20pm
08/05/24	Year 5 Cricket
13/05/24	SATS start
13/05/24	Christian Aid Week
14/05/24	Confirmation class 3.20pm
19/05/24	Confirmation ceremony - St James' the Great 10.30am
20/05/24	Y5 & Y6 Ultimate Frisbee
21/05/24	World Cultural Diversity Day
22/05/24	Pentecost Eucharist (Information to Follow)
23/05/24	Year 1 school trip - Knowsley Safari Park
24/05/24	Coffee morning - Internet safety & Police Information
24/05/24	School closes for half term 3.20pm

Confirmation



We at St James are looking forward to this year's Confirmation service, which will be led by Stephen, Bishop of Beverley.

It will take place as our Festival Eucharist on the Feast of Pentecost,

**19<sup>th</sup> May at 10.30am**

Everyone is welcome.

THANK YOU FOR YOUR SUPPORT

# Summer Menu 2024

## Week 1

w/c 27/08/24 • 17/09/24 • 01/10/24  
07/09/24 • 23/09/24 • 14/10/24

### Monday

**Pasta Bolognese**  
**Cheesy Pasta Bake (v)**  
Carrots & Peas  
**Choice of Sandwich** (Ham, Cheese (v), Tuna Mayo)  
Raspberry Ripple Ice-cream

### Tuesday

**Beef Burger/Southern Style Chicken**  
**Super Hotdog (v)**  
Wedges & Sweetcorn  
**Filled Jacket Potato** (Sweetcorn (v), Cheese (v), Baked Beans (v), Tuna Mayo)  
Apple Slices & Raisins

### Wednesday

**Park Steak Dinner**  
**Savoury Mince (v)**  
Yorkshire Pudding, Roast Potato, Carrot & Swede, Gravy  
**Tortilla Wrap** (Ham, Cheese (v), Tuna Mayo)  
Chocolate Brownie

### Thursday

**BBQ Chicken Pizza**  
**Cheese & Tomato Pasta Bake (v)**  
Pasta, Broccoli & Carrots  
**Filled Jacket Potato** (Cheese (v), Sweetcorn (v), Baked Beans (v), Tuna Mayo)  
Fruit Salad

### Friday

**Breaded Fish Shapes**  
**Coated Nuggets (v)**  
Chips & Peas  
**Choice of Sandwich** (Ham, Cheese (v), Tuna Mayo)  
Homemade Cookie

## Week 2

w/c 01/09/24 • 20/09/24 • 14/10/24  
09/09/24 • 30/09/24 • 21/10/24

### Monday

**Ham & Sweetcorn Homemade Pizza**  
**Sausage Roll (v)**  
Pasta, Broccoli & Carrots  
**Choice of Sandwich** (Ham, Cheese (v), Tuna Mayo)  
Fruit & Ice-cream

### Tuesday

**All day Breakfast**  
**All day Breakfast (v)**  
(Sausage/Quorn Sausage, Hash brown, Beans, Tomato)  
**Filled Jacket Potato**  
(Baked Beans (v), Cheese (v), Tuna Mayo, Sweetcorn (v))  
Summer Fruit Pudding

### Wednesday

**Chicken Dinner**  
**Quorn Dinner (v)**  
Mash, Cauliflower, Carrots & Gravy  
**Tortilla Wrap** (Ham, Cheese (v), Tuna Mayo)  
Cooks Muffin

### Thursday

**Chicken Pie (Cooks Pick)**  
**Cheese & Onion Bake (v)**  
Mashed Potato, Seasonal vegetables  
**Filled Jacket Potato** (Chicken in Gravy, Cheese (v), Sweetcorn (v))  
Shortbread

### Friday

**Fish Fingers**  
**Vegetable Fingers (v)**  
Chips, Peas & Sweetcorn  
**Choice of Sandwich** (Ham, Cheese (v), Tuna Mayo)  
Banana & Butterscotch Sauce

## Week 3

w/c 10/06/24 • 01/07/24 • 23/07/24  
16/06/24 • 07/07/24 • 28/10/24

### Monday

**Beef Hotpot**  
**Tomato & Mozzarella Panini (v)**  
New Potatoes & Broccoli  
**Choice of Sandwich** (Cheese (v), Ham, Tuna Mayo)  
Ice-Cream with Summer Berry Sauce

### Tuesday

**Pasta Bolognese**  
**Two Cheese Pizza (v)**  
Pasta, Peas & Sweetcorn  
**Filled Jacket Potato** (Beef Bolognese, Sweetcorn (v), Cheese (v), Baked Beans (v))  
Homemade Flapjack

### Wednesday

**Sausage Dinner**  
**Sausage Dinner (v)**  
Mashed Potato, Seasonal Vegetables, Gravy  
**Tortilla Wrap** (Ham, Cheese (v), Tuna Mayo)  
Banana & Raisins

### Thursday

**Chicken Curry & Rice**  
**Cheese & Bean Potato Bake (v)**  
Seasonal Vegetables  
**Filled Jacket Potato** (Chicken Curry, Cheese (v), Sweetcorn (v), Tuna Mayo)  
Cooks Muffin

### Friday

**Fish Fingers / Salmon Bites**  
**Battered Nuggets (v)**  
Chips & Beans  
**Choice of Sandwich** (Ham, Cheese (v), Tuna Mayo)  
Fruit & Jelly



In addition to the above, White & Brown Bread, Yoghurt and Fruit will be available daily alongside a variety of salad bar items. Choice of Milk, Water & Fruit Juice across the week.

(v) = Suitable for vegetarians. Did you know some of our dishes are also Vegan Friendly?

Changes to Published Menu - The menu may be subject to change to ensure ingredients are used to the optimum quality or to meet the needs of an individual school.

Dietary Requirements - Alternative Dietary specific menus available by request following the Special Diets Procedure. Allergen and Carb information also available upon request and via the council's website.



# Schools Catering Service 2023/24



**28th September 2023**  
**VEG POWER!**  
**SIMPLY VEG SHOWCASE**  
Celebrating and encouraging us all to eat more veg. A campaign by 'Veg Power'



**6th - 10th November 2023**  
**LACA - NATIONAL SCHOOL MEALS WEEK**  
An annual celebration by LACA



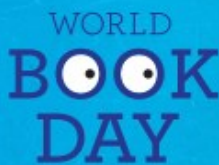
**12th November 2023**  
**REMEMBRANCE SUNDAY**  
Honouring those who have served. (Actual day 11th November)



**Across December**  
**CHRISTMAS LUNCH**  
A traditional Christmas lunch



**25th January 2024**  
**BURNS NIGHT**  
A Scottish staple celebrating the poet Robert Burns



**7th March 2024**  
**WORLD BOOK DAY**  
Bringing iconic stories to the table



**8th - 17th March 2024**  
**BRITISH SCIENCE WEEK**  
Celebrating science within the UK and our fantastic achievements



**28th April 2024**  
**NATIONAL SUPERHERO DAY**  
Fuel to save the world



**10th May 2024**  
**WOMEN'S FA CUP FINAL**  
Football themed menu as 11 vs 11 play at Wembley (Actual day 12th May)



**17th July 2024**  
**PARIS SUMMER OLYMPICS 2024**  
Starting 26th July, a huge sporting event bringing together nations from across the globe





THANK YOU  
FOR YOUR  
SUPPORT

### PE Days Summer 1

Children are to come to school in their PE kit on their PE days.

<b>Monday</b>	Year 1 and Year 6
<b>Tuesday</b>	Year 3 and Year 6
<b>Wednesday</b>	Reception, Year 1 and Year 5
<b>Thursday</b>	Year 2, Year 4 and Year 5
<b>Friday</b>	Year 2, Year 3 and Year 4

### Seashells



Seashells breakfast club is now open from 7.45am.

The cost is £5.00 per session.

This is on a trial basis until the end of May to help support those parents who require a slightly earlier start time.

If it proves popular then we will make this a permanent arrangement.

As with our current provision it will be on a first come first serve basis and booked via the School App.



### Clubs

We are running the following after school clubs next half term:

Booking will be available from Monday

- **Monday**-Fun Fusion Club for Y1, Y2 and Y3 with the Sports Coach
- **Wednesday**-LFC Football Club for Girls for Y4, Y5 and Y6 with LFC
- **Thursday**-Nature Club for YR with Mrs Boardman
  - Build-a-Book Club for Y1 and Y2 with Miss Hunter
- **Thursday**- Football Club for Y4, Y5 and Y6 with Mr Moon and Mr Atherton



THANK YOU  
FOR YOUR  
SUPPORT

### Uniform

Please make every effort to ensure that your child is wearing the correct uniform and that it is clearly labelled. Children should wear completely black shoes – not trainers. It is important that the P.E kit is seen as an extension of our school uniform, therefore our high standards should be kept. **A reminder that our school PE kit consists of a black tracksuit/red shorts and white t shirt.** Please note that children should not wear any form of jewellery (only stud earrings are allowed and should not be worn on PE days)

### Snacks



We have noticed a big change in the kind of snacks children are eating at breaktimes. The children in Year 1 and Year 2 do not really need a snack as they are provided with free fruit on a daily basis. However, we know not all children like this so may bring alternatives.

The children are increasingly bringing in bags of crisps and chocolate bars which are obviously absolutely fine as part of a balanced packed lunch but not really suitable for break times. We think that sometimes children may be taking things that parents intend to be eaten at lunchtime out of their lunchboxes and eating them at breaktimes and have spoken to them about this but some of the children are unsure as to what is to be eaten when.

Could you please ensure you send only **one** small healthy morning snack in with your child in a separate bag (book bag etc) to their packed lunch bag should you wish. Large packets of crisps and chocolate bars are to be kept for packed lunch bags not for quick morning snacks.

## **Safeguarding Tip of the Week**

### **Radicalisation**

This week our safeguarding focus is on radicalisation. Radicalisation refers to the process by which a person comes to support terrorism and extremist ideologies associated with terrorist groups. Signs to look out for: The signs to look out for can include; being overly secretive about online viewing, expressing a 'them' and 'us' mentality, showing an aggressive and argumentative nature that is out of character and questioning their own faith and identity. The Channel programme uses the Prevent Strategy to help young people to understand and reverse their thoughts and ideas.

For more information please look at the following websites:

<https://learning.nspcc.org.uk/safeguarding-child-protection/radicalisation>

<https://www.educateagainsthate.com/>



## **National Online Safety Tip of the Week**

### **10 Top Tips on Supporting Children with 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. This week's WakeUpWednesday guide has some expert tips for supporting children to reach this goal.



# 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





# Mental Health Support Team **WELLBEING WEBINARS**



Your MHST is running a series of webinars one Friday a month on a number of topics relating to mental health and wellbeing.

## TOPICS AND DATES

- Worry Management - 19 January
- Parenting for Anxiety - 23 February
- Low Mood - 22 March
- Neurodiversity - 26 April
- Parent Skills for Behaviour - 17 May
- LGBTQ+ - 21 June
- Emotional Regulation - 19 July



**WHEN**  
4pm to 4:45pm



**WHERE**  
Zoom  
(link will be emailed)



To register please email which webinar you want to attend to [events@merseycare.nhs.uk](mailto:events@merseycare.nhs.uk)

Webinars will be recorded.  
No chat function will be available for safety purposes.



**Meet the Team  
Baby Showers**

A chance to meet the services delivered in St Helens Family Hubs and Children's Centres!

FREE raffle draw to win a baby starter hamper.

**Upcoming dates:**  
 Wednesday 24th April 2024  
 Wednesday 19th June 2024  
 1.00pm - 3.00pm  
 Central Link Family Hub  
 Wednesday 8th May 2024  
 Wednesday 3rd July 2024  
 9.30am - 11.30am  
 Sutton Family Hub

**Services available:**  
 Midwifery  
 Health Visiting  
 Family Hubs  
 Parents in Mind  
 Home-Start  
 Advice on free childcare  
 And many more..

BSL Interpreters are available on request.  
 To get in touch with us please contact:  
 Email: [childrenscentres@sthelens.gov.uk](mailto:childrenscentres@sthelens.gov.uk)  
 Telephone: 01744 673420  
 Text: 07761045427

**Family Hub**

**ST HELENS  
BOROUGH COUNCIL**



# IN OTHER NEWS



## SPRING FOOTBALL CAMP

**TUESDAY 28TH**  
-  
**FRIDAY 31ST MAY**

**9AM - 3:30PM**  
**AGES 5 - 13**  
**£20 DAY £70 WEEK**

**ST JOHN VIANNEY CATHOLIC PRIMARY SCHOOL, ST HELENS, WA9 5BT**

 **07830 314782**  **EF92SOCCER@GMAIL.COM**  **EF92 ACADEMY**  **EF92ACADEMY**



## Computer Xplorers

Leading the way in providing tech-based activities that are both inspirational and educational!

# MAY HALF TERM TECH CLUBS

## ST HELENS



**Rainford High School**  
Higher Lane, Rainford, WA11 8NY



29th & 30th May 2024  
Wednesday & Thursday



9am-3pm  
half days available



**Providing fun, educational activities-**  
**Wednesday**-Lego Robotics & Minecraft  
**Tuesday**- Digital Game Design & Minecraft  
Places are available to book for kids aged 5+

**BOOK!** Visit the link or scan the code-  
[bolton.computerexplorers.co.uk](http://bolton.computerexplorers.co.uk)



    @CompXBolton



# IN OTHER NEWS

## Ready to START school



### An easy guide to help your child to be ready for school

- Ready children
- Ready families
- Ready services

Parents and carers can help their children to be ready for school. This will help them to do well in the whole of their education.

There are lots of people who can help and support you and your child. You can ask for help from your Health Visitor, Childrens Centre, child's nursery or school.

**ST HELENS**  
BOROUGH COUNCIL

# START

**Start the day! Help your child to be ready for school, with your support.**

- Children love helping to get ready for the day.
- Put on their clothes and let them help.
- You will need to make a bit of extra time in the morning to do this.
- They could practise pulling on their underwear, pulling on their jumper and practise getting them the right way round!
- The more practice they have, the easier it will be and the less time it will take.
- Make sure you give them praise for trying.
- You can help them to be school ready by making sure their clothes and shoes have labels in them.
- Choose clothes depending on the weather.
- Teach them how to put their coat on independently.
- Practise fastening zips and buttons.
- Teach them to recognise their own coat, hat and bag.

**Together you and your child can do this and there's lots of support out there to help you both prepare for school.**

- Talk to your child, but also spend time listening to them.
- This can be simple things like what you are doing around the house; "Let's put our coats on". "Let's get ready for tea."
- Put down your phone when talking with your child.
- Talk to your child about what they can see/hear/smell/feel and taste; "It's sunny today."
- Take your child to meet other children and make opportunities to play together. Children's Centres have lots of activities, where you can meet other children and parents/carers.
- Read stories or share a book and talk about the pictures. Your local library has lots of books to choose from and they are free to borrow!
- In the evening, talk to your child about their day.
- Encourage your child to take turns, but remember adults need to do the same.
- Praise your child for following instructions.

**Allow your child to express their feelings about going to school. They may be worried or excited. Talking together is good.**

- Talk to your child about what they can expect when they arrive at school, giving simple explanations.
- Encourage your child to try new things and ask for help when they need it.
- Let them know it's ok to say how they are feeling happy or sad.
- Show them how to ask for help.
- Give them a chance to ask for help with your support, e.g. picking items in a shop or helping to pay.
- Help them identify who to ask for help; friends, brothers and sisters and teachers.
- Play alongside your child, talking about what you are doing.
- Read stories about starting school, e.g. Colour Monster Starts School.

**Ready to try different foods, activities and experiences.**

- Try new foods together and talk about the names of different foods, including fruit and vegetables.
- Let your child help with simple tasks, when preparing food, washing vegetables and putting out plates and bowls.
- Show your child how to use a knife, fork and spoon.
- Give your child a child-size portion of family meals.
- Give praise for trying new foods and feeding themselves using a fork, knife or spoon.
- Try out new activities using pencils, crayons and paints.
- Don't worry about the mess; it's all part of learning.
- Use items you have around the house to enhance your child's play.
- Spend time out of the house experiencing new things. This can be as simple as going to the park, shops or play centre. Talk about what you are doing, who you will see when you get there and what your child is looking forward to.

**Teaching your child to go to the toilet on their own will prepare them for when they are at school and need to use the toilet.**

- Talk to your child about using the toilet and washing their hands.
- Make sure your child is wearing clothes that are easy to manage when they want to go to the toilet.
- Let them practise going to the toilet at home and tell them it's ok to go to the toilet in school.
- Show your child how to wash their hands and remind them to do this, after going to the toilet and before eating.
- Give your child praise when they try to do this independently.
- Reward charts can help with this.
- Ask for help from your Health Visitor or Children's Centre.