



DEVORAN NEWS

Message from the Head

Dear Parents and Carers

The weeks really are flying by now and we are managing to fit a lot in! The children are all getting very excited about the Christmas recordings that will take place next week. Please don't forget to read and sign the Remote Events Code of Conduct and Consent form that can be found [here](#).

Thank you to all the parents who consented to their child having the nasal flu vaccine and well done to the children who all did really well. There is a lot about at the moment so it is good to keep on top of these things.

This week also marks the final week for (most of) our clubs. We have really enjoyed getting these clubs back up and running after what feels like a really long time. We look forward to sharing more information with you about the clubs for the Spring Term over the next couple of weeks. We would like to take this opportunity to thank all the parents who have committed their time to deliver some amazing clubs for our children. We are so incredibly grateful to each and every one of you. You are amazing! If anyone else is interested in running a club in the Spring Term, please do let Mrs Andrews know.

Mrs Tippet and Mrs Andrews have been working really hard behind the scenes to finalise all the details for our 2022 camps for KS2 children. This week you have received a letter about paying for these in instalments to help spread the cost. Please remember that if you are struggling financially, please arrange a meeting / telephone conversation with me and we can discuss ways in which we can support you and still give your child these great opportunities.

Within the body of this Newsletter is a useful letter to support all children with Christmas. We understand that Christmas time isn't always easy for children and the information below may help support children with the changes to routine that occur over the festive period.

Finally, we are really pleased that we have been able to make the decision to go to the Pantomime on Monday. We hope that this will be a really enjoyable experience for everyone. This afternoon you will have received a letter giving you a lot of information about the Pantomime. We understand that you may have some reservations or concerns, but please don't hesitate to contact me should you wish to ask me anything over the weekend.

I hope you all have a lovely weekend.

Miss Lock

Christmas Raffle

Don't forget to buy your raffle tickets! There are some great prizes to be won and all proceeds will go towards supporting learning opportunities and resources for our children.

You can buy your tickets here:

<https://www.letslocalise.co.uk/entertainment-details-view?eventId=12197>



Here are some photos of Netball Club this week! They have all done so well and really developed their skills over the sessions.

Date	Event
DATES TO REMEMBER	
Monday 6 December	Whole school trip to the pantomime – NO AFTER SCHOOL CLUB ON THIS DAY
Tuesday 7 December	Y5 Parent Consultations (in classrooms) from 3:30pm
Wednesday 8 December	Y3, Y5 Parent Consultations (in classrooms) from 3:30pm
Thursday 9 December	Y3 Parent Consultations (in classrooms) from 3:30pm (moved from Tuesday 7 December)
Tuesday 14 December	Cornwall Hospice Santa Fun Run
Wednesday 15 December	Christmas Lunch and Christmas Jumper Day
Friday 17 December	End of Term – School Finishes at 13:30pm – NO AFTER SCHOOL CLUB ON THIS DAY



Devoran School PTCA Christmas Raffle

Tickets £2
Purchased online at www.letslocalise.com

Fantastic Prizes to be won!

**2 x Amazon Echo Dots
2 x Kids Tiger Amazon Echo Dots
Selection of wonderful hampers,
full of Festive treats!**

Ticket sales open Wednesday 1st December 2021 at 9 am
Ticket sales close on Monday 13th December 2021 at 6pm
The raffle prizes will be drawn on Monday 13th December at 6:15pm

<https://www.letslocalise.co.uk/entertainment-details-view?eventId=12197>



SUPPORTING TRAUMATISED CHILDREN THROUGH THE CHRISTMAS STORM

Based on ideas from Dan Hughes, with thanks to Helen Cruthers

Christmas is coming and we each bring our own sledge load of past experiences, expectations, internal and external pressures. Here are some top tips for how to survive and thrive in the Christmas Storm:



Beacon House
Therapeutic Services and Trauma Team



Your OWN big feelings: It is ok to prioritise your own regulation. If you feel broken, rage or despair then your child will feel it too. The first Christmas job is to regulate yourself.

OWNING your feelings: By acknowledging your own feelings towards Christmas, you can start to see how they might impact your empathy and connection with others.



CO-CREATING your own Christmas: Christmas brings huge changes in routine and expectation. It is ok if you avoid or adapt certain Christmassy rituals. By doing this you are supporting your child to feel successful by not having the experience of 'failing at Christmas'.

Invite your SUPPORT NETWORK to help: It's okay to know that you can't do it all alone. Ask your supportive friends, family or colleagues to help co-create a Christmas that is right you and your child.



EXCITEMENT is just the other side of the coin:
Anticipate that excitement can often feel the same as stress for traumatised children. It's okay to keep things low key and by reducing excitement you are reducing stress





KNOWLEDGE is empowerment: Making the Christmas schedule explicit and predictable lowers stress for all. Draw it out, write it out, repeat it lots, keep as much as you can the same as usual.

DO MORE of what works (rather than less): Your child needs more of your presence, more supervision, more scaffolding and more support than usual. How can time for this be built in? How can you build up your emotional reserves to give you the energy you need?



DO ACTIVITIES together: Create a Christmas culture of connecting, playing, making, baking. Consider what would be 'just the right' level of connection.

EXPLORE the anticipation of Christmas: "Christmas is coming, what's that like for you?" "Everyone experiences Christmas differently, from being happy and excited through to finding it really difficult. Where do you think you are today?"



UNDERSTAND their Christmas past: Be curious – "What did you used to do at Christmas that you enjoyed? What would you like to keep doing each Christmas? What would you like to lose? What would make it just right for you?"

LETTING go of 'should' s: Let go of expectations for yourself or your child about what Christmas should be like or feel like. It is what it is for you and your child in that moment. That is more than okay.



DISCOVERING the worries: Be curious and empathic towards your child's memories, questions, feelings, guilt or shame about their birth family. Explore – "how does it feel for you to enjoy Christmas? Is there a part of you that feels bad? How does it feel to know that this is so normal and you can both feel bad and enjoy it?"

GIVING AND RECEIVING AT CHRISTMAS



The **DILEMMA** of presents: Past deprivation may make both giving and receiving presents a trigger for shame, guilt or fear. Be a model for your child: help them see the joy people experience from the thinking, planning, making, giving and receiving of presents.



FORGET THE NAUGHTY OR NICE LIST! Help your child to know that giving and receiving presents is not dependant on them being good. They are loved and worthy of gifts in your family regardless of their behaviour.

Keep presents **LOW KEY**: Too many or very expensive gifts can be overwhelming and 'too much', leaving your child with an urge to reject or break things to regulate their feelings. Titrate your gifts, make them bite-size, tolerable, acceptable.



PARENT / CARER

"I should have known better"

"That was a waste of time and money"

"I didn't get it right, I'm dreading next year"

WATCH OUT FOR THE POST-CHRISTMAS BLUES

CHILD

"It's my fault! I didn't enjoy it"

"IT WILL NEVER BE THAT FUN AGAIN"

"I feel so guilty because I should have enjoyed it but I didn't"

WHY NOT TRY...



INCREASING familiar structure and supervision: Helping them get back into the momentum of 'normal' life by increasing structure and supervision. Use your presence to help them get back to previous habits and predictable routines.

CONNECT then reflect: "I can have a hard time when Christmas is over too – especially when I was a kid...here's what we could do together to get back into a routine we enjoy"