



Friday 7th March  
2025

# *The* **CRANLEIGH CHRONICLE**

## INCLUSION TEAM'S EDITION

### MESSAGES

A very warm welcome from the Inclusion Team here at Cranleigh C of E Primary.

We believe every pupil is unique. Our commitment to inclusion ensures all children, regardless of their prior attainment, backgrounds, or needs, feel welcomed and supported in their learning journey.

This week, the children have enjoyed learning about wildlife. They have had the opportunity to express their creativity and deepen their understanding of the animals that share our world. A huge thank you to the **Cranleigh Friends** for organising such fun activities that included everyone.

Our new library is now open with a variety of books reflecting different cultures and experiences. We've also included book suggestions in this newsletter, focused on wellbeing, which you can explore with your child. Stay tuned for more updates as we celebrate **World Book Day** next week!

Thank you for being part of our inclusive school family!

**Mrs Mills and Mrs Jackson**  
**SENDCo and Assistant SENDCo**

Every learner  
matters.

And matters  
equally.

This is  
INCLUSION.

# Dates for your diary

**Book Week**

**WC 10th March**

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**Youth Police Team in at Lunchtime**

**Tuesday 11th March**

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**Years 3, 4 and 5 Library Visit**

**Wednesday 12th March**

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**Book Day - Children to come dressed as their favourite book character**

**Thursday 13th March**

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**Reception and Year 1 Library Visit**

**Thursday 13th March**

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**Jeremy Hunt, MP, school visit**

**Friday 14th March**

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**Book Fair**

**17th to 20th March**

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**Year 6 Library Visit**

**Wednesday 19th March**

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**All calendar dates can be found on our [website!](#)**

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**Cranleigh C of E  
Primary**

# A welcome from our new Assistant SENDCo

My name is Natalie Jackson, and I'm excited to join the team at Cranleigh C of E Primary as class teacher in Reception on Mondays and Assistant SENDCo on Tuesdays, Wednesdays and Fridays.

I grew up in a small town called Lytham, on the North West Coast before attending The University of Sheffield, where I earned a degree in Medicine and Surgery. I then spent 10 years practicing medicine in both London and Surrey before pursuing a career in education in 2018.

My training began in a three-form entry school in Guildford before spending the last 3 years at a local infant school, achieving my National Award for Special Educational Needs and Disabilities in 2023. Most recently, I spent half a term working at a specialist SEN school for social and emotional needs before joining this wonderful school.

My family and I have lived in Surrey for over 15 years and have recently moved to West Sussex. I have two children, aged 11 and 9, and I love spending quality family time together, whether it's walking or enjoying board games. I'm looking forward to getting to know you and your families and becoming part of this important community!



Faith

LENT

Lent began on Wednesday, 5th March (Ash Wednesday) and will end on Thursday, 17th April (Maundy Thursday).

As we journey through Lent, we reflect on our half-termly value of **forgiveness**.

Lent is a time of reflection and renewal, reminding us of Jesus' teachings on love, kindness, and the power of forgiving others.

At Cranleigh, we are encouraging our children to think about how forgiveness can make a difference - whether it's saying sorry, letting go of small disagreements, or showing kindness to others, even when it's difficult.

# Forgiveness Chains

Through stories, discussions, and the creation of forgiveness chains for our central reflection table, we are exploring what we are sorry for and how we can forgive others.

Families can also reflect on this value at home by encouraging open conversations about understanding, empathy, and making amends.

Together, we can make Lent a meaningful time of learning, reflection, and kindness.





## THIS WEEK AT CRANLEIGH

A big thank you to everyone who was able to take part and wear an animal-themed accessory on Monday to kick-start our **Wildlife Week**! It was wonderful to see so many creative and fun designs, helping us celebrate and learn more about the amazing animals around us.







## This week at Cranleigh

The children had a fantastic time on Monday lunchtime on an insect hunt with Connie - mum to Sidney and a valued member of our wonderful PTA. Armed with sticks, they dug through mud and leaves, uncovered hibernating snails, and spotted ants and worms in the bushes - just the kind of lunchtime all children should be experiencing!





## This week at Carleigh

Today, we had a fantastic visit from the **Surrey Bat Group**, who gave an engaging talk all about bats! The children learnt fascinating facts, including how bats use echolocation to find their way in the dark and that they are not blind, just misunderstood due to myths. Our children loved the session and left with a new appreciation for these amazing creatures.





# OUR NEW LIBRARY IS OPEN!

We're excited to share that our new library has opened today!

Children will be bringing home a library book every week from now on.

Please ensure it is looked after and returned each week.

Your child's library timetable will be shared in due course. Until then, please keep your child's library book in their bookbag every day to ensure it can be changed on time.

**Happy reading!**

# WORLD BOOK DAY



We will be celebrating World Book Day next  
**Thursday 13th March.**

Children are encouraged to come to school dressed as their favourite story character. (Staff will be dressing up, too!!) Please note, sports team kits are not permitted.

From Monday 17th to Thursday 20th March, there will be a **Book Fair** on-site.

Whilst we will accept cash, the easiest way for your child to purchase a book is by using gift vouchers. Please click [HERE](#) for more information.

# Congratulations!

## House Points

*Pioneers*

839

*Explorers*

826

*Discoverers*

817

*Adventurers*

814

CLASS	STAR OF THE WEEK	HEADTEACHER'S AWARD	House point winners
Robins	Darcie	Florence	Bonnieblue, Jaisri, Ellis
Sparrows	Katie-Louise	Renée	Otto, Seb, Willow
Owls	Michael	Darcey	Elizabeth, Larosa, Levi
Swans	Vogue	Tienna	Lukian, Hashim, Adam
Kingfishers	Vinnie	Noah	Flora, Layla, Noah
Herons	Klaudija	Raf	Esther, Jayce, Alex
Cranes	Hania	Blossom	Freddie, Simon, Gabby

## Weekly Attendance Winners

YEAR 1

YEAR 4

YEAR 5





# Safeguarding Contacts

If you have any concerns regarding a child, please ask to speak to one of our safeguarding team below straight away:

**K. Pelazza:** Headteacher / Designated Safeguarding Lead (DSL)

**J. Mills:** SENDCo / Deputy Designated Safeguarding Lead (DDSL)

**T. Church:** Thrive Practitioner / Deputy Designated Safeguarding Lead (DDSL)

**M. Parry:**

**The Good Shepherd Trust** [contacts](#)

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# Managing Screen Time with your neurodivergent child or young person

## Neurodivergent children & young people (CYP)

can enjoy benefits using phones, tablets, games consoles & other devices. They keep up to speed with what's important to them: their friends, fandom, gaming skills... However, the lure of the screen can be difficult to walk away from, which leaves less time for other important activities like homework and quality family time. Here are some ideas to help them put that device down.



## 1. Take an interest

Ask what they like doing on their devices and listen to why. Try to understand what's in it for them and why they spend so much time on their devices. This will prompt ideas for alternative, enjoyable activities. For example:

- Want to chat with friends? Offer to arrange for friends to come over.
- Like being good at a game? Plan fun, family gaming nights when they enjoy beating you!
- Search for suitable family video games (even for grandparents,) on the Taming Gaming website:  
<https://www.taminggaming.com/en-gb/search>

## 2. Make the rules clear

- Discuss with your child when and how long they use their device. Understand the time it takes to play their favourite game to judge when natural breaks are likely to occur as it's easier to come off at these points, so less arguments for you. Or you could set how many games they can play, rather than a specific time frame.
- Formalise rules using a family agreement:

- <https://www.childnet.com/resources/family-agreement>
- <https://www.internetmatters.org/connecting-safely-online/things-to-do-together-to-help-young-people-connect-with-others-safely/family-agreement-activities-to-do-together/>

## 3. Prepare

Before your child goes on their device:

- Remind them of the rules, including the time they are going to spend or how many games they are going to play.
- Help them establish boundaries by asking what they are going to do on the device, so that they have a specific activity or purpose in mind instead of wandering aimlessly around online
- Agree what they are going to do when they finish. For those who find it particularly difficult to come off, it helps if they know specifically what they are going to do afterwards rather than being left at a loose end, especially if it's something they also enjoy.

## 4. Help them keep track of time

Some children and young people need reminders of remaining time on their device. You can:

- Flag when they're halfway through and when there's 5-10 minutes left
- Set visual timers so they can see the time elapsing: try sand timers or download free timer apps
- If they have an agreed number of games instead of a time limit, from time to time ask how many games they've played.



## 5. Settings

Use device settings and controls for boundaries and establish norms around length of time on devices, especially for younger children. There's information about how to do this on Internet Matters: <https://www.internetmatters.org/parental-controls/>

Young people can use settings to manage their own screen time. Encourage them to:

- Turn off social media notifications
- Turn off auto-play on the apps they use to watch videos, like Facebook and YouTube
- Move tempting apps to the last screen on their Smartphone

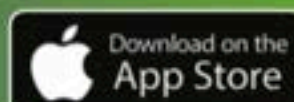
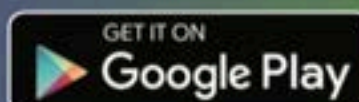
- Check the time they are spending on different apps to increase their awareness – it's likely to be longer than they think. The Screen Time functionality on Apple devices and the Digital Wellbeing app for Android devices can help with this.
- Use in-built tools in apps, such as the Take a Break reminder on YouTube.
- There are also apps encouraging you to take time out from screens. Check out the Forest app: <https://www.forestapp.cc/>

## 6. Setting an Example

**How much time are you spending on your devices? Children are more likely to do what we do, than what we say.**



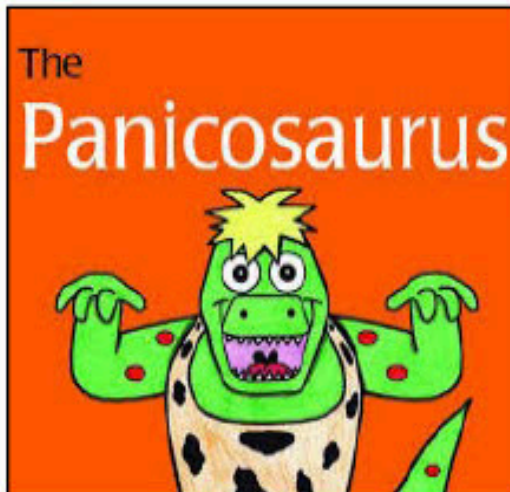
These apps are all **free** to download



# BOOKS TO HELP EXPLORE EMOTIONS

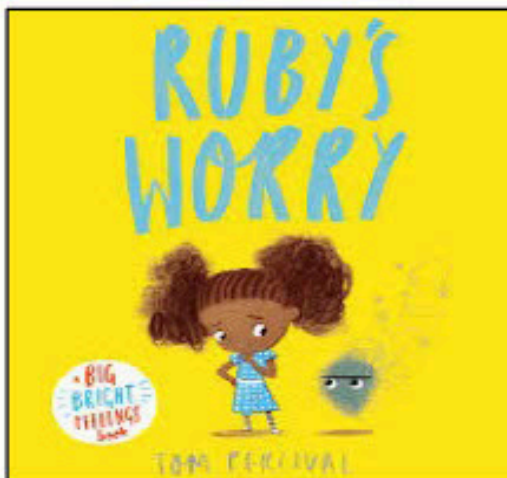
## Worry / anxiety

Worry and anxiety are feelings that can make children feel nervous or afraid, often about something that might happen in the future. Worry is when a child thinks about a situation and feels unsure or scared, like worrying about a school test or meeting new friends. Anxiety is a stronger, more constant feeling of fear that can sometimes make it hard for a child to feel calm. Both are normal, but it's important to talk with your child about their worries, offer comfort, and help them find ways to feel more confident and at ease.



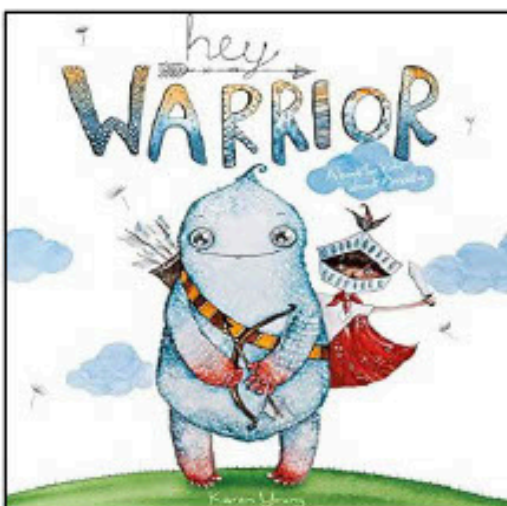
Have you ever felt a sense of dread and worry creeping over you?

That might be the Panicosaurus coming out to play... Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog on the street or when her favourite teacher is not at school. With the help of Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her.\*



Ruby loves being Ruby. Until, one day, she finds a worry.

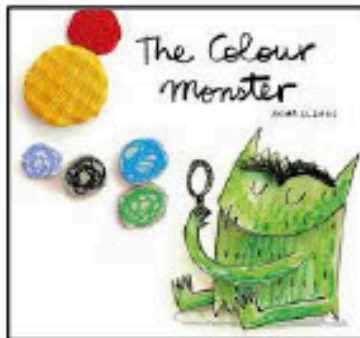
At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?\*



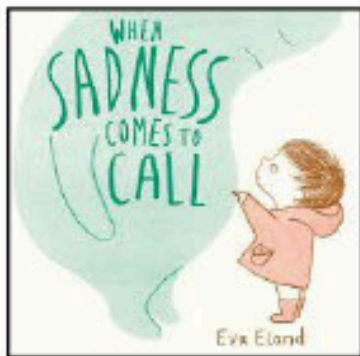
Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered.\*

## Talking about feelings

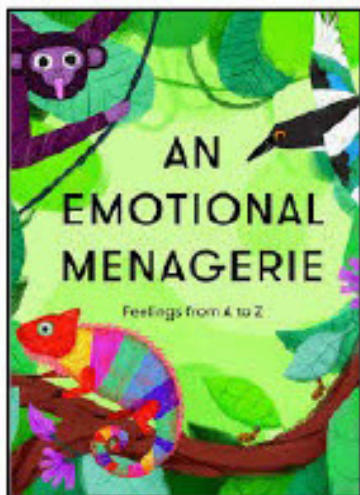
Talking about feelings with your child is a great way to help them understand and manage their emotions. When you use books, it can make these conversations easier and more fun. Books often show characters going through similar experiences, which helps children relate and feel less alone. By reading together, you can encourage your child to express their feelings, ask questions, and learn how to cope with different emotions in a safe, supportive way.



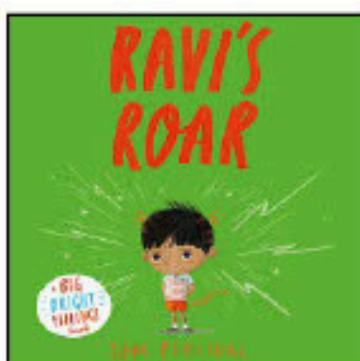
One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. What is the Colour Monster feeling? And can you help him feel a little less mixed up?



When Sadness arrives, try not to be afraid: give it a name, listen to it and spend some time together. Maybe all it wants is to know that it's welcome. This beautiful debut by author-illustrator talent Eva Eland takes a poignant but uplifting look at dealing with sadness.



An Emotional Menagerie is an emotional glossary for children. A book of 26 rhyming poems, arranged alphabetically, that bring our feelings to life - Anger, Boredom, Curiosity, Dreaminess, Embarrassment, Fear, Guilt, and more. The poems transform each emotion into a different animal to provide a clear and engaging illustration of its character: how it arises; how it makes us behave and how we can learn to manage its effects. Boasting a rich vocabulary, the poems also give children a wide variety of options for describing their feelings to others.

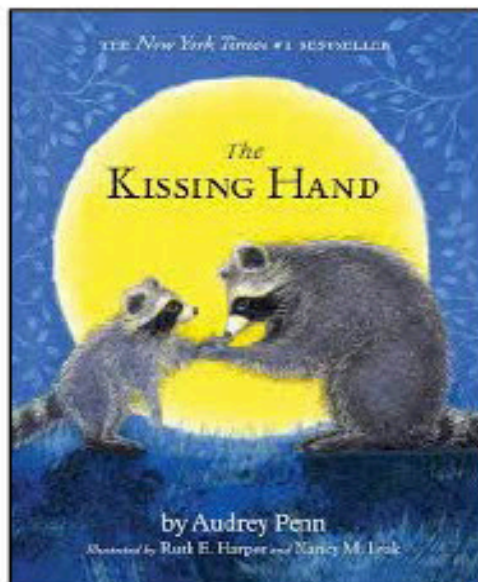


Being a tiger is great fun at first - tigers can do **ANYTHING** they want! But who wants to play with a growling, roaring, noisy, wild tiger who won't share or play nicely? Ravi is about to discover something very important about expressing his feelings and making amends.

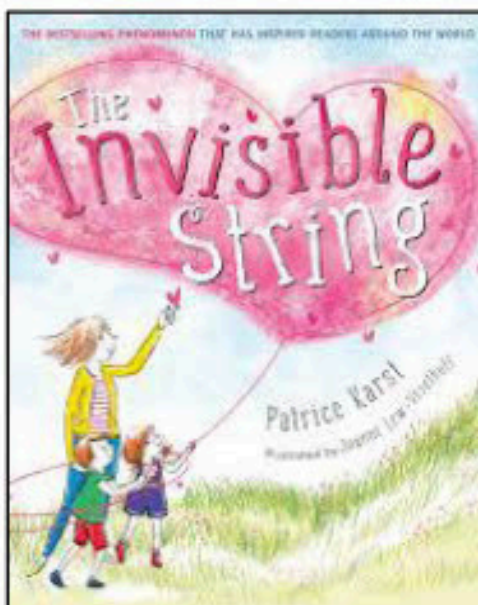
## Separation anxiety

Separation anxiety is a common feeling that many children experience when they are apart from their parents or caregivers. It can happen when they first start school or after a break, and may make them feel nervous, scared, or upset. This is a normal part of growing up and usually gets better with time. It's important for parents to offer reassurance, create a consistent routine, and provide comfort to help children feel safe and secure as they adjust to being away from home. Always talk to staff at school for support if needed.

Books can help support discussions that you can have with your child. Under each section, there are some book suggestions to try. You could borrow these from the library or speak to your teacher.



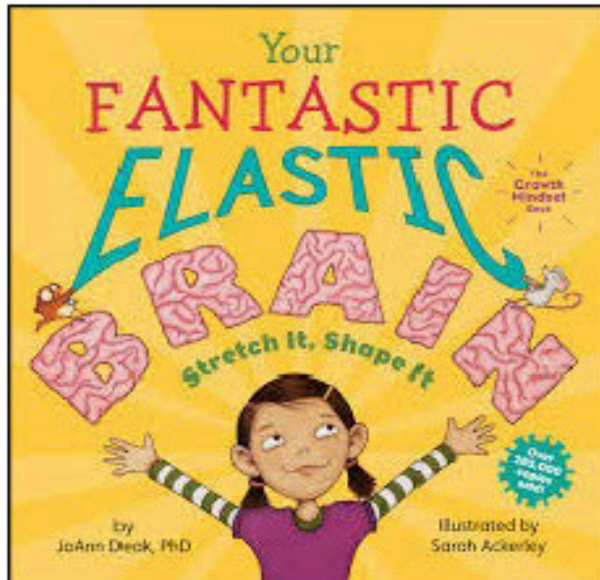
School is starting in the forest, but Chester Raccoon does not want to go. To help ease Chester's fears, Mrs. Raccoon shares a family secret called the Kissing Hand to give him the reassurance of her love any time his world feels a little scary. Since its first publication in 1993, this heartwarming book has become a children's classic that has touched the lives of millions of children and their parents, especially at times of separation, whether starting school, entering daycare, or going to camp. It is widely used by kindergarten teachers on the first day of school. Stickers at the back will help children and their parents keep their Kissing Hand alive.



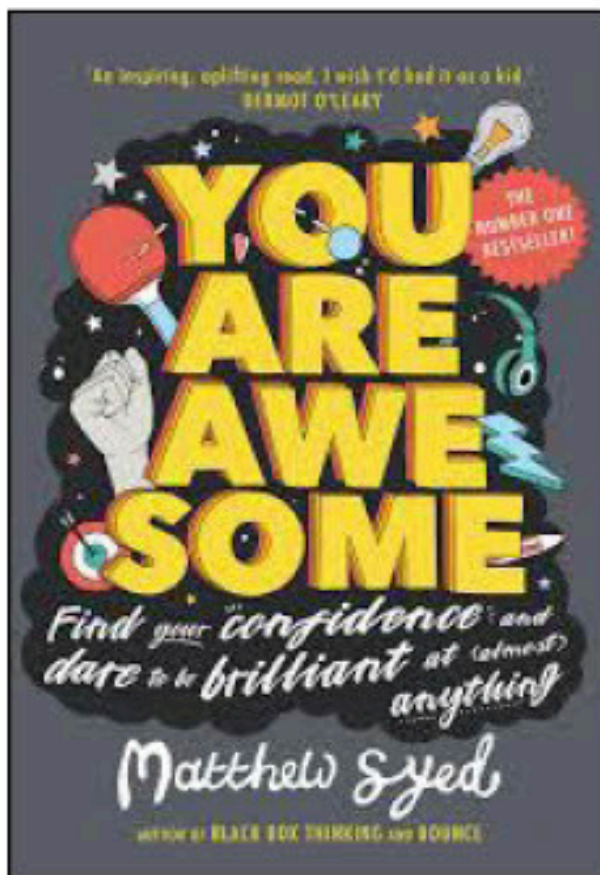
Parents, educators, therapists, and social workers alike have declared The Invisible String the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love. Does everybody have an Invisible String? How far does it reach? Does it ever go away? This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love.

## Growth mindset

A growth mindset is the belief that abilities and intelligence can grow with effort and practice. When children have a growth mindset, they understand that making mistakes is a natural part of learning and can help them improve. Encouraging a growth mindset helps children stay positive and keep trying, even when things get tough. By praising their hard work and persistence, rather than just the result, you can help them develop confidence in their ability to learn and grow, both in school and in life.



Learn how much your brain can grow! The perfect introduction to growth mindset, *Your Fantastic Elastic Brain: Stretch It, Shape It* is: A growth mindset book for kids, A teacher must-have for classrooms. The best resource for anyone to teach growth mindset. Did you know you can stretch and grow your own brain? Or that making mistakes is one of the best ways your brain learns? Awarded as one of the best growth mindset books for kids, *Your Fantastic Elastic Brain: Stretch It, Shape It* teaches all the ways that the brain can develop with exercise, just like the rest of our bodies.\*\*



I'm no good at sport ... I can't do maths ... I really struggle with exams ... Sound familiar? If you believe you can't do something, the chances are you won't try. But what if you really could get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to? *You Are Awesome* can help you do just that, inspiring and empowering young readers to find the confidence to realise their potential. The first children's book from Times journalist, two-time Olympian and best-selling mindset author Matthew Syed, it uses examples of successful people from Mozart to Serena Williams to demonstrate that success really is earned rather than given, and that talent can be acquired. With hard work and determination, practice and self-belief, and, most importantly, a Growth Mindset, there's no reason why anyone can't achieve anything.\*

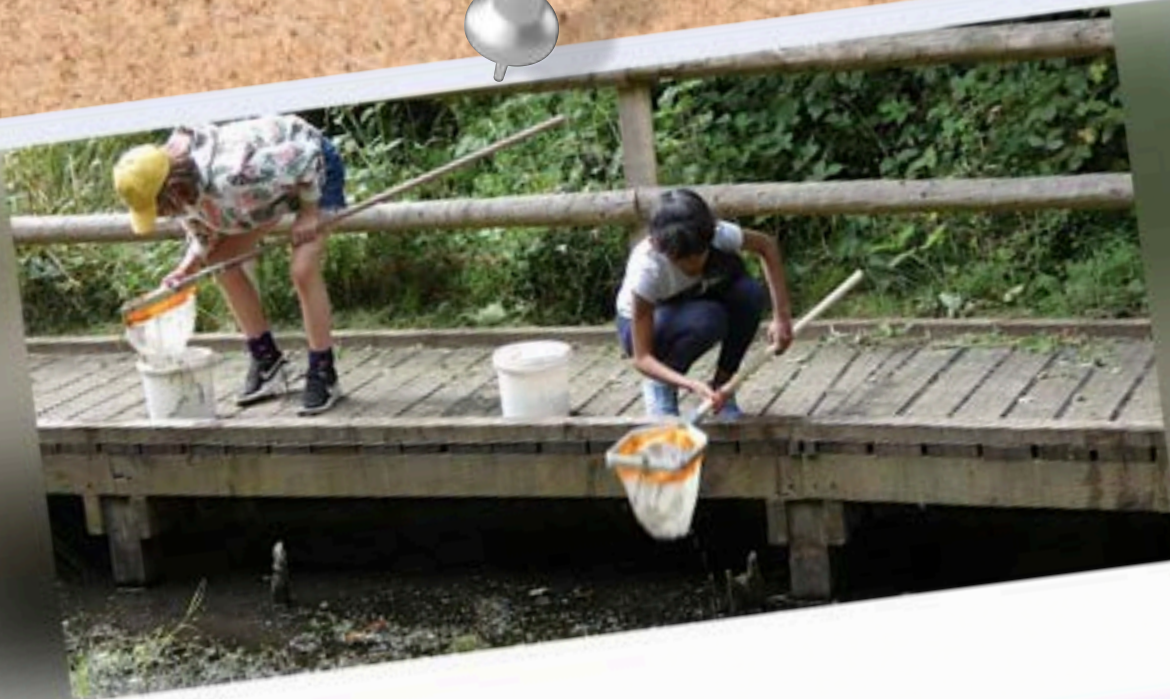
\*blurb taken from amazon.co.uk

\*\*blurb taken from books for topics

Community  
Notices

# Pond Dipping at Sayers Croft!

Click [HERE](#) for more  
info.



Saturday, March 15

## Family Pond Dipping

Sayers Croft Trust would like to invite you to come pond-dipping this spring. This family-friendly activity is fun for all!



By The Sayers Croft Trust · 364 followers

Lots of repeat customers ☒

Follow

Select tickets

Wishing you all a  
lovely weekend.

