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**CLOVER HILL
PRIMARY
SCHOOL**

Headteacher: Mrs Ailsa Holden

Hello everyone!

This is such a short half-term and we have so much taking place. This week has been a mixed bag in terms of weather – sunshine and snow!!! The children were running round with NO COATS ON (much to their delight) on Thursday and by Friday, winter coats and wellies were back out!!

Please see the diary dates below for important events happening over the next 4 weeks including parent consultations, decorated egg competition and cinema club.

Have a lovely weekend!

Mrs Holden

Clover Club

Clover Club is up and running in the new look studio and everyone is enjoying the range of activities on offer. **Our after school 'fun clubs' are changing** after Easter so watch out for the information leaflet with what's on offer and how to book.

Class Dojo

We use the **Class Dojo** app for our home-school communication along with Arbor emails. It would be great if all families could sign up to this app as it's the easiest way to stay 'in the know' and share news and updates with you all. This is an internal school app so photos and posts are secure.

Year 1 have just started using Class Dojo and from September, Reception will be joining us too moving away from Seesaw.

We regularly share class events, pictures of lessons, celebrations and whole school updates through the app – you can adjust your phone settings to enable push notifications so that you are notified whenever there is a new post (just like Facebook and Instagram). Please drop us some 'likes' on our posts!

World Book Day

The children had a wonderful time celebrating World Book Day yesterday. Thank you so much for the generous donations of books—it was heart-warming to see each class visit the hall and carefully choose a few new stories to take home and enjoy. Their excitement was infectious!

Teachers also joined the fun by visiting one another's classrooms to share their favourite stories during our special "bookie with a cookie" session. As part of the celebrations, the children designed their own book vouchers, and we will be sending their entries to the World Book Day organisers next week.

As a school, we chose not to dress up this year, as we felt it was important to keep the focus on the true purpose of the day: celebrating the power of books and reading. Reading opens doors to new worlds, builds knowledge, sparks imagination and supports children's writing development.

We encourage you to help your child pick up a book each day—sharing a story together at bedtime, even with older children, has been shown to have lasting benefits. In a world full of technology, just ten minutes of reading each night can make an invaluable difference.

After-school feelings: – a helpful insight for families

Many children – especially those who find the school day emotionally or socially demanding – can come home feeling overwhelmed or out of sorts. You may notice your child walking through the door tired, irritable, tearful, or simply “done” for the day. This is often called *after-school restraint collapse*, and it happens when children finally relax in the safety of home after working hard (physically, mentally and socially) at school all day.

Often, we receive positive reports from teachers about our children’s attitudes and behaviour at school, and then parents report the opposite experience at home, navigating meltdowns and big feelings. A key approach to handling restraint collapse is to minimise demands. It may feel counterintuitive to talk less when we want to connect with our children, but sometimes even the simplest questions or decisions can fuel a meltdown.

Making space for them to reregulate their nervous systems with simple routines that are supportive and predictable can make a huge difference. A simple routine can really help children reset. Adding something as small as a familiar after-school snack can make a noticeable difference in helping them settle, refuel, and feel ready to reconnect at their own pace.

Why after-school snacks matter

Hunger and hydration play a huge role in how our children behave and feel. Low blood sugar and dehydration can mimic—or magnify—dysregulation. Add in overstimulation, changes in routine, and general fatigue your child might fall apart between the classroom and the kitchen. All these factors together can make the time between school and home a challenging one for children—which is why a simple, nourishing snack can make such a difference.

By working together and keeping things calm and predictable, we can support our children as they unwind from the school day.

AFTER-SCHOOL RESTRAINT COLLAPSE AFTER-SCHOOL HUNGER & EMOTIONAL REGULATION

Why being starving magnifies dysregulation and how to support it

AFTER-SCHOOL HUNGER & EMOTIONAL REGULATION

By the end of the school day, many children are not just tired — they’re hungry. And when blood sugar drops, emotional regulation becomes significantly harder. What looks like attitude, tears, or irritability is often a nervous system running on empty.

LOW BLOOD SUGAR SHRINKS THEIR WINDOW OF TOLERANCE

When a child is hungry, their brain has fewer resources to regulate emotions, process information, or manage frustration. Small stressors feel big. Noise feels louder. Demands feel heavier. A hungry nervous system is more reactive because it’s trying to function without enough fuel.

WHAT HELPS RIGHT AFTER SCHOOL

Offering a predictable, protein-rich after-school snack can make a noticeable difference: yoghurt, fruit, crackers with cheese, nuts, smoothies, or whatever your child tolerates. The goal is to stabilise blood sugar quickly so their emotional system can settle too.

CREATING A SAFE LANDING AT HOME

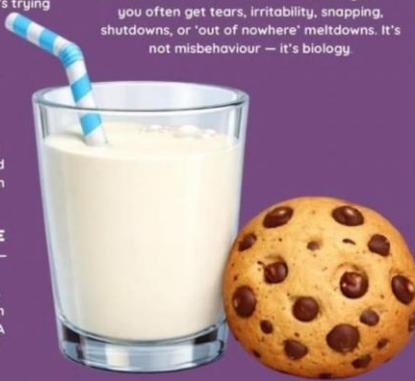
Pairing food with low-demand connection — quiet time, a calm activity, a consistent routine — helps the nervous system reset. When a child’s body is refuelled, their brain becomes far more capable of regulation. A snack is not spoiling them; it’s supporting their biology.

WHY SCHOOLS DAYS DRAIN ENERGY FAST

Children burn through energy rapidly at school: focusing, navigating social dynamics, managing sensory overload, sitting still, following instructions, and coping with constant transitions. Even if they’ve eaten lunch (which many rush to get out to play), the long gap until hometime means their brain has used up most of its available fuel.

WHY EMOTIONS EXPLODE ON THE WALK HOME

The moment the school day ends, the nervous system shifts out of ‘hold it together’ mode. Combine that release with low blood sugar, and you often get tears, irritability, snapping, shutdowns, or ‘out of nowhere’ meltdowns. It’s not misbehaviour — it’s biology.



Want to understand more about after school restraint collapse? Explore the full After School Restraint Collapse Toolkit by The Contented Child for visuals, guides, and practical tools that help uncover what’s behind the collapse — and support children to feel safe.

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Sporting Events Coming up...

Gateshead Schools Swimming Gala
FINALS: 11/03/26

Gateshead Schools Dance Festival:
25/03/26

Sporting Successes

Congratulations to our swimming team who have made it through to the regional finals! We are so proud of their hard work and outstanding attitudes. Keep your fingers crossed 'TEAM CH' bring back the GOLD next week!!

Diary dates:

10/03/26

Y5 Mini Health Champions at The Fed (group of 10 selected children). Packed lunch required

25/03/26

Gateshead Schools Dance Festival (after school dance club) at The Glasshouse

30/03/26

Easter cinema club – FURTHER INFORMATION TO FOLLOW. TICKETS WILL BE AVAILABLE ON ARBOR. JUICE AND BISCUIT PROVIDED.

30/03/26

Decorated egg competition. Bring eggs in on Monday 30th March ready to be judged on Thursday 2nd April.

Two categories:

WITH ADULT HELP

WITHOUT ADULT HELP

31/03/26

Parent Consultations 3.40-6pm

01/04/26

Parent Consultations 3.40-6pm

Appointments available to book on Arbor from Wednesday 18th March 6pm. One appointment per child within the days/times available.

02/04/26

Break up for Easter

20/04/26

Back to school

