

Together Everyone Achieves More

*Through.....
Loving learning, loving each other and loving life
itself
AGAPE: The Good Samaritan (Luke 10: 25-37)*

Newsletter 21/10/20

Dear Parents/Carers,

May I take this opportunity to thank you for all your support over the course of this half term. It has been a challenge for us all. I do hope you and your families have a well deserved rest over this half term holiday. Don't forget that this Friday is an INSET day so the last day of this half term is Thursday 22nd October (remember your non uniform – dress as a colour – donations for the Uphill Trust). We look forward to seeing you on Monday 2nd November.

Many thanks.

Collective Worship Theme of the Week: Zones of Regulation

What Zone Are You In?			
Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

Little Herons Nursery

The children have been learning a little more about the Zones of Enrichment this week. Following on from the display board with pictures of children displaying differing emotions, they each have a small flip book with their photograph on each colour zone. Staff have been modelling how they feel during circle time (with their own flip books), then the children are asked which colour the feel they are in. We've had some interesting answers! One child always talks about being in the Yellow Zone as he is excited for "Halloween, the Easter Bunny and Christmas!"

Over this term, the children have really embraced the 'Zones' and many will ask staff "Are you feeling green or blue today?"

Have a lovely half term break and we all look forward to seeing your lovely children very soon.

As ever, if you have any queries or concerns then please do talk to your child's Key Person.

Little Herons staff.

Well Being: Tips

Take the time to be grateful for our wonderful physical bodies, our intelligent minds and our range of emotions. At half term try to take opportunities to rest, to recover physically, mentally and emotionally.

Be wise in your choices and priorities. Give yourself permission to recover, properly. And then do it.

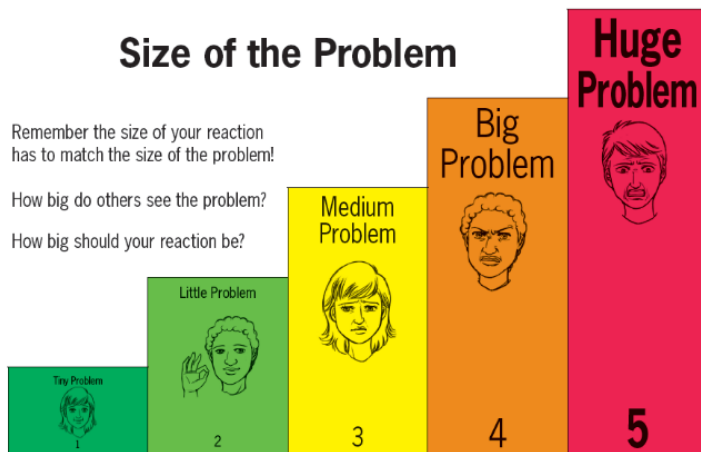
Emotional Literacy:

ELSA

The Size of the Problem: How big is the problem?

This week as part of the *Zones of Regulation Enrichment Week*, I have been running whole class workshops exploring our emotional responses to the problems we may face. The problems children face vary in size and reactions need to be appropriate and proportionate.

By teaching and prompting children to compare the size of the problem to the size of their reaction, we can learn to engage in appropriate responses for problem solving. These discussions should be explored when children are calm and engaged **not for when the child is having an emotional response** as this might make matters worse.



If a child has a 'red zone' reaction to a little problem we can encourage them to try and solve the problem they face. By teaching children to be aware of the size of the problem, size of the emotion and size of the related reaction, we are helping them think about their problems and **learn that they can have control over how they react** to different problems.

Toolkit for Discussion

- Consider what happened
- The size of the problem
- How you felt about it
- Discuss ideas for solving the problem or making it smaller
- What you did
- How you felt about it afterwards

ELSA Parent Workshops

We are always looking for new ways to support Wellbeing and Mental Health at North Curry Primary School. We will be hosting two Parent Workshops which will be presented by Dr Sinead Veale, Educational Psychologist.

On Tuesday 10th November at 2pm and 5:30pm via Teams

The workshops will focus on *Managing Big Emotions: Promoting Mental Health and Wellbeing*

- What is behaviour and what does it mean?
- What is anxiety?
- Emotion coaching: how to respond helpfully to your child's big emotions.
- Setting boundaries

If you would like to attend the workshops with Dr Veale please email the office office@nc.huish.deucation stating which workshop you would like to attend.

Any questions please contact Ms Harris via the school office or email.

Zones of Regulation Parents/Carers Information session via Zoom

A big thank you to Mrs Filmer (was Pople) who ran a virtual parents information session on Monday afternoon. We will look in to running another one in the future if any parents are interested. Please let your parent reps know and they can pass it on at our next meeting (after half term).

Show and Share Assembly

Thank you Seahorse class for the last virtual show and share assembly for this term. A big thank you to Mrs Filmer (was Pople) and Ms Limm for supporting the children in putting it together. There are still some parents/carers who are not putting their cameras on. We do need to be able to make sure that you are who you say you are in order to safeguard the children. We would appreciate your support in this matter...many thanks.

Mr Bulbeck's Multi-Skills Sports Club (See Attached Letter)

A reminder to please email the school office asap if your child wishes to take part. Thank you

School Lunch Reminder For After Half Term

For **w/c 2nd November** orders must be placed by midnight today, **Wednesday 21st October**. Unfortunately orders placed after this date/time will not be able to be processed and you will need to provide your child with a packed lunch for that week.

If your child has any special dietary requirements you must email the school office before the order cut off.

Kind regards,



Helen Morley.

Key Dates: Autumn Term 1 2020

Date	Subject
Thursday 22 nd October	Non-Uniform Day for the Uphill Trust Junior School: Dress as a colour to link with the Zones of Regulation
Friday 23 rd October	INSET DAY
Monday 26 th October – Friday 30 th November	Half term week
Monday 2 nd November	Back to School

Key Dates: Autumn Term 2 2020

Date	Subject
Monday 2 nd November	Welcome back children! New term starts
Wednesday 4 th November	Individual School Photos
Friday 6 ^h November	Virtual Shark Show and Share: 1.20 Virtual Parents' Forum : 2.00
Friday 13 th November	Virtual Octopus Show and Share: 1.20 Children in Need Non Uniform Day
Friday 20 th November	Virtual Minnow Show and Share: 1.20
Friday 27 th November	Virtual Dolphin Show and Share: 1.20
Friday 4 th December	Virtual Starfish Show and Share: 1.20
Tuesday 8 th December	Local Governing Board Meeting: 5.00
Friday 11 th December	Virtual Seahorse Show and Share: 1.20
Monday 14 th December	9.00: Virtual Shark Christmas Cracker Show and Share 9.30: Virtual Octopus Christmas Cracker Show and Share
Tuesday 15 th December	9.00: Virtual Dolphin Christmas Cracker Show and Share 9.30: Virtual Minnow Christmas Cracker Show and Share
Wednesday 16 th December	9.00: Virtual Starfish Christmas Cracker Show and Share 9.30: Virtual Seahorse Christmas Cracker Show and Share
Wednesday 16 th December	National Theatre Panto: 10.00
Thursday 17 th December	In house Christmas Service: 1.20
Friday 18 th December	Christmas Party/Jumper Day End of term
Monday 21 st December – Friday 1 st January	Christmas Holidays
Monday 4 th January	INSET Day: Emergency First Aid
Tuesday 5 th January	Back to School

Mr Bulbeck's After School Multi-Skills Sports Clubs

Mondays – Minnows (yr 1 only) + Seahorse (Yr 1/2) – 3.15 – 4.15pm

Tuesdays – Starfish (Year 3) + Dolphin (Year 4) – 3.15 – 4.15pm

Fridays – Octopus (Year 5) + Shark (Year 6) – 3.15 – 4.15pm

Please email the school office at **office@nc.huish.education** to book your child's place on the club and see below for payment details.

All clubs will start week beginning Monday 2nd November 2020 and run up to and including week ending Friday 4th December.

All clubs will be held outside on the field or on the playground and each class bubble will be kept separate from each other during the club

Please make sure that your child has the appropriate clothing for the weather as we will always be outside. If the weather is too poor and we are forced to cancel, that session will be caught up at a later date in the term.

When collecting your child please arrive and wait at the pedestrian gate on Portmans and I will release them to you when we are finished.

Each club costs £10 per child. FULL payment must be made by Monday 2nd November.

There will be no admittance without payment.

If paying by cash or cheque (made payable to M. Bulbeck) please place in an envelope and put in the letterbox at the front of school, alternatively you can pay directly into the account:

Name - Matt Bulbeck

Bank – HSBC

Sort code – 40-44-04

Account – 71379925

Reference – your child's name