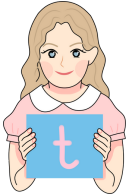


Sunshine & Rainbow NEWSLETTER



2ND
OCTOBER
2024

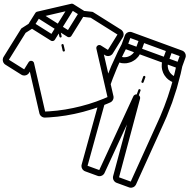


Phonics Workshop



Thank you so much to those of you that attended the Phonics workshop this week. It was great to see so many of you there.

We have now emailed out all of the information. If you have any questions, please do ask. We are always happy to help.



Lost Property



In Reception, we aim to encourage all children to be as independent as they can from the very beginning. This includes encouraging children to take care of their own belongings, including their coats, bags, drinks, jumpers and cardigans. By learning to manage their personal items, children develop essential life skills that will benefit them both in school and at home.

Whilst we do check the cloakroom and support the children at home time, we have noticed that some children's school uniform is missing. Could we kindly ask that you speak to your child about the importance of looking after their belongings and check your child's school uniform at home, in case they have accidentally picked up something that doesn't belong to them and return it to school as soon as possible. Thank you!

Dates for your Diary

INSET DAY (School Closed):
Friday 4th October

Welcome Assembly:
Friday 18th October - 2pm

Calendar

Dates for your diary are on our school website:

[CLICK HERE](#)

Newsletters

Previous Sunshine and Rainbow Newsletters can be found here:

[CLICK HERE](#)

Next week, we will be learning...



LITERACY

In Phonics, we will be learning the sounds:

- 'm' as in mouse
- 'd' as in drum.

Please do spend some time looking at these in your Phonics practise book.

The pronunciation of these sounds can be found by clicking here:

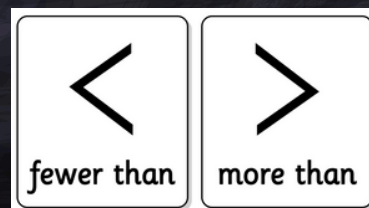
[CLICK HERE](#) 



MATHS

Next week, we will be using the language of comparison to describe sets of objects that we can see. We will understand what 'more than' and 'fewer than' means and use them to describe how many objects there are in each set.

Top Tip: 'Fewer than' is used rather than 'less than' because the focus is on countable things.

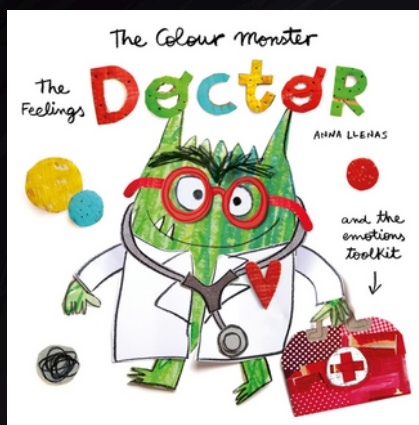



RE

Creation and Covenant: I know that God loves me and I am part of His family.



PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT



Next week, our story of the week will be 'The Feelings Doctor' by Anna Llenas. In the story, the characters explore what they can do when they have big feelings. Read the story here: [CLICK HERE](#) 

As part of our learning and to support the children in exploring their emotions and developing self-regulating tools, next week we will be:

- Creating a feelings box which we can use when we have big emotions.
- Learning about Zones of Regulation to address our emotions (see more information on the next page)
- Creating a sensory bottle (please remember to send in a clear plastic water bottle for your child to use).

To develop the children's communication, language and vocabulary, each week we will introduce two words of the week. Next week, these words are:

Please do discuss these at home too.

feelings 

calm 

Zones of Regulation

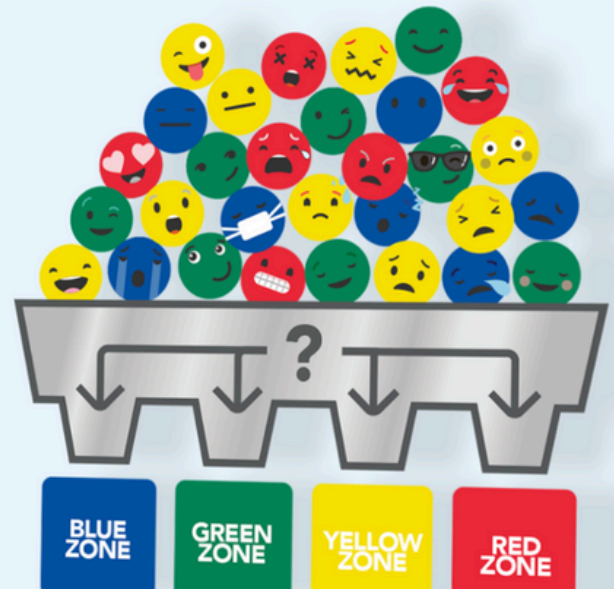


Why Teach Self-Regulation?

Regulation is something everyone continually works on whether we are aware of it or not. We all encounter trying circumstances that can test our limits. If we can recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes more naturally for some, but for others it is a skill that needs more attention and practice. This is the goal of The Zones of Regulation.

Sorting Our Emotions Into Four Zones

Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organizes our feelings, states of alertness, and energy levels into four colored Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them. We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well-being.



The Four Zones

All the Zones are Okay

A core belief of The Zones of Regulation is that all the Zones are okay. We routinely experience several of the Zones across a day. It's critically important that we don't convey the message that the Green Zone is the only acceptable Zone to be in. Acknowledge, accept, and support these feelings, never make anyone feel like the Green Zone is the norm.

Red Zone



The RED ZONE describes a state of extremely high energy and intense, very overwhelming feelings. We may be in an extremely heightened state of alertness, potentially triggering our fight, flight, freeze or flee protective response. We may feel elated, euphoric, anger, rage, devastated, out of control, panicked, or terrified when in the Red Zone.

When in the Red Zone we might need to pause and assess if we need to regulate and gain a sense of control of our strong feelings and high energy. For example, if we are feeling angry it may help to pause and count to 10 before we act. If we are panicked, we can stop and use our self-talk to help us gain a sense of control of our thoughts in order to meet our goal. If we are elated, such as when a teammate scores the winning point, we might need to pause and take a big breath to regulate our impulse to run out on the field to celebrate if there is still time on the clock.

Blue Zone



The BLUE ZONE describes low states of alertness and down feelings, such as when a person feels sad, tired, sick, hurt, lonely, or bored. Our energy is low and our body is moving slowly when we are in the Blue Zone.

When in the Blue Zone we often need to rest and recharge to meet our goals. We can regulate by seeking (or co-regulate by offering) comfort, energizing, or resting. If we are feeling sick in the Blue Zone, we may need to rest. If we are feeling tired, we may need to energize (depending on the context). If we are feeling sad, we may need comfort. In all these situations, the common theme is noticing our lower energy and/or down feelings and options for managing them.

Green Zone



The GREEN ZONE describes a calm, alert state. We may be feeling happy, focused, content, peaceful, or calm in the Green Zone. The nervous system feels safe, organized, and connected in the Green Zone, helping us be primed to learn. *However, we can learn in other Zones too.*

When in the Green Zone we regulate by using tools and supports that keep us moving forward comfortably, helping us feel ready to go! In the Green Zone, we might regulate by choosing to eat a healthy snack, exercise, take a break, or pause for a mindful moment. These restorative actions help us proactively care for ourselves so we can move forward with ease.

Yellow Zone



The YELLOW ZONE describes when our energy is higher, and our internal state starts to elevate. Our emotions get a little stronger. We may be experiencing stress, frustration, anxiety, excitement, silliness, confusion, nervousness, be overwhelmed, or have the wiggles, when in the Yellow Zone.

In the Yellow Zone we may need to take action to regulate to manage our energy and feelings as they get stronger. For example, if we are feeling energetic at the lunch table it helps to use caution and take a deep breath, so we do not spill something. If we are feeling nervous before our performance, we can slow down our racing thoughts and speech by using a mindfulness tool. When we are frustrated, and pause to take notice, we can decide to take a break to collect ourselves before we say something we regret.

More information can be found here: [CLICK HERE](#) 

My Self-Regulation Toolkit



I am ready to learn.



I am feeling focused.



I am doing good listening.



I am able to help a friend.



I could take a break.



I could go for a walk.



I could do some exercise.



I could talk to an adult about my feelings.



I could ask for a hug.



I could talk to an adult about my feelings.



I could have a rest.



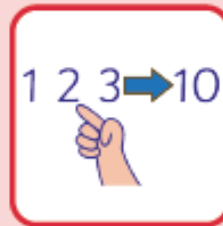
I could go outside.



I could take deep breaths.



I could have some quiet time.



I could count to 10.



I could squeeze a cushion or something soft.

Have a lovely weekend!