

A decorative border of colorful rainbows surrounds the text. The rainbows are arranged in a grid-like pattern, with some overlapping. They feature various colors including red, orange, yellow, green, blue, and purple.

Class 1 weekly update

(6th - 10th February 2023)

Our learning theme this week is: Children's Mental Health week

As part of Children's Mental Health week we will be recapping the Zones of Regulation and learning strategies to help us when we are in the red, yellow and blue zone. Please see overleaf for more information and perhaps have a chat about it with your child this week. We hope this will help children manage big feelings at school and at home!

Books of the week: The Squirrels Who Squabbled / Side by Side by Rachel Bright and The invisible String by Patrice Karst

School Values: This week we are focussing on **empathy**

Nursery

- In talk time, we will be looking at repeating patterns and trying to create some of our own using natural materials. *Can you go on a walk and find 2 items to make a ABAB pattern (leaf, stone, leaf, stone etc)? Share these on Evidence me!*
- The theme of Children's mental health week is 'let's connect' and so the children will be creating a 'mini me' and sticking them next to a friend's mini me- thinking about what makes them a good friend.

Reception

- In phonics the children will be learning the sounds: **ear**, **air**, **ure** and **er** and tricky word '**they**'.
- We will be reading a story called 'The invisible string' and the children will be thinking about the special people in their lives.

Marble Jar treat!

Class 1 have been earning their marbles for the Marble jar by doing good listening and sitting during carpet times this half term. They have reached their first milestone and have won a treat of their choice: another Beep Beep day! On Wednesday 8th February we invite all of Class 1 to bring in a bike or scooter for the day. They will have the opportunity to ride them on the big playground throughout the day!

Thank you for your continued support! Have a happy half term! 😊

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

I am in the yellow area.
I could...

take a break.

go for a walk.

talk to an adult about my feelings.

do some exercise.

I am in the blue area.
I could...

ask for a hug.

talk to an adult about my feelings.

have a rest.

go outside.

I am in the green area.
I am...

ready to learn.

feeling focused.

doing good listening.

able to help a friend.

I am in the red area.
I could...

take deep breaths.

have some quiet time.

squeeze a cushion or something soft.

count to 10.

