

Peek at the Week



How are you feeling?

This week the children have been learning to talk about how they are feeling and to think about which Zone they are in. We have included the story of the Zones of Regulation that we have been reading to the children. You will see that it links our feelings to colours and is a useful vehicle for the children to share how they are feeling. We also talk to them about what they can do to help themselves, when they are not feeling ok. We will continue to talk to them about how they can regulate their emotions, throughout the year, to help them build strategies to manage their feelings independently.

Don't forget to come to the Reception Coffee Morning next Thursday morning. More details after the story!



Once upon a time, in a bright and colourful land, there lived a child called Kit. Kit loved to play outdoors and explore new adventures.

On Monday, he was very happy for his first day at Dorchester Primary School. He came to school with a big smile on his face and laughed along with his friends. He felt warm and fuzzy inside. His teacher explained that he was in the Green Zone. This meant that Kit was feeling focussed and ready to learn.



On Tuesday, Kit woke up feeling a bit sad. He came to school crying and did not want to talk to his friends. He was tired and felt very sad inside. Kit's teacher noticed that Kit was feeling sad and tired. His teacher explained that he was in the Blue Zone and that is OK.

This meant that Kit was not ready to learn. His teacher asked him if he would like to talk about his feelings or have a rest. He asked if he could have a hug and then he felt much better. He was now in the Green Zone and ready.



On Wednesday, Kit woke up feeling silly and wiggly. When he got to school he could not keep still and found it hard to listen. Kit's teacher noticed that Kit was feeling excited and wiggly. His teacher explained that he was in the Yellow Zone and that is OK. This meant that Kit was not ready to learn. His teacher taught him some special exercises and then he felt much calmer. He was now in the Green Zone and ready.

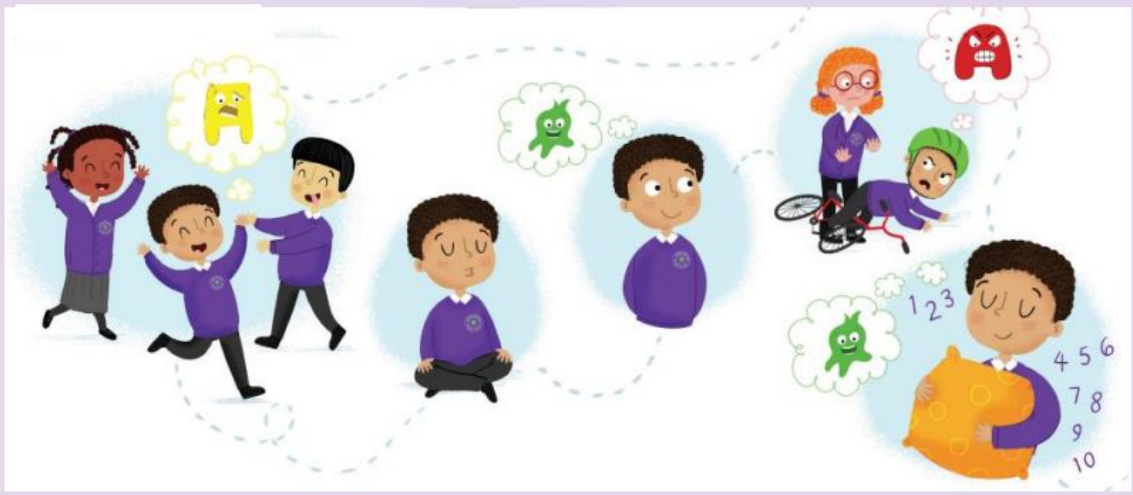


On Thursday, when Kit arrived at school another child snatched his favourite toy. This made Kit feel angry, and scared that he would never get the toy back. Kit's teacher noticed that Kit was feeling angry and scared. His teacher explained that he was in the Red Zone and that is OK. She gave him a special pillow to squeeze and helped him to take deep breaths whilst counting to ten. Then Kit felt much calmer. He was now in the Green Zone and ready.



On Friday, Kit woke up feeling happy again. He came to school with a big smile on his face and laughed along with his friends. He was happy to be in the Green Zone.

After Carpet time, Kit felt a bit sad and tired but he knew that he was in the Blue Zone and that this was OK. He spoke to his teacher and after a little hug he felt much calmer. He was now in the Green Zone and ready.



At lunchtime, Kit was very excited running around with his friends but when he went back to class he felt a bit silly and wiggly. He knew that he was in the Yellow Zone and that was OK. He did some special exercises and then he felt much calmer. He was now in the Green Zone and ready.

In the afternoon, Kit was having fun riding a bike outside but another child came and pushed him off. This made Kit feel scared and angry. He knew that he was in the Red Zone and that was OK. He found the special pillow to squeeze and took some deep breaths whilst counting to ten. Then Kit felt much calmer. He was now in the Green Zone and



Kit has now learned that all feelings are normal and OK. He knows what it feels like to be in the Blue Zone, Yellow Zone and Red Zone. He also knows what to do to put himself in the Green Zone, so that he is ready. Kit can now help his friends with their feelings too!

Reception Coffee Morning

Thursday 25th September 8:30-9:30am

All Parents and Carers are invited to come to our Reception Coffee Morning. It is much more than a drink and chat. This will be an opportunity to find out important information for the year ahead that will help you and your child get the most out of their Reception year. Annabel (EYFS Year Lead) will outline the expectations for the year, and explain how the school works with parents, to get the best outcomes for your children. There will be an opportunity for you to ask questions .



Forest School

The children will have Forest School sessions on a Thursday morning with Riad. The classes will go every other week. We are looking for parents who would be available to support us with these sessions either weekly or on a rota basis. If you think you can help please contact your class teacher (see email addresses below).

Forest School timetable:

September

25 - Bronze

October

2nd - Silver

9th - Bronze

16th - Silver

23th - Bronze



Harvest Assembly

The children have been learning a song to sing at Harvest assembly next Tuesday morning. The song is called 'Big, Red Combine Harvester', and they are singing with Makaton actions. The song can be viewed, with actions, on YouTube at

<https://www.youtube.com/watch?v=MvYTLj2TGXk>

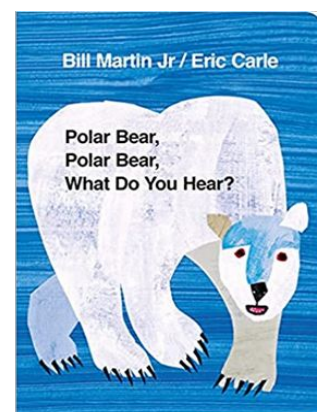
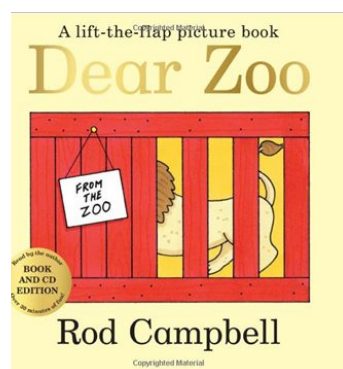
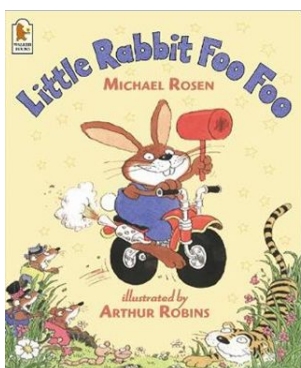
If you would like to come and watch your child sing in assembly, please look for details in the Important Dates section below.



3-a-day Stories

Every half term we focus on three stories which the children learn to recite with us at key points. The stories introduce various story elements such as, repetition and rhyme as well as helping them to learn to tell a story in the correct order.

This half term we are reading : Little Rabbit Foo Foo by Michael Rosen, Dear Zoo by Rod Campbell and Polar Bear, Polar Bear What can you hear?, by Bill Martin Jr



Important Dates

Harvest Assembly - Tuesday 23rd September 9 - 9:30am
Reception parents are invited to the whole school Harvest Assembly. Please go to the grass area outside the School Hall, after you have dropped your child at school, and you will be let into the hall when they are ready to start.

Welcome to Reception Coffee Meeting - Thursday 25th September 8:30am -9:30am. The meeting will take place in Copper Class (next door to Bronze). Coffee and tea will be provided. This will be an opportunity to meet the Reception team and find out important information for the year ahead that will help you and your child get the most out of their Reception year.

Parents' Evenings - TBC

INSET Day - Friday 24th October

Half term holiday - Monday 27th - Friday 31st October

First Day Autumn 2 - Monday 3rd November

Contact emails

If you would like to contact any of us by email. We will reply as soon as possible within school working hours.

Mrs Annabel Glover-EYFS lead/Nursery aglover13@suttonmail.org

Miss Munaza Ahmad - Silver Class mahmad68@suttonmail.org

Mrs Tammy Rich- Bronze Class trich18@suttonmail.org

School Dinner Menu

The school dinner menu can be found on the school website at:

<https://www.dorchesterprimary.com/page/?title=School+Lunch&pid=114>



