

Nursery Peek at the Week

Weekly News

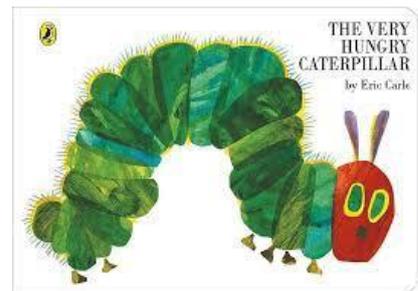
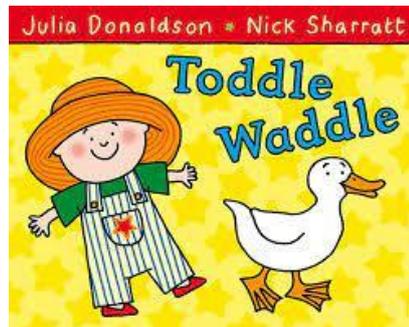
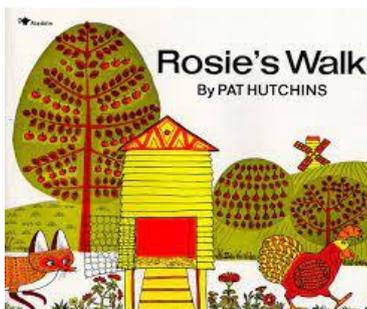
This week in Nursery, we have continued to learn all about the Zones of regulation and how they help us to understand and talk about our emotions. We have been focussing on what excited and angry feel like and different things that can make us excited or angry. Please see the pictures from our Zones of Regulation story below and talk about what things make you angry or excited. We have been making it clear that we all feel all of these feelings and all feelings are OK!

We have finalised our entry for The National Gallery 'Take One Picture' project. The children looked really carefully at the chosen painting 'A Regatta on the Grand Canal by Canaletto'. They have used this as an inspiration to create a collaborative, large piece of art. We placed the large river that the children painted last week at the centre of our masterpiece. The children then used large wooden blocks to create the buildings to go along the side of the river. When placing their playdough boats for the race the children mentioned that they would like to be in the boats so we printed photographs of the children so that they could add them to the art work. We are so impressed with the final piece; we hope you like it too!

aglover13@suttonmail.org -Annabel Glover-Nursery Class Teacher, EYFS lead and Phonics Lead

REMEMBER No question or concern is too small, I would rather you email me than worry about something!

3-a-day Stories: These are stories that the children hear every day. These stories have been carefully chosen to help the children to develop a love of reading and to help them to develop early reading skills. These stories have key elements that support the children to retell them for example many of them use rhyme or repeated phrases. Please read these at home too, if you do not have them, you could borrow them from a library or watch them on YouTube.



How did Kit feel on Wednesday?

What makes you feel excited?



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.

How was Kit feeling on Thursday?

What makes you feel angry?



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.

4



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.

5



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 ready.

6



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!

7

What can you see in the painting 'A Regatta on the Grand Canal by Canaletto'?



Our masterpiece: A Race in Dorchester Primary School











Dip and Do: Home Learning:

- Can you make a boat at home? What resources will you use? We would love to see photographs.
- Does your boat float?
- Can you make different shades of blue?
- Can you make a picture to help a friend to feel happy?
- **Apply for your child's Primary School Place**

Children born between 1 September 2021 and 31 August 2022 are due to start primary school in September 2026.

Applications open on 1 September 2025 and close on 15 January 2026.

National offer day will be on 16 April 2026.

Please see the Sutton Council Admissions Page for guidance:

<https://www.sutton.gov.uk/w/applying-to-start-primary-school-1>

Remember that having a Nursery space at Dorchester Primary School does not automatically give you a Reception place. You will still have to apply via the council website.

If you would like to find out more about the school then please come to one of our open events.



**DORCHESTER
PRIMARY SCHOOL**

OPEN SCHOOL EVENTS

We would love to welcome you to visit our school during our open events.

- Monday 15th September 9:30am
- Tuesday 7th October 9:30am
- Wednesday 5th November 9:30am
- Thursday 27th November 7:00pm
- Friday 12th December 9:30am

Register your interest:
🌐 www.dorchesterprimary.com
We look forward to meeting you

Dorchester Primary School
Dorchester Road
Worcester Park
KT4 8PG
☎ 020 8330 1144

Important Dates

Monday 10th November-Friday 14th November World Nursery Rhyme Week

The children will enjoy a variety of Nursery rhyme activities to develop their early language and reading skills.

Thursday 13th November 8:30-9:15am or 2:30-3:15pm Early Birds Session: Rhyming Activities

Come and join with the children as they explore a variety of rhyming activities. You will then be able to recreate these activities at home to support your child's early phonics learning.

Friday 14th November Nursery Rhyme Dress Up Day

To celebrate World Nursery Rhyme Week children are invited to come to Nursery dressed as a character to represent their favourite Nursery Rhyme.