



# Broadmayne First School Newsletter

Be Kind, Be Safe, Be Respectful

The value we are looking at this half term is: Perseverance Our HeartSmart focus is: Too much selfie isn't healthy!

Tuesday 6th February 2024  
Spring 1 Newsletter 14

Things to remember:

- Tickets for the Valentines party this Thursday are on sale in the school office.
- The Wild Art Club letter went out on Monday 5th February - Don't forget to secure your child a place by making payment to Mrs Spratt.
- If you haven't done so already, please let the office know any changes to regular extended school bookings for next half term.
- Friday 9th February is an inset day.

Dear Parents and Carers,

We are fast approaching half term, and half way through the school year! I'm not quite sure where the past few months have gone, it seems only weeks ago I was feeling nervous about stepping into headship and beginning my journey at Broadmayne. It certainly has been busy and I have loved every minute of it, thank you for making it a fantastic start. Here is to making even more memories in the next term and a half!!

## Children's Mental Health Week

This year's Children's Mental Health week theme is 'My Voice Matters'. Throughout this week the children will learn that we all have the right to express our views, feelings and wishes in all matters that affect us. To help children to feel empowered to express how they feel we will be introducing children to the 'Zones of Regulation'.

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'. From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

Teaching the children at a young age about managing their feelings will support them in later life so that they don't turn to negative coping strategies which affect their mental and physical wellbeing. We aim to help children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in.
- Increase their emotional vocabulary so they can explain how they are feeling. • Recognise when other people are in different Zones, thus developing better empathy.

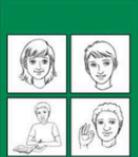
- Develop an insight into what might make them move into the different Zones.
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in.
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them (known as their personal 'toolkit').

What are the different Zones?

Zones of Regulation (ZOR) categorises all the different ways we feel and states of alertness into four coloured zones:

1. The **Red Zone** is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation or terror when in the **Red Zone**.
2. The **Yellow Zone** is also used to describe a heightened state of alertness and elevated emotions, however a person will have more control when they are in this zone. They may be experiencing stress, frustration, anxiety, excitement, or nervousness when in the **Yellow Zone**.
3. The **Green Zone** is used to describe a 'calm' state of alertness. A person may be described as happy, focused, content or ready to learn when in the **Green Zone**. This zone is where 'optimal' learning occurs.
4. The **Blue Zone** is used to describe low states of alertness, or 'down' feelings such as feeling sad, sick, tired, bored, fed up etc. In this zone, children are going to be reluctant or negative about completing work, however it is also the zone where the body has time to rest and recover.

The Zones of Regulation

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

Children will be taught that there is no 'Bad Zone'. They will be taught that it is ok to feel any emotion in the **Red**, **Yellow**, **Green** and **Blue** Zone and it is ok if they stay in that zone for the

rest of the day. They do not need to get back to the Green Zone. The important part is for them to be taught strategies that can help them manage any behaviours that may not be appropriate for their environment if needed.



Alongside this, children will be introduced to the story 'A huge bag of Worries'. Children will learn that worries will follow you and get bigger and it is best to talk about them. Some children however, do not feel confident to seek out an adult, so each class will have a star bag or worry monster within the classroom for children to write their worries in. Staff will check these on a daily basis and follow up on any worries.

### 2024 - Our year to 'fly high'.



The learning attribute that we will be focusing on this week fits in the introduction of 'Zones of Regulation. Each class will be focusing on the following:

Reception	I can name different emotions.
Year 1	I can name emotions and say what I am feeling.
Year 2	I can say why I am feeling a particular way.
Year 3	I can recognise emotions others are feeling and name them.
Year 4	I know why feelings are important and how they help me.

It has been lovely to celebrate so much pro social behaviour in Friday's assemblies which often makes my glimmer for the week. The children love to spot themselves in our 'flying high' video as well as seeing how long the line of children achieving Dojo and Flying High Certificates is.

### Safer Internet Day 2024 - Tuesday 6th February

Safer Internet Day is on Tuesday. The focus this year is 'Want to talk about it? Making space for conversations about life online'. At Broadmayne we weave internet safety into our curriculum on a regular basis, from our computing to PSHE, but on Tuesday we will spend focused time on ways that we can stay safe online

#### Attendance Matters



Our whole school attendance last week was: **90.93%**

Reception	Year 1	Year 2	Year 3	Year 4
90%	99%	87%	85%	95%

Whole school year to date - **95.23%**

As previously mentioned in our Autumn newsletters, we aim for all pupils to achieve a good attendance level, which is 95% or more. This week, letters have been sent home to those whose attendance fell below 95% in the Autumn term. Attendance levels will be monitored every 6 weeks. Please do get in touch if you would like to discuss any additional support that you may require to support your child's attendance at school.

### PE Kits

PE is a part of the National Curriculum and as such children are expected to have a **PE kit in school every day**. We have a number of children who do not have a kit in school and therefore cannot take part in their PE lessons appropriately. The school PE kit is dark shorts, dark joggers/leggings, white t-shirt and suitable trainers or plimsolls. We have plenty of spare uniform that have been donated so if you would like us to support with this, please let us know.



### Robinson Crusoe adrift on Treasure Island!

Broadmayne Players Pantomime are presenting 'Robinson Crusoe adrift on Treasure Island' on Friday 16th February at 7.30pm and Saturday 17th February at 1.30pm and 7.30pm. Tickets can be purchased via <https://broadmayne-players.eventcube.io>.



Premier Sports Holiday Camp - February Half Term.



Mr Gibbs will be returning to Broadmayne in the February half term holidays to deliver a multi skills activity club. He will run these sessions on Monday 12th, Tuesday 13th and Wednesday 14th February from 9am-3pm. If you would like your child to take part in these sessions, please book via the following link:  
[Premier Sports Holiday Club](#)

### Clubs after Half Term

We will only be offering the following clubs this half term

- Wild Art on Mondays and Wednesdays from 19th & 21st February
- Trevor's Friday lunchtime football will resume again from 23rd February at £1.50 per week

### Meet the new Reception teacher

Due to staff absence we were unable to hold our Meet the Teacher session last week. This will now be held this Thursday 8th February. Reception parents are invited to come in and meet Mrs Ashdown for informal chat after school.

### Our Golden moments this week



And finally....

Thank you to Mr Pink and Mr Nichols for assembling furniture in the new Sensory Room. The room is looking fantastic and will help a lot of children who may need a calm space to regulate.

Thank you to the wonderful FABS Team for organising the Valentines disco, I know it's going to be a wonderful event.

Thank you to all staff at Broadmayne First School who have continued to work very hard this half term and deserve a well earned half term holiday.

Have a lovely half term holiday, making wonderful family memories together.

Best wishes,

Mrs Jordan-Gill

### Calendar Dates Spring 2024

Date	Time	Event
<b>February 2024</b>		
Wednesday 7th	9.00am	Year 4 parents Assembly
Thursday 8th	5.30	Valentines Disco
Friday 9th		INSET DAY - School closed for children
Monday 12th		HALF TERM
Monday 19th	8.45	Children return to school
Tuesday 20th	9.00	Year 2 parents Assembly
Thursday 22nd		Year 4 visit Bovington Tank Museum
<b>March 2024</b>		
Wednesday 6th	9.00am	Reception Vision Screening
Friday 8th		Non School Uniform Day - donation of chocolate and Easter eggs
Wednesday 13th	6.00pm	Year 4 Wessex Singing Schools Festival at THS
Thursday 14th		Tag Rugby Festival
Friday 15th		Red Nose Day Easter Bingo
Monday 25th		Years 1,2,3,4 reports sent to parents
Wednesday 20th		Year 4 children to Hooke Court
Friday 21st		Children return from Hooke Court
Thursday 28th		END OF TERM
Friday 29th		EASTER HOLIDAYS
<b>April 2024</b>		
Monday 15th	8.45	Children return to school

