



AR/LL 04.12.20

**Lower Key Stage 2 Update
December 2020**



Dear Parents/Carers,

As we approach the end of the Autumn term, I wanted to write and celebrate all the fantastic achievements the children have accomplished over the last four months.

In September, following a period of 6 months absence from the school, the children returned and quickly settled back into the routines and expectations of the school day. We spent the first month concentrating on the importance of growth mindset and self acceptance. Additionally, thinking about love for the community and the wider world. Alongside this, we rapidly began engaging the children in their learning, identifying any gaps that may have occurred and supporting them to get back on track. We have been overwhelmed by how well the children have embraced this, consequently we are very impressed by how well they are performing in all areas of their learning.

In November, we commenced topic learning with the children. The Stone Age has proved to be a very fun and popular subject for them and we still have more prehistoric learning activities over the next couple of weeks. We also commenced our programme of teaching on the Zones of Regulation, which supports children to understand and regulate their behaviours. We are currently half way through this and would encourage you to use the language of zones with your children at home, see the information below.

Despite it being such a busy term already, we are not done yet. We have an exciting professional production of the Snow Queen to watch, more Stone Age construction activities, as well as lots of festive treats, including a surprise for you.



Zones of Regulation

The Zones of Regulation uses four colours to help children self-identify how they're feeling and categorise it based on colour. The curriculum also helps children better understand their emotions, sensory needs, and thinking patterns. They learn different strategies to help them cope and manage their emotions based on which colour zone they're in. Additionally, the Zones of Regulation helps kids recognise their own triggers, learn to read facial expressions, develop problem-solving skills, and become more attuned to how their actions affect other people (Kuypers, L.M, 2011).

The Green Zone

The green zone is used to describe when you're in a calm state of alertness. Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you *want* your child to be in. It's also the state most needed in the classroom in order to learn.



The Yellow Zone

The yellow zone describes when you have a heightened sense of alertness. This isn't always a bad thing, and you typically still have some control when you're in the yellow zone. Being in the yellow means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly, or hyper – which is okay in the right situations.

The Red Zone

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer about to control their emotions or reactions. This is the zone kids are in during meltdowns. Being in the red zone means you're feeling anger, rage, terror, or complete devastation and feel out of control.

The Blue Zone

The blue zone, on the other hand, is used when a person is feeling in a *low state*. When you're in the blue zone you may be feeling down – sad, sick, tired, or bored. You're still in control, as you are in the yellow zone, but with low energy emotions.

Home learning

I would like to thank you for your support in assisting us to transition our weekly spelling and numeracy home learning to Google Classroom. As a team, we have been really impressed by the children's efforts and the high standard of their submitted work, so thank you for engaging with your children in this. I would like to ask that where possible you allow the children to navigate Google Classroom and submit their work themselves, under your supervision, as we have noticed that they have struggled with this when we have used it in school.

We are currently concentrating on times tables during our Maths lessons, so it would be really helpful for the children to access TTRockstars regularly to consolidate this. As a reminder all year 4 children will be sitting the National Times Tables test in May 2021, therefore regular practise and testing would help to embed this knowledge.

In school we have been discussing the benefits of 20 minutes daily reading and how this would expose them to nearly 2 million words a year. Please encourage this at home and ensure your child returns their completed reading record to their class teacher frequently.

Cold weather

In the current climate, we are actively encouraging the children to get as much fresh air as possible, so we will be outside often. Please ensure that your child always has a waterproof coat at school and on outdoor Games days they wear warm PE uniform.

Online gaming

It has come to my attention that there are a large number of our children playing Fortnite. This is a concern to me as it has a recommended age of 13+ and depicts violence. We have seen evidence of children recreating the game within their play at school, this is not acceptable and I have spoken to the children accordingly. Please copy and paste this link into your web browser which is an important leaflet regarding Fortnite - <https://www.bransgoreprimaryschool.co.uk/kid/online-safety>

Thank you for your continued support and, as always, if you have any questions or queries please do not hesitate to contact us via the school office. As I probably won't get to see most of you now before we break up, on behalf of the Year 3 and 4 team, I hope you have a lovely Christmas together with your children and I wish you lots of happiness in the new year.

Aidan Richards
Phase Leader

