

Sedlescombe Newsletter No. 32

WORSHIP THEME - ZONES OF REGULATION

On Monday we had a Learning to Learn Day focussed on Zones of Regulation. The aim of teaching children about the Zones of Regulation is to support them in their emotional regulation. This is really important because this is an essential building block in the development of children's thinking skills, problem solving skills, making and maintaining friendships and learning.

For children to be able to learn they need to be able to recognise when they are not emotionally regulated. Then need to know what they can do to regulate themselves so they are able to learn and be in relationship with people. During the day the children learnt about the four zones:

Blue Zone: when you are in the blue zone your body is running slow, such as when you are tired, sick, sad or bored.

Green Zone: like a green light this is when you are 'good to go'. If you are in the green zone you may feel happy, calm and focussed. This matches with our Learning Zone.

Yellow Zone: this describes when you start to lose control, like when you are frustrated, overwhelmed, excited, worried, anxious or surprised. This is a time to take caution and think about how to get back to your green zone.

Red Zone: this is when you experience extreme emotions like terror, uncontrolled anger & aggression. You are out of control, have trouble making good decisions and must stop. This is similar to our Panic Zone where you can't learn.

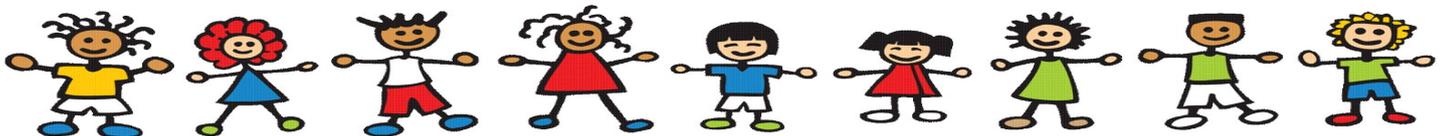
The children did lots of learning about how they can know which zone they were in and what sorts of things send them into the different zones. They then began thinking about how they might behave in each zone and what might help them to get back to the green zone.

The children really enjoyed their day and did some great learning. Hopefully this will be useful at home; especially if the children start telling you what zone they are in!

SPORTS DAY

It was really sad this morning that the weather wasn't on our side. After having rain overnight the field was too wet this morning for us to go ahead with Sports Day safely. The children wouldn't have been able to sit and watch the races without getting very wet bottoms and more importantly, it would have made running very slippery and we just didn't want to risk children getting injured.

Sports Day will now take place on Friday 8th June in exactly the same way as it would have done today. We look forward to welcoming you all to this after the holidays.



GYM SUCCESS

Even though Sports Day didn't go ahead we do still have some sporting success to celebrate. Lily-Rose (Y5), Millie (Y5) and Charlotte (Y6) have all been successful in their recent gymnastics competition.



The girls all attended the Meapa invitational competition in Gravesend last Saturday. Millie was delighted to win her first medal at an external competition with a Bronze medal placing in the novice floor and vault age 10 round. Lily-Rose came first winning her first gold medal in the same round - amazing! Charlotte did brilliantly in the intermediate level floor and vault against strong competition winning a 6th place ribbon.

Congratulations Girls!

MUSIC EVENING

On Tuesday we hosted a music evening organised by Miss Caush. This was a chance for all of our musicians to perform in front of an audience and showcase their skills. The choir performed a number of songs including an ABBA classic 'Voulez Vous' and the toe tapping number 'Footloose'.

We also had pieces performed by all of our children learning the violin, supported by their teacher Mrs Beamont, our guitar players, supported by Mr Butler and pianists, supported by Scott.

It was a lovely evening and I really enjoyed seeing the pride on the children's faces as they finished performing, knowing they had battled their nerves and achieved success. You were all brilliant—well done everyone and thank you to all the teachers for their help as well.

PTA DONATION DAY

Thank you to everyone who supported our bottle donation day on Monday. We had an amazing amount of donations for the Strawberry Fayre. Thank you very much. A reminder that we have another donation day on Tuesday 5th June. This time we are asking for donations of sweets and chocolate.

I hope that you all have a lovely May holiday and that the sun shines so you can have lots of fun outside. Have a great week off and I look forward to welcoming all the children back to school on Monday 4th June. Happy Holidays!

Wonderful Weekly News

 Star Workers 
Mozart: <ul style="list-style-type: none"> Daisy-Mai Temi
Van Gogh: <ul style="list-style-type: none"> Pip George W
Lowry: <ul style="list-style-type: none"> Luke Mollie
McCartney: <ul style="list-style-type: none"> Dariusz Aubrey
Da Vinci: <ul style="list-style-type: none"> Alife Rosy
Picasso: <ul style="list-style-type: none">
Vivaldi: <ul style="list-style-type: none"> Molly Tom

 Star Writers 
Mozart: <ul style="list-style-type: none"> Harry W
Van Gogh: <ul style="list-style-type: none"> Sammy Poppy
Lowry: <ul style="list-style-type: none"> Coby
McCartney: <ul style="list-style-type: none"> Maisy
Da Vinci: <ul style="list-style-type: none"> Bea
Picasso: <ul style="list-style-type: none">
Vivaldi: <ul style="list-style-type: none"> Maisie

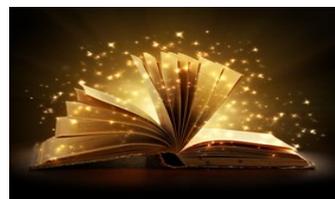
 Maths Wizards 
Mozart: <ul style="list-style-type: none"> Sammy
Van Gogh: <ul style="list-style-type: none"> Darcey
Lowry: <ul style="list-style-type: none"> Dixie
McCartney: <ul style="list-style-type: none"> Barnaby
Da Vinci: <ul style="list-style-type: none"> Abigail
Picasso: <ul style="list-style-type: none">
Vivaldi: <ul style="list-style-type: none"> Ella

Party Point Champions	
Van Gogh <ul style="list-style-type: none"> Jacob 	Da Vinci <ul style="list-style-type: none"> Mikey
Lowry <ul style="list-style-type: none"> Bruce 	Picasso <ul style="list-style-type: none">
McCartney <ul style="list-style-type: none"> Ellie 	Vivaldi <ul style="list-style-type: none"> Ffion
KS1 Playtime Champions <ul style="list-style-type: none"> Lowry 	KS2 Playtime Champions <ul style="list-style-type: none"> Da Vinci
Congratulations	

Gold Book Awards for Outstanding Work



Attendance Award
Lowry


Congratulations Everyone
