



# St. Mary's Catholic Primary School Newsletter

*"a place of educational excellence  
with Christ at its centre"*

Lenten Term 1

Head teacher: Mrs L. Concannon

## Message from the Headteacher ...

Dear Parents,

The children had a lovely assembly on Thursday where Mrs Morgan introduced the Zones of regulation and Mrs Vale taught the children sign language to express different emotions. I have attached the leaflet that was sent home with the children yesterday.

Unfortunately, one of our parents had a scare picking up from Football club on Monday. A driver speeding up Main street clipped their car, luckily no one was hurt. I have spoken with the head of the Parish Council and asked for further support in making the road safer for our pupils and families. Please drive and park responsibly.

I have attached a reminder of the two competitions running over the half term and hope that you will all have the time to produce entries. Mrs Vale has asked that I also remind you all of the reading Challenge that is ongoing throughout the academic year.

Swimming starts on our return for children in Years 3-6 who cannot swim 25metres confidently. Please email Mr Causebrook if you have any questions.

Have a lovely half term, Laura Concannon.

## Important dates to note...

### Dates for the Diary:

- **Friday 10th February:** School breaks up for the half term break at the end of the day.
- **Monday 20th February:** School reopens. Fair Trade Week. Burning of the Palms 1:15pm. Swimming for KS2.
- **Tuesday 21st February:** Shrove Tuesday Cake and book Sale 3:00pm School playground- Mrs Vale and Mrs Brimson to lead.
- **Wednesday 22nd February:** Ash Wednesday Mass 10:30am Sacred Heart.
- **Monday 27th February:** Science Week
- **Tuesday 7th March:** Lego Discovery Centre Year R and 1
- **Friday 10th March:** School Disco
- **Wednesday 22nd March:** Ashmolean Fishermen and Shepherds Classes
- **Thursday 23rd March:** Ashmolean Carpenters Class

The first step to self-regulation is identifying how your body and brain feels. There are four zones that help us with this. These zones are called the Zones of Regulation!

How does my brain and body feel?



### The Zones of Regulation

The Zones of Regulation is the original framework and curriculum (Kuypers, 2011) that develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness. This curriculum provides us an easy way to think and talk about how we feel on the inside and sort these feelings into four colored Zones, all of which are expected in life. Once we understand our feelings and zones, we can learn to use tools/strategies to manage our different Zones in order to meet goals like doing schoolwork or other tasks, managing big feelings, and healthy relationships with others. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them.



The blue zone is used when a person is feeling low states of alertness or arousal.

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.



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 to be in.



The yellow zone describes when you have a heightened sense of alertness.

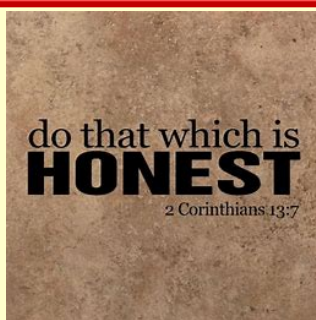
This isn't always a bad thing, and you typically still have some control when you're in the yellow zone.



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.



## Value focus : Honesty



### CAFOD Fundraiser

We have signed up to the Big Lent Walk. Chris from Cafod led an assembly on the challenge on Monday and the children in KS2 completed workshops on how we can help countries such as Bangladesh manage the effects of extreme weather. Please follow the link in the email to sponsor your child to walk for up to 30 minutes every Friday around the school grounds.



Keep in contact: Tel: 01295 660258  
Please check our website for regular updates

Email: [head@stmarys-pri.northants-ecl.gov.uk](mailto:head@stmarys-pri.northants-ecl.gov.uk)  
Website: [www.stmarysrc-astonlewalls.co.uk](http://www.stmarysrc-astonlewalls.co.uk)