



Friday 12<sup>th</sup> January 2024

Dear Families,

Happy New Year! The children have made an excellent start back. During the inset day, our staff received training around 'Zones of Regulation' which you have been sent detailed information about already. The children are responding really well to this and recognising which zone they are in throughout the day. We've even had feedback that some of our younger children are using this language at home! If you would like to know more about this and how it could be adapted at home, please let us know as we would be happy to work on this with you.

It is still the time of year where many illnesses are circulating however it is important for children to attend school everyday where possible. If they have a cough, cold or feeling under the weather please send them in to school as we will always contact parents if we feel they are not well enough to be in. We continue to monitor weekly attendance and where we are concerned, we will be contacting parents to discuss how we can support your child attending regularly.

It's great to be back!

**Mrs Arrowsmith**

### Next Week Reminders

Tuesday 16<sup>th</sup> – Swans Swimming

Thursday 18<sup>th</sup> – different menu. Pooh's All day Brunch Menu. No JPs available that day

### Messages for Teachers

Please remember if you have a message for your child's teacher you can tell the member of staff on duty in the morning, email/phone the office, write it on a note in a sealed envelope. If you need to speak to the teacher in person, please contact the office and we will arrange an appointment for you. Thank you.



## WINTER COATS

As the weather has turned colder children **MUST** come to school in a warm winter coat, children without suitable outdoor clothing will not be allowed outside at break time.

## Safer Parking

Thank you to all the parents who are supporting the school with parking. I appreciate that sometimes you may need to walk a little further at times but by not pulling up directly outside the entrances and avoiding parking round bends you are making our school a safer place. If you are continuing to pull up outside the entrances and park in front of driveways, please be considerate towards the safety of our children. It only takes a split second for something to happen. I cannot stress upon you enough how important this issue is. Please help to keep ALL our children safe – park away from the school entrance/taxi lanes and drive slowly along the street, it could be your child that steps out and gets hit by a passing vehicle.



## SCHOOL APPEARANCE

Please can we ask parents and children to support the school in an effort to maintain a high standard of appearance while at school:

- Full School uniform (white polo shirt, grey/black trousers, or skirt. Navy blue sweatshirt or cardigan) **NO HOODIES (other than Leavers)/SKINNY JEANS!!**
- PE Kit – plain white T-shirt, navy/black shorts, black tracksuit bottoms, indoor pumps and outdoor trainers.
- Hairbands & Earrings small and simple. **NO BIG BOWS OR HAIRBANDS PLEASE**
- Long hair to be tied back to reduce the risk of headlice spreading.
- Footwear to be sturdy black & sensible. (No bright/pale colours, heels or open toes.)



Welcome to our half termly SEND Shout out! A section of the newsletter addresses important and helpful information relating to SEND (Special Educational Needs and Disabilities).

This week we are talking about **Zones of Regulation**.

This is an emotional literacy program that we have introduced across the school to help children self-regulate and build toolkits to help them manage their emotions. All classes have already started to use the language associated with this and have display boards up in classrooms highlighting each zone.

Being able to self-regulate is a really important skill and not one that is easy to adopt without practice. A parent handout has already gone home this week and there is more information on this link. [Zones of Regulation parent information.](#)

**What are the different Zones?**

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

Please do not hesitate to contact your child's class teacher for more information.

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## Upcoming Events 2024

### **February**

Thursday 1<sup>st</sup> – Young voices choir trip to Wembley

Friday 16<sup>th</sup> – Last Day break up for Half Term

Monday 26<sup>th</sup> – Back to School

### **March**

Thursday 14<sup>th</sup> ~ WNSSP Netball Bee Festival for Selected Year 3 and 4 children

Mon 25<sup>th</sup> to Wed 27<sup>th</sup> ~ Residential Trip for Herons Class

Wednesday 27<sup>th</sup> ~ Break up for Easter Holidays

### **April**

Monday 15<sup>th</sup> - Back to school

Monday 29<sup>th</sup> – selected Kingfishers & Swans @ Trigolf Event

### **May**

Monday 6<sup>th</sup> – School Closed Bank Holiday

W/C 13<sup>th</sup> – SATS Week Year 6

Tuesday 14<sup>th</sup> – Swans class Norwich Museum

Friday 24<sup>th</sup> – Break up for Half Term

### **June**

Monday 3<sup>rd</sup> - Back to school

W/c 3<sup>rd</sup> – Health & Wellbeing Week

Wednesday 12<sup>th</sup> – Ducklings vision/Hearing Screening

Tuesday 18<sup>th</sup> – Kingfishers class Dance festival @ Corn Exchange

Tuesday 25<sup>th</sup> June – cluster Area sports @ Hillcrest School

### **SICKNESS & DIAHORREA**

Please be reminded that children

**Should remain off school**

Until they have been

**Symptom free for 48 hours.**



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