



## WEEKLY FOCUS

Friday 29th January 2021



Dear Parents:

It is hard to believe we are nearing the end of our fourth week of the spring term. I hope that you managed to enjoy time in the snow earlier in the week. Our Key Worker children enjoyed playing on the field and spending time in the snow during forest school.

We know that home learning is difficult and that many of you are juggling work and trying to help your child. Learning is a marathon, not a sprint, and children have good days and bad days – just like adults! It is important that your child remains happy and healthy during this time so please do not worry if home learning is not going as you would like. Many of our teachers are parents of primary aged children and they know that teaching your own child is not the same as classroom learning. Keep in touch with your teachers and do ask any questions when they make their weekly phone call. We are a team so please let us know if there is anything more that we can do to support.

Next week we are going to be focusing on our children's mental health. I am sure that many of you, like us, are concerned about how much time our children are spending on screens. We have therefore introduced some 'screen free' learning – more information is contained below.

I hope that you manage to rest and relax this weekend.

Best wishes

Mrs Wand



### Feedback about Home Learning

We are now nearing the end of our fourth week of home learning and we would like to hear your feedback. We would like all parents whose children are home learning to complete the google form which can be found [here](#). Please complete a form for each of your children.

**We would like all responses by 12:00pm on Monday, 1st February. Thank you.**

### Screen Free Thursday Afternoons

We are aware that we are all spending more time on screens than we are used to and, whilst excellent for learning, communicating and relaxing, can also be bad for our mental well-being. We will be introducing screen free time on Thursday Afternoons from next week, finding ways to learn away from the screens. The focus for the sessions will be on supporting mental health and well-being.

Children's Mental Health Week runs next month from 1st-7th February, and this year it's even more essential than ever to make sure pupils are supported with the disruption, uncertainty and isolation that many of them have faced recently. We will be launching the week by participating in a virtual assembly on Monday at 9am, based around this year's theme 'Express Yourself'. Click [here](#) for the link to the assembly—we will share it again on Monday. There are some suggested activities for Thursday afternoon detailed on page 3.

In the meantime, one screen free idea for the weekend is to take part in the RSPB's Big Garden Birdwatch. They are inviting people to enjoy an hour with nature and discover the wildlife on their doorsteps. Further details can be found [here](#).

# The ZONES of Regulation™

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

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## Zones of Regulation at home

Home learning can be hard at times as we try to mimic school at home. We all need a break sometimes and it is important to recognise our feelings and needs. You can use your knowledge of the Zones and how it works in the classroom to bring into your home should you need it.

These are the zones of regulation. They identify zones for our feelings. Everyone feels these emotions at different times. People aren't bad if they feel these emotions. We need to try and 'regulate' these so they don't impact negatively on our lives and others' lives. You could set up your own Zones of regulation at home.

You will need:

- A calm, quite space
- Something to help you calm down (colouring, reading, meditating, having a drink, fresh air)
- A timer (to know when to go back to your learning)

**Ask your teacher if you would like help setting up your Zones of Regulation at home.**

## Health and Safety

As you know, many of our staff have had COVID recently. Please respect the health and safety of our staff by observing current COVID restrictions. Children should not be going to one another's houses for playdates, for example. To protect our children, their families, and our staff, childcare places will be withdrawn from families who are not following current legislation.

I would also ask all parents using our childcare provision to take extra care and not to send their child into school if they are ill, or feeling under the weather. Thank you for your understanding as we work together during these difficult times.

## Staff leaving Horsell Junior in February

Three long-standing members of staff will be leaving Horsell Junior this month. Mrs Goodey, Mrs Batey and Mrs Silverton have decided that the time is right to leave our school family to spend more time with their own. All three have worked at Horsell Junior for many years and we will miss all of them very much.

**Mrs Goodey** has devoted many hours to supporting our children with their reading and has always enjoyed developing their reading skills. She has been based in the Year 3 'bubble' this year and I know that the children, and staff, will miss her expertise, empathy and enthusiasm very much. Mrs Goodey's last official day is 3rd February but she will return to school when things return to normal so that we can give her a proper send off.

**Mrs Batey** has worked at the school for many years and, as well as being an excellent mathematician and Senior Teaching Assistant, has helped with the smooth running of our lunchtimes. Her timetabling skills are second to none! She has been working in the Year 5 'bubble' this year but has worked across the school during her time at Horsell Junior. Her last day is 10th February. She is looking forward to spending more time with her grandchildren, and like Mrs Goodey, we will give her a proper send off when we can.

**Mrs Silverton** is leaving us at the end of February. Mrs Silverton has been based in Year 5 this year but many parents will know her as one of our Teaching Assistants trained to delivery our ELSA programme. Our children have benefitted from her calm and compassionate approach and I know that she will miss the children very much. I know that she will enjoy spending more time with her family over the coming months, and I am sure she will come and visit us when the current restrictions are over. Like Mrs Goodey and Mrs Batey, we will give her a good send off as soon as we can.

## Wellbeing Afternoon — Thursday 4th February

Dear children,

We know that you have been spending many hours looking at a screen. We know that doing this day after day can be a struggle. As such, we would like to offer you an afternoon where you get to do something which will be good for your mind and your well-being (part of our PSHE curriculum). People find well-being and calm from a range of things and we don't wish to tell you exactly what this may be for you. We will however offer you some suggestions. You might recognise the five bubbles below which we focus on in our lessons.



Here are some activities which you can complete. You can do some of these or your own ideas. You do not need to submit these on to Seesaw. This is an afternoon for you to enjoy and learn about what makes you happy!

Connect	Be active	Take notice	Keep learning	Give
Phone a friend or family member	Join Marcus Rashford's Celebrity Supply teacher lesson	Take a walk with nature	Earn a Blue Peter badge	Write a letter/draw a picture of thanks
Ask an adult to set up a phone call with someone you know. Tell them about what you have been doing.	<a href="#">BBC iPlayer - Celebrity Supply Teacher - Series 1: 3. Marcus Rashford - PE</a>	<a href="#">Can you spot these birds in your garden, park or playground? - BBC Teach</a>	<a href="#">Earn Blue Peter Badges   Different types of badge   Apply for free - CBBC - BBC</a>	<a href="#">Goodbye 2020 and your messages of thanks!   Newsround - YouTube</a>
Phoning and speaking to others doesn't just help you - it helps others too. Many people will feel happiness as a result of speaking to you!	If you enjoy this, perhaps you would like to extend it to a walk? A jog? How do you feel after exercise?	If you enjoy this activity, there is a Winterwatch lesson on CBBC to go alongside the activity.	We would love to see your badges when you return to school!	Think about the people in your lives you could give thanks to. Do they work in a local shop? Are they in your family? Show them your appreciation!

### Horsell Flower Power Trail

If you have passed our school recently, you may have noticed the Flower Display in the year 3 window and on our PTA notice board. Our display is part of the local Horsell Flower Power Trail. Local artist and fellow parent, Hannah Bruce, set up the trail to boost community spirit and positive mental health. The children in our Year 3 key worker bubbles really enjoyed taking part in a community event and had a great time putting it together.

Why not follow the trail as part of your daily exercise? The map can be found [here](#) and is updated with any new window displays each Sunday.







# **SURREY** URGENTLY NEEDS MORE **FOSTER CARERS**

**Do you have a spare room?  
Could you open your home  
and heart to a child?**

Have you considered fostering? Meet a foster family in your local area and hear about their experiences.

Email foster carer **Cindy** at **[Cindyajmorris@gmail.com](mailto:Cindyajmorris@gmail.com)** for more information and/or to request to join the online event.

Call **07851654544** if you have trouble joining the event!

Find out more about fostering: **[www.surreycc.gov.uk/fostering](http://www.surreycc.gov.uk/fostering)**



**Tuesday**  
**9<sup>th</sup> February 7:45pm**

**Friday**  
**26<sup>th</sup> March 7:45pm**

**Thursday**  
**8<sup>th</sup> April 3pm (half term)**