



**INSET days**  
**School Closed**  
 Monday 10<sup>th</sup> March  
 Monday 21<sup>st</sup> July

Eastfield Primary School  
 Colliery Road  
 Wolverhampton WV1 2QY  
 Email: [office@eastfieldpri.co.uk](mailto:office@eastfieldpri.co.uk)  
 17<sup>th</sup> January 2025

Dear families,

Thank you for your attendance this week at our parent's workshop, the children were so excited to hear that their parents were having to come to school again for learning! I hope that you found the session on Zones of Regulation useful as 'regulation' is a life skill that we are trying to teach our children - see below.

**Congratulations to our Stars of the Week!**

Class 1	Aditi A
Class 2	Thea S
Class 3	Jacob D
Class 4	Vivan M
Class 5	Kaceson DR
Class 6	Zorawar P
Class 7	Tilly-May S
Class 8	Larna P
Class 9	Jack R
Class 10	Rehan I
Class 11	Farhan B
Class 12	Ruby R
Class 13	Millie-Mae J
Class 14	Isabel A



**SCHOOL DINNER MENU NEXT WEEK IS WEEK 3,** please see the school website for our school dinner menu

**Dates for your diary – Spring Term 2025**

**Monday 20<sup>th</sup> January Y2 overnight residential to Kingswood**

**Friday 14<sup>th</sup> February – break up for half term**

**Monday 17<sup>th</sup> – Friday 21<sup>st</sup> February – school closed**

**Thursday 6<sup>th</sup> March – World Book Day (more details to follow)**

**Monday 10<sup>th</sup> March – school closed INSET day**

**Friday 14<sup>th</sup> March – Red nose day, come to school wearing red**

**Tuesday 18<sup>th</sup> March – Parent's evening 3:30-6:30pm (appointment only)**

**Friday 4<sup>th</sup> April – parent workshop (eating) with Mrs Heaton**

**Tuesday 8<sup>th</sup> April – Lower phase Easter concert at St Matthew's Church (Class 5,6,7,8)**

**Tuesday 8<sup>th</sup> April 2:30pm – Year 6 Reflexions parents' workshop (preparing and supporting your child for SATs)**

**Friday 11<sup>th</sup> April – break up for Easter at 1:45pm**

**Monday 14<sup>th</sup> April – Friday 25<sup>th</sup> April – school closed**

**Class Assemblies**  
**9:30am in main hall (families invited)**

*Friday 31<sup>st</sup> January - Class 10*  
*Friday 14<sup>th</sup> February – Class 9*  
*Friday 14<sup>th</sup> March– Class 8*  
*Friday 21<sup>st</sup> March – Class 7*  
*Friday 28<sup>th</sup> March – Class 6*

It has been lovely to have some sunshine this week, especially after how cold it was last week.

Have a lovely weekend,  
 Mrs Hay  
 Head Teacher

**Zones of Regulation**  
 Both adults and children can find it hard to manage strong emotions such as worry, anger, tiredness and sometimes these emotions stop us from getting on with our day. Sometimes children who feel these emotions find it hard to concentrate and learn in school and so at Eastfield, we teach our children the Zones of Regulation curriculum. This curriculum helps children to manage difficult emotions - this is called self-regulation. It teaches children to help them identify their emotions and cope with these feelings, so that they can get back to feeling calm and ready to learn. There are 4 zones and ALL zones are okay, it is about the tools and strategies that we need within each zone which is the most important skill to acquire. Next week's letter will have ideas on how you can help your child use zones of regulation at home.

**The Zones of Regulation®**

 <b>BLUE ZONE</b> Sad Sick Tired Bored	 <b>GREEN ZONE</b> Happy Calm Focused Relaxed	 <b>YELLOW ZONE</b> Frustrated Worried Silly Excited	 <b>RED ZONE</b> Angry Terrified Elated Out of Control
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**THE ZONES OF REGULATION DIGITAL CURRICULUM**

**Zones Check-In**  
 Pause and Notice

**The Zones of Regulation Pathway**