



INSET days
School Closed
 Monday 10th March
 Monday 21st July

Eastfield Primary School
 Colliery Road
 Wolverhampton WV1 2QY
 Email: office@eastfieldpri.co.uk
 24th January 2025

Dear families,

This week has seen opportunity and adventure for our children in Year 2, as they got to spend one night away from home at Kingswood. The children had a fantastic time creating memories that will last forever! It is so rewarding and exciting to go on a residential and have a sleep over with your friends and teachers - thank you to Miss Barnett, Mr Walker, Miss Stacey and Mr Lavin, who gave up their own time to accompany the children. I am very lucky to have such committed staff who are prepared to stay away from home for both our Y2 and Y6 residentials. Our school core value is 'opportunity' and residentials are such an important part of a child's education - they gain so much from the experience!

Congratulations to our Stars of the Week!

Class 1	Cali-Rae P
Class 2	Muhammad R
Class 3	Harry M
Class 4	Rahziah WW
Class 5	Gurnoor P
Class 6	Richard D
Class 7	Yanfeng W
Class 8	Khejah F
Class 9	Anita P
Class 10	Kayden B
Class 11	Isabella T
Class 12	Shelby C
Class 13	Sitayeesh M
Class 14	Kolbie D



SCHOOL DINNER MENU NEXT WEEK IS WEEK 1, please see the school website for our school dinner menu

I hope that you all have a lovely weekend,
 Mrs Hay
 Head Teacher

Class Assemblies
9:30am in main hall (families invited)
 Friday 31st January - Class 10
 Friday 14th February - Class 9
 Friday 14th March - Class 8
 Friday 21st March - Class 7
 Friday 28th March - Class 6

Dates for Spring Term 2025
Friday 14th February - break up for half term
Monday 17th - Friday 21st February - school closed
Thursday 6th March - World Book Day (more details to follow)
Monday 10th March - school closed INSET day
Friday 14th March - Red nose day, come to school wearing red
Tuesday 18th March - Parent's evening 3:30-6:30pm (appointment only)
Friday 4th April - parent workshop (eating) with Mrs Heaton
Tuesday 8th April - Lower phase Easter concert at St Matthew's Church (Class 5,6,7,8)
Tuesday 8th April 2:30pm - Year 6 Reflexions parents' workshop (preparing and supporting your child for SATs)
Friday 11th April - break up for Easter at 1:45pm
Monday 14th April - Friday 25th April - school closed

Zones of Regulation

Last week I talked about why we use zones of regulation in school and this week, here are some ideas of how both you and your child can use Zones of regulation at home:

- ✓ Model and identify your own feelings using Zones language in front of your child (e.g.: "I'm frustrated. I think I am in the Yellow Zone.")
- ✓ Observe your child's behaviour and try to use strategies when they are showing signs of being in the yellow/blue zone, to catch it before they move to the red zone.
- ✓ Practice calming strategies when your child is in the green zone. This may include doing some deep breathing/meditation/heavy work and sensory activities throughout their day.
- ✓ Talk about what tool you will use to be in the appropriate Zone (e.g.: "I need to take four deep breaths to help get me back to the Green Zone.")
- ✓ At times, wonder which Zone your child is in. Or, discuss which Zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")
- ✓ Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy/ go into the Green Zone.
- ✓ Put up and reference the Zones visuals and tools (see links at the end for free resources) in your home to consistently refer to and check in regularly with this
- ✓ Praise and encourage your child when they share which Zone they are in.
- ✓ Develop your child's own zones of regulation tool box - using the exercises above
- ✓ Have easy access to calming/sensory equipment at home
- ✓ Remember to monitor your language: o usually less is best (minimal in the red zone)



The Zones of Regulation®

 BLUE ZONE Sad Sick Tired Bored	 GREEN ZONE Happy Calm Focused Relaxed	 YELLOW ZONE Frustrated Worried Silly Excited	 RED ZONE Angry Terrified Elated Out of Control
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