



Friday 28<sup>th</sup> February 2025

Dear Parents and Carers,

Today, we celebrated International Languages day to celebrate all of our different languages and cultures. Mrs Loveless, our Multi-Lingual Lead teacher, led assemblies this week where our Polish club performed a poem and the Year 6 class sang a song in French.

### **World Book Day -Thursday 6<sup>th</sup> March**

The School Council have organised how we celebrate World Book Day this year. We wanted to clarify the communication sent out by children being able to wear their own clothes for this day.

The children on the School Council recognised that not everybody enjoys dressing up and spoke about the pressure it can put people under, as well as the cost or knowing what to wear. We also recognised however, that for some children, dressing up for World Book Day is something they would like to do. We have therefore said that for World Book Day this year, it is a non-school uniform day, and you will notice it doesn't have our usual note of 'No fancy dress'. The School Council felt that this gives children the choice as to whether to dress up or not.

### **Winter Reading Challenge**

The Winter Reading Challenge finished this week and an amazing 172 children across the school took part, reading a total of 1385 books in 6 weeks! Well done to everyone who took part.

### **Zones of Regulation**

Over the last few weeks, your children have been focusing on 'My Signals, My Zones'. Within this concept, pupils have been learning about their body sensations and how this can help them find out how they are feeling. Noticing body signals helps to build **self-awareness**. When we understand how we feel, it is easier for us to figure out how to regulate those feelings/Zones.

#### **Possible Body Signals:**

<b>Blue Zone</b>	<b>Green Zone</b>	<b>Yellow Zone</b>	<b>Red Zone</b>
Low Energy Moving Slowly Slow Heartbeat Foggy Thinking Heavy Muscles	Medium Energy Comfortable Body Steady Breath/ Heartbeat Focused Thinking Relaxed Muscles	Higher Energy Wiggly Movement Faster Heartbeat Faster Thinking Tense Muscles	Highest Energy Hot/Sweating Pounding Heart Racing Thoughts Powerful Muscles

To help your child learn more, you could:

- Ask them - *What is a feeling you often have when in the \_\_\_\_\_ zone? What body signals do you notice?*
- Show them – *Talk out loud about what sensations you feel when in different zones to support them recognising signals in themselves as well as in others.*

### **Oracy Update**

At Samares School we are proud to be a Voice21 Centre of Excellence. Being a Voice21 school means we prioritise developing children's oracy skills to enable their voices to be heard and valued. We believe that equipping children with highly effective speaking and listening skills is invaluable for their success not only in education, but also for life. You can help at home by carving out opportunities for discussion with your child – perhaps at dinner time, or on the way to school. Some good discussion activities that you could try:

1. **If I ruled the world** - use this as a sentence starter to explore different things you would all do if you ruled the world. Extend thinking and answers through questions such as: Why? What would the impact of that be on other people? Would that change be good for everyone?

2. **Good idea / bad idea** – present an idea and have a discussion as to whether it is a good idea or bad idea – encourage your child to give good reasons for their answers. You can build on each others ideas using phrases such as ‘building on that idea...’ or ask further questions to explore the ideas or take the opposite view and give alternative answers and respectfully disagree.

**Some good prompts for this game:**

- Are tourists able to visit space?
- Ban all fast food restaurants?
- Increase the length of the school day?
- Ban children from using smartphones?
- Build a bridge between Jersey and France?

3. **Tell me** – Sometimes it can be difficult to get your child to talk about their day at school. Asking questions such as ‘Tell me one thing today that.... Made you laugh? Made you happy? Made you think? Made you sad? Made you feel proud? That you are looking forward to? That you would do differently next time? That you were successful at? You can make this quick-fire, and often it can lead to further conversations and you finding out more about the day than you would if you just asked ‘how was your day?’.

### Lost Property

Before the holiday's we had a sort out of the community kitchen and returned all clothing with a name back to its **rightful owner**. Please remember to name your child's school items to help us return them and keep our school tidy.

### Socks

We have received a donation of brand new ex jump jersey socks. Now that they have rebranded their socks, these new ones are no longer able to be used for jumping! Please come and help yourself at the end of school on Friday.

### Year 6 cake sale

On Thursday 6<sup>th</sup> March, Year 6 will be holding a cake sale for JSPCA and James’ Ark. They have organised this event as part of their PSHE topic ‘Dreams and Goals’ and decided they wanted to do something positive for our community. Cakes will be on sale for 50p, £1 and £2 after school at the back gates – please bring change where possible.

### Term Dates

You can find the term dates by following the link below.

<https://www.gov.je/Education/Schools/SchoolLife/pages/termdates.aspx>

As always, please do not hesitate to contact me if you have any questions, comments or queries.

Many thanks,



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