

## SAMARÈS SCHOOL

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Head Teacher: Mrs Jenny Posner



Friday 21<sup>st</sup> March 2025

Dear Parents and Carers,

Today, we celebrated Red Nose Day with a dress down day and to wear something red. Thank you for all your donations through the purchase of red noses.

### **Neurodiversity Celebration Week**

This week is Neurodiversity Celebration Week. The aim is to recognise the many skills and talents of neurodivergent individuals and challenge stereotypes and misconceptions about neurological differences. We will be talking with the pupils this week in assembly around how we at school create a more inclusive and equitable culture that celebrates differences and empowers pupils and what they can do to support this. More information can be found here, including information for parents or workshops:

<https://www.neurodiversityweek.com/>

### **PTA Bingo!**

A quick reminder that we have PTA Bingo on Thursday 27<sup>th</sup> March at 6pm. Tickets are available to purchase after school.

### **Zones Update**

The focus of our Zones of Regulation learning has been '**Triggers and Sparks**'. **Triggers** are unwelcome events or sensations that cause uncomfortable feelings. **Sparks**, on the other hand, are welcome events or sensations that cause strong feelings of joy. Both can cause a change in our 'Zone'. We are teaching pupils about these because if we are aware of our triggers and sparks, we're less surprised when feelings change and more ready to regulate them. Sharing our triggers and sparks helps us understand and support each other.

To support your children you could discuss the following together:

- What is a trigger you've noticed this week? How did it change your Zone?
- What is a spark you've noticed this week? How did it change your Zone?
- Find some triggers and sparks you have in common.

### **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,

Mrs Jenny Posner

Headteacher

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