

SAMARÈS SCHOOL

School Road, St Clement

Jersey, JE2 6TG

Telephone: 01534 735415

Email: admin@samares.sch.je

Head Teacher: Mrs Jenny Posner



Friday 4th April 2025

Dear Parents and Carers,

We have already come to the end of the Spring term! The summer is on its way and we are already looking forward to the sunshine and warmth.

You will be aware that Mr Lumley is leaving today. I wanted to express a huge thank you for his dedication and leadership during the last three years, where he has made a lasting impact. From supporting the children, parents and our staff team, he has been an invaluable part of the team. We wish Mr Lumley every success in his new post as Headteacher at a school in the UK.

We know that school holidays aren't always an easy time; it can be added pressure or challenges. If you require any support during the break there are several ways you can get in touch:

- Request support from the Children and Families Hub - <https://www.gov.je/Caring/ChildrenAndFamiliesHub/pages/childrenandfamilieshubhomepage.aspx>
- YES Project can provide support: <https://yes.je>
- Our safeguarding newsletters can be found on the safeguarding section of our website or by [clicking here](#).

Message from Mr Lumley

I just wanted to write to say how much I have loved being at Samares School, how grateful I am for the last 3 years and how much I am going to miss you all. Samares is a truly wonderful school community and it has been a genuine privilege to be part of this and to work alongside such a talented group of staff, supportive parents and amazing children. I am looking forward to seeing the continued progress and development of the school and will be keeping in touch with the team to find out how everyone is getting on. Thank you for all your support, kind words and best wishes shared with me as I leave the island for a new adventure in the UK. Best wishes to you all, Mr Lumley.

Important – Hot lunches

It is wonderful to see children enjoying their hot lunches. As we are now a term into the hot lunches, it is important to remind parents:

- You must book 2 weeks in advance. From after Easter, we are unable to add your child to hot lunches if you have forgotten to book. The exception to this would include an emergency situation.
- Children are unable to change their food choices and can only be offered the choice that parents have booked. Lunches are ordered and prepared in advance, so we need to ensure we have the correct orders.

Sports Clubs for the Summer term

Sports letters for the summer term are being sent out this week by class teachers. Even if your child has already attended sports clubs, please return the letters to sign up again. Please ensure these are returned to Mrs. Boyle (paper copy) as soon as possible. Sports clubs are available for Year 1-6; make sure to read the letter carefully to confirm which year group and time applies to your child. I aim to allocate one sports club per child each week to keep waitlists to a minimum. Parents will be informed if their child has a space on the club or if they are on the waiting list. KS1 football club is run by volunteers, and we are always looking for parental support. If you can or would like to volunteer, please speak to Mrs Boyle.

Zones of Regulation Update

Over the last two weeks, the children have been learning about **regulation tools**. These can be a strategy or something we do to help us regulate our feelings, energy and behaviour, e.g. breathing, stretching, positive self-talk, movement. Pupils have been starting to think about what tools would be in their Zones Toolbox.

- We use The Zones of Regulation to categorize regulation tools by how they help:

BLUE ZONE TOOLS
Help us feel energized, comforted, or rested.

GREEN ZONE TOOLS
Help us feel well, healthy, alert, or focused.

YELLOW ZONE TOOLS
Help us slow down and feel in control and calmer.

RED ZONE TOOLS
Help us feel safe, more in control, and calmer.

These tools are important to help our brain and body work together and they are different for each of us. Organising their tools/strategies into different zones, helps the children find the right tool when they need it.

To support at home you could:

- Ask – What are some regulation tools we have at home?
- Ask – What regulation tool helps you when you're in the _____ zone?
- Experiment and try out different strategies and reflect on how it helps with regulation (e.g. quiet time, spinning, mindfulness etc).
- Make a shared toolbox at home and display it. Please ask your child's class teacher for a copy of this if you would like one.
- Model and encourage how to use the shared toolbox when different feelings/energies arise.



Term Dates

You can find the term dates by following the link below. Inset days will occur on Tuesday 2nd September, Thursday 11th September, Friday 12th September 2025 and Friday 13th February 2026 – please note that the February date wasn't listed on the newsletter last week. School will be shut to children on these days.

<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

j.posner@samares.sch.je

