

Worthing Primary School Weekly Newsletter

17th May 2024



This Week at Worthing...



Well done Year 6!

Well done to all our amazing year 6 children who completed their end of Key Stage Two SATs. The children, and Mrs Widdeson, have all worked incredibly hard. You have all done so well and we are very proud of each and every one of you. Well done and enjoy the rest of the summer term! Here they are in their 'Leavers 2024' hoodies, kindly bought by FoWS.



Supporting Children's Mental Health & Wellbeing

Our children's mental health and wellbeing is incredibly important to us at Wortham Primary. We know that children will learn and thrive best when they are feeling happy. Our staff use a range of approaches and strategies to support our children's wellbeing and to educate them about mental health.

A new approach we have been implementing in school is 'The Zones of Regulation'. This is a programme that has been used for over 15 years in schools across the UK and all around the world.

How it Works:

Feelings are complicated; they come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation helps us to organise our feelings, states of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation and ability to recognise and communicate our emotions more concrete and easier to understand, especially for children and young people.

This term, the children have been having class assemblies where they have been learning all about the Zones. The lessons aim to teach the children to recognise a wide range of emotions, times when they may experience these and then strategies they can use to support them. The children are taught that no zone is a negative zone; we all experience these feelings and that is okay.

Please talk to your children about the Zones; I am sure they will enjoy sharing with you how they work. To find out more please do take a look at the website: <https://zonesofregulation.com/>

Walk to School Week



Did you know that next week is 'Walk to School Week.' From Monday 20th - Friday 24th May, children and young people are being encouraged to walk or bike to school. Please let me know if you and your child take on the challenge of leaving the car at home and walking or biking to school every day next week!



Walking Bus:

Helena, one of our parents who previously trialled the crossing over the main road, is organising a 'Walking Bus' to school next Friday morning. If you would like to find out more or take part, please email Helena on farstadhelena@hotmail.com

I know she would love to hear from you!



Wellies and Gazebos

Mrs Widdeson would like to know if you have a gazebo we can borrow for sports day (Thursday 13th June). If so, please could we have them at the start of the week so we can see how many we have and have time to put them up. If you can help, please can you let Mrs Widdeson know or drop an email to the school office - thank you.

Also, we need old wellies - any size and it doesn't matter if they have holes in! If you have any, please can you leave them in the office for Mrs Widdeson - thank you.





Year 6 Fundraiser

Year 6 are holding a fundraiser next Friday to help them raise funds for their final end of year trip. They have been busy preparing stalls and making items to sell. There will be food and drink stalls, penalty shoot out and craft items for sale. Once all the children have been dismissed at the end of the day, the gates will be left open for you and your children to come on to the playground where the fundraiser is being held. Children who are doing a club will be able to go with their coach/teacher to the fundraiser before their club starts.

What's on next week?



Thursday:

- First Aid Training - all classes

Friday:

- Cross Country Competition
- Y6 Fundraiser 3.30 - 4.30pm

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